

ERIKA A. FORSYTH, LMFT

16 N. Marengo Ave., Suite 609 | Pasadena, CA 91101 | erikaforsyth.mft@gmail.com | (626) 344-2263

SUMMARY

Licensed Marriage and Family Therapist

- Passionate about supporting tweens, teens, and adults living with diabetes and other chronic medical conditions and their caregivers
- Experienced therapist with clients ranging from school-age children to adult couples/families in both the school-based and private practice environments
- Qualified school counselor with elementary age children in an independent school (K-6) and public high school
- Trained and competent teacher of junior high and high school age students in independent school
- Empathetic, respectful, and conscientious team member with active listening skills who can collaborate with colleagues, families, and other health providers
- Working knowledge of diverse cultural perspectives and counseling issues

EDUCATION

- **FULLER THEOLOGICAL SEMINARY** | **2009-2011** | Pasadena, CA
Masters of Science in Marriage and Family Therapy
- **SAN FRANCISCO STATE UNIVERSITY** | **2001- 2002** | San Francisco, CA
Teaching Credential Program
- **PRINCETON UNIVERSITY** | 1996-2000 | Princeton, NJ
Bachelor of Arts in History

EXPERIENCE

THERAPIST, Private Practice | Mar. 2017 – Present | Pasadena, CA

- Provide therapeutic services to clients ranging from school-age children and adolescents to families and adult couples, with an emphasis on improving mental health while facing chronic illness, specifically diabetes.
- Help youth, teens, and young adults develop a strong sense of personal identity and work through life's stressors and transitions.
- Support adults through grief and loss, depression, anxiety, and assist in stress management.
- Collaborate with clients' school counselors and psychologists as appropriate.

SCHOOL COUNSELOR, The John Thomas Dye School | Oct. 2017–Jun. 2022 | Bel Air, CA
STUDENT SUCCESS TEAM COORDINATOR | The JTD School | Aug. 2021 – Jun. 2022

- Coordinated the student services team (school psychologist, learning specialists, and administration) to assess student emotional, behavioral, and academic needs, and liaise with outside providers, teachers, and parents.
- Provided direct 1:1 or small group social/emotional support to identified students and assisted them in meeting their goals while facing chronic illness, anxiety, social conflict, family stressors, and depression.
- Collaborated with teachers and administration to create and implement the human growth and development curriculum (grades 4-6), revise the advisory curriculum (grades 5-6), implement a social skills small group curriculum for 3rd grade students, and provided classroom based SEL instruction to all grades.
- Created and led parent educational programs and served as a resource to community members for current and relevant mental health issues, including authoring a monthly article in the school's e-newsletter.

THERAPIST, Group Private Practice, *Relationships for Better* | May 2013 – Feb. 2017 | *Monrovia, CA*

- Provided therapeutic services to clients ranging from school-age children to adult couples, with an emphasis on improving relationships with self and others.
- Utilized client-centered treatment, art therapy (with school-age children), and behavioral therapy to assist clients in understanding barriers to achieving their goals.
- Gained experience working with people with chronic illness, depression, anxiety, family conflict, self-esteem issues, OCD, and trauma.

CLINICIAN, Pasadena and San Gabriel High Schools | Hathaway-Sycamores Child and Family Services | Jan. 2011 – Jun. 2015 | Pasadena, CA

- Provided clinical services to youth and their families through assessment, diagnosis, treatment planning, and implementation of mental health services.
- Collaborated with teachers, administrators, school nurses, and counselors with referrals and consulted as needed throughout treatment.
- Implemented interventions through evidence-based practices which led to successful outcomes in clients with chronic illness, depression, anxiety, suicidal ideation, family crisis, and a history of trauma and abuse.
- Utilized behavior charts and coping strategies to assist clients with reaching goals and involved families in the creation, implementation, and completion of behavioral goals.
- Assisted clients in increasing self-esteem, decreasing substance use, and reaching goals through Cognitive Behavioral Therapy, mindfulness, differentiation, and Motivational Interviewing.
- Created and implemented support groups (social skills, self-esteem, and anxiety) in both the elementary (K-6th) and high school environments.

OTHER EXPERIENCE

COLLEGE DIRECTOR, Young Life, San Francisco State University

| Aug. 2007 – Jul. 2009 | San Francisco

INTERN & VOLLEYBALL COACH, WYLDLIFE, Young Life, Marina Middle School

| Aug. 2005 – Jul. 2007 | San Francisco

SPECIAL EVENT ASSISTANT, Juvenile Diabetes Research Foundation

| Jul. 2004 – Jul. 2005 | *San Francisco, CA*

HISTORY TEACHER, HUMAN DEVELOPMENT TEACHER & VOLLEYBALL COACH

Bridgemont Jr. and Sr. High School | Sept. 2000 – Jun. 2004 | San Francisco

CREDENTIALS, MEMBERSHIPS, AND MEDIA

- California Association of Marriage and Family Therapists
- American Diabetes Association, Professional Membership
- Mental Health Provider Diabetes Education Program, ADA
- Frequent contributor on the [Juicebox Podcast](#), for Type 1 diabetics and their caregivers.
- Speaker at the [Diabetes + Mental Health Conference](#)
- Verified by *Psychology Today*