

## **Valerie Varan, MS, LPC, NCC**

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### **Summary**

Valerie is a nationally-certified, licensed professional counselor in Colorado. In private practice for over nine years, she specializes in holistic integrative (Eastern-Western psychology) mental health counseling, and in issues of subtle energy awareness and awakening to higher consciousness love, which has been her life's work since her second awakening at the age of 12. Working with individuals and couples, she synthesizes psychology, with neuroscience, epigenetics, and an array of multidisciplinary scientific disciplines, and ancient wisdom, with a perspective toward whole system transformation at all levels of being.

In 2001, Valerie received her masters' in counseling psychology, after two decades of working in a corporate business development capacity and in the field of environmental engineering, transitioning from working to heal the environment to helping those seeking personal growth and well-being. Before private practice, she provided counseling and teaching of independent living skills to juveniles for both mental health facilities and family court. The juvenile restitution program she developed for the Eighth Judicial Circuit, Project Payback, was recognized by the Governor of Florida for its community-partnership focus. She has served on the Board of Directors for several organizations, the latest being the Colorado Society for Wellness & Prevention, but too, PACE Center for Girls, and Adopt-A-River/Adopt-A-Shore, an environmental stewardship nonprofit.

Valerie considers herself very practical, enjoying bridging theory, scientific research, and applied practice, to help others transform their consciousness from the personal, beyond the personal, and into the more global views of self, service and responsibility.

### **License**

Licensed Professional Counselor #3811, State of Colorado, 2002-present

### **Degrees**

MS, Counseling Psychology (CACREP-accredited, Community Counseling), 2001, USM, 4.0 GPA  
BS, Business Administration (Management/Spanish/French), 1982, UF

### **Recent Awards/Certifications**

National Certified Counselor #68670, National Board of Certified Counselors (NBCC), 2002-present  
Certified Laughter Yoga Leader, Dr. Kataria's School of Laughter Yoga, 2008  
Therapist Award, Colorado Association of Family and Children's Agencies (CAFCA), 2003

### **Specialized Training/Continuing Education**

Colorado Legal and Ethical Issues for Mental Health Clinicians, Susan Lewis, PhD, JD, PESI, 2015  
Family-Focused Treatment for Bipolar D/O, Aimee Sullivan, PhD, Sierra Tucson, 2015  
An Ounce of Prevention: Mental Health Ethics and the Law, Michael Flynn, JD, PhD, Cross Country Education, 2014  
Understanding the Gut Brain: Stress, Appetite, Digestion & Mood, Merrily Kuhn, PhD, Institute for Brain Potential, 2014  
Heal Your Heart After Grief: Help Your Clients Find Peace After Break Ups, Divorce, Death and Other Losses, David Kessler, PESI, 2014  
5-Day Intensive Retreat with Grandmaster Mingtang Xu, ZY Qigong, 2014  
Overview of Sex Addiction, Mark C. Miller, MA, LPC, CAC, CSAT, Sierra Tucson, 2014  
Wonder Method, nonlocal energy healing, Alain Herriott, 2014

Attachment-Focused EMDR: Healing Developmental Deficits and Adults Abused as Children, Laurel Parnell, PhD, Institute for the Advancement of Human Behavior, 2013

Personality D/Os: The Challenges of the Hidden Agenda, Jeff Rigggenbach, PhD, LPC, PESI, 2013

Revolutionizing Diagnosis & Treatment Using the DSM-5, Brooks Baer, LCPC, CMHP, PESI, 2013

Colorado Family Law Update: Changes in the Divorce & Child Custody Process and the new PRE 21 Process, Leslie Matthews, CO Assoc. for Marriage and Family Therapy, 2013

The Practical Neuroscience of Buddha's Brain: Happiness, Love & Wisdom, Rick Hanson, PESI, 2012

Psychopharmacology: What You Need to Know about Psychiatric Medications, Caroline Williams, PhD, MP, PESI, 2012

Compassion Fatigue, Sherry, E. Showalter, PhD, LCSW, PESI, 2011

Clinical Risk Management & Malpractice Lawsuits: Collision of Law and Ethics, Susan Lewis, PhD, JD, PESI, 2011

Light, Vision & Consciousness, 21<sup>st</sup> Annual ISSSEEM Conference, 2011

Mind as Medicine: Contemplative Neuroscience and its Implications for Integrative Pathophysiology, James Duffy, MD, Sierra Tucson, 2011

