

Carla Friend, M.A., LMFT
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EDUCATION

M.A. Counseling Psychology, National University, 2013

B.A. Psychology, National University, 2011

PROFESSIONAL CREDENTIALS

Licensed Marriage and Family Therapist (California LMFT #106019)

Child Custody Recommending Counselor

Child Custody Evaluator (Family Code § 3110/3111)

CLINICAL EXPERIENCE

Private Practice, Marriage and Family Therapist 2018 – Present

- Provide therapy for adults, children (ages 10+), teens, families, and divorced/divorcing couples
- Address clinical issues including high-conflict custody cases, co-parenting, parenting, divorce recovery, and anxiety
- Offer confidential mediation services for parenting plan resolution

PROFESSIONAL SPECIALTIES

- Forensic Evaluation: Child Custody Recommending Counselor (CCRC) and 3111 Evaluator (California Rule of Court 5.225)
- Child Custody Recommending Counseling (2020 – Present)
- Child Custody 3111 Evaluator (2020 – Present)

PROFESSIONAL MEMBERSHIPS

- Sacramento Valley Child Custody Mediators and Evaluators - Co Chair 2025-current
- California Association of Marriage and Family Therapists
- Association of Family and Conciliation Courts
- Sacramento County Bar Association

CONTINUING EDUCATION (Partial Listing)

2026: **Resolution Revolution - Modern ADR Strategies**, (4 hrs) Sacramento County Bar Association

2026: **AFCC 2026 Annual Conference: Practical Solutions for Complex Family Law Challenges**, (13.0) Association of Family and Conciliation Courts - California Chapter

2026: **Domestic Violence Update Training**, (4 hrs) Jared Snow, Man Alive-VIP

2025: **Webinar: Family Systems: A Primer**, (1 hr) Association of Family and Conciliation Courts, Mindy Mitnick, Med, MA, Lori Thibodeau, MA, LMFT

2025: **Webinar: Screening for Intimate Partner Violence in Mediation: Tools, Ethics, and Practice Tips**, (1 hr) Association of Family and Conciliation Courts, Kelly Browe Olson, JD, LLM, Joi Hollis, PhD

2025: **California Law and Ethics**, (6 hrs) Heidi Dalzell, PsD, Teresa Crowe, PhD, LICSW, Claudia Dewane, D.Ed., LCSW

2025: **Webinar: Cross Examination for Parenting Plan Evaluations**, (1 hr) Association of Family and Conciliation Courts, Anna Street, JD

2025: **Identifying Weakness in your PPE and Process**, (2 hrs) Steve Frankel Group, LLC, Philip M. Stahl, Ph.D., ABPP

2025: **AFCC Fall 2025 Virtual Conference**, (17 hrs) Association of Family Conciliation Court

2025: **Webinar; Beyond Parent-Child Bonds: Integrating Triadic Insights into Child Custody Evaluations**, (3 hrs) Steve Frankel Group, LLC, Weston Lang, PsD, LCSW

2025: **Legal Abuse as a Continuation of Coercive Control**, (1 hr) Association of Family and Conciliation Courts, Ellen Gutowski, PhD

2025: **IPV Update**, (4 hrs) Steve Frankel Group, Weston Lange, PsD, LCSW

2024: **Co-Parent Coaching: Inspiring Transformation for Families**, (1 hr) Association of Family and Conciliation Courts,

2024: **Understanding Conflicted Family Systems Through a Developmental Lens: How Do I Get Refueled?**, (1 hr) Association of Family and Conciliation Courts,

2024: **Domestic Violence: Everything You Should Know & Understand**, (20.5 hrs) Association of Family Conciliation Courts-California Chapter, Bartholomew and Wasznicky LLP, Our Family Wizard, and Soberlink

2024: **Navigating Complexities in Conflicted Families: Strategies for Children with Neurodiversity and/or Special Needs**, (8 hrs) Association of Family and Conciliation Courts

2024: **Confirmation Bias: Getting It Backwards in High Conflict Cases (and How to Correct it)**, (1 hr) Association of Family Conciliation Courts-California Chapter, Bill Eddy, LCSW, Esq

2023: **Fall Conference: Addiction, Family Violence, and Mental Illness: Assessing and Managing Challenges to Contemporary CoParenting**, (18.5 hrs) Association of Family Conciliation Courts-California Chapter

2023: **Domestic Violence Update Training: Sacramento Valley Custody Mediators**, (4 hrs) Director of Legal Services, WEAVE, Inc.

