

# MARCEY SUNSHINE NAVARRO, LCSW

925-298-2563

1300 Ethan Way, Suite 170

Sacramento, Ca. 95825

Email: [M.Navarrolcsw@gmail.com](mailto:M.Navarrolcsw@gmail.com)

## **EDUCATION- LICENSE**

**M.A., Social Work**, 2002. California State University, Sacramento

- **Title IV-E Recipient, Deans List**

**B.A., Psychology**, 2000. California State University, Sacramento

- **Child Development Emphasis, Deans List**

**A.A., Psychology**, 1996. Sacramento City College, Sacramento

**Licensed Clinical Social Worker**, 2008. California License #24965

## **MEMBERSHIPS**

- Association of Family and Conciliation Courts (AFCC)
- Sacramento Valley Child Custody Mediators and Evaluators
- Sacramento County Bar Association

## **SUBJECT FLUENCY**

- Adjustment Issues
- Addiction/ Codependency
- Adult Mental Health
- Anxiety Disorders
- Children Mental Health, ages 6 and up
- Co-Parenting Counseling/Coaching
- Complex Trauma
- Depression/Mood Disorders
- High Conflict Family Systems
- Neglect, emotional, sexual, and physical abuse
- Self-Esteem Issues
- Suicidality/Self-Harm in adults and youth
- Stress Management

## **ACADEMIC APPOINTMENTS**

**Adjunct Professor**, Sacramento City College. 2019-Present.

- Introduction to Psychology

## **CLINICAL EXPERIENCE**

**Individual and Family Therapist**, Private Practice 2012-Present.

- Experienced therapist specializing in high conflict family systems and mental health across various age groups. Skilled in providing therapy for children, adolescents, adults, and families, with a special focus on helping youth heal and navigate through their complex familial dynamics. Experienced in conducting Private Child Custody Recommending Counseling and 3111 Evaluations.

**Therapist**, Kaiser Permanente. 2017-Present.

- Passionate and dedicated substance abuse therapist with extensive experience in providing individual therapy, group counseling, and abstinence-based treatment monitoring. Proficient in trauma-informed care, Dialectical Behavioral Therapy (DBT), and Cognitive Behavioral Therapy (CBT). Committed to fostering a supportive environment and empowering individuals on their journey to recovery. Proven track record of providing effective psychotherapy to diverse populations.
- Experience in developing, implementing, and evaluating clinical treatment plans for individuals with acute or chronic mental illness and substance abuse in the emergency room.

**Therapist, Sutter Center for Psychiatry, 2014-2019.**

**Leadership Roles:**

- Mentor and instruction of University of California, San Francisco Psychiatric Nurse Practitioner Students.
- Clinical supervision for ASW social workers.
- Field Instructor for California State University, Sacramento master level students.

Dedicated therapist with expertise in working with adolescents and their families experiencing substance use and mental health symptoms during inpatient and intensive outpatient psychiatric services. These services cover a wide spectrum of needs, from individual and group therapy using Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT) for children and adolescents to family therapy approaches like Emotionally Focused Family Therapy which are evidence-based practices for treating various mental health issues. This experience indicates a specialization in treating complex cases requiring intensive support and intervention.

**Senior Mental Health Counselor, Division of Behavioral Health, Sacramento County. 2013-2015.**

- Leadership Role: Mental Health Liaison between Child Protective Services (CPS) and County Mental Health- Bridged communication between department programs.
- Provided detailed clinical reports to the Sacramento Juvenile Dependency Courts with treatment diagnosis and therapeutic interventions/recommendations.
- Completed mental health assessments for parents and children in CPS with goal to identify safety plans for children, provide treatment intervention, and recommendations.

**Team Decision Making (TDM) Facilitator, DHHS, Sacramento County. 2005-2013.**

- Mediated time limited, solution focused (TDM) Meetings, with family, caregivers, community representatives, agency staff and child(ren), for all placement related decisions while assessing for complex trauma as it relates to the child's best interest and child safety.
- Assisted participants in clear and honest communication, conflict resolution, and managed strong emotions, with the goal of reaching group consensus.
- Executed leadership skills by teaming with department wide division and program managers, county counsel, supervisors, master level social workers, community partners, and engaged in formal union negotiations to successfully implement new program.
- Developed curriculum and regularly provided in-service/out-reach presentations for training purposes to colleagues, supervisors, managers, and community partners.

