

Michelle Williams-Alden, LPC, MFT

Curriculum Vitae

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Owner: Healthy Foundations: Youth and Family Support Center

Michelle Williams-Alden is passionate about bringing healing and hope to our nation's most vulnerable children who have been traumatized by abuse, neglect or abandonment. Michelle has a big heart for kids, especially those who are struggling or often misunderstood. Michelle, once a foster child, understands first-hand, attachment related trauma and childhood abuse. She was adopted at 6 years old and then after forty years, reunited with her biological siblings and mother. She believes that a child's family is key in restoring hope and safety and resolving past hurts and disappointments. 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 Family First Program (FFP)--an intensive in-home program that is available to individual families and agencies across the US.

EDUCATION

2019 Doctorate Program in Human Services Field (Capella University) - in progress
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

2019 Family First 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 FFP
2013 Recovery for Life (Caldwell) - piloted FFP
2013 Family First Program: intensive in-home program provided to 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

- 2014 Third novel published - *A Soft Place to Land*
- 2012 Congressional Coalition on Adoption Institute's *Angels in Adoption*™ 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)