

**PHYLIS R. TOMLINSON**  
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**EDUCATION**

- University of Houston - Clear Lake Houston, TX  
**Art Therapy** 1990
- University of Illinois at Chicago Chicago, IL  
**Art Therapy** 1983 & 1985
- University of Houston - University Park Houston, TX  
**M.Ed. – Counseling Psychology** 1981  
Emphasized testing, research, family systems, individual/group therapy,  
career, and personality.
- Texas Southern University Houston, TX  
**Early Childhood Education Certification** 1976
- James Madison University Harrisonburg, VA  
**B.S. - Education** 1965

**EXPERIENCE**

- PRIVATE PRACTICE & CONSULTANT** Houston, TX  
**Therapist and Consultation** 1988 to Present
- Conduct individual, family and group sessions regarding changes in the family, grief/loss, school performance, developmental issues as in adolescence/teens, peer and sibling relations.
  - Provide training, consultation and experiential workshops to groups
- THE POST OAK SCHOOL**
- Bellaire, TX
- Counselor, part-time EC-Middle School- add High School ('12) 12/07-6/16
  - Provide counseling support the teachers, students, and parents
  - Enhance anti-bullying program in upper grades
  - Parenting Series "Toward Greater Harmony"
  - Becoming a Love and Logic Parent"® 3 series per year, day & evening
- ROBERT M. BEREN ACADEMY** Houston, TX
- Counselor**, part-time: EC -6<sup>th</sup> 10/2001to 6/2007
- Meet with students and parents individually and in small group setting
  - Conduct parent education series
  - Teach teachers positive discipline techniques in classroom
  - Conduct classroom guidance lessons on social emotional issues of students, using positive discipline (class meeting format)
  - Coordinate standardized testing, interpret test scores for parents and teachers
  - Coordinate individual educational testing for student and parents with outside professionals
  - Consult with administrators regarding social emotional needs of students, parents and teachers
  - Refer parents and teachers to appropriate community resources

**SPRING BRANCH INDEPENDENT SCHOOL DISTRICT**  
**Counselor – Terrace Elementary School**

Houston, TX  
1999 to 2000

**PRESBYTERIAN SCHOOL**

**S.E.E.D. Leader** 1998 to 2000

Houston, TX  
1996 to 2003

**Consulting Counselor** 1999 to 2000, 2003

**School Counselor** 1996 to 1999

- Conduct counseling sessions and provide emotional support for children, parents and teachers; provided referral information to community-based organizations.
- Provided parent education in parenting skills, family issues, bereavement, social skills, etc.
- Provided teacher training in student guidance and behavioral issues.
- Parent-child communication training.

**KINKAID SCHOOL**

**Lower School Counselor**

Houston, TX  
1991 to 1996

**ST. JOSEPH HOSPITAL MENTAL HEALTH UNIT**

**Therapist**

- Performed counseling for individuals and groups for a multitude of issues, including depression, chemical dependency/abuse, etc.

Houston, TX  
1990 to 1992

**SPRING BRANCH INDEPENDENT SCHOOL DISTRICT**

**Counselor**

*Rummel Creek, Hunters Creek, Woodview and Hollibrook Schools*

Houston, TX  
1981 to 1991

**ST. JOSEPH HOSPITAL**

**Behaviorist - Nutrition Clinic**

- Conducted individual and group educational and counseling sessions regarding eating disorders, behavior modification, impulse control and goal setting.

Houston, TX  
1989 to 1992

**PSYCHIATRISTS' PRIVATE PRACTICE**

**Tutor/Tester**

Houston, TX  
1987 to 1988

**HOUSTON INDEPENDENT SCHOOL DISTRICT**

**Teacher – Douglass Elementary School**

Early Childhood (Pre-Kindergarten and Kindergarten)

Houston, TX

1973 to 1981

**CEDAR BAYOU DAY SCHOOL**

**Director of Day School**

- Managed and supervised teachers in educational programs; provided training and staff development.
- Performed administrative related functions.

Baytown, TX  
1971 to 1973

**PUBLIC SCHOOL TEACHER**

**Teacher - Baton Rouge, LA, LaPorte, TX and Fairfax, VA**

**Substitute Teacher - Baytown, TX**

Louisiana, Virginia, Texas  
1965 to 1971

## CONTINUING EDUCATION

“Self Nourishment” BJ Jakala, PhD,MFT, Jung Society of Austin, 3 CEU, 3/28/15  
“Cuba! Myth, Music and Spirit”- NY Center for Jungian Studies -16 CEU 1/3-10/15  
“Enchanting Stories: Use of Fairy Tales to enrich our work in Sandplay and Play Therapy  
6 hours CEU, 10/4/14  
Ethics through the Lens of Play - CG Jung Center- 3 CEU, 8/9/14  
The Wounded Feminine - CG Jung Center-1.5 CEU, 5/9/14  
Texas Sandplay Society Meeting - Dallas, TX 6 CEU, 4/27/13  
Member Appreciation Lecture: Understanding Our Moment in History: An Archetypal  
Perspective, CG Jung Center, 1.5 CEU, 4/18/14  
Endings Anticipated and Unexpected: An Ethics Workshop, 3 CEU, 3/28/14  
Certification of Completion Texas Jurisprudence Exam (FY2013) Completed 9/21/13  
“Working the Dream that Works You” CG Jung Center, 4.5 CEU, 8/3/13  
“Ethics-Freedom Lost-A Life Saved” by K. Magee, 3 CEU, 1/11/1913  
“Teacher & Parent Strategies that Make all other Programs Work Better - a Day of Love  
and Logic® with Jim Fay - Stafford, TX 12/10/12, 5 hrs. CEU  
The Use of Narrative-Based Interventions in Therapy, Family Services, 2 CEU, 4/13/12  
Jung on the Hudson, “Dreams That Transform: An Experiential Workshop”  
S. Perera & A. Maidenbaum, presenters. Rhinebeck, NY 7/22-23/2011  
South Texas Art Therapy Association - Retreat April 1-3, '11 and  
“Faster EFT” (Emotional Feelings Therapy”) by Jo Lagattuta, LPC-AT, ATR-BC  
Methods, Including Play Therapy, of Reaching Persons Affected by Loss, Grief, and  
Attachment Disorders, Texas Sandplay Society, Austin, TX 4/5/11  
Becoming a Love and Logic Parent® Instructor Training, Love and Logic Institute  
Denver, CO 10/7-9,'10  
ArtWorkshops in Guatemala, Botanical Drawing with Cynthia Padilla  
Organizer: Liza Fourre 7/22-8/1/10  
Abstract Acrylic Painting Classes, Margaret Scott Dobbins, Artist  
Summers '08, '09, '10  
MFA-H Glassell Art History-David Brauer, PhD - Fall semester '07  
Creativity Workshop Studios, “Creativity Workshop”, Barcelona, Spain 7/07  
AIME (American Institute of Medical Education) “Creativity and Madness” Conference,  
Santa Fe, NM 7/06  
Houston Group Psychotherapy Society Institute 4/2005  
New York Center for Jungian Studies, APA Tour  
“Cuba! Music, Myth, and Culture” 8/03  
University of Illinois @ Chicago, Summer Institute: 2 classes  
Child Art Therapy and Adolescent Art Therapy, Lake Geneva, WI, 7/03  
“Total Expression,” an expressive arts therapies conference with Shaun McNiff  
The C.G. Jung Educational Center, Houston, TX 6/00  
“Getting the Love You Want,” a couples workshop on Imago Relationship Therapy  
Rockwall Counseling Center 6/99  
Images of Transformation in Sandplay, '99 National Conference, 3/11-14/99  
“Sand, Psyche & Symbol: An Intensive Week of Sandplay.” 25 C.E. credits  
The New York Center for Jungian Studies, Inc. Rhinebeck, NY 7/26-31/98  
S.E.E.D. – Seeking Educational Equity & Diversity  
Wellesley College Center for Research on Women, Princeton, NJ, 1 week, 8/98  
“The Great Round Conference: Mandalas and More” ATMA, 15 hrs., San Diego, CA 5/23-25/97  
St. Petersburg University of Pedagogical Arts, sponsored by Florida Atlantic University:  
"Counselor-to-Counselor" seminars in St. Petersburg and Moscow, Russia - 1996  
Sandplay with Alexander J. Shaia, Ph.D, 7 hours, Lafayette, LA , 1/20/96  
Level I and II Experiential Sand Tray Intensive, 24 hours, Gisela deDominico, PhD, Round Oaks  
Creative Center, Charlottesville, VA 4/20-23/95

## CONSULTANT

Bo's Place, Houston, TX '09  
Holocaust Museum, Houston, TX, '98

St. Francis Episcopal Day School, Division Heads, Houston, TX, 1997-1998

## LICENSES CERTIFICATIONS

Texas Licensed Professional Counselor - LPC #06738  
Continuing Education Provider License #1056  
Registered Art Therapist, Board Certified – ATR-BC #87-063  
Licensed Marriage & Family Therapist - Texas - LMFT #2322-019211  
Certified Elementary and Early Childhood Teacher - Texas #227-56-9849

## ORGANIZATIONS

American Art Therapy Association - Member - AATA  
South Texas Art Therapy Association  
Past Newsletter Editor, Treasurer – Member - STATA  
Houston Area Independent School Counselors, founding member, '91-present  
St. Mark's Episcopal Church, Houston, TX, member

## HONORS

Anti-Defamation League & A World of Difference - Teacher Excellence Finalist - 5/99  
Texas Congress of Parents & Teachers – Honorary Life Member – since 4/89

## TRAINING SEMINAR LEADER

“Lunch and Learn” Intro to Parenting the Love and Logic Way® - Conoco-Phillips  
2/18/15  
Introduction to Teachers/Parents - Lusher Charter School - New Orleans, LA 1/22-23/15  
“Parenting the Love and Logic Way®” Series Fall '13, Winter '14, Fall '14, Winter '15  
The Post Oak School - 6 weeks, evening & day sessions  
Spectra Energy, Parent group Lunch & Learn 5 weeks  
St. Mark's Episcopal Church-day 6 weeks  
Jewish Federation at JCC, 6 weeks, evenings  
Art Activities for Therapists - Family Service Center - CEU 3.75 (LMFT) 7.5 (LPC)  
1/10/14  
“Let's Have Fun Parenting and Help Our Children Learn” Jewish Federation Sponsor  
1/14/13  
Jewish Federation EC Teachers In-service - presenter - 2 workshops 11/5/12  
Parenting the Love and Logic Way® Series - 7 weeks  
River Oaks Baptist Church/School fall '12  
“A Few Art Techniques for Counselors” 4 hours 8/18/12  
“Revelations in Mandalas” STATA members retreat, 2.5 CEU's, U Bar U,  
4/2/11  
“Becoming a Love and Logic Parent®” 7 Week Series  
Xavier Educational Academy - 6 weeks - spring '12  
Cornerstone Elementary School 5 weeks - winter '12  
BP Working Parents Group -5 weeks-spring '11  
Becker Early Childhood Center - 4 week series - winter '11  
The Kinkaid School - 7 week series - winter '11  
The Post Oak School - 7 week series -winter '11, '12  
The Post Oak School - 8 week series - fall '10, '11  
St. Mark's Episcopal Church with The Rev. Patrick Miller - 8 week series - fall '10  
“Toward Greater Harmony” 4-part parenting series, The Post Oak School '08, '09, '10  
Heart of Texas Counseling Association-Workshop “Beginnings in Art Therapy” 9.09  
“Discovering Wholeness through Art” 3-part workshop series,  
St. Martin's Episcopal Church, Houston, '09  
TCA Professional Growth Conference, Houston 11/08  
Presenting 2 programs to counseling professionals  
DePelchin Children's Center, presenter to Mental Health professionals 7/08  
TEA Elementary Counselor Conference Presenter, Galveston 4/08  
Teacher training, “Using Positive Discipline Techniques,” St. Vincent DePaul Catholic

