



Dr. Pamela Paul

PSYCHOTHERAPIST
& Christian Counselor

Academic Background

Contact

Office Address: 12551 Indian Rocks Rd.
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January 2014 Hawthorn Health & Nutrition Institute - *Whitethorn, CA*
Doctor of Science in Holistic Nutrition

June 1996 Georgia State University - *Atlanta, GA* June 1996
Master of Science in Community Counseling

June 1996 Richmont University (*formerly known as Psychological Studies Institute*) - *Atlanta, GA*
Diploma in Christian Counseling

May 1994 University of South Florida - *Tampa, FL*,
Bachelor of Science in Psychology
Minor in Professional Writing

August 1992 Hillsborough Community College - *Tampa, FL*,
Associate in Arts, Liberal Arts

Social Media



Healthgrades Profile:
<http://www.healthgrades.com/provider/pamela-paul-xtxgy>



Psychology Today:
<https://therapists.psychologytoday.com/295327>



Linked-In:
www.linkedin.com/in/drpamelapaul



Facebook:
<https://www.facebook.com/dr.pamelapaul/>

Professional Licenses/Certifications

April 1998 - **National Certified Counselor, #45973**
Present

December 1999 - **Licensed Mental Health Counselor – Florida, #MH5770**
Present

May 2001- **Qualified Supervisor of Mental Health Counselors**
Present

August 2006 **Certified Fitness Trainer**
- Present International Sports Sciences Association (ISSA)

September 2013 – **RRCA Adult Certified Distance Running Coach**
Present Road Runners Club of America

November 2017- **Ordained Minister - The Church from All Nations**
Present

Credentials

NCC, LMHC, CFT, RRCA

DSC, ORDAINED MINISTER



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Professional Positions

June 2003 to
Present

**Psychotherapist, Licensed Mental Health Counselor,
Business: Dr. Pamela Paul - Private Practice, Largo, Florida**

Psychotherapy and wellness coaching for individuals, couples, and families with an integrative approach towards wholeness, spirit, soul, and body. Specialties include treatment for stress, depression, anxiety, trauma, anger, abuse, relational issues, eating disorders, weight management, and health education. Additional services include Clinical Supervision for Registered Mental Health Counseling Interns seeking licensure.

June 2011 to
May 2016

**Founder & Coach
Business: FAB 50 Women on the Run, LLC - Largo, Florida**

Provided coaching and training for women customized for the completion of half-marathon and marathon race events. In a span of six years, over 300 women successfully crossed the finish line of 13.1 and/or 26.2 miles at a local race event after completing the training programs offered through Coach Pamela and the FAB 50 Women on the Run.

April 2009 to July
2013

Executive Director
Professional Organization: **Network of Christian Counselors**

Offered organization, administrative, and membership oversight to professional organization consisting of Licensed Mental Health Counselors, Social Workers, Marriage and Family Therapists, Clinical Psychologists, Psychiatrists, and Pastoral Care Counselors. Services provided consisted of monthly professional enrichment seminars for continuing education, peer supervision, membership online profiles and directories, and networking.

June 2007 – Dec
2015

Behavioral Health Coach

Contractor: All Children's Hospital / John Hopkins Medicine – St. Petersburg, Florida
Behavioral health coaching provided to families enrolled in Fit-4-All-Kids/Teens community programs that focused on nutrition education, physical activity, and mental health. Also served in similar capacity as team leader in clinical study, Teens Tracking for Health, as funded by Florida Blue Insurance, Oct 2014 – Dec 2015.

Directors, Kellie Gilmore & Dr. Janelle Garcia



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Professional Positions *cont.*

December 2001
to May 2003

Residential Supervisor

Employer: Family Resources, Inc. - Clearwater, Florida

Supervised a total of 23 clinical and direct care staff for a runaway crisis shelter for teenagers. Annually served approximately 350 youth and their families in crisis intervention, respite care, individual and family counseling, parenting and adolescent groups, case management, and service linkage. Managed all functions of operations for residential care and clinically supervised all crisis intervention and counseling services that were offered daily. Also conducted several clinical and didactic trainings throughout the agency with an overall 95% approval rating.

Supervisor, *Stacey Welton, MS, Program Manager*

March 2000 to
December 2001

Clinical Supervisor

Employer: Family Resources, Inc. - St. Petersburg, Florida

Supervised clinical team for out-patient family-counseling program. Services included crisis intervention and follow-up counseling for adolescents and their families. Led life-changing parenting groups. Conducted various trainings within the agency with an overall 95% approval rating.

