

# Linda Barnum, PhD

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## Professional Experience

### *Assistant Professor of Human Relations*

2019 - Present

University of Oklahoma

- Teaching core curriculum courses, intern supervision, and management of the clinical mental health program.

### *Licensed Professional Counselor*

2012 - Present

Founder and owner of LifeMind, PLLC, an integrative psychotherapy practice using somatic (body-centered), cognitive, and neurotherapeutic evidence based modalities.

- Core competencies include:
  - Assessment, diagnosis, and treatment for numerous psychological conditions with the primary focus on trauma resolution (PTSD and complex) and neurological regulation with EEG Neurofeedback, body-centered, and cognitive behavioral modalities of intervention.
  - Client population includes individual, couples, families, and with transgender adolescents, and individuals self-identified within the LGBTQ community.
  - April 2018 - Administration and implementation of Cogmed - an evidence based working memory training program for Executive functioning into Mannford Oklahoma public high-school for students with accommodations.

### *Family Systems Facilitator/Educator*

2017 - Present

- Providing 4 approved hours of CEU from the Oklahoma State Board of Behavioral Health hours Training and instruction for LPC and LMFT therapists in Family Systems. This monthly on-going program provides instruction in family system dynamics.

### *Yoga Instructor*

1989 - 2009

Yoga for Everybody (1989- 2007), Full-time teaching in hospital, fitness and University settings: Development and implementation of on-going class instruction for adult students.

- Yoga and Mindfulness Meditation
  - Specialized areas include: psychological and mindfulness instruction for stress/anxiety reduction, physically impaired, female incarcerated/probation/drug court, and adolescents at risk.
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## Education

- PhD, Clinical Psychology

2017

- The Chicago School of Professional Psychology
  - Dissertation: How Do Somatic and Body Centered Therapists Identify Attachment Trauma in Adults. A Grounded Theory Investigation into the Somatic Nature of Attachment Trauma.
  - Committee Chair: Dr Henry Ahlstrom
  - Masters of Arts, Clinical Psychology 2011
    - The Santa Barbara Graduate Institute
  - Masters of Arts, Human Relations 2006
    - The University of Oklahoma
  - Royal Diploma of Arts, Personal Assistant 1986
    - University of Hull, UK
  - Bachelors of Arts 1983
    - The University of Wales Trinity Saint David
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### **Professional Qualifications and Certifications**

- Licensed Professional Counselor 2012
- National Counselor Certification 2009
- EMDR (Level I & II)
- EEG Neurofeedback (Advanced Level)
- Sensorimotor Psychotherapy (Level III Certified Therapist and Instructor)
- Certified: Hellinger Family Systems Facilitator.
- Certified: Cognitive Behavioral Therapy
- Certified: Emotionally Focused Therapy
- Certified: Cogmed Provider
- Certified: Administration of the Addiction Severity Index
  
- Kripalu Yoga Instructor (Advanced)
- Advanced Yoga Teacher Training under Donna Farhi
- Mindfulness Meditation Instructor (under Zen Master Thich Nhat Hanh)

### *Additional Training and extended Workshops*

- Sexual counseling for LGBTQ clients
  - Psychopharmacology
  - Couples sex counseling
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### **Presentations**

- Brookhaven Hospital
  - Attachment and Trauma 2017
- Guest Presenter University Oklahoma Tulsa Human Relations
  - PTSD and EEG Neurofeedback 2017

- Family and Human attachments 2016
  - Assistant instructor Amnesty International London UK 2016
    - Sensorimotor Psychotherapy Institute Level III training
  - Family and Children's Services
    - Mindfulness techniques for anxiety and depression 2016
    - Attachment and Trauma in young populations 2014
  - Zarrow Mental Health Symposium
    - Attachment, trauma and PTSD 2015
    - Mindfulness and Mental Health 2014
    - The Neurology of Attachment 2006
  - OU Tulsa Student Organization (semester) 2015
    - Yoga and Mindfulness (co-instructed Dr Steve Hoppes)
  - Parkside Psychiatric Services
    - Why Do Opposites Attract: Attachment / romantic relationships 2013
    - Psychotherapy and Spirituality 2012
  - Hillcrest center for Women's Health
    - Assistant for Sensorimotor Psychotherapy training w/ Pat Ogden 2001
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### **Professional Affiliations**

- International Society for Neurofeedback Research (ISNR)
  - Kripalu Yoga Teachers Association
  - Oklahoma Mental Health Counseling Association
  - American Psychological Association
  - Sensorimotor Psychotherapy Institute
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### **Personal Interests**

- Cello (Suzuki level 3/4)
- Hiking - Great Britain
- Kayaking – Ocean and Lake
- Philbrook Museum of Art Docent