

## JOHN BERNDT

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### EDUCATION

Pacific Oaks College

**Master of Arts Degree in Marital and Family Therapy**

2008

Thesis: "The Impact of a Religious Upbringing on Coming Out as Gay"

Pacific Oaks College

**Bachelor of Arts Degree in Human Development (Equivalency)**

2002

### WORK EXPERIENCE

Self-Employed

**Licensed Marriage and Family Therapist**

2016 – Present

Providing therapy, helping couples work through changing their communication patterns by using various techniques, concepts, and theoretical perspectives. Working with a particular number of couples where one partner is a doctor or engineer, and quite a few where both partners are attorneys. These couples uniquely struggle with work hours, stress on their relationship, communication issues, and intimacy issues. Helping these couples shift from a more analytical approach to an emotional approach, bridging their intellectual and emotional worlds, so they can express themselves and get their needs met.

Providing therapy, helping individuals incorporate their various beliefs and world views into a cohesive, authentic, and confident sense of self. Providing a safe therapeutic space for many gay and queer identifying clients, who specifically state working with a fellow member of the LGBTQIA+ community as a positive, understanding, and supportive experience.

University of Southern California / Keck School of Medicine

**Wellness Clinician**

2022 – Present

Providing support and therapy to residents and fellows enrolled in nineteen different medical specializations in the Keck School of Medicine by using various techniques, concepts, and theoretical perspectives. Working specifically with doctors and their unique struggles with their training, education, work hours, stress levels, and self-esteem. These students uniquely struggle with moral injuries, witnessing terminal illness and death, and grapple with questioning their ability, skill, limitations, and aptitude.

Helping these students shift from a more analytical approach to an emotional approach, bridging their intellectual and emotional worlds, so they can express themselves fully, challenge their belief systems about themselves and the larger medical field in general, and experience a fully range of emotions. Providing support for the Keck School of Medicine Affinity Groups by organizing social events, connecting volunteers with mentors and resources, and assisting in formulation and management of ongoing group interactions.

Southern California Counseling Center (SCCC) Volunteer

**Supervisor of Trainees Associate Marriage and Family Therapists**

2018 – 2021

Providing guidance, direction, instruction, and supervision to Associate Marriage and Family Therapists working toward becoming licensed. Helping Associates understand the cultural impact of therapeutic theories and modalities on members of marginalized communities, including BIPOC and LGBTQIA+ communities. Providing appropriate feedback and correction for supervisees so they become culturally competent, social justice-minded licensed therapists who utilize the therapeutic process to facilitate change in their clients.

Southern California Counseling Center (SCCC)

**Clinical Director/Assistant Clinical Director/Program Manager**

2018 – 2021

Oversaw the daily implementation of many programs for The Southern California Counseling Center, a mental health agency known for prioritizing access to mental health services to all in need, particularly members of lower socio-economic status, BIPOC, and LGBTQIA+ communities. All aspects of services were viewed through a social justice lens, with a goal of helping those in the most need and the least able to access mental health services get their

needs met. Ensuring SCCC's programs and services focused on the needs of oppressed and marginalized communities. Developed and presented workshops with these groups and communities in mind. Managed all clinical aspects of SCCC's training program. Developed and implemented policies and procedures. Supported the Executive Director in their duties. Supervised all program directors and provided oversight on all clinical programs such as the school-based program, the abuse prevention program (TAPP), the parenting program, the community outreach program, the counselor training program, the online telehealth program, and the psychiatry program. Quickly facilitated moving all therapy sessions from in-person to an online telehealth platform due to the global pandemic, including creating policies and procedures for online therapy sessions and managing all aspects of the counselor/client experience using SCCC's telehealth platform. Facilitated all communications with staff and counselors, and conducted all meetings involving staff, program directors, clinical staff, various committee members, and board members. Created and maintained SCCC's supervisor program. Maintained SCCC's collaborative relationship with counselor's schools. Interviewed all prospective counselor applicants. Attended school practicum fairs. Managed SCCC's Continual Education trainings and workshops. Supported staff, counselors, and supervisors in emergency situations.

City of West Hollywood

**Code Compliance Officer**

1998 – 2018

Interpreted and enforced the West Hollywood Municipal Code. Managed various citywide programs, including the short-term rental ban, the plastic bag ban, the retail fur ban, the dwelling unit legalization program, and the vacant building/lot maintenance program. Created, implemented, and maintained the Code Compliance Division's file database. Attended community meetings and City Council meetings and presented regular reports.