Supervisor, *Joe Aschenbrenner, MS, Program Manager*

October 1998 to
March 2000

Clinical Coordinator, Psychotherapist

Employer: Haynes Services, Inc. - Tampa, Florida

Coordinated clinical program for residential group home of 40 adolescents. Supervised therapists and mental health technicians. Completed assessments and provided individual, group, and family counseling for dually diagnosed residents. Implemented Behavioral Health Overlay Services (BHOS) as an additional therapeutic component for clients and their families. Met and maintained standards for the Joint Commission on Accreditation of Healthcare Organizations.

Supervisor, *Jeffrey Haynes, PhD, Executive Director & Owner*

February 1997 to
May 1998

Psychotherapist, Private Practice

Business: Counseling & Psychological Services Group - Largo, Florida

Provided services for individual, marital, family, and group psychotherapy. Areas of treatment included depression, anxiety, substance abuse, addictive behaviors, self-esteem, codependency, and eating disorders. Used psychometric instruments for assessments, diagnosis, and evaluations.

Supervisor, *Pamela Paul, Co-Owner with Terry Capes, LMHC, Ed. D*



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Professional Positions *cont.*

July 1996 to
January 1997

Psychotherapist, Private Practice
Business: Family Life Today, Inc. - Clearwater, Florida

Individual and marital psychotherapy. Areas of treatment included anxiety disorders, depression, self-esteem, relationship issues, codependency, and eating disorders.

Supervisor, Marilyn Van Wingerden, PhD, LCSW, Owner

Professional Associations & Community Involvement

2013 to 2016

Network of Christian Counselors, Inc.
Past President & Board Member at Large

2009 to present

American Association of Christian Counselors

2003 to present

American Mental Health Counseling Association

2004 to present

Suncoast Mental Health Counselors Association

- *Past-President, Membership & Public Relations Co-Chair, 2007 to 2008*
- *President, Board of Director, 2006 to 2007*
- *Membership & Public Relations Co-Chair, 2004 to 2006*

2002 to present

Florida Mental Health Counselors Association

2004 to present

National Eating Disorders Association

2002 to 2007

Life Force Cultural Arts Academy, Inc.
Secretary, Board of Directors

August to January
2006

Tarpon Springs High School
Coach, Dance Team

April 2006 to June
2007

Society for the Prevention of Cruelty to Animals
Volunteer



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Continuing Education

CEU's

- **Risk Assessment, Suicide Prevention, and Telehealth: Considerations and Practices**, NCC, Online, 03/08/2021 **3**
- **Domestic Violence Update**, Program Services, Online, 02/01/2021 **2**
- **Medical Errors and Patient Safety Research Reports One**, Program Services, Online, 02/01/2021 **2**
- **Covid, Mental Health & The Need for Trauma-Informed Care**, NCC, Zoom Virtual Seminar, 01/11/2021 **3**
- **Cyber Awareness Challenge II**, Defense Information Systems Agency, 01/01/2021 **1.5**
- **Recognizing & Treating the Symptoms of Traumatization & Sexual Violence**, NCC, Online, 10/12/2020 **3**
- **Eat. Lift. Thrive. Human Kinetics**, Online, 9/6/2020 **7**
- **Ketogenic Home Study v2, MED2000**, Online, 8/8/2020 **1**
- **Alternative & Integrative Nutrition, Human Kinetics**, Online, 8/23/2020 **10**
- **Telehealth for Mental Health Professionals**, PESI, Online, 7/31/20 **12**
- **Anxiety, Stress, & COVID-19**, NCC, Webinar, 05/11/2020 **3**
- **Clinical and Theological Significance of Acceptance and Affirmation**, NCC Webinar, 04/13/20 **3**
- **COVID-19 Related Resources & Strategies**, SMHCA, Webinar, 03/26/2020 **1**
- **Preparing Couples for Second (or 3rd, or 4th, etc.) Marriages**, NCC, St. Petersburg, FL, 3/9/20 **3**
- **Scrupulosity: When Religion & Obsessive-Compulsive Disorder (OCD) Collide**, The Partnership, Center, Online, 2/11/20 **1**
- **Breaking the Cycles In our Clients' Lives**, NCC, St. Petersburg, FL, 2/10/20 **3**
- **Minding Spirituality in the Counseling Room**, NCC, St. Petersburg, FL, 1/13/20 **3**
- **AACC World Conference**, Nashville, TN, 10/9/19-10/12/19 **15**
- **Opioid Crisis Response Training**, AACC, Nashville, TN, 10/8/19 **6**
- **How to Restore Relational, Neurobiological, & Spiritual Balance to People Suffering from Addictions**, NCC, Seminole, FL, 9/9/19 **3**
- **Military OneSource Provider Administrative Overview VI**, Relias - Value Options **1**
- Military OneSource, Online, 9/8/19
- **Identifying & Safeguarding Personally Identifiable Information (PII)**, Relias - Value Options **1**
- Military OneSource, Online, 7/19/19
- **Cyber Awareness Challenge - Defense Information Systems Agency**, Relias - Value Options **2**
- Military OneSource, Online, 7/19/19
- **Medical Marijuana**, Affordable CEUs by McMillan & Wife, Online, 6/3/19 **4**
- **Life Coaching Series, Health & Wellness**, AACC/Light University, Online, 4/16/19 **12**
- **Effective Clinical Work with Major Mental Conditions**, Network of Christian Counseling, Inc, 4/15/19 **3**
- **Restoring Hope: A Theoretical and Spiritual Engagement with Suicide Prevention**, NCC, Seminole FL, 3/11/19 **3**
- **Statutes & Rules Governing the Practice of CSW, MFT and MHC in FL**, Professional Resource Exchange Inc, Online, 2/27/19 **3**