**Masters Level Social Worker, DHHS, Family Reunification Bureau. 2001-2005.**

- Experience in Sacramento Juvenile Court proceedings including interacting with Juvenile Dependency Judges and attorneys for all parties (parents, children, and county counsel), attending on-going Family Reunification and In-Home Review Hearings, Pretrial and Trials, and testifying under oath while maintaining professional positive working relationships in the Court room and with families.
- Apply social work methods and practices in highly complex cases with families experiencing complex trauma; interpreted social service program as set forth in laws, rules, regulations, policies and procedures to clients and other community partners.
- Clinical safety assessments of children and families with allegations of neglect, physical, and sexual abuse.

- Analyze and assessed families for services, monitored progress in services and placement, consulted with collateral providers to assist in decision making, and made permanency recommendations for foster youth by submitting comprehensive reports to Sacramento County Juvenile Dependency Court.

#### **Family Coordinator, Turning Point Focus, Sacramento California. 2000-2001**

- Spearheaded in-home intensive mental health treatment and crisis intervention services for children and families.
- Employed family-focused, strength-based treatment modalities to promote holistic healing and resilience.
- Demonstrated and taught appropriate behaviors and life skills to children and families through personalized interactions and play therapy sessions.
- Advocated for children with Individual Educational Plans (IEP) by collaborating with parents to ensure comprehensive support and resources.

#### **VOLUNTEER EXPERIENCE**

##### **Crisis Line Counselor, Women Escaping a Violence Environment, 1995-1996.**

- Leveraged proficient assessment skills to identify and arrange tailored services for individuals affected by domestic violence and sexual assault, ensuring they received appropriate support and resources.
- Provided compassionate crisis line counseling to both men and women who had experienced domestic violence and sexual assault, offering immediate emotional support and guidance during times of distress.

#### **PCCRC AND 3111 EVALUATION TRAININGS AND REQUIREMENTS**

- 01/07/24. **Domestic Violence: Everything You Should Know and Understand-** 20 CE hours. Bartholomew and Wasznicky, LLP, the Association of Certified Family Law Specialist and the California Layers Association, Family Law Section.
- 10/20/23. **Helping Kids Win! Exploring Non-Court Interventions for All-** 8 CE hours. Bartholomew and Wasznicky, LLP, the Association of Certified Family Law Specialist and the California Layers Association, Family Law Section.
- 02/28/23. **Overcoming Parent Child Contact Problems. Family Intervention 2023-** 30 CE hours. Robin Deutsch, PH.D, ABPP, Et Al.
- 01/27/23. **Domestic Violence Update Training** – 4 CE hours. Allison R. Kephart, Director of Legal Services WEAVE Inc.
- 10/28/22. **Using New Information to Rethink Established Ideas: Helping Children in Chronically Conflicted Families** – 8 CE hours. Bartholomew and Wasznicky, LLP, the Association of Certified Family Law Specialist and the California Layers Association, Family Law Section.
- 07/5/22. **2021 Child Custody Evaluation Annual Update** – 8 CE hours. Sol Rappoport, Ph.D. ABPP, The Steve Frankel Group.
- 01/14/22. **Domestic Violence Update Training** – 4 CE hours. Sacramento Valley Child Custody Mediators, Jack Love, LMFT.
- 12/8/21. **Testifying as a Mental Health Professional: From the Basics to Suggestions for Providing Effective Testimony** – 1 CE hour. Susan C. Rempel, Ph.D.
- 12/10/21. **Shared Parenting Support Program** - 8 CE hours. Carol N. Greenfield M.A., MFT.

- 10/8/21. **I Dare You to Parent Me: From Problems to Solution in Refuse/Resist Dynamics** – 8 CE hours. Bartholomew and Wasznicky, LLP, the Association of Certified Family Law Specialist and the California Layers Association, Family Law Section.
- 10/5/21. **SCBA Family Law Section Webinar- Private CCRC: Attorney Involvement** -1.5 CE hours. The Family Law Section Webinar.
- 07/5/21. **2020 Child Custody Evaluation Annual Update** – 8 CE hours. Sol Rappoport, Ph.D. ABPP, The Steve Frankel Group.
- 05/2021. **Reunification Family Therapy: A Treatment Manual** – 5 CE hours. William A. Cook, Ph.D, Ce\$Less.com.
- 05/2021. **The Challenge of Co-Parenting: Helping Split Couples to Raise Healthy Kids** – 2 CE hours. Lisa Schab, MSW, LCSW. Professional Development Resources, Inc.
- 01/2021. **Domestic Violence Update Training** – 4 CE hours. Sacramento Valley Child Custody Mediators. Jack Love, LMFT.
- 10/2020. **Custody Evaluations 101: Challenging Issues**- 5 CE Hours. Steve Frankel Group.
- 10/2019. **Child Custody Mediator. CCRC Training**- 40 CE Hours. Association of Family and Conciliation Courts (AFCC).
- 05/2019. **Child Custody Evaluation Training for Mental Health Professionals**- 40 CE Hours. Association of Family and Conciliation Courts (AFCC).
- 10/2018. **Evidence-Based Treatment of Intimate Partner Abuse**- 16 CE Hours. John Hamel Ph.D., LCSW (PCE#71799).

