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LINDSEY KOHN

ASSOCIATE MARRIAGE AND FAMILY THERAPIST

AMFT #149398



PROFESSIONAL SUMMARY

Associate Marriage and Family Therapist with over 17 years of extensive experience in teaching, therapy, mindfulness, and yoga. Adept at fostering emotional resilience and well-being across diverse populations, including adolescents, children, and individuals with special needs. Committed to enhancing personal growth and positive family dynamics through innovative and holistic approaches.

EMPLOYMENT HISTORY

JUL 2024 - PRESENT

Associate Marriage and Family Therapist #149398, Compassionate Mindful Healing, Sherman Oaks

- Conduct individual and group therapy sessions, improving client well-being with customized interventions.
- Facilitate therapeutic groups, fostering a supportive environment for emotional and mental growth.
- Implement evidence-based practices in therapy, leading to measurable improvements in client outcomes.

JUN 2023 - JUL 2024

Therapy Intern, Family Service Agency of Burbank, Burbank

- Provide one-on-one therapy to foster youth, boosting emotional resilience and coping skills.
- Develop individualized treatment plans, ensuring personalized care and measurable progress.
- Facilitate parenting groups, promoting effective communication and parenting strategies.
- Conduct family therapy sessions, improving family dynamics and resolving conflicts.
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AUG 2007 - AUG 2024

Middle School Teacher, Los Angeles Unified School District, North Hollywood

- Create a safe classroom atmosphere promoting positive social interactions and emotional growth.
- Pioneered mindfulness-based teaching methods, integrating yoga to enhance student focus and emotional well-being in middle school environment.
- Implemented creative teaching strategies, significantly boosting student engagement and accommodating diverse learning styles.

2016 - PRESENT

Private Yoga & Mindfulness Instructor, Self

- Lead yoga sessions for adolescents, enhancing flexibility and mindfulness, fostering a supportive environment.
- Conduct private adult yoga classes, tailoring sessions to individual needs, achieving measurable stress reduction.

EDUCATION

JUN 2022 - JUN 2024

Master of Arts in Marriage and Family Therapy, Touro University Worldwide, Los Angeles

summa cum laude

Masters of Science in Educational Leadership, National University

Multiple Subject Credential, Cal State University Northridge

B.A. in Liberal Studies, Cal State University Northridge

Registered Yoga Teacher Certification (RYA 200 Current), Inn Yoga Center

LINKS

[Lindsey's Website](#)

[Lindsey Kohn Author Website](#)

[Mindfulness Resilience Therapy](#)

REFERENCES

Nicole Albers

SUPERVISOR FSA

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