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Continuing Education cont.

CEU's

- **Preventing Medical Errors in Your Mental Health Practice**, Professional Resource, Exchange, Inc Online, 2/12/19 2
- **Cultural Responsiveness in Post-Abortion Recovery: an African American Perspective**, NCC, Seminole FL, 2/11/19 3
- **Treating Victims of Sexual and Spiritual Abuse**, NCC, Seminole FL, 1/14/19 1
- **Bending the Aging Curve: A Periodized Prescription for Improved Aging**, Human Kinetics & DSW Fitness, Online, 11/26/18 1
- **Sexual Addiction 2.0**, Light University, Online, 11/12/18 3
- **Understanding and Treating Generalized Anxiety and Related Anxiety Disorders**, Institute for Brain Potential, Indian Rocks Beach, FL, 11/7/18 6
- **How to Conduct a Quality Substance Abuse Evaluation**, National Board of Forensic Evaluators, Online, 10/26/18 2
- **Homosexuality-Two Perspectives: Clinical and Spiritual**, NCC, Seminole, FL, 10/15/18 3
- **AACC National Conference**, Dallas, TX, 9/27/18-9/29/18
 - **Plenary Session:**
 - **Your Comeback: Tapping into the Power of God for Change in Everyday Life** 1
 - **Soul Care on the Platform of the Passions of Christ: Assisting Persons with Possession of their Souls** 1
 - **Track Workshops:**
 - **104: Help Your Client Move from Victim Mindset to Owner Mindset, Leslie Vernick, MSW** 1.5
 - **204: When the Loss Is not Death: Grieving Unrecognized Losses, Jennifer Ellers, M.A.** 1.5
 - **304: Power and Control: The Trauma of Rape, Molly-Catherine Goodson, J.D.** 1.5
 - **404: Sexual Assault and Harassment: Stopping the Abuse of Power, June Hunt, M.A.** 1.5
 - **Special Events:**
 - **The Opioid Crisis: A Discussion on Church and Community Collaboration, Michael Lyles, M.D.** 1
 - **Taking it to the Pews: Neuroscience, Mental Illness, and the Church, Michael Lyles, M.D** 1
- **Responding to Victims and Families in Mass Casualty Events**: Empathia, Inc., Phone and Online, 6/10/18 2.5
- **Overview of ADHD**, Pearson Clinical Assessments, Online, 3/22/18 1
- **Motivational Interviewing (Part 1)**, Beacon Health Options, Online, 3/7/18 1
- **The Impact of Deployment and Combat Stress on Families and Children, Enhancing Resilience**, Relias Learning, Online, 9/15/18 1
- **The Theology of Psychotherapy**, NCC, Seminole, FL, 9/10/2018 3



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Continuing Education cont.

