

Curriculum Vitae

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Place of Birth: San Francisco, California, USA

Education:

Year	Degree/Certificate	Field of Study	Institution
1984	Bachelor of Arts	Theater/Dance	Sonoma State Univ., CA
1999	200 hr. Yoga Teacher	Iyengar Style	Center for Yoga of Seattle
2001	200 hr. Yoga Teacher	Classical Ashtanga	Mt. Madonna Institute
2003	150 hr. Yoga Teacher	Krishnamacharya/Desikachar	Samadhi Yoga Studio, WA
2006	Master of Arts	Clinical Mental Health	College of Counseling, Psychology, and Social Sciences, Seattle, WA
2011	PhD	Transpersonal Psychology	Institute of Transpersonal Psychology, CA

Additional Relevant Trainings:

Year	Training	Institution
1995	Kriya Yoga – correspondence course	Paramahansa Yogananda Fellowship
1996	Ayurveda Cooking	G. Osher/Wise Earth Sch. Of Ayurveda
2004	Hypnotherapy-100 hours	Author & Sufi, Jamal Rahman
2005	Phoenix Rising-Level I	Phoenix Rising Sch. Of Yoga Therapy
2005	Level I – Sudrahan Kriya	Art of Living Organization
2007	Yoga Therapy for Special Needs Children	The Samarya Center, Seattle
2007	Ayurvedic Turiya (Marma) Therapy	Jai Sri/The Ayurvedic Institute
2008	Yoga for Depression	Amy Weintraub/8 Limbs Yoga Center
2008	Winter Kyol Che-Meditation Retreat	Kwan Um School of Zen, Rhode Is.
2009	Pranayam Practices	Max Strom/8 Limbs Yoga Center
2011	Holotropic Breathwork/Joshua Tree	Dr. Stan Grof and Jack Kornfield
2011	Ayurvedic Indian Head Massage	G. Osher/The Mystic Masala
2012	Winter Kyol Che- Meditation Retreat	Kwan Um School of Zen, Rhode Is.
2013	Ayurveda-Nectar of Rejuvenation	Dr. David Frawley/American Inst. Of Vedic Studies
2014	Winter Kyol Che-Meditation Retreat	Kwan Um School of Zen, Rhode Is.
2016	Coherent Breathing Bio-feedback	HeartMath Institute, CA
2016	Dharma Teacher-in-Training	Kwan Um School of Zen, WA

Faculty Academic Appointments:

- 2012 Instructor in Psychology-College of Counseling, Psychology, and Social Sciences
- 2014 Clinical Supervisor/Instructor in Counseling-Bastyr Center for Natural Medicine

Appointments at Hospitals/Affiliated Institutions:

- 2008 Research Assistant Children’s Hospital of Seattle, WA
Study: “The Applications of Yoga in the Treatment of Eating Disorders in Adolescents”.
- 2009 Research Assistant Fred Hutchinson Research Center, Seattle, WA
Study: “Effects of Yoga Practice on the Reoccurrence of Breast Cancer”.

Major Administrative Leadership Positions:

- 2013 Board of Directors, Board Member Transitional Resources, Seattle, WA
- 2016 Board of Directors, Board Member Ocean Light Zen Center, WA

Professional Societies:

Year	Society	Role
2008	International Association of Yoga Therapists	member
2010	American Association of Psychology	member
2011	Washington Psychological Association	member

Editorial Activities:

Ad hoc reviewer

Year	Role	Journal/Publication Name
2013	Ad hoc reviewer	Journal of Humanistic Psychology: “The Lived Experience of Gratitude”
2013	Ad hoc reviewer	Book: “4 Seasons of Self Care Through Ayurveda and Yoga Practices That Work”
2016	Ad hoc reviewer	Journal of Positive Psychology “The Spectrum of Gratitude Experience”

Peer-reviewed Publications:

1. Armand, Karen, (2008). The Path Towards Wholeness: Integration of Mind, Body, and Spirit through Breath. *The Healing Breath: A Journal of Breath Work Practice, Psychology, and Spirituality*, Vol. 8, No. 1, www.i-breathe.com.
2. Armand, Karen (2012). *Integrative Processes in the Experience of a Yogic Breathing Exercise: A Concurrent Mixed-Methods Study*. ProQuest LLC, Ann Arbor, MI.
3. Armand, Karen (2016). New Possibilities for the Practice of Yoga Therapy in Our Current Mental Healthcare System. *Yoga Therapy Today*, Summer 2016.

Reports of Teaching:

Adjunct Faculty Member, Cornish College of the Arts, Seattle, WA

Years: 1995-2014

Course title(s): Stage Makeup, Advanced Stage Makeup

Yoga Instructor, Home Yoga Studio, Ballard Health Center, Grace winds Perinatal Center, The Y. (Formerly YMCA) – West Seattle and Fauntleroy Branches, Four Aims Center, 8 Limbs Yoga Studio – Capital Hill and West Seattle studios, Franklin High School, West Seattle Lutheran High School –Seattle, WA

Years: 1999-2013

Class title(s): Basic Hatha, Flow Yoga, Yoga Immersion Workshop, Prenatal Yoga, Yoga for Kids, Meditation

3.