Mental Health Law and Ethics, Leslie Matthews, BSN, JD and Dr. Reo N. Leslie, The Colorado School for Family Therapy, 2010

Alzheimer's, Memory & Dementia, S. Thomas Deahl, DMD, PhD, Institute for Natural Resources, 2010

Memory: A Seminar for Health Professionals, Elizabeth Buffalo, PhD, Institute for Brain Potential, 2010

Feeling Good Now: New Rapid Recovery Techniques for Depression and Low Self Esteem, David Burns, MD, Institute for the Advancement of Human Behavior, 2010

Evidenced-Based Spirituality for the 21<sup>st</sup> Century, 20<sup>th</sup> Annual ISSSEEM Conference, 2010

New Frontiers in Trauma Treatment, Bessel A. van der Kolk, MD, Institute for the Advancement of Human Behavior, 2010

Mindsight: Changing the Brain, Changing Relationships, Daniel Siegel, MD, R. Cassidy Seminars, 2010

The Immune System: The Mind-Body Connection: Who Gets Sick and Who Gets Well, Sarah D. Pressman, PhD, Institute for Brain Potential, 2009

The New Science of Love, Susan M. Johnson, PhD, Denver Family Institute, 2009

Clinical Communications Using NLP, Scott, DeMuro PhD, LAC, MAC, Sierra Tucson 2009

Sacred Synthesis: Science with Heart, ISSSEEM, Annual Conference, 2009

Little Me: A Mandala of Trauma, Bill Coleman, LMSW, TEP, 2009

Meditation for the Modern Mind: Three Unique and Powerful Methods for Breaking through Stress, Pain, Difficult Emotions, and Compulsive Behaviors, Shelly Young, MA, LPC, CACIII, Sierra Tucson, 2008

Using Thought-Field Therapy® for Freeing People from Traumas, Jenny Edwards, TFT-Dx, TFT-VT, Sierra Tucson, 2008

Legal, Ethical and Business Issues for Therapists, Regis University 2008

EFT, Self-Teaching Manual and Video by Gary Craig

Hypnosis, Rocky Mountain Trauma and Dissociation Society

Sex Addiction Thinking, Sierra Tucson

Early Developmental Disorders Resulting from Abuse, Cross Country Education, Anita Remig

Beginning the Qigong Lifestyle, Life Fitness Networks with Debra Takara, Clinical Healer/Teacher

Laughter Yoga Leader Certification Program, Meredith Vaughn, Yoga Instructor

Supercharging Quantum-Touch, 12h with Denise Godfrey

Ethical Essentials for Clinicians with Robert Boganberger, MA, PhD  
Yoga-Psychotherapy and Mindfulness for Clinicians with Judith Moolten, MSW, RYT, YC, PESI  
Eight Dimensions of Total Well-Being with Dr. Rangimarie Turuki Rose Pere (Kohanga lineage of the Maori First Nations people of New Zealand, and Kura Huna mystery school)  
Energy Medicine, 2007 ISSSEEM Conference  
Qigong Healing & Breathing Applications Levels 1-3 Supreme Science Qigong Center  
Advanced Vibrational Healing: Image Therapy of ZY Qigong, ZY Qigong Education & Training Institute  
ZY Qigong: Tools for Connecting Mind and Body, ZY Qigong Education & Training Institute  
Complementary and Alternative Medicine: Nonpharmaceutical Interventions with Kristen Allott, NC, LAc.  
Quantum-Touch Core Transformation I with Alain Herriott  
Energy Medicine, 2006 ISSSEEM Conference  
Chakra Healing Techniques, Lakota and Curandero teachings of Mavis Salazar McFalls  
Principles of Quantum Physics, self-study of Claude Swanson, Jim Oschman, William Tiller, Amit Goswami, Fred Wolfe, Albert Einstein and others  
Moral Development, self-study of Pitirim Sorokin, and global ancient wisdom teachings, including Christianity, Taoism, Buddhism, Sufism, Hinduism, Kabbalist, Theosophy/Esoteric Psychology  
Basic Quantum-Touch with David Holt  
Dialectical Behavior Therapy, Beacon Center  
Use of transpersonal approaches, movement, music and expressive therapy: using experiential methods in dealing with anxiety, depression and trauma, by Margaret Ballard, PhD, LCSW  
Energy Medicine, 2005 ISSSEEM Conference  
Wisdom Teachings, Psychic Abilities & Consciousness Transformation, by Jane Katra, PhD, spiritual healer/immune system coach taught by Sri Ramana Maharshi; workshop experiencing altered states of awareness and remote viewing and receiving teachings from Sufism, Yoga, Christianity, Buddhism and Advaita Vedanta  
Mental Health Disaster Field Training, Denver Health Medical Center  
Emergency Mental Health: Assessment and Treatment  
Understanding Brain Chemistry, Addictions, and the Role of Nutrition, CO ADAD  
Motivational Interviewing, Pyramid Consulting  
Psych. Emergencies: How to Accurately Assess/Manage the Patient in Crisis, PESI HealthCare  
The Basis Tenets of Harm Reduction as Applied to Brief Alcohol Interventions, CO ADAD  
Sexually Offending Youth & the Trauma Bond/Attachment Disruption Connection, CAFCA  
Exploring Boundaries, CAFCA  
Why is Play Therapy Important?, CAFCA  
Therapist as Life Coach: Transforming Your Practice, DU Grad. School of Prof. Psychology  
Youth Sub-Cultures, CAFCA  
Female Gender Specific Training, Beacon Center/Girls Equitable Treatment Coalition  
Trauma in our Time, Institute for the Advancement of Human Behavior  
Post Traumatic Stress D/O: Effective Diagnosis and Treatment Options, Cross Country Univ.  
Cultural Competency Within Systems of Care, Colorado Cornerstone Initiative  
Crisis Intervention; Milieu Management, Beacon Center  
Qualified Medication Administration Person, CO Dept of Public Health and Environment  
Adult CPR/First Aid Basics, Mile High Chapter of American Red Cross