CEU's

- **Military OneSource Provider Administrative Overview**, Relias Learning, Online, 9/03/2018 1
- **Dumbbell Training**, DSW Fitness, Online 20
- **Intercultural Sensitivity and Competence in Clinical Work**, NCC, Seminole, FL, 5/14/2018 3
- **Treating Dissociation with Compassion**, NCC, Seminole, FL, 4/9/2018 3
- **Case Studies of Counselor's Ethical Violations**, NCC, Seminole, FL, 2/12/2018 3
- **Somatic Experience in Eating Disorders: Sensory Processing Disorder** 2
IAEDP Foundation, Tampa, FL, 10/27/2017
- **Dealing with Opioid and Heroin Epidemic & Non-Medication Treating of Pain** 3
Coping.us Training Programs, St. Petersburg, FL, 10/19/2017
- **Honor the Unborn; Restore the Brokenness. How to Facilitate Healing in the Aftermath of Pro-Choice**, NCC, Seminole, FL, 10/16/2017 3
- **Equip to Heal Facilitators Training**, Passages of Hope, Clearwater, FL, 9/30/2017 8
- **Understanding a Biblical Approach to Mental Health & the Value of the NCC** 3
NCC, Seminole, FL, 9/25/2017
- **Equip to Heal Workshop/Training**, Passages of Hope, Clearwater, FL, 8/12/2017 8
- **Obsessive Compulsive Disorder Treatment: The Basics and Beyond** 3
Nova Southeastern University, Fort Lauderdale, FL, 3/25/2017
- **Dialectical Behavior Therapy (DBT) Certificate Course; 2-Day Intensive Training** 12.5
PESI, Tampa, FL, 5/23/17- 5/24/17
- **Preventing Medical Errors in Behavioral Health**, PDR, Online, 2/25/2017 2
- **Out of the Doghouse: Healing Relationships Affected by Digital Infidelity** 2
Elements Behavioral Health, Tampa, FL, 2/17/17
- **Online Professionalism and Ethics** – NCC, Seminole, FL, 2/13/17 3
- **Online Continuing Education in Near-Death Experiences** 2
University of North Texas, Online, 2/20/2017
- **The Impact of Deployment and Combat Stress on Families and Children, Part I: Families and Deployment**, Relias Learning, Online 11/9/16 3
- **Treating Trauma**, SMHCA, Tampa, FL, 10/21/16 3
- **Victims of Domestic Violence & Substance Abuse**, FMHCA, Online, 10/12/16 2
- **Cultivating Empathy & Mercy Toward Emotionally Focused Forgiveness Prayer in Psychotherapy**, NCC, Seminole, FL, 10/10/16 2
- **Using Dialectical Behavior Therapy with High Risk Behaviors** 2
NCC, Seminole, FL, 09/12/16
- **Forensic Evaluation** – FMHCA, Online, 8/12/16 2
- **Staying Sharp: Alzheimer's Prevention** – INR, Concord, CA, Home Study, 7/09/16 3
- **Private Practice Building** – FMHCA, Online, 6/10/16 2
- **Suicide Prevention: Assessment & Care of At-Risk Clients with Military Veterans** 2
FMHCA, Online, 5/14/16
- **Anger Management**, NCC, Seminole, FL, 4/11/16 3



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CEU's

- **Suncoast Psychodrama Training**, Windmoor Healthcare, Clearwater, FL, 3/25/16 3
- **Psychotherapy in a Christian Spirit**, NCC, Seminole, FL, 3/7/16 2
- **Neuroscience – Neurobiology: Implications for Clinical Practice**, SMHCA, Tampa FL, 1/15/16 3
- **Imago Relationship Therapy**, NCC, Seminole, FL, 11/09/15 3
- **Disaster Response for Mass Casualty Events**, Empathia, Online, FL, 11/04/15 8
- **Becoming Resilient Again**, NCC, Seminole, FL, 10/12/15 3
- **How I Survived the Killing Fields**, NCC, Seminole, FL, 9/14/15 2
- **Military Cultural Competence**, Relias, Online, 9/2/15 2
- **The Examen Prayer: Trust & Dialogue in Counseling** NCC, Clearwater, FL, 5/11/15 3
- **Emotionally Focused Therapy for Couples** NCC, Clearwater, FL, 4/16/15 3
- **High Fat / High Protein Diets**, INR, Concord, CA 3/25/15 3
- **Sugar, Sugar: Management of Diabetes** INR, Concord, CA, Home Study, 3/25/15 3
- **A Theology of Christian Counseling**, AACC, External Studies – Light University 2
- **Ethics & Boundaries**, NICCI, Clearwater, FL, 1/12/15 2
- **Preventing Medical & Medication Errors**, NICCI, Clearwater, FL, 1/12/15 2
- **Preventing Medical & Medication Errors**, NICCI, Clearwater, FL, 1/12/15 2
- **Working with the Court System** 2
NICCI, Clearwater, FL,
- **ACA: The Impact on Professional Counseling** 3
NICCI, Clearwater, FL, 10/13/14
- **Counseling Guide to Saving Marriages** 2
NICCI, Clearwater, FL, 9/8/14
- **Holistic Health: Spirit, Soul & Body** 2
NICCI, Clearwater, FL, 4/14/14
- **Neurochemistry of Depression & Medications** 2
NICCI, Clearwater, FL, 3/10/14
- **Co-Dependency & Addiction** 2
NICCI, Clearwater, FL, 2/10/14
- **The Impact of Deployment & Combat Stress on Families & Children** 2
Relias, Cary, NC 1/20/14
- **Proverbs Therapy: The Path to Wisdom and Love** 2
NICCI, Clearwater, FL, 3/11/13
- **Intersubjective Approach to Christian Counseling** 2
NICCI, Clearwater, FL, 3/11/13
- **Wholehearted Connections: Authentically Healing Wounded Relationships** 2
NICCI, Clearwater, FL, 2/11/13
- **Medical Errors**, NICCI, Clearwater, FL, 1/14/13 2
- **Ethics & Boundaries**, SMHCA, Tampa, FL, 12/21/12 3
- **Identity & Destiny**, NICCI, Clearwater, FL, 11/12/12 2
- **Neurofeedback**, NICCI, Clearwater, FL, 10/8/12 2