Adjunct Professor, College of Counseling, Psychology, and Social Sciences, Seattle, WA

Years: 2012-2016

Course title: Life Span Development

Adjunct Professor, Bastyr Center for Natural Medicine, Seattle, WA

Years: 2014-2016

Training Program: Counseling Skills for Naturopathic Doctors

Reports of Clinical Activities and Innovations:

***West Seattle Psychotherapy PLLC - Branch: Tacoma Psychotherapy* 2010 - Present**

Transpersonal Psychotherapist/Clinical Mental Health Counselor WA License #: 60186879

- Conduct wellness assessments and mental health evaluation in order to create evidence-based treatment plans using mindfulness-based cognitive therapy, person-center psychotherapy and Yoga therapy.
- Collaboratively create treatment plans and provide referrals to any additional services to ensure a continuum of quality care.
- Provide counseling and psychotherapy to assist individuals with anxiety, depression, and relational issues as well as emotional/behavioral issues.
- Provide crisis support and family counseling as needed.
- Create and facilitate mindfulness-based support groups: Women's empowerment group, Co-ed adult support group with focus of mindfulness awareness training, and Yoga therapy workshops.

Bastyr University, Bastyr Center for Natural Medicine Seattle

Adjunct Professor/Clinical Supervision, Department of Health Psychology 2014-2016

- Provide clinical supervision for counseling psychology and naturopathic doctoral students.
- Maintain EPIC records according to industry standards.
- **Innovation** - Proposed Online Continuing Education Course: *Foundational Knowledge: The Psychology and Practices of Yoga Therapy for use in a clinical setting by Healthcare Professionals*

Counseling West Seattle

2005-2010

Mental Health Counselor Associate/Sub-Contractor

- General practice working with relationship (including primary & familial issues especially with regard to addictions), chronic mental illness focusing on the discovery of new options and resources for long-standing challenges.
- Provide individual counseling and facilitate women support groups implementing person-centered, holistic, community-based and recovery oriented care.
- Develop and implement individual treatment plans that are sensitive to the client's cultural, social and mental health needs, considering and incorporating the client's support/family system.
- Assessment, crisis intervention, referrals.
- Collaborate with the psychiatric professionals in our community regarding patients using or in need of psychotropic medication.

4.

Sound Mental Health Clinics/School-based services, Kent, WA

2005-2006

Mental Health Counselor Associate

Intern

- Provide play therapy, talk therapy, yoga therapy, crisis outreach and intervention, plus case management: charting and documentation for children and adolescents experiencing emotional and/or behavioral issues.
- Develop mental health treatment plans (also for special needs such as autism).
- Recommend wraparound services to families; acting as liaison between children, youth, families and support systems in the process.
- Consult with licensed psychiatrist regarding diagnosis, treatment planning and medication.
- Attend weekly ethics and professional issues group to ensure appropriate treatment and compliance to state and federal regulations.

Research Projects:

2012-2014

Researched wellness assessment tool(s) for possible use in field of Yoga therapy:
Multidimensional Assessment of Interoceptive Awareness (MAIA)
Inventory of Positive Psychological Attitudes (IPPA)

Local Invited Presentations:

2012

“Mindfulness in a Hurried World”
Conference Presentation
The Fautleroy Church, Seattle, WA

2013

“The Application of Mindfulness Practices in the Facilitation of Psychotherapeutic Processes”
Lecture/Demonstration
West Seattle Clinician’s Group, Seattle, WA

2013

“The Application of Yoga Therapies in the Treatment of Eating Disorder in Adolescents”
Lecture/Demonstration
Children’s Hospital, Seattle, WA

2014

“Mindfulness in a Hurried World”
Lecture/Demonstration
Chief Sealth High School, Seattle, WA

Narrative Report:

The major focus of my career effort and interest lies in the field of Mind-Body Medicine. Specifically, I am interested in the evaluation of the clinical effectiveness and basic psychophysiological mechanisms underlying the practice of yoga and meditation techniques. These behavioral techniques include specific manipulations of respiratory frequency and tidal volume, maintenance of body postures and stretching exercises, and meditation, which involves relaxed control of attention in a manner that precludes ruminative thought. These practices are known to produce a coordinated psychophysiological response that has been called the relaxation response, which is associated with a reduction in arousal and a sense of relaxation and well-being. These techniques have been found to be effective for many disorders that have a psychosomatic component and are exacerbated by stress. As behavioral techniques, these practices clients/patients with the opportunity for direct involvement in their healthcare, not only reducing the severity of their disorder, but also improving their quality of life. In many cases, these techniques are more effective than existing pharmacological treatments, many of which have side effects. I am also interested in basic research that will address the mind-body mechanisms by which yoga and meditation generate psychophysiological changes and improve disease severity.