**Psychology-Related Employment History**

*Holistic Integrative Licensed Professional Counselor, Private Practice, Greenwood Village, CO, 7/2006 to present*

Provides insight-oriented cognitive-behavioral therapies, lifestyle counseling, movement/techniques, emotional processing & stress reduction strategies, and transpersonal/sensory-based highly-focused states of consciousness approaches that holistically treat the whole person mind, body, energy and spirit. Specializes in issues of subtle energy awareness and awakening to higher consciousness, as well as the treatment of depression, anxiety, bipolar, and other mood issues, career stress, spiritual/transpersonal concerns, and lifestyle/wellness counseling for those coping with severe physical illness.

*Independent Living Treatment Coordinator/Therapist, Beacon Center, Denver, CO, 5/2002 to 6/2006*

Served as program coordinator and therapist, then as treatment coordinator beginning in 2004, providing clinical supervision and consultation to therapists and counselors in both residential and community programs for high-risk adolescents. Experience included assessment, individual/group/family treatment, case management, utilization reviews, as well as life skills classroom instruction. Redesigned the Independent Living program, including program components, procedures, forms, curriculum and coordination/training for house staff. Provided supervision for OJJDP grant staff, Young Parent IL Program and Nurturing New Life parenting classes. Served as an aftercare therapist and therapeutic mentor.

*Masters' Level Clinician, Pine Belt Children's Services, Hattiesburg, MS, 5/2001 to 8/2001*

For a community mental health agency, provided individual, group and family therapy to children, adolescents/juveniles, and adults as part of internship. Facilitated the alcohol and drug group for the Adolescent Offender Program. Assisted with day treatment for preschoolers. Co-facilitated parent support group. Worked with children/adolescents as part of the Structure of Intellect group. Conducted intakes, case assessment and conceptualization, diagnosis and treatment planning. Provided testing administration, scoring and interpretation.

*Project Payback Program Manager, Eighth Judicial Circuit of Florida (Alachua County/Office of the State Attorney, formerly through Office of the Court Administrator), Gainesville, FL, 4/1997 to 8/1999*

Provided vocational counseling, employment coordination, employability skills training and restitution contracting/monitoring for over 300 juveniles ages 12 to 17 and their families. Designed and implemented juvenile restitution program. Responsible for day-to-day operations, staff supervision, direct services delivery, funding, operating budget. Coordinated services with juvenile justice, law enforcement, family court, attorneys, school board officials, local businesses and mental health providers. Wrote funding proposals, received federal/state grant funds for initial two years, and received approval for state-legislated funding.

**Previous Management Employment**

*Western/International Region Technical Sales Manager, EnviroMetrics Software, Inc., 1996*

Air/water/waste emissions software sales for western U.S. and international territory. Responsible for client development, proposal writing, and engineering services coordination.

