

# AGATA NOWAKOWSKA

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## MARRIAGE AND FAMILY THERAPIST

Compassionate and cultural sensitive Therapist with extensive experience helping people of all ages and diverse background better understand and deal with personal and family issues. Demonstrated ability to handle complex situations in a sensitive, understanding, respectful manner while providing efficient treatment alternatives. Sound expertise working with children and adolescents with varying needs.

### AREAS OF EXPERTISE

- |                          |                             |                            |
|--------------------------|-----------------------------|----------------------------|
| ♦ Children & Adolescents | ♦ Cultural/Social Awareness | ♦ Life Transitions Support |
| ♦ Family Therapy         | ♦ Work Ethics               | ♦ Assertive Communication  |
| ♦ Individual Therapy     | ♦ Interpersonal Skills      | ♦ Social Work              |

### CHILDREN & ADOLESCENT EXPERIENCE

- ♦ Helped parents reach their personal and family goals through effective parent coaching.
- ♦ Improved child development on patients with ADD/ADHD, PTSD, Depression, and ASD using play and art therapies.
- ♦ Provided responsive time limited interventions, assessment, and evidence-based treatment for children and adolescents.
- ♦ Co-founder & President of Child Solutions, a charity organization dedicated to supporting unprivileged children worldwide

### MARRIAGE & FAMILY COUNSELING EXPERIENCE

- ♦ Enabled family members to explore and express difficult thoughts and emotions safely.
- ♦ Worked together with couples through promoting talking, introspection, analysis and reflection for better understanding of the relationship.
- ♦ Managed family issues concerning family breakdown, parenting, and stepfamily or extended family issues.

### INDIVIDUAL THERAPY EXPERIENCE

- ♦ Worked with patients on a one-to-one basis and created personal non-medical treatment plans.
- ♦ Provided various therapies including cognitive therapy and addiction therapy.
- ♦ Contributed on collaborative treatment decisions as part of the clinical team.
- ♦ Counseled geriatric patients on issues like grief, own mortality, new living arrangements, finances, chronic health problems, depression, and anxiety.

### WORK HISTORY

PRIVATE PRACTICE, Marriage & Family Therapist 2013 - PRESENT

SDSU PRICE ENTITIES SCHOOL PROJECT, Marriage & Family Therapy Intern, 2008 - 2010

PRIVATE PRACTICE, Marriage & Family Therapy Intern, 2007 - 2008

MHS FAMILY RECOVERY CENTER, Marriage & Family Therapy Intern, 2006 - 2007

ST. CLAIRE HOME FOR ABUSED WOMEN WITH CHILDREN, Parenting Coach, 2004-2005

INTERFAITH COMMUNITY SERVICES, Marriage & Family Therapy Trainee, 2002 - 2003

SDSU INDIVIDUAL & FAMILY COUNSELING CENTER, Marriage & Family Therapy Trainee, 2001 - 2002

### EDUCATION & TRAINING

Master of Science, Counseling (Marriage & Family Therapy), San Diego State University, San Diego, CA

Master of Arts, Tourism & Recreation, Academy of Physical Education, Poznan, Poland

Drama Therapy Courses, Drama Therapy Institute, Los Angeles, CA

Certification, Registered Play Therapist, UCSD Extension, In Progress

Licensed Marriage and Family Therapist, State of California

Member, California Association of Marriage & Family Therapy & Association for Play Therapy