

# Dr. Michelle Alden, DHS, LPC, MFT

## *Curriculum Vitae*

Owner: Healthy Foundations®  
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Dr. Michelle Alden is passionate about families and bringing hope and confidence to parents who are dealing with challenges in raising their children. Dr. Alden has a big heart for kids, especially those who have experienced abuse or neglect and are struggling with emotional distress and behavioral issues. She believes that a child's family is key in restoring hope and safety and resolving past hurts and disappointments. Dr. Alden believes it can always get better, and wants parents to experience the changes as they learn to build a bridge to better behaviors. She has spent years studying best practices for children and trauma, learning about the incredible healing power of the brain, and working in the trenches with families in crisis. From this great wealth of information, she has developed the Healthy Foundations Family Program® (HFFP)--an intensive coaching program that is available to families across the US.

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### **EDUCATION**

2022 Doctor of Human Services - Leadership and Organizational Management; graduated with distinction (Capella University)  
2012 Master of Science in Human Services; specialization in marital, couple and family counseling/therapy; graduated with distinction (Capella University)  
1988 Bachelor's Degree in religious education with emphasis on psychology (NNU)

### **EXPERIENCE**

2021 Credentialed Group-based Provider with United Behavioral Health  
2019 Healthy Foundations Family Program®: provided to agencies  
2014 New Beginnings Adoption Agency and Casey Family - contracted to help families with adoption and long-term foster care  
2013 Department of Juvenile Corrections (Ada & Canyon County) - contracted with HF  
2013 Recovery for Life (Caldwell) - piloted HFFP  
2013 Health Foundations Family Program®: intensive in-home program for families  
2013 Family Intervention Plan by Dr. Ron Federici, ABPN - Qualified Trainer  
2012 Opened Healthy Foundations®: Youth and Family Support Center  
2010-2012 Intermountain Hospital - Internship; Methodist Counseling Center Intern  
2005-2007 Basin School District - Paraprofessional, IBI Specialist, Mandt instructor  
2002-2012 The Isaiah Foundation (Isaiah's Ranch) - Founder and Director  
2001-2012 Royal Family Kids Camps and Training - Co-director (locally and internationally)

## **TRAININGS/CERTIFICATIONS**

- 2018 Equine Assisted Psychotherapy certified in Family and Individual EAP
- 2017 Family Trauma In Home Specialist Training/Certification
- 2014 Handle with Care Safety Training - Train the Trainers
- 2013 Starting Over with Heather Forbes and Dr. Ron Federici: helping families with out-of-control behaviors and stopping violence in the home
- 2013 From Hurt to Hope: Understanding Complex Trauma, Adversity & Resilience
- 2013 Royal Family Camp Director Training: Helping Foster Children Heal From Abuse
- 2012 Idaho Post Adoption Center Conference: workshops on trauma and healing through connection
- 2008 Girls Circle - ages 9-14, facilitator
- 2007 Strengthening Families Program Leadership training
- 2006 Intensive Behavior Intervention (IBI--now ABA) Specialist
- 2006 Mandt Trainer

## **ACCOMPLISHMENTS & AWARDS**

- 2023 Parenting book: *Parenting Emotionally Distressed Kids: Build a Bridge to Better Behavior the Healthy Foundations Way*
- 2014 Third novel published - *A Soft Place to Land*
- 2012 Congressional Coalition on Adoption Institute's *Angels in Adoption*<sup>TM</sup> for Idaho
- 2011 Idaho Business Women of the Year
- 2011 Two novels published about faith, family and adoption - *Southern Blend & From the Inside Out* (that latter is highly recommended to pre- and post- adoptive Families through the Wednesday's Child program in Idaho)
- 2007 Outstanding Service Award - Isaiah's Ranch (The Isaiah Foundation, Inc)