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CEU's

- **Jesus' Beatitudes as keystones of Catharsis**, NICCI, Clearwater, FL, 9/11/12 2
- **Weight Perfect**, INR, Concord, CA, 6/2012 6
- **Life Energy & Counseling: Heart Forgiveness**, NICCI, Clearwater, FL, 4/2012 2
- **Counseling Adult Survivors of Sexual Abuse**, NICCI, Clearwater, FL, 3/2012 2
- **Christian Insights for Psychotherapy**, NICCI, Clearwater, FL, 2/2012 2
- **PTSD & Comorbid Disorders**, FMHCA, Orlando, FL, 2/2012 6
- **Rapid Resolution Therapy**, SMHCA, Tampa, FL, 1/2012 3
- **Synchronizing the Divided Heart; Same Sex Attraction**, NICCI, Clearwater, FL, 1/2012 3
- **AACC World Conference**, AACC, Nashville, TN, 9/28-10/1, 2011 11
- **Income Tax Issues for Counselors**, NICCI, Clearwater, FL, 11/2011 2
- **Military Cultural Competency**, Value Options, Online, 11/2011 1
- **Freedom from Anxiety**, NICCI, Clearwater, FL, 10/2011 2
- **The Power of Email Marketing**, NICCI, Clearwater, FL, 9/2011 2
- **EAP Services for Military Personnel & Families**, CEU By Net, Online, 4/2011 5
- **Working with Couples the Imago Way**, NICCI, Clearwater, FL, 4/2011 2
- **Healing & Spirituality Conference**, SPC, Largo, FL, 4/2011 6
- **Ethics and Boundary Issues**, CFF, Online Course, 3/2011 3
- **Therapists as Transformers: Environmental & Economic Crises as Opportunities for Healing**, SMHCA, Tampa, FL, 3/2011 3
- **Medical Errors**, CFF, Online Course, 3/2011 2
- **Invisible Wounds of Crises and Trauma**, NICCI, Clearwater, FL, 3/2011 2
- **Treating Alcohol & Drug Problems in Psychotherapy Practice**, Genesis, Palm Beach, FL, 2/2011 10
- **Domestic Violence**, SMHCA, Tampa, FL, – 2/2011 3
- **Breaking the Silence: Abortion Grief & Trauma**, NICCI, Clearwater, FL, – 2/2011 2
- **Psychodramatic Techniques** NICCI, Clearwater, FL, – 1/2011 2
- **Navigating the HMO Waters** NICCI, Clearwater, FL, – 11/2010 1
- **Disaster Mental Health Counseling**, ARC, SMHCA, Tampa, FL, – 11/2010 8
- **Maximum Impact: Assessment Tools**, NICCI, Clearwater, FL, – 10/2010 2
- **Helping Families Navigate "Family Building"** SMHCA, Tampa, FL, – 09/2010 3
- **Christian Psychotherapy: Integrating or Faith Toward Healing Hurting Hearts** NICCI, Clearwater, FL, – 09/2010 2
- **Dialectical Behavioral Therapy**, SMHCA, Tampa, FL, – 04/2010 3
- **Image Relationship Therapy**, SMHCA, Clearwater, FL, – 02/2010 3
- **Journey to Wellness**, Sarasota Memorial Health, Sarasota, FL, – 01/2010 2
- **The Aging Brain**, INR, Bradenton, FL, – 12/2009 6
- **Listening to the Body: Stress- Symptoms**, IBP, Clearwater, FL, - 11/2009 6
- **Families & Addictions**, SMHCA, St. Petersburg, FL, – 11/ 2009 3
- **Stuck Case Review**, SMHCA, St. Petersburg, FL, – 06/ 2009 3



