

Lynn Tress, Psy.D., LMHC, CAP, Ct.H.
Doctor of Clinical Psychology Licensed Mental Health Counselor, Board Certified
Interventionist Certified Addictions Professional Clinical Hypnotherapist
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Talents

Extensive practice of Clinical Psychology, Program Design for adults and adolescents, mindfulness approaches, and Group therapy. Expert witness for chemical dependency, personal injury, trauma and forensic evaluations. Proficiency in DBT, CBT, EFT, Schema therapy, and psychodynamic approaches to complex personality and behavioral challenges.

Specialist in Addictions and Complex Post Traumatic Stress Disorder, including developmental issues across the lifespan. Competency in dual diagnosis in both adult and adolescent populations. Board certified chemical dependency Interventionist and Certified Addictions Professional. Expert witness and forensic advisor for high profile cases in South Florida.

Sensitivity, skill and creativity working with conditions of client resistance and ambiguity. Provider of on-site intensive psychotherapy for individuals. Consultant to the medical and professional community per treatment issues regarding the psychological challenges of relapse prevention and intervention. Speaker at national conferences on the topic of relapse prevention and program design.

Fluent conversational Spanish. Extensive exposure to populations from Latin American, Native American, Caribbean, and European cultures. Conversant with social traditions for culturally sensitive interventions.

Experience

1998-Present: Private practice and adjunct program designer for intensives and seminars.

1999-2003: Completed Doctoral residency training as adjunct Professor of Psychology in Counselor Education at Florida Atlantic University, Boca Raton, FL. Taught Masters level students and campus director of operations at FAU's Honors Campus Counseling Center in Jupiter, FL.

1997-1998: South County Medical Health Center, Delray Beach, FL. Doctoral Intern in Clinical Psychology at an APPIC approved site. Responsible for individual and group psychotherapy for dual-diagnosed patients in a partial hospitalization program, treated chronically mentally ill in locked unit at A. G. Holley Hospital, assessed and treated children and adults in short-term crisis stabilization units having acute psychotic episodes.

1992-1997: The Family Center of Delray Beach, FL. Individual and group psychotherapist, forensic assessments for the Broward County Courts. Subspecialty in group and individual management of chronic grief and loss for adults, adolescent, and children's therapy.

1996-1999 Center For Group Counseling; Boca Raton, FL. Graduate of Facilitator Training Program in Client Centered Psychotherapy, Doctoral Practicum completed at this site. Facilitated groups for both seniors and children during the 1996-1997 academic years.

1995-1997 Alzheimer's Association of Palm Beach County: Volunteer group leader for patients with early onset dementia and other memory disordered individuals. Special concentration in the facilitation and transition of the familial relationship as per the individual's cognitive status and relationship with care-givers.

Education

- Psy.D. in Clinical Psychology* with Distinction, from Albizu University, Miami, FL. Dissertation Title: A cross-cultural comparison of imagery techniques utilized by shamans and their implications for clinical psychotherapy. Copyright 1999.
- Certified Hypnotherapy Certification*. Eastern Institute of Hypnotherapy, Goshen, VA.
- Hanley-Hazeldon, West Palm Beach, FL. Licensed Certified Addictions Professional, following a one year intensive training in addictionology; 1997-1998
- Florida Atlantic University, Boca Raton, FL *Masters of Education*, Mental Health Counseling, 1992. Licensed in January 1996.
- Columbia University; Teacher's College, New York, NY. Masters program, Counseling Psychology 1986.
- Columbia University, New York, NY, *Bachelor of Arts*, Psychology-Biology 1981.

Professional Affiliations

- American Psychological Association
- NAADAC
- Mental Health Association of Palm Beach County
- Southeast Florida Association of Psychoanalytic Psychology (Div. 39)
- Certification Board of Addiction Professionals of Florida
- Volunteer: Changing Lives, Boca Raton, FL