

PHYLLIS C. SOLON Psy.D.
Licensed Psychologist (LP3579)
Minneapolis, Minnesota 55407
612-309-7902 docphyllis@me.com

EDUCATION

B.A. Psychology: Saint Mary's University, Winona MN, 1984
Psy.D. Clinical Psychology: Minnesota School of Professional Psychology 1995
Advanced Training in Eye Movement Desensitization and Reprocessing (EMDR) 1996

TEACHING EXPERIENCE

St. Mary's University of Minnesota School of Graduate Studies

Doctoral Program in Counseling Psychology

Core Faculty: Professor 9/11-6/20 Adjunct Faculty: 5/10 – 9/11, 6/20-present

Involved with the creation and implementation of the APA accredited doctoral program in counseling psychology. Lead the development and implementation of the Multicultural and Social Justice orientation of the doctoral program. Development and ongoing supervision of the Student of Color Consultation group.

Content Areas Taught: Multicultural Theory and Therapy; Advanced Cognitive Behavioral Theory and Interventions; Trauma Assessment and Interventions; Counseling in the Schools; Integration of Religion and Spirituality in therapy; Multicultural Supervision, Supervision of child/family therapists, Practicum I and II; Independent study courses developed jointly with advanced students. Involved with mentoring and advising students in their personal and professional development. Developed process and procedures for Qualifying Exams and oversee annual implementation. Supervise dissertation implementation and writing. Chair qualitative research projects predominantly for students of color.

Masters of Education Program

Assistant Professor Adjunct Faculty 1/97 – 12/98

Content Areas Taught: Childhood Sexual Abuse including classroom behaviors that could indicate childhood sexual abuse. Taught to mixed groups of teachers from kindergarten through 12th grade.

Minnesota School of Professional Psychology at Argosy University 4/98 – 9/09

Doctoral Program in Clinical Psychology

Core Faculty 9/02 – 9/08; Adjunct Faculty 4/98 – 9/02; 9/08 – 9/09

Content Areas Taught: Child and Adolescent Development; Theories and Interventions including: Cognitive Behavioral, Child and Family Assessment and Therapy, Play Therapy, Integrative Therapy, Trauma Theory and Therapy, Working with Traumatized Youth in the Child Welfare System. Assessment and Treatment of Culturally Diverse Peoples; Professionalization and Identity Development; Psychological Assessment and Integrative Report Writing. As Chair of the University Multicultural committee, developed ongoing opportunities for discussion and interaction around issues of race, class, gender and sexuality. Developed the proposal to expand the doctoral program curriculum to include two required Multiculturalism courses. Worked with other faculty on ways to include multicultural content in their courses. Involved

with departmental Student Evaluation committee and University Student Conduct Committee.

Master's in Marriage and Family Therapy Program

Adjunct Faculty 5/06 – 9/09

Content Areas Taught: Play in Family Therapy

Common Ground Foundation Colombo, Sri Lanka 12/07

30-hour seminar designed for psychologists, pediatricians, counselors, educators, therapists, social workers and other health care professionals who interact with children and/or adolescents diagnosed with Autism Spectrum Disorders, Asperger's Syndrome or Pervasive Developmental Disorders and have a basic understanding of these disorders. The purpose of this program was twofold: to provide participants with a deeper understanