

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 -6th

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

Houston, TX
1990 to 1992

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

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

Houston, TX
1989 to 1992

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

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

Baytown, TX
1971 to 1973

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

PUBLIC SCHOOL TEACHER

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

Substitute Teacher - Baytown, TX

Louisiana, Virginia, Texas
1965 to 1971

CONTINUING EDUCATION

Ethics - K. Magee, The Jung Center '17, '18
"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

Parenting the Love and Logic Way® introduction, 1.5-2 hours; 4/18 Post Oak School and
5/18 The Ismaili Jamatkhana and Center
“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 and 2017
 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
 MOPS (Mothers of PreSchool) Spring '14, January '17
 "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
ADOPTation – 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, 8th 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