

# **Sheri S. Galvanized, M.S., AMFT, CHt**

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## **Higher Education**

<b>California State University, Long Beach</b> Masters of science in Counseling, MFT option	August 2000
<b>California State University, Long Beach</b> Bachelors of arts in Psychology	July 1996
Long Beach City College, Long Beach Associate of Arts in Liberal Arts, Journalism	1992

## **Certifications**

<b>American Board of Hypnotherapy</b> Master Hypnotist	August 2004-present
<b>American Hypnosis Association</b> Hypnosis for anxieties and fears	July 2022
<b>American Hypnosis Association</b> Healthy Boundaries	May 2022
<b>The Institute for Creative Mindfulness</b> EMDR therapy training	August 2019
<b>American Hypnosis Association</b> Hypnosis and PTSD	April 2019
<b>American Hypnosis Association</b> Trauma recovery hypnosis	March 2019

## **College Teaching Experience**

### **Tenured Professor**

**August 2015- Present**

#### **Department of Public Services**

#### **Social Work Program**

Long Beach City College, Long Beach, California

- Responsible for teaching the assigned classes: SW1 - Introduction to Social Work, SW45 - Stress, Change and Managing Roles, SW207 - Develop Helping and Listening Skills.
- Utilizes a variety of instructional strategies to engage students, including cooperative and experiential learning.
- Selecting and compiling tests, assignments, and online discussion exercises that permit performance measurement.
- Construct syllabi to meet all learning objectives and department standards.

### **Adjunct Instructor**

#### **Department of Public Services**

**January 2003-August 2015**

#### **Human Services Program**

Long Beach City College, Long Beach, California

- Taught assigned courses: HS1 - Intro to Social Work, HS45 - Stress Management for Case Managers, HS207 - Develop Helping and Listening Skills
- Constructed syllabi to meet the program's learning objectives.
- Served as advisor for the Human Services Club.

### **Adjunct Instructor**

#### **Department of Psychology**

**January 2003-August 2003**

California State University, Dominguez Hills, Carson, California

## **Leadership/Speaking Experience**

**2013**

Downey Church of Religious Science

**2010**

President of Agape Toastmasters

**2008**

Sertoma Club

**2005**

NLP/Hypnosis - Wendi.com

Weight Watchers Leader

**2004**

City of Lakewood - Stress Reduction Through Hypnosis

Weight Watchers Leader

**2003**

City of Lakewood - Create the Life You Want

Weight Watchers Leader

**2002**

California Federation of Business and Professional Women - From Sabotage to Success

Optimist International - From Sabotage to Success

**2001**

Barnes and Noble Book Signing

**1997**

California Association of Alcoholism and Drug Abuse Counselors (CAADAC) 1997

Continuing Education Center for Women, Long Beach City College 1997

Huntington Beach Union High School District, 1997

Coast Community College District 1997

Community Counseling Center, San Juan Capistrano, CA

GoldenWest College, 1997

Women in Management

Southern California Alcohol and Drug Programs

**1990**

The Bonus Plan, Non-diet weight loss program designed by hypnotherapist, Dr. Nancy Bonus, PhD

### **Clinical Experience**

**Hypnotherapist Assistant**

**2007**

Wendi.com, Newport Beach, California

**Hypnotherapist**

**2005-2006**

Positive Changes, Orange County, California

- Worked with private clients in a hypnosis office

**Mental Health Specialist**

**July 2002- July 2003**

Starview Community Services; Long Beach, California

- Provide direct clinical services to foster youth.
- Conduct short-term psychotherapy utilizing Solution Focused Therapy, Cognitive Behavioral Therapy, and Motivational Interviewing interventions.

**Program Coordinator**

**2003**

Substance Abuse Foundation, Long Beach, California

- Coordinated case managers and counselors at a large substance abuse facility

**MFT Intern**

**2002**

Heritage House North, Anaheim, California

- Counseling and case management at a substance abuse facility

**MFT Intern**

**1999**

Mariposa Women's Center, Orange California

- Group and individual counseling for women offered on a sliding scale

**Hypnotherapist/Private Practice**

**August 2006- May 2008**

Donate Your Weight, Long Beach, California

- Worked with private clients in a hypnosis office

**Internship****August 2017- May 2018**

Greater Long Beach Girl Scout Council, Long Beach, California

Ran an after-school program for at-risk youth.

**Trainings/Certificates Completed****Intermediate-Advanced Motivational Interviewing****June 26-28, 2019**

Michael Fulop MI Training, World Forestry Center, Portland Oregon

**2007****Eating Disorders and Sexual Abuse**

Del Amo Hospital

**2004****Be a Wealthy Therapist**

Casey Truffo, LMFT

**2000****Psychotherapy and Spirituality**

South Bay CAMFT

**May 5, 2000****Clinical Practices with Lesbian, Gay and Bisexual Clients**

County of Orange Health Care Agency

**October 6, 2000****1997****Treatment and Meditation: Spiritual Practice for Daily Living**

United Church of Religious Science

**March 1997****1996****Self-Mastery: Emergence of the True Self**

United Church of Religious Science

**November 1996****Exploring Roots of Science of Mind**

United Church of Religious Science

**August 1996**

## **Articles/Publication**

### **Articles by Sheri**

Six Steps from Sabotage to Success

Steps to Recovery, 1999

Recovery Today, 1999-2007

### **Articles about Sheri and From Sabotage to Success**

Seventeen 1997

Independent 1998

Woman's Day 2001

### **Media Interviews**

Six Steps - Perspectives with Gloria McMillan, 1998

### **Story**

More Random Acts of Kindness

### **Self-Published/Independent Publications**

Love Your Body, Love Yourself

7 Super Simple Steps - Start your own mastermind group

## **Books**

From Sabotage to Success, New Harbinger Publications (2000)

Donate Your Weight, iUniverse (2008)

## **Professional Affiliations/Memberships**

Phi Kappa Phi

Toastmasters 2002-2022

- 2008-2012 Agape Toastmasters
- 2013 Make a Difference Toastmasters
- Improv Toastmasters

Long Beach Chamber of Commerce 2005

## **Awards/Designations**

Student Success Nominee, Long Beach City College, 2010

Professional Writers League of Long Beach - Trip to Please - Best story

BBS MFT Intern #42002

Qualified Speaker - Toastmasters International, 2022

Toastmaster of the Year 2009