

Janet L. Plankenhorn, LMFT

Lecturer

EDUCATION

California State University East Bay, Hayward, California
M.S. in Counseling with Marriage and Family Therapy Option 2011

California State University East Bay, Hayward, California
B.A. in Psychology – Magna Cum Laude 2009

Diablo Valley College, Pleasant Hill, California
A.A. in Transfer Studies – CSU 2007

LICENSE

Licensed Marriage and Family Therapist – License No. LMFT97544

WORK EXPERIENCE

CALIFORNIA STATE UNIVERSITY EAST BAY – Hayward, California FALL 2016
Adjunct Instructor
Facilitated a Community Mental Health Counseling class for master's level students. Secured speakers from bay area community agencies for class presentations. Encouraged students to interact and learn from one another. Kept an open dialogue with all students regarding class details, assignments, grades and expectations. Provided a safe learning environment for all students.

FAMILY SERVICES COUNSELING & COMMUNITY RESOURCE CENTER 2011- 2015
Marriage and Family Therapist Intern
Participation in a comprehensive internship program providing mental health services in a school based and clinical setting. Facilitated individual counseling at San Leandro High School for 15 to 20 students per week; maintained progress reports and treatment plans for each. Worked with school administrators, parents and teachers to help provide services and resources to my school-based clients as needed. Facilitated individual counseling at the clinic 2-3 days a week for 5 to 10 clients, maintaining progress reports and treatment plans along with keeping Medi-Cal paperwork up to date. Worked mostly with low income, Medi-Cal and CALWORKS clients. Attended weekly individual and group supervision.

UNION CITY YOUTH & FAMILY SERVICES 08/10-2011
First Year MFT Trainee
Participation in a comprehensive internship program providing mental health services in a school based and clinical setting. Facilitated individual counseling at Cesar Chavez Middle School to 8 clients and maintained progress reports and treatment plans. Assisted in organization and client advocacy for Parent Project, a 10 to 16 week parent training program designed specifically for parents of strong-willed or out-of-control adolescents. Worked with school administrators, parents and teachers to help provide resources and services to clients as needed. Routinely attended weekly individual and group supervision and regularly attended monthly trainings.

DONOHUE GROUP INCORPORATED – San Ramon, California 2006 - 2008
Research Manager

Performed candidate searches at the executive level via the internet for highly confidential job positions.

ELECTRICAL SERVICES COMPANY – Oakland, California

2004 - 2006

Administrative Assistant

Worked with confidential bid materials. Organized and filed accounts payable invoices for the controller. Supported employees and assisted customers.

AWARDS / SCHOLARSHIPS

Joan Sieber–Tombari and Ric Tombari Graduate Scholarship

2009

Outstanding Psychology Student of the Year – *California State*

University East Bay, Hayward, California

2009

VOLUNTEER/OTHER

Stroll for Epilepsy – Epilepsy Foundation (2008, 2009, 2011)

Relay for Life – American Cancer Society (2005, 2006, 2007, 2010)

PTA President – Garfield Elementary - San Leandro, CA (1989, 1990)

MEMBERSHIPS

California Association of Marriage and Family Therapists (CAMFT)