### **ADDITIONAL CONTINUED EDUCATION (Partial Listing Only)**

- 06/2023. **Dialectical Behavioral Therapy: Application of Strategies to Clinical Practice**- 1.5 CE Hours. Jamie Bodenlos, Ph.D.,
- 09/2021. **Suicide: Assessment, Treatment, and Management** – 6 CE Hours. CE4Less.
- 07/2021. **IFS Immersion: Integrating Internal Family Systems (IFS) Across Clinical Applications** – 21 CE Hours. Frank Anderson, MD and other key speakers. Pesi.
- 10/2020. **Attachment in Adults: How Infants Attachment Security Affects Adult Relationships** – 3 CE hours. Pesi.
- 09-10/2019. **Metallization Based Treatment (MBT)** -12.5 CE hours. Martha Gilmore, PH.D, CGP and Haim Weinberg, PH.D, CGP. Sacramento Center for Psychotherapy is approved by the American Psychological Association to sponsor continuing education units.
- 04/2018. **The Science of Discrimination: Addressing a Social Determinant of Mental Health** – 1 CE hour. Sutter Medical Center, Sacramento designates this educational activity.
- 10/2017. **Working with Disorders of Body Image: A Guide for Mental Health Professionals- Revised** – 2 CE hours. William A. Cook, Ph.D. (PCE#1115).
- 08/2017. **Clinical Supervision Text-based Home Course V2** – 6 CE hours. Gerry Grossman Seminars. Gerry Grossman, MA, LMFT. (CaMFT CEPA # 133709).
- 08/2017. **Clinical Supervision: LCSW Perspective Text Base Home Course** – 6 CE hours. Gerry Grossman Seminars. Gerry Grossman, MA, LMFT. (CaMFT CEPA # 133709).
- 08/2017. **Clinical Supervision: Solution Focused Perspective Text-based Home Course** – 3 CE hours. Gerry Grossman Seminars. Gerry Grossman, MA, LMFT. (CaMFT CEPA # 133709).
- 04/2017. **How to Facilitate a Hold Me Tight/Let Me Go Teen Family Workshop for Professionals** – 6 CE Hours. Drs. Paul and Nancy Aikins, Aikins Associate Seminars (PCE# AIK 002).
- 9/2015. **Understanding Adolescent Suicide for Mental Health Practitioners** – 5 CE hours. Elite Continuing Education approved by National Association of Social Workers #886463821-5672.