School: 3 weeks series  
 Parent Education Class, Christ Church Cathedral– 2004-2005  
 Parent Education Book Study: Mitten Strings for God; 5 week series, Presbyterian School, Fall, 2001  
 The Harlan-Steph Counseling Conference, Presenter - Art Therapy for Counselors, Therapists and Other Helpers - Midwestern State University - Wichita Falls, Texas 1995 and 1996  
 "PG 13" Girls Socialization Skills - Kinkaid Summer School, June 1993  
 "Lighten Up!" - A weight management program for staff - 6 week series at Kinkaid School, January to February 1992  
 "Lighten Up!" II - A stress management program for staff - 5 week program – Kinkaid School, April to May 1992  
 "Art Therapy in Schools," sponsor – MFA-H, 6/89, 1/90, 6/90  
 "Art Therapy - Application in Schools" for Counselors in Alief ISD, 4/90  
 "Parenting Skills" Series - 6-12 weeks:  
     Presbyterian School and South Main Baptist Church 1997  
     Hunters Creek, Rummel Creek and Kinkaid School (twice/year from 1984 to 1995)  
     The Fay School Fall 1993  
     St. Francis Episcopal Church Fall & Spring 1992-93  
     Grace Presbyterian Church Fall 1992

## PRESENTER / SPEAKER

“Art Techniques for Relaxation and Self Care” - Directors of Volunteer Associations, Houston Area-HAVA, 1 hour, 7/28/16  
 American Art Therapy Association, 7/16 Baltimore, MD; Co-presenter, “Art Defies Symptoms” 1 hr., 7/8/16  
 “Art Activities for Therapists”, Family Services of Greater Houston, 3.75 hrs, 1/10/14  
 “Using the Art Process to Unload, Reload and Create Expressions and Connections”  
     Child Welfare Training Collaborative Meeting, 2 hours, 8/21/13  
 “Art Activities in Stress Management” Directors of Non-Profits Meeting, 1.5 hr., 8.14.13  
 Parenting the Love and Logic Way®” Lunch presentation, 1.5 hours  
     Working parents Group, British Petroleum, Houston, TX 7/24/13  
 MFA-H in conjunction with War/Photography, Artistic Expressions of Emotional Content  
     11/13/12 6:30-8:30 pm  
 Non-Profit Organizations Directors Lunch & Meeting - “Art Techniques for Self-Reflection” August 2012  
 American Foundation for Prevention of Suicide, Board Retreat, Art therapy experiences April 2012  
 Introduction to Becoming a Love and Logic® Parent, West University Elementary  
     Fall '11, Spring '12, Spectra Energy Corporation, Lunch and Learn 4/12  
 “Creating a Full Plate” Lenten Class, Trinity Episcopal Church, Houston, TX 3.3&10, 2010  
 Catholic Schools of NW Houston, “Communication with Angry Parents” to Teachers & Administrators, 2.15.10  
 “Through a New Lens: Seeing God’s Light” photography class, Co-Leader 11/09  
     Trinity Episcopal Church, Houston, TX  
 Artist in residence for St. Martin’s Episcopal Church Retreat, Laity Lodge, Kerrville, TX 1/19-21, '09 and 1/15-17, '10 and 1/14-16, '11  
 National Youth Leadership Forum, Houston, TX 7/08, 7/09, 7/10, 7/12  
 Spaulding for Children, Post-Adoption Services, parent/child interactive, '07  
 DePelchin Children’s Center, Post-Adoption Services, parent/child interactive  
     Encouraging emotional expression, attachment and bonding, '06 and '07  
 St. Vincent DePaul School, “Successfully Parenting your Middle School Student” 9/06  
 Family Matters, Presbyterian School, “Making Quality Time for Family” 9/06  
 Night of Learning, BJE, “Communication Strategies to Enhance Learning” 8/06

