

Carla Friend, LMFT
Individual, Conjoint & Family Therapy
Child Custody Recommending Counseling
Confidential Mediation
(916) 290-3556

Education

National University, Sacramento, CA
M.A. Counseling Psychology, Marriage and Family Therapist **2013**

National University, Sacramento, CA
B.A. Psychology **2011**

Professional and Certification Training

AFCC 14th Symposium on Child Custody **November 2020**

The Future of Child Custody: Stacking the Deck
in Favor of Children (20 hours)

Child Custody Recommending Counseling **Oct./Nov. 2019**
Training (40 hours)

Child Custody Evaluation Training (40 hours) **May 2019**

Advanced Domestic Violence Training (16 hours) **October 2018**

Continuing Education

Helping Anxious Kids: A Certification Training
in Anxiety Treatment for Children & Adolescence **April 2020**

Kids in the Crossfire if Divorced and Blended Families:
Interventions for Anxious, Depressed and Oppositional Children **November 2019**

Family Law 101 and Mental Health Professionals **March 2019**

Positive Discipline for Teens **December 2008**

Early Interventions in High-conflict Shared Parenting
Cases and Study of interventions - Roles and Tasks. **October 2018**

High Conflict Families:
Early Identification and Intervention Options **September 2018**

Introduction to Family Court Forensic Mental Health Work **April 2018**

Facilitating Growth in Children through Child-Centered Play Therapy **May 2018**

The Attachment Puzzle, January 2015

Short-term Effective Youth Trauma Treatment **September 2014**

Introduction to Sandtray Therapy **July 2014**

Clinical Experience

Licensed Marriage and Family Therapist:

2018 to Present

My private practice has been focused on providing therapy for adults, children, adolescents, teens, families and divorced or divorcing couples. I work with a variety of clinical issues not limited to high conflict custody cases, co parenting, reunification, parenting, divorce recovery, and anxiety. I provide confidential mediation services for parents looking to resolve parenting plan issues. I also provide services for Victims of Crime cases.

Special Areas of Interest and Expertise

Children, adolescence and teens (navigating social and emotional issues during divorce)

Coparenting and Parallel Parenting

Healthy Boundaries (setting and holding)

Children (ages 9 and up), Adolescents and Teens

Parenting through divorce and beyond

Post divorce therapy

Please note the following are not currently in my practice:

3111 and 3118 Evaluations

Addiction

Qualified Private Child Custody Recommending Counselor: 2020

Qualified 3111 Child Custody Evaluator: 2021

Subject Fluency

High Conflict Custody Cases

Mediation Prep

Family Systems

Children and Divorce

Blended Families

Parenting

Step-parenting

Co Parent Counseling

Conflict Resolution

Child Therapy

Parenting Adolescents and Teens

Divorce Healing and Recovery

Adult Therapy
Parenting Challenges
Adolescent Development
Parent/Child Contact Problems
Family Therapy
Boundary Development
Life Transition
Personal Growth and Awareness
Reunification Counseling
Confidential Mediation
Special Education in School Setting
Deaf and Hard of Hearing Population
3111 Child Custody Evaluations
Private Child Custody Recommending Counseling (PCCRC)

Memberships

California Association of Marriage and Family Therapist
Sacramento Valley Chapter of CAMFT
Association of Family and Conciliation Courts