

# Heidi Arizala Showman, MSW, LICSW, CMHS

Children's Mental Health Specialist

LICSW Approved Supervisor

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## Professional Experience:

2006-Present **Private Mental Health Counseling Practice** (Redmond, WA). *Therapist.*

- Provide mental health counseling to clients. Specialties include: adolescents, adults new to parenting, individuals experiencing transitions, depression, anxiety, and helping individuals achieve balance.
- Provide clinical supervision and consultation to licensure candidates.
- Author of *North Star Girls Group* (2<sup>nd</sup> edition published 2005; [www.northstargirls.org](http://www.northstargirls.org)). Developed, implemented, and published this psychoeducational support group for adolescent girls regarding self-esteem, body-image, and empowerment issues.
- More information at [www.heidisprivatepractice.com](http://www.heidisprivatepractice.com)

2006-Present **North Star Offices, LLC** (Redmond, WA). *Co-owner.*

- Created new company that offers private and shared office space in a community-oriented environment for individuals with flexible work schedules who are starting their own businesses or who need a part-time office.
- Continue to manage, operate and supervise all aspects of the business.
- More information at [www.northstaroffices.com](http://www.northstaroffices.com)

1996 - 2006 **Youth Eastside Services** (Bellevue, WA). *Youth and Family Therapist.*

- Clinical Supervision: Supervised both clinical staff and master's level clinical interns.
- School-based program: Clinical counseling with youth and their families at school sites; facilitated groups; worked in three Bellevue middle schools; some program management.
- Out-patient program: Clinical counseling with youth and families.
- Parenting workshops: Classes on Raising Healthy and Confident Daughters.

1995 – 1996 **Ruth Dykeman Youth and Family Services** (Burien, WA). *MSW clinical intern.*

- School-based program at Sea-Tac and White Center elementary schools: individual counseling, development and implementation of therapy group for fourth-grade students on family issues/conflicts, co-facilitator of KLUE (Kids Like Us are Everywhere) group for fourth through sixth grade youth with substance abusing parent(s).
- Out-patient Program: Clinical counseling with youth and families.
- Co-facilitator of community-based PATH (Partners in Action for Teen Health) pregnancy prevention group for seventh-grade students.

- 1994 - 1995 **United Cerebral Palsy** (Seattle, WA). *Social Interaction Specialist*: Worked closely with residents living at the United Cerebral Palsy Residential Center who had severe cognitive and physical disabilities. Assisted with physical therapy, recreation, counseling, and communication programs through one-to-one, small group, and community-based training.
- 1993 - 1994 **Rehabilitation Services of Northern California: Westcom Industries** (Richmond, CA). *Rehabilitation Specialist*: Worked with developmentally disabled adults in a vocational rehabilitation program. This sheltered workshop provided a supportive, educational, and transitional setting for DD adults.
- 1992 - 1993 **Stiles Hall Community Service Organization** (Berkeley, CA). *Project Coordinator*: Coordinated UC Berkeley student volunteer program at Napa State Mental Hospital. Duties included selection, placement, and continued supervision of thirty volunteers; maintaining close contact with hospital administrators and therapists; and working directly with both child and adult patients in the hospital.
- 1991 - 1993 **Transitions of Berkeley: Head Injury Recovery Center** (Berkeley, CA). *Life Skills Counselor*: Worked in residential treatment program for the rehabilitation of clients with both physical and cognitive impairments due to brain injuries.
- 1991 - 1992 **Affect Sharing Study** (UC Berkeley). *Research Assistant*: development and refinement of study, investigating the formation of emotions in infants at different ages.

## Education & Licensure

- 2006 Washington State **LICSW Approved Supervisor**
- 2001 Washington State **Children's Mental Health Specialist**
- 2001 Washington State **Licensed Independent Clinical Social Worker**
- 2000 Washington State **Certified Social Worker**
- 1997 Master of Social Work. **University of Washington.**
- 1993 B.A. Psychology with high honors. **University of California at Berkeley.**
- 1996 - 1997 Certificate Program in **Children's Mental Health** (UW School of Social Work Continuing Education): One hundred hours of professional training.
- 1995 - 1996 Certificate Program in **Clinical Mental Health Supervision** (UW School of Social Work Continuing Education): One hundred hours of professional training.

## Honors & Professional Associations

- 2006-present Member of the Washington State Society for Clinical Social Workers (WSSCSW)
- 2001-present Advisory Board Member of Friends of Youth Shelter Program
- 1996-present Member of the National Association of Social Workers (NASW)
- 1998 & 2001 Nomination for Youth Link Community Leadership Award from Bellevue Youth Link.
- 1993 Western Psychology Conference for Undergraduate Research. Invited to present senior honors thesis, *Gender and Communicative Style in the College Classroom*, at Santa Clara University, CA.