

## **PAULA-JO HUSACK, MA, LMFT, CGP**

Coach, Counselor, Consultant, Author, Speaker

San Francisco - Burlingame - Virtual

Offices: 650.652.6555

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[www.leadlifeflow.com](http://www.leadlifeflow.com)

[pj@leadlifeflow.com](mailto:pj@leadlifeflow.com)

CA Lic MFT27864

### **AFFILIATIONS / ALLIANCES**

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- American Assoc. of Sex Educators, Counselors & Therapists; [www.aasect.org](http://www.aasect.org), 2005-2010
- American Cancer Society; 20+ yrs [www.cancer.org](http://www.cancer.org):  
Board Member (1995-1999); Leadership Advisory Council Member (2000-2013);  
Kids & Cancer Community Trainings, San Mateo County Schools & UCSF Camp Oziku; Co-  
Chair, Professional Services Committee; Community Outreach Support Supervisor;  
Psychosocial Educator & Community Liaison
- American Group Psychotherapy Assoc.; Certified Clinician, 15+yrs [www.agpa.org](http://www.agpa.org)
- Anxiety & Depression Assoc. of America, 15+yrs [www.adaa.org](http://www.adaa.org)
- Bay Area Organizational Development Network (2000-2008) [www.odnetwork.org](http://www.odnetwork.org)
- California Assoc. of Marriage & Family Therapists; 20+ yrs [www.camft.org](http://www.camft.org)
- Children & Adults Attention Deficit Disorder CHADD; 10+yrs [www.chadd.org](http://www.chadd.org)
- Conspiracy of Venus/Conspiracy of Beards, Acapella Chorus; Singer, Board Member,  
9+yrs, [www.conspiracyofvenus.com](http://www.conspiracyofvenus.com)
- Eye Movement Desensitization Reprocessing International Assoc.; Certified Clinician, 15+  
yrs [www.emdria.org](http://www.emdria.org)
- Glide Foundation guest educator and volunteer [www.glide.org](http://www.glide.org)
- International Coaching Federation; 2007-2015 [www.coachfederation.org](http://www.coachfederation.org)
- Japanese American Citizens League, 15 yrs [www.jacl.org](http://www.jacl.org)
- Northern California Cartoonists Assoc.; 1990-2000
- San Mateo County Perinatal Council; 2005-07
- She-Can global leadership program 2019-; Mentor Workshop Co-Facilitator, Trauma  
Educator, Consulting Advisor; [www.shecan.global](http://www.shecan.global)
- Thrillride Mechanics, Advisory Board, 2014-

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### ***AFFILIATIONS / ALLIANCES***

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- Womens Assoc. for Addiction Treatment WAAT, 12+ yrs [www.waat.org](http://www.waat.org)
- WeCARE; Board Member & Trainer, 1996-2007 [www.wecaredementia.org](http://www.wecaredementia.org)
- World Professional Assoc.for Transgender Health, 8+ yrs. [www.wpath.org](http://www.wpath.org)

### ***PRESENTATIONS / INNOVATIONS / WORKSHOPS / EDUCATIONAL MODELS***

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- © LEAD LIFE NOW Series; Life Leadership workshops, presentations, educational models
- © THE 48-HOUR CLOCK: Co-Parenting that Keeps Our Couplehood
- BRAIN SUMMITS: RETRAIN YOUR BRAIN, A Mind-Body Experience, incl.Amen Clinics
- © FEED OR FEEL: Our Relationship to Food & Body
- © SELF ESTEEM: GET IT, BUILD IT, KEEP IT; Groups for Women in Stressful Situations
- WHOLE PERFORMANCE: Experiential models for Performing & Creative Artists
- AmfAR National HIV/AIDS Conferences; preventing healthcare worker burnout
- BIG Kids, BIG Feelings: When Food Is Their First Drug
- Emergency: Epidemic of Occupational Safety & Health Injuries within Healthcare
- 6 STEPS TO SOLIDARITY: Workshop for Transgender Couples & Families

### ***EXPERIENCE***

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**20+ years COUNSELING, COACHING, CONSULTING; PRIVATE PRACTICE**  
(Marriage/Family Therapist Lic.#MFT27864)

My practice is a resource for real life. Clients circle back as different personal and professional issues arise: Assess, diagnose and treat individuals, couples, families, teams, from a range of cultures and lifestyles. In other words, your relationship with yourself, within yourself, and with others. Your desire is to have a whole-person, whole-life plan that promotes quality of life. Promote education, understanding; plus, sustainable strategies and tactics toward change. EAP provider. Specialties include conflict/stress management for individuals, couples, families, work teams; addictions, video gaming addiction womens' issues, trauma (EMDR certified), gender concerns and transitions, ADD/ADHD, LD spectrum, special needs, and more. Regard for multi-cultural and cross-cultural environments. Coach and advisor to C-level and other upper-management groups and individuals; creative and performing artists Development and implementation of educational training models for non-profit

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### **EXPERIENCE (cont'd)**

organizations in creative/performing arts and business/medical practices. Represent non-profit organizations as community interface, business development team member.

**WORKPLACE CONSULTATION:** Organizational development and human resources experience, including organizational change, staff development, mediation, recruitment, hiring, review/assess processes. Educate and collaborate on optimization of work performance Past research and publication on healthcare worker threat of HIV exposure.

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### **5 years UNIVERSITY OF CALIFORNIA AT SAN FRANCISCO; DEPARTMENT OF MEDICINE AT SF GENERAL/ZUCKERBERG HOSPITAL**

San Francisco, California

#### **4 years CLINICAL DIRECTOR OF COUNSELING**

Directed, coordinated and supervised counseling operations of Occupational Infectious Diseases Program for Health Workers (physicians, nurses and support staff). Included providing crisis intervention, assessment for drug and alcohol, the neuropsychological and psychosocial dynamics of optimal achievement and its relationship to handling stressful situations, EAP referrals and brief. Published researched HIV threat and Health Care Worker stress presented in United States and France.