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CEU's

- **Childhood Obesity**, SMHCA, St. Petersburg, FL, – 05/2009 7
- **MET & CBT**, SMHCA, St. Petersburg, FL, – 01/2009 3
- **The Physiology of Obesity**, Distance Learning, DSW, Tucson, AZ – 09/2008 2
- **Type 1 vs. Type 2 Diabetes**, Distance Learning, INR, Concord, CA-07/ 2008 3
- **Stop Gaining Weight**, Distance Learning, INR, Concord, CA- 05/2008 6
- **Neuropsychology Update**, SMHCA, Clearwater, FL, 05/2008 3
- **Medical Errors**, SMHCA, Clearwater, FL, – 3/2008 2
- **Post-Traumatic Stress**, SMHCA, Clearwater, FL, – 1/2008 3
- **Build Your Ideal Practice**, SMHCA, Clearwater, FL, – 11/2007 3
- **The Many Faces of Trauma**, SMHCA, Tampa, FL, – 10/2007 3
- **Imago Relationship Therapy**, SMHCA, Clearwater, FL, – 9/2007 3
- **DSM- IV-TR Diagnostic Tools**, SMHCA, Clearwater, FL, – 6/2007 3
- **Separation Anxiety & Attachment Disorder**, SMHCA, Clearwater, FL, – 5/2007 3
- **Ethics, Boundaries & Personal Integrity**, SMHCA, St. Petersburg, FL, – 3/2007 3
- **Portrait of a Gambler**, SMHCA, St. Petersburg, FL, – 1/2007 3
- **Grief and Bereavement**, SMHCA, Clearwater, FL, – 11/2006 3
- **Managing Suicidal Clients**, SMHCA, Clearwater, FL, – 10/2006 3
- **Coaching for Clinicians**, Orlando, FL, – 10/2006 6
- **Private Practice Training**, SMHCA, Tampa, FL, – 10/2006 3
- **Cardiopulmonary Resuscitation Certification**, Tampa, FL, – 9/2006 4
- **Fitness Training Certification**, ISSA, Orlando, FL, – 8/2006 20
- **Expressive Art Therapy**, St. Petersburg, FL, – 7/2006 3
- **Gang Awareness**, Juvenile Welfare Board, St. Petersburg, FL, – 6/2006 6
- **Bipolar Disorder: Psychopharmacology Treatment**, St. Petersburg, FL, – 5/2006 3
- **Medical Errors/Domestic Violence**, St. Petersburg, FL, – 4/2006 3
- **Boundaries, Ethics & Professional Integrity**, St. Petersburg, FL, – 3/2006 3
- **Athletes & Eating Disorders**, Tampa, FL, – 3/2006 4
- **Psychodrama: Strategies for Grief Counseling**, St. Petersburg, FL, – 2/2006 3
- **Treating Anxiety**, St. Petersburg, FL, – 11/2005 3
- **Eating Disorder Workshop**, Wickenburg, AZ – 10/2005 4
- **Fighting Fat after 30**, Sarasota, FL, – 9/2005 6
- **Bio-psychological Evaluations**, St. Petersburg, FL, – 6/2005 3
- **Borderline in Crisis**, St. Petersburg, FL, – 5/2005 3
- **Medical Errors/Domestic Violence**, Tampa, FL, – 3/2005 3
- **Food Cravings & Appetite**, Distance Learning, INR, Concord, CA – 3/2005 3
- **Eating Disorders**, Distance Learning, Torrance, CA – 2/2005 6
- **Overcoming Binge Eating**, Distance Learning, Torrance, CA – 2/2005 8
- **The Baker Act: An Introduction and Update**, Tampa, FL, – 10/2004 3
- **Using Behavioral Modification Effectively**, Tampa, FL, – 9/2004 3
- **Low Carb Frenzy**, INR, Sarasota, FL, – 9/2004 6



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Continuing Education *cont.*