TEACHING EXPERIENCE

Antioch University Los Angeles

**Adjunct Faculty**

**Couples Counseling Course**

2022 – Present

Teaching students in the Master's of Psychology program from an original syllabus created to cover various couples therapy modalities for use in the practice of psychotherapy for couples, including Gottman Method, Emotionally Focused Therapy, Imago Therapy, Narrative Therapy for Couples, family systems, and working with infidelity. The course provides students with real examples of how to implement various couples therapy techniques through use of role plays, live work, and scenes from movies. This ten week course has a particular focus on application for marginalized communities, including BIPOC and LGBTQIA+ communities.

Antioch University Los Angeles

**Adjunct Faculty**

**Practicum Course**

2022 – Present

Supporting students in the Master's of Psychology program with completing case presentations which are reviewed by peers and in class to provide guidance, interventions, and directions on how to proceed in providing care for their clients. This ten week course has a particular focus on application for marginalized communities, including BIPOC and LGBTQIA+ communities.

Antioch University Los Angeles

**Adjunct Faculty**

**Clinical Readiness Course**

2022 – 2023

Teaching students in the Master's of Psychology program the basic principals of beginning a practicum experience. This includes role playing of initial therapist-client meetings, how to complete a thorough case conceptualization, and how to engage in a group supervision setting. The course includes how to complete cover letters, interview for positions, and the procedural aspects of moving through the process of becoming an Associate Marriage and Family Therapist. Students learn how to complete paperwork correctly, and following

procedures of the school, the agency they join, their supervisors, and the California Board of Behavioral Sciences.

Southern California Counseling Center

**Workshop – “The Gottman Method”**

2019 – 2021

Developed and presented a condensed version of the Gottman Therapy Method to Associate Marriage and Family Therapists and Associate Social Workers training to become licensed. The focus is on bringing the Gottman’s work more alive by showing how the Gottman Method can be utilized in therapy sessions via role plays, case presentations, and in scenes from movies. The goal is to provide real and useful tools for Associates to immediately take into their couples therapy sessions.

Southern California Counseling Center

**Workshop – “Finding Your Style”**

2018 – 2021

Developed and presented a workshop on organizing and clarifying the different psychotherapy theories, therapist stances, and theories of change to Associate Marriage and Family Therapists and Associate Social Workers training to become licensed. The focus of the workshop is to give varying perspectives of how different theories and therapists would approach given situations, by using role plays, case presentations, and scenes from movies. The goal of the workshop is helping Associates find the therapeutic approach and style that resonates and aligns with their values, beliefs, and ways of being.

Southern California Counseling Center

**Workshop – “Working with Couples Experiencing Infidelity”**

2018 – 2021

Developed and presented a workshop on how to work with couples experiencing infidelity to the Southern California Counseling Center community. The focus of the workshop is to merge the work of Esther Perel, Patricia Shelton, The Gottman’s, and Harriet Lerner, Ph.D. into a format of steps to help couples heal from betrayal. The goal of the workshop is to provide real and usable tools attendees can immediately implement during couples therapy sessions.

Southern California Counseling Center

**Workshop – “Note Writing”**

2018 – 2021

Developed and presented a workshop on note writing to Associate Marriage and Family Therapists and Associate Social Workers training to become licensed. The focus of the workshop is to provide different approaches to clear and concise note taking for therapy sessions. The goal of the workshop is helping Associates strike the balance between overly wordy and inadequate note taking while also following SCCC’s policies and Marriage and Family Therapist legal, ethical, and professional standards.

Southern California Counseling Center

**Workshop – “Using WeCounsel”**

2018 – 2019

Developed and presented a workshop on using WeCounsel (an online telehealth platform) to Associate Marriage and Family Therapists and Associate Social Workers training to become licensed. The focus of the workshop is helping Associates navigate the technical, legal, and ethical aspects of using a telehealth platform (in this case WeCounsel) to conduct therapy. The goal of the workshop is helping Associates understand and implement the Marriage and Family Therapist professional, ethical, and legal standards along with SCCC’s policies, when using a telehealth platform.

## SPECIALIZED TRAINING

Emotion Focused Therapy

**Certified with a LGBTQ+ Specialization**

Gottman Method Therapy

**Level Three Trained**

Gottman's The Seven Principles for Making Marriage Work Couples Program  
**Certified Trainer**

**MEMBERSHIPS**

California Association of Marriage and Family Therapists (CAMFT)  
**Active Member**

**VOLUNTEER EXPERIENCE**

Church of Jesus Christ of Latter-Day Saints

**Missionary**

Teaching the populations of Johannesburg and Pretoria, South Africa about the teachings of the Church of Jesus Christ of Latter-Day Saints.

**1987 – 1989**