

Background information and therapy approach of James J. Sanders.

www.SandersTherapy.com

Licensure and Certification

California State Board Licensed Marriage and Family Therapist. Lic. # 40061

Nebraska State Board Licensed Mental Health Practitioner and L.P.C. Lic. # 352/121

Colorado State Board of Health Licensed Professional Counselor. Lic. # 2187

National Board Specialist Certification in Clinical Mental Health Counseling. # 33693

National Board Certified Counselor. # 33693

Education

Masters Degree in Agency Counseling Psychology

University of Nebraska at Omaha 1985

Bachelors Degree in Psychology. Double Minor in Sociology and Philosophy

University of Nebraska at Lincoln 1982

Professional Experience

Sanders and Associates Counseling Center. 1984-Present

Licensed in both California and Nebraska.

Book Author: I ALREADY AM WHAT I WANT. 1989

Lumpkin and Bunkers Publishing Co.

President of the State of California Association of Marriage and Family Therapists. (CAMFT) 2011-2012

Psychotherapist on Television shows on Bravo and 2012-

The Learning Channel.

Expert Witness for Orange County, CA Judicial System.

Speaker, Adjunct Professor and Consultant:

Provided to profit and non-profit hospitals, universities, and businesses including Creighton University Cardiac Center, Pepperdine University, California Southern University, Metropolitan Community College.

TV/Radio Appearances as Guest Expert: 1985-2018

Columnist: Omaha Magazine. Wrote "Dear Therapist" Column. 1985-88

Instructor: Safety and Health Council of the Midlands. 1987-91

Psychiatric Assistant: U.N. Medical Center Psychiatric Institute. 1983-84

Community Service Volunteer

Board of Directors, Mary's Shelter. Group home for pregnant teens.	2012-2015
Knights of Columbus Member. Third degree.	2009-
Toby's House for Homeless Pregnant Woman, S.J. Capistrano, CA.	2006-2009
Marriage Preparation Counselor for the Archdiocese of Omaha	1992-95
President: Omaha Businessmen's Association	1991
Nebraska State Soccer Team Coach of players under 23 years	1987
Douglas County Dept. of Health Task Force on Stress Member	1985-90
Hospice Counseling: Lincoln Nebraska	1981-82
Big Brother: Omaha Home for Boys	1977-78
Suicide Hotline Operator for Douglas County, Omaha, NE.	1977-78

Professional Organization Member

Member, CFO and Past President on Board of Directors of (C.A.M.F.T.) 2004 - California Association of Marriage and Family Therapists	Lifetime member
American Counseling Association (A.C.A.)	Lifetime member
International Association of Marriage and Family Counselors	2002-2003
Assoc. of Spiritual Ethical and Religious Values in Counseling	1999-2001
American Association of Specialists in Group Work	1988-2000
American Mental Health Counseling Association	1986-1990

My approach to therapy, counseling or coaching varies depending upon your wants, pace and path. At the end of therapy, it is great to look back and realize what you have achieved. I utilize Cognitive Behavioral Therapy (CBT) and other evidence-based techniques to help individuals, couples, and families with relationship troubles and trauma, amongst other presentations. The risk of therapy can be a reflection of a wrong therapist/client fit. The benefits of growth can be exponential to you, your children and/or your legacy. I want to make our relationship a safe place for you to discover the goodness that is already within you just by the nature of being human.

Ask me anything anytime. I really appreciate your honest feedback.

Thank you,

James Sanders, LMFT