- 01/2015. **The Interpersonal Neurobiology of Addiction** – 1.5 CE hours. Jon Daily, LCSW, CADCI. Sierra Vista Hospital (PCE# 3475).
- 09/2014. **9<sup>th</sup> Annual UC Davis Conference Psychotic Disorders** – 5.5 CE hours. Aaron Bair, M.D. UC Davis Health System (PCE# 2354).
- 11/2013. **Alcohol and Other Drug Treatment Initiative: Resiliency and Motivational Interviewing** - 12 CE hours. Kathy Aposhian, RN. Division of Behavioral Health, DHHS, County of Sacramento (PCE# 3653).
- 10/2013. **Understanding the Prolonged Effects of Childhood Neglect and Trauma** – 6 CE hours. James Henry. UC Davis Extension Program (PCE#577).
- 10/9/2013. **Alcohol & Drug Treatment Initiative. The Series** –6 CE hours. Kathy Aposhian, RN. Division of Behavioral Health, DHHS (PCE# 3653).
- 05/2013. **33<sup>rd</sup> Annual California Mental Health Advocates for Children and Youth Certification: A Call to Leadership** -12 CE hours. James Freeman. Casa Pacifica, Centers for Children and Families (PCE# 2522).
- 01/2013. **Direct Impact of Being Trauma Informed** -3 CE hours UC Davis Extension Program (PCE#577).
- 04/2012. **Strategies for Making Child Welfare Systems More Trauma Informed** - 6 CE hours. Dr. Lisa Conradi. UC Davis Extension Program (PCE# 577).
- 09/2011. **Teaching Essential Life Skills to Children of All Ages** - 4 CE hours. Fred Leiner, Ph.D. Foster and Adoptive Community, Inc. (PCE# 3891).
- 07/2011. **Positive Discipline** -3 CE hours. Fred Leiner, Ph.D. Foster and Adoptive Community, Inc. (PCE# 3891).
- 03/2011. **The Heart of Family Engagement: Transforming Relationships** – 3 CE hours. Brad Seiser. UC Davis Extension Program (PCE# 577).
- 05/2010. **Fatherhood: Principles, Policies and Practices** – 6 CE hours. Christopher Cassels, MSW. UC Davis Extension Program (PCE# 577).
- 09/2009. **28<sup>th</sup> Annual UC Davis National Child Abuse and Neglect Conference** - 17.5 CE hours. University of California, UC Davis Health System (PCE# 2354).
- 03/2007. **Domestic Violence Training** – 2 hours. Bridget Kennedy, WEAVE. Department of Health and Human Services, County of Sacramento.
- 10/2006. **Adult Co-Occurring Disorders Case Conference** – 1.5 hours. Rachel Beutler, LCSW. Department of Health and Human Services, County of Sacramento.
- 08/2006. **Adult Co-Occurring Disorder Case Conference** – 1.5. Rachel Beutler. Department of Health and Human Services, County of Sacramento.
- 10-11/2005. **Family to Family Team Decision Making for Facilitators** - 40 hours. Michael Lawler. UC Davis Extension, University of California.
- 09/2004. **The Best of Alcohol and Drug Treatment I** – 28 hours. Pam Smithstan. Department of Health and Human Services, County of Sacramento.
- 05/2004. **Parent Guide** – 2 hours. Mary Tarro. Department of Health and Human Services, County of Sacramento.
- 03/2004. **Research to Practice: Supporting our “Sons and Daughters into Adulthood** – 6 hours. Mary Pipher. Department of Health and Human Services, County of Sacramento.
- 02/2004. **Parent Leadership** – 2 hours. Department of Health and Human Services, County of Sacramento.
- 06/2003. **Medically Fragile Children** - 4 hours. Mary Ann Nihart. Department of Health and Human Services, County of Sacramento.
- 06/2003. **Failure to Thrive** - 4 hours. Mary Ann Nihart. Department of Health and Human Services, County of Sacramento.
- 05/2003. **Alcohol and Drug Treatment I (Chemical Dependency Overview).** – 28 hours. Department of Health and Human Services, County of Sacramento.
- 05/2003. **Court Series: Court Report Writing** – 6 hours. Loni Montgomery. Department of Health and Human Services, County of Sacramento.

- 05/2003. **Court Petition Writing** – 6 hours. Loni Montgomery. Department of Health and Human Services, County of Sacramento.
- 04/2003. **Court Series: Foundation of the Juvenile Court** - 6 hours. Frank Tetley. Department of Health and Human Services, County of Sacramento
- 03/2003. **Research to Practice: The Impact of Trauma on Child Development** – 6 hours. Dr. Bruce Perry, MD. Department of Health and Human Services, County of Sacramento.
- 02/2003. **Parent/Guardian, Child and Sibling Visitations, Guideline** – 1 hour. Lisa Williamson. Department of Health and Human Services, County of Sacramento.
- 01/2003. **Advanced Program – Child Sexual Abuse.** – 12 hours. Niki Delson. Department of Health and Human Services, County of Sacramento.
- 06/2002. **Civil Rights- Division 21** – 1.5 hours. Kathy Knutson. Department of Health and Human Services, County of Sacramento.
- 6/2002. **Division 31 Regulations** – 4 hours. Mariann Friedrich. Department of Health and Human Services, County of Sacramento.
- 06/2002. **Legal Definitions of Child Abuse** – 4 hours. Mariann Friedrich. Department of Health and Human Services, County of Sacramento.
- 06/2002. **Forensic Interviewing of Children** - 5.5 hours. Kim Berardi. Department of Health and Human Services, County of Sacramento.
- 06/2002. **Diagnosis of Physical Abuse** -6 hours. Cathy Boyle. Department of Health and Human Services, County of Sacramento.