2022: **Using New Information to Rethink and Establish Ideas: Helping Children in Chronically Conflicted Families**, (8 hrs) Bartholomew and Waznick, LLP, the Association of Certified Family Law Specialist and The California Lawyers Association, Family Law Section

2022: **Domestic Violence Update Training**, (4 hrs) Allison Kephart, Director of Legal Services, WEAVE, Inc.

2022: **Child Custody Evaluation Annual Update Training**, (8 hrs) Philip M. Stahl, Ph.D. ABPP, The Steve Frankel Group, LLC

2021: **Testifying as a Mental Health Professional**, (1 hr) Susan C. Rempel, Ph.D.

2021: **58th Annual Conference; When a Child Rejects a Parent, Are We Part of the Problem or the Solution**, (34 hrs) Association of Family Conciliation Courts-California Chapter

2021: **Suicide Prevention, Assessment, and Intervention**, (6 hrs) Benjamin E. Caldwell, Psy.D., LMFT

2021: **Ethics Reconsidering Dual Relationships**, (1 hr) Benjamin E. Caldwell, Psy.D., LMFT

2021: **Social Media Ethics for Mental Health Professionals**, (1 hr) Benjamin E. Caldwell, Psy.D., LMFT

2021: **California Telehealth Law**, (1 hr) Benjamin E. Caldwell, Psy.D., LMFT

2021: **Telehealth: Legal and Ethical Issues**, (1 hr) Benjamin E. Caldwell, Psy.D., LMFT

2021: **Ethics: Self Disclosure in Therapy**, (1.5 hrs) Benjamin E. Caldwell, Psy.D., LMFT

2021: **Shared Parenting Support Program**, (8 hrs) Carol Greenfield, LMFT

2021: **Domestic Violence Update Training**, (4 hrs) Allison Kephart, Director of Legal Services, WEAVE, Inc.

2020: **14th Annual Symposium on Child Custody**, (8.5 hrs) Association of Family and Conciliation Courts-California Chapter

2020: **Helping Anxious Kids: A Certification Training on Anxiety Treatment for Children & Adolescents**, (25 hrs) Lynn Lyons, LCSW

2019: **Child Custody Evaluation Training for Mental Health Professionals**, (40 hrs) Association of Family and Conciliation Courts-California Chapter; Leslie Drozd, Ph.D., Robin Deutsch, Ph.D., Robert Kaufman Ph.D., Jill Barr, JD, Charolette Keeley, JD.

- Roles of Child Custody Evaluators, Effects of Divorce
- Evaluation Process, Interviewing Children and Parenting Plans
- Culture and Religion in Child Custody Evaluations
- Evaluation of Sexual Abuse
- Crafting Recommendations and Subpoena and Testimony

2019: **Child Custody Mediator/CCRC Training**, (40 hrs) Association of Family and Conciliation Courts-California Chapter

- Statutory Requirements Evidentiary Issues and Rules of Court Pertaining to CCRC
- Mediation Skills and Concepts
- Mediation Practice and Process
- Interviewing Children
- Substantive Issues: Brief Overview in CCRC Context
- Drafting Agreements and Recommendations

2019: **Kids in the Crossfire of Divorced and Blended Families: Interventions for Anxious, Depressed, Oppositional Children**, (6 hrs) Steve O'Brien, PsD PESI

2019: **Family Law 101 and Mental Health Professionals: The Marital Dissolution**, (3 hrs) Sacramento Collaborative Practice Group, Bartholomew and Wasznicky LLC.

2019: **Positive Discipline for Teens**, (3.5 hrs) Lias Larson, LMFT, James Nelson, MFT, Ed. D.

2018: **Law and Ethics, The Modern Legal and Ethical Landscape: Morals, Technology, and More**, (6 hrs) Benjamin E. Caldwell, PsyD, LMFT

2018: **Facilitating Growth in Children through Child-Centered Play Therapy**, (2 hrs) Dr. Elisabeth Liles

2018: **Evidence-Based Treatment of Intimate Partner Abuse**, (16 hrs) John Hamel, LCSW, PhD.

2018: **Family Court Forensic Mental Health Work - A Hands on Training Program**, (2 hrs)
Association of Family and Conciliation Courts-California Chapter

2018: **High Conflict Families: Early Identification and Intervention**, (8 hrs) Association of Family
and Conciliation Courts-California Chapter

2015: **Attachment Puzzle**, Neufeld Institute

2014: **Introduction to Sandplay Therapy**, (10 hrs) Linda Cunningham, Ph.D., MFT

2013: **Law and Ethics for Marriage and Family Therapist**, (6 hrs) Carisa Sherwood, LMFT

2013: **Working with Couples: Core Concepts and Interventions**, (6 hrs) Carisa Sherwood, LMFT