**1 year** Directed, coordinated and supervised counseling operations of two programs: (1) Occupational Infectious Diseases Program for Health Workers (physicians, nurses and support staff). Includes providing crisis intervention, assessment for drug and alcohol, EAP referral, and brief therapy; (2) HIV Prevention Service's Counseling, Testing & Risk Reduction Program.

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### **3 years SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH, JAIL MEDICAL SERVICES**

San Francisco, California

### **2 years MANAGER OF HIV TESTING SERVICES/PERSONAL & SUBSTANCE ABUSE COUNSELOR**

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### **EXPERIENCE (cont'd)**

Co-developed historical, ground-breaking policy and delivery of health care for clients, who inject substances; and activists of ACTUp, a grass-roots, political-action group. Oversaw community outreach and education in neighborhood of high-risk youth and sex workers. Assessed, counseled, and advocated for sub-stance psychotherapy and continued psycho-education groups in treating addictions; abuses, sexuality conflicts, chronic illness (HIV); grief. Knowledge and use of community resources. Constructed educational models; designed and promoted community/political advocacy. Originated and developed weekly self-esteem groups for males; awarded California State Assembly recognition and grant for pilot program. Train-the-trainers in copyrighted model. Guest trainer and speaker at community-based organizations and public health conferences. Motivated and evaluated staff of counselors/ educators. abuse treatment programs. Initiated health care advocacy for brief

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### **NON-PROFIT LEADERSHIP SERVICE**

#### **AMERICAN CANCER SOCIETY**

15+ yrs Volunteer Experience in various Leadership Roles.

-Co-chair for country-wide patient services committee. Transitioned reactive committee structure to proactive membership. Co-initiated advocacy for LGBTQ -specific outreach and education.

-Developed psychosocial training programs for community support service groups, who serve patients (i.e. cosmetologists, skin care specialists). Also for Reach To Recovery breast cancer support volunteers.

-Performed community outreach to generate increased awareness, volunteer participation, donations, or patient use. Included psychosocial training on all patient and patient-family issues of each stage of the disease. Piloted kids and cancer project for outreach to San Mateo County schools; to include students of peers with cancer and faculty support networking.

-Oversaw psychosocial operations of community support phone lines for all persons affected directly or indirectly by cancer. Included coaching/supervising volunteers staff of 20 on emotional support issues.

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### ***AMERICAN CANCER SOCIETY*** (cont'd)

-Revised educational model for county psychosocial pilot project for kids, attending kids cancer camps. Conducted group model; analyzed response data; submitted results and projected outcomes.

-As a Board Member, represented the diversity team, to co-lead educational outreach and education in multimedia venues. Presented corporate development outreach model that paired paid staff with volunteer to present bi weekly to local and global businesses.

-Introduced existing breast cancer support program to essential psychosocial training and outreach structure. Supported and participated in its own support operations for volunteers. This gave an infrastructure to the program and increased participation from community.

-Represented ACS to community groups and private medical communities in both San Mateo and San Francisco counties in response to business development/ contributions, community education, physician and staff education.

-Developed and facilitated educational model on patients' return to life after cancer.

-Initiated community outreach to county-wide Mother's Clubs, in support of national campaign, Choose Me, for breast cancer awareness.

### ***EDUCATION***

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University of San Francisco, San Francisco, California; Masters of Arts: Counseling Psychology

Antioch University, Yellow Springs, Ohio; 2 Bachelor of Arts: (1) Counseling Psychology and (2) Media Communications

### ***COMMENDATIONS***

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. U.C.S.F. / A.I.D.S. Health Project

. Youth Environment Study Merit Award HIV Prevention/Outreach, San Francisco Mayor's Office

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### **CERTIFICATIONS**

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Amen Brain Resource Network

American Group Psychotherapy Association

Community Health Outreach; AIDS Intervention Training Center

Drug Users Identification; Forensic Training Project

Eye Movement Desensitization Reprocessing

HIV Risk Reduction Assessment & Counseling

Hypnotherapy Education, Ellerbe Associates

Mindfulness Based Stress Reduction (MBSR), Steven Flowers LMFT

Mediation Training Certification, Mosten Associates

### **PUBLICATIONS**

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. For most recently published articles, please see our LeadLifeNow *Facebook* page:  
*<https://www.facebook.com/LeadLifeNow/> or website [www.leadlifeflow.com](http://www.leadlifeflow.com)*

. LeadLifeNow "MyPatient,MySelf; MySelf, MyPatient: Whose First In Your Life Leadership?", *Physicians Magazine*, San Mateo County Medical Assoc.10/2016

. Catch Your Star, life leadership book for women, Co-Author, 10/2013

. "HIV Threat & Health Care Workers: A View from the Therapist's Chair,"*Journal of Healthcare Safety, Compliance & Infection Control*, Vol 3, No 7; Aug/Sept 1999.

"A View from the O.R."; *Female-To-Male International News*, Issue 43; 12/98.

"Caring for the Caregiver: Managing Occupational Stress"; *CRNA The Clinical Forum for Nurse Anesthetists*, Vol 4, No 2; 5/93.

LeadLifeNow: Educational Models

Expert Articles, [YourTango.com](http://YourTango.com)

### **PERSONAL INTERESTS**

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Family, singing/performing w/Joyce McBride's Conspiracy ofVenus, photoart, She-Can, international travel, Latin dance, [sfcityguides.com](http://sfcityguides.com),