CEU's

- **Medical Errors/Domestic Violence**, Tampa, FL, – 3/004 3
- **Food as a Drug**, Deerfield Beach, FL, – 2/2004 4
- **HIPPA: Legal & Ethical Issues**, Tampa, FL, – 2/2004 3
- **Updating Your Knowledge of Psychotropic Meds**, Tampa, FL, – 11/2003 2
- **Bioterrorism & Trauma Preparedness** training, St. Petersburg, FL, – 10/2003 8
- **Body Sense: Balancing Your Weight & Emotions**, Tampa, FL, – 9/2003 3
- **HIPPA**, St. Petersburg, FL, – 3/2003 1
- **Medical Error Reduction**, Tampa, FL, – 2/2003 2
- **Employment Law**, Port Richey, FL, – 1/2003 3
- **Expanding Your Practice**, Ft. Lauderdale, FL, – 9/2002 12
- **Developing Measurable Objectives**, St. Petersburg, FL, – 7/2002 3
- **Strength Based Work with Teens**, Tampa, FL, – 6/2002 4
- **Private Practice Training**, Jacksonville, FL, – 5/02 & 6/2002 12
- **Strength Based Work with Teens**, Tampa, FL, – 5/2002 6
- **Clinical Supervision** training, St. Petersburg, FL, – 4/2001 & 5/2001 16
- **Advancing Youth Development Conference**, St. Petersburg, FL, – 7/2001 28
- **Homosexuality/Transgender Sensitivity**, St. Petersburg, FL, – 2/2011 1
- **Parents Who Care**, Tampa, FL, – 2/2001 6
- **Anger Management**, Clearwater, FL, – 2/2001 3
- **Youth in Turmoil: Adolescent Treatment Conference**, St. Petersburg, FL, – 2/2001 12
- **Psychotropic Medication**, St. Petersburg, FL, –11/2000 2
- **Boundaries**, St. Petersburg, FL, – 8/2000 1
- **Baker Act/Marchman Act**, St. Petersburg, FL, – 6/2000 2
- **Families at Adolescence**, Pinellas Park, FL, – 5/2000 3
- **Developmental Issues in Adolescent Girls**, Pinellas Park, FL, – 5/2000 3
- **Helping Teens Avoid Risky Sexual Behavior**, St. Petersburg, FL, – 5/2000 6
- **Brain Development**, Largo, FL, – 5/2000 3
- **Florida Laws & Rules**, Tampa, FL, – 4/2000 8
- **Advanced Youth Development**, St. Petersburg, FL, – 4/2000 28
- **Self-Empowerment**, St. Petersburg, FL, – 4/2000 6
- **Brief Solution Focused Therapy**, St. Petersburg, FL, – 4/2000 6
- **Adolescent Development**, St. Petersburg, FL, – 3/2000 3



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Professional & Community Seminar Presentations

- **What is Wholeness?**
Women's Wellness Seminar, St. Petersburg, FL, 09/24/16
- **Living with Authenticity**
Network of Christian Counselors, Clearwater, FL, 02/2014
- **The Heart of a Runner**
FAB 50 Women on the Run, Largo, FL, 11/2013
- **How to Deal with Bullying**
City of Largo Youth Initiative, Largo, FL, 06/2013
- **Weight Loss Success**
Weight Watchers of Seminole, Seminole, FL, 03/2013
- **The Heart Bucket: Balancing the Issues of Life to Serve Others More Fully**
Kiwanis Breakfast Club of Seminole, Seminole, FL, 02/2013
- **Make It Count! Sustain Change in the New Year**
Seminole Chamber of Commerce, Seminole, FL, 01/2013
- **The Wonder of Girls**
Life Force Cultural Arts Academy, St. Petersburg, FL, 06/2012
- **You are Peculiar**
Christian Business Networking Group, Clearwater, FL, 04/2012
- **Christian Psychotherapy: Integrating our Faith Toward Healing Hurting Hearts**
Argosy University, Tampa, FL, – 03/2011
- **Christian Psychotherapy: Integrating our Faith Toward Healing Hurting Hearts**
Network Institute of Christian Counseling – 09/2010
- **Health That Lasts! Motivational Strategies to Ensure Success**
Hillsborough County Health Department & Gulf Coast AHEC – 2/2010
- **Engaging & Motivating Families**
SPC, St. Petersburg, FL, – 5/2009
- **Spiritual Empowerment**
Mercy Ministries, Nashville, TN – 10/2008
- **Driven by Darkness: A Psychological & Spiritual Perspective for Understanding & Treating Eating Disorders**
NICC, St. Petersburg, FL, 11/2007
- **Cognitive Behavioral Therapy for Eating Disorders**
USF, Tampa, FL, 02/007
- **Integrating Clinical Tools & Theoretical Orientation in Psychotherapy**
Argosy University, Tampa, FL, 01/2007