*Business Development Manager, Rust Environment & Infrastructure Inc. (and formerly Westinghouse Environmental & Geotechnical Services Inc.), 1989 to 1996*

Effective date 09/29/2015

Responsible for annual sales of approximately \$12 million in environmental/hazardous waste and infrastructure/water & wastewater engineering and scientific consulting services. Management tasks included meeting territory sales projections, supervising branch marketing staff, overseeing/coordinating territory proposals/presentations/marketing materials, and developing/implementing annual strategic plans.

*Area Sales Manager, Pepsi-Cola Bottling Co. Ft. Lauderdale/Palm Beach, Inc., 1985 to 1989*

Responsible for territory soft drink development, sales quotas, and training/supervision of sales and delivery staff.

*Co-Owner, Bon Varie Imports, Inc., 1982 to 1984*

Operated an imported chocolate distributorship.

### **Professional Organizations**

Association for Comprehensive Energy Psychology (ACEP)

International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM)

Association for Transpersonal Psychology (ATP)

International Association of Trauma Professionals (IATP)

Institute of Noetic Sciences (IONS)

National Board of Certified Counselors (NBCC)

### **Related Professional Presentations**

Varan, V. (2006, May). Bridging the Gap Between Research and Practice for Juvenile Offenders. Presentation at the 2006 Colorado Juvenile Counsel, Vail, CO.

Mathis, K. M., Kahan, T. A., Schiehser, D. & Varan, V. (2001, June). Novel popout generalizes to pictures. Poster presented at the 13th annual convention of the American Psychological Society, Toronto, Ontario.

Varan, V. (2000, October). Effects of life stressors on the nature of vocational identity in college students. Paper presented at the 2000 convention of the Mississippi Psychological Association.

### **Related Publications**

Varan, V. (in press). Living in a Quantum Reality: Using Quantum Physics and Psychology to Embrace Your Higher Consciousness. Texas: TurningStonePress.

Greer, T., Varan, V. & Berman, M. (2002). Relation between Spiritual Experiences, Attitudes/Behaviors and Religious Coping, Volunteering, and Vengeance. American Psychological Society, New Orleans, LA.

Greer, T., Berman, M., Varan, V., Bobryki, L., & Watson, S. (2005, March). We are a religious people; we are a vengeful people. Journal for the Scientific Study of Religion, Vol. 44, Issue 1, pp. 45-57.

Varan, V., & Campbell, C. (2003, February). A review of the book: Cambridge Child and Adolescent Psychiatry: Conduct disorders in childhood and adolescence. Clinical Psychology Review, Vol. 23, Issue 1, pp. 121-123.

### **Highlights of Volunteer Counseling Experience**

*Colorado Mental Health Institute-Ft. Logan, 2001 to 2002* – Assisting with the Mountain Star and Adolescent Inpatient Services units; primarily helping adolescents over 14 years old with vocational preparation issues

Effective date 09/29/2015

*Pine Belt Mental Healthcare Resources, 2000* – Worked with Children’s Services in the Structure of Intellect Program assisting children with cognitive modules and physical exercises  
*PACE Alachua Center for Girls, 1997 to 1999* – Weekly volunteer to at-risk female adolescents in writing resumes, preparing household budgets, and planning career goals

**Highlights of Volunteer Management Experience**

*Colorado Society for Wellness & Prevention (CSWP), 2010 to 2011* – Board of Directors; Committee Chair for Ethics and Member Value; Member of Integrative Practitioners Committee  
*Adopt-a-River/Adopt-a-Shore, 1998-1999* – Board of Directors; Chair of Strategic Planning Committee  
*PACE Alachua Center for Girls, 1997 to 1999* – Board of Directors; part of organizing committee to bring PACE to Gainesville; Chair of Strategic Planning Committee  
*Alachua County Mentoring Coalition, 1997 to 1999* – Founder; Co-Chair of Executive Committee  
*Santa Fe Community College, 1998 to 1999* – Volunteered as a community partner strategizing to strengthen and coordinate innovative workforce preparation programs as part of the Alachua County plan to implement the 1998 Workforce Investment Act and re-authorized Tech Prep Act  
*Alachua County Juvenile Justice Council, 1997 to 1999* – Mentoring Committee Chair; worked to identify community prevention measures and legislative issues affecting youth employment  
*Forum on the Issue of Crime, 1997* – Participated on community-based forum to address prevention measures related to juvenile delinquency  
*Youth Employment Task Force, Alachua County, 1997* – Facilitator of at-risk youth employment planning workshop involving over 30 area CBE teachers