

CURRICULUM VITAE

Carl Sayles, PsyD

9849 Fair Oaks Blvd
Fair Oaks, CA 95628
(916) 961-2431

Education

California Coast University, Santa Anna, CA
PsyD – Clinical Psychology - 2004
University of San Francisco, San Francisco, CA
MA – Counseling Psychology - 1992
Pacific Lutheran Seminary, Berkeley, CA
M.Div – Pastoral Management/Pastoral Care - 1990
San Francis Sate University, San Francisco, CA
BA – Humanities /Philosophy - 1986

Additional Educational Experience (non-comprehensive)

- Advanced Residential Training – Satir’s Systemic Therapy Model – Focused on Family Systems, Anxiety, Depression, Trauma, and addictions
- Training for Trainers – Presentation of the Satir Model in a Clinical Context
- Drug and Alcohol Treatment Modalities
- “The Dimensions of Being fully Human” – Exploring Trauma and Anxiety
- Interactive Guided Imagery – Academy for Guided Imagery
- Advanced Gestalt Practice for Psychotherapists
- Mindfulness-Based Healing – Theory, Tools, and Practice
- BiPolar Spectrum Disorder – Best Practices in Treatment
- Ever-Changing Brain – Brain Based Treatment modalities working with Trauma and Healing
- Addictions Treatment with Co-Occuring Disorders
- Advanced Treatment of Post-traumatic Stress Disorder, Skills and Practice
- Reactive Attachment Disorder – Treatment, Tools, and Practice
- Frontiers in Trauma Treatment
- Grief and Grieving – Finding Meaning Through the Five Stages of Loss
- Working with Violent Offenders
- Compassion's Boundaries – Training in Law and Ethics
- The Satir Model – Applications in Counseling

Credentials

- Director of Training – Satir Institute of the Sierra
- Clinical Member, American Association of Marriage and Family Therapists, Number 111934
- Licensed Marriage and Family Therapist – California, License No. MFC 34692
- Clinical Member, California Association of Marriage and Family Therapists, Number 030285
- Ordained Lutheran Clergy

Teaching Experience

- Satir Systemic Therapy Program Level I & II, Fair Oaks & Carmichael, CA
- Couples Communications – Building Stronger Relationships, Fair Oaks, CA
- Sacramento State University, Lecturer, Experiential Family Systems Theory. - Sacramento, CA
- Satir Systemic Therapy Training Modules, White House Counseling Center, Carmichael, CA
- Basic and Advanced Communications Models, Sacramento, CA
- Advanced Systems Theory Training for Therapists, San Francisco, CA

Clinical Practice

- Psychotherapist – Private Practice, Fair Oaks, CA 1998 - Present
- Deputy Clinical Director, River Oak Center for Children, Sacramento, CA 2000 - 2003
- Clinical Manager, River Oak Center for Children, Sacramento, CA 1998 - 2000
- Clinical Program Supervisor, Mercy Services Corporation, West Sacramento, CA 1994 - 1998
- Clinical Social Worker, Mercy Services Corporation, Sacramento, CA 1993 - 1994
- Chaplin-Resident, Sutter Memorial Hospital, Sacramento, CA 1990 - 1993
- Psychotherapeutic Internship, The Healing Place, Fair Oaks, CA 1992 - 1994

Publications & Presentations

Sayles, Carl. *Exploring Depression and Anxiety Using the Satir Model*. Therapist Training Program; Changi, Singapore, 2003.

Sayles, Carl. *Satir Transformational Systemic Therapy*. Palo Alto, Calif.: Science & Behavior, 2008. 98-115.

Sayles, Carl. "Introduction to Chapter 8." *In Her Own Words... Virginia Satir: Selected Papers 1963-1983*. By Virginia Satir. Phoenix, Ariz.: Zeig, Tucker & Theisen, 2008.

Transformational Change – Based on the Model of Virginia Satir Contemporary Family Therapy 24(1), March 2002.