**ADOPT**ation – Post Adoption Seminar to parents/children 5/05, 6/06  
 Yom Limmud 2006 – JFGH “Parenting with Bonds & Bridges” 2/2006  
 KKHT: Christian Arts and Entertainment Radio – interview re: art therapy - 3/2005  
 Ascent, Houston Conference for Jewish Women – presenter 2004  
 The Greater Houston ORT Society - presenter 1999, 2000, 2001  
 St. Stephens Episcopal Day School, 2 week series for parents of both Elementary &  
 MS/HS: “How to Talk So Kids Will Listen” and “Parenting with Love & Logic”- 2/2003  
 Robert M. Beren Academy, PTO co-presenter: “Keeping Your Kids Safe on the Internet”  
 10/16/02  
 Bering Drive Church of Christ & Bering United Methodist Church, VBS,  
 “Healthy Emotional Expression in Families” - 6/2002  
 South Texas Art Therapy Association, “With a Broad Brush: Mandalas, the Great  
 Round, MARI Card Test,” - 3/2002  
 St. Francis Episcopal Day School, 8<sup>th</sup> Grade Retreat, Peer Pressure Reversal Skills, Early  
 Childhood Parent Education speaker: “When the outside world invades your home” - 1998  
 and 2000  
 Holy Spirit Episcopal School, Middle School girls, guidance groups, quarterly - 1998-2000  
 Duchesne Academy of the Sacred Heart – Lower and Middle School, staff training “Positive  
 Discipline in the Classroom” - 1999-2000  
 East Texas Medical Center, Cancer Institute Diversional Therapy: A Source for Healing,  
 “Healing and Art Therapy” – Tyler, TX - 1998  
 Southwest Texas State University, Creative Arts Conference, “Mandala” - 1998  
 American School Counselor Association, National Conference, San Antonio, TX - 1998  
 Virginia Counselors Association Conference, Richmond, VA “Anger Fear and Loss-Using Art  
 Materials” - 1997  
 Student Support Services Staff Development, Fort Bend Independent School District – TX -  
 1997  
 Houston Association for the Education of Young Children Annual Conference - 1997  
 The Great Round Conference – Mandalas & More, San Diego, CA - 1997  
 The C.G. Jung Educational Center Expressive Arts Conference - “Mandalas” - 1997  
 Chesterfield School District, Chesterfield, VA: In-service Training to Counselors - 1996  
 St. Petersburg University of Pedagogical Arts, sponsored by Florida Atlantic University:  
 "Counselor-to-Counselor" seminars in St. Petersburg and Moscow, Russia - 1996  
 Spring Branch Independent School District - Houston Independent School District Elementary  
 and Junior High Schools: Differing Abilities Programs (disability awareness presentations) -  
 1995 and 1996  
 First Baptist Church of Wilmington, NC - Family Night - 1996  
 Belton Independent School District to elementary students, Positive Peer Pressure, Self-Esteem  
 and Assertive Communication - 1996  
 Texas Counseling Association - Post Conference Workshops - 1992 and 1993  
 Southwest Association Episcopal Schools - "Anger in Children" - 1995  
 Wellness Day for Harris County Employees - "It's Not What You Eat; It's What's Eating You." -  
 Tracy Gee Recreational Center - Houston - 1995  
 Independent Schools Association of the Southwest - Conference - "Teacher Responses that Build  
 Self Esteem and Responsibility" and "Counseling in the Lower School: Getting Started" -  
 1995  
 New Brunswick County Schools, NC - "Using Art in Counseling," In-service Training for  
 School Counselors - 1994  
 Texas Counseling Association - State Conferences - 1980 to 1996  
 Kinkaid Alumni Association - Evening of Continuing Education – 1993,'94,'97,'99  
 Harris County Department of Education Workshop - 1993  
 Christian Leadership School - Presbyterian Church USA - Houston - 1993  
 Pasadena ISD School Counselors, TX; Art Therapy for School Counselors - 1993  
 San Jacinto Junior College - South Houston, Art Therapy - 1992  
 "Club Ed" of St. Joseph Hospital - "Myers-Briggs Type Inventory," - 1991  
 Various churches in Houston Area for Adult Groups  
 Various schools, Public and Private; Houston, Katy, Alief, Pasadena

## **CONTINUING EDUCATION PROVIDER - LPC**

Art Works! Sandtray Workshop 6/07 CEU's for LPC, Social Worker, Bellaire, TX  
Art Works! Saturday Series 11/05, 1/06, 2/06, 4/06 CEU's for LPC, Social Work,  
Bellaire, TX

Texas Counseling Association Professional Growth Conference presenter 1980 - 1996  
Presenter of workshops, various topics for counselors/therapists for CEU credit  
1991 - 1999; locations in Bellaire and Galveston, TX; Wrightsville Beach, NC

## **PUBLICATIONS**

"An American-Russian counselor experience confirms the universality of art,"

*Counseling TODAY*, publication of the American Counseling Association, April 1997

"Love and War at Home," *Houston Tribune*, February 1991

"Fear Can Add Excess Weight," *Houston Woman*, September 1991

"Keeping that Weighty Promise Could Lead to a Lean Healthy Future,"  
*Houston Post*, December 1990

"Tell Me about Your Spots" - A counseling lesson, *The School Counselor  
Journal of ACA* May 1990