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Professional & Community Seminar Presentations *cont.*

- ***Bodies in Crisis: The Rapid Decline of American Health***
Directions for Mental Health, Inc., Largo, FL, 10/2006
- ***Recovery from an Eating Disorders***
Mercy Ministries, Nashville, TN – 7/2006
- ***Eating Disorders: Treatment Interventions***
National Association of Social Workers, Brooksville, FL, –4/2006
- ***Driven by Darkness: Eating Disorders in Adolescence***
Counselors Association of Non-Public Schools,
Tampa, FL, – 3/2006
- ***Self-Discovery & Authentic Living***
Argosy University, St. Petersburg, FL, – 11/2005
- ***Lose Weight from the Inside Out***
 - Gold's Gym, Spring Hill, FL, – 10/2005
 - The Health Nut, Largo, FL, – 10/2005
 - Southwest Recreation Center, Largo, FL, –06/2005
- ***Understanding & Treating Eating Disorders***
Hyde Park Counseling Center, Tampa, FL, – 5/2005
- ***Understanding Pathological Eating in Adolescents***
Family Resources, Inc., St. Petersburg, FL, – 3/2005
- ***Understanding & Treating Pathological Eating Disorders***
Suncoast Mental Health Counselors Assoc., St. Petersburg, FL, – 2/2005
- ***Lose Weight from the Inside Out***
Race-Walkers Group, Redington Beach, FL, – 1/2005
- ***The Authentic Therapist***
Springfield College, Tampa, FL, – 10/2004
- ***The Authentic Therapist***
University of South Florida, Tampa, FL, – 6/2004
- ***Lose Weight from the Inside Out***
Largo Library, Largo, FL, – 5/2004
- ***Genograms***
Family Resources, Inc., St. Petersburg, FL, – 3/2002
- ***Group Facilitation***
Family Resources, Inc. Petersburg, FL, – 8/2001



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Community Workshops

- **Vision Mapping Event**
 - Largo Community Center, Largo, FL – 1/2000 **3**
 - Largo Community Center, Largo, FL – 1/2008 **3**
 - Largo Community Center, Largo, FL – 1/2007 **3**
 - Largo Community Center, Largo, FL – 1/2006 **3**
 - Largo Community Center, Largo, FL – 2/2005 **3**
- **Self-Discovery Workshop**
Southwest Recreation Center, Largo, FL – June 2005 – Jan 2005 **10**
- **Get Real About You** (Group), Largo Community Center, Largo, FL, April- September 2005 **12**

Therapy & Support Group Facilitations

- **Teen Tracking for Health, Clinical Study**, All Children's Hospital, John Hopkins Medicine, *Fitness & Motivational Coach*, Gulfport, FL, 10/2014 – 12/2015.
- **Fit4AllTeens**, All Children's Hospital, Motivational Coach, Ages 13-18, 8-12-week sessions; Summer, Fall, Winter. Largo FL, 2007 to present.
- **Fit4All Kids**, All Children's Hospital, Motivational Coach, Ages 8-12, 8-12-week sessions; Summer, Fall, Winter. Clearwater, FL, 2007 to present.
- **What's Eating You?** (Weekly support group), Largo Community Center, Largo, FL, 10/2004 - 6/2005
- **The Wounded Child** (Therapy group), Counseling & Psychological Services Group, Largo, FL, 03/12/98 – 06/12/98, 1998.

Statement of Professional Contributions

Dr. Pamela Paul offers psychotherapeutic, spiritual, and holistic health support for individuals, couples, and families to address issues of stress, depression, anxiety, trauma, abuse, anger, and relational issues. Specialties include the assessment and treatment of eating disorders, and wellness coaching for weight management. Pamela utilizes an integrative approach for wellness that addresses the whole person, *spirit, soul, and body*. Pamela offers Christian counseling for clients who seek therapy from a Judea-Christian Biblical worldview.

Practice modalities include cognitive behavioral, client centered, and strengths-based counseling to assist others in achieving and maintaining emotional, mental, spiritual, and physical health. Strategies, tools, and techniques are drawn from clinically best practices and scientific research as it pertains to neurobiology, behavioral health, biochemistry, and positive health psychology.

Additional contributions include public speaking, professional training seminars, community presentations and workshops, teaching and supervision of post graduate level interns.



Dr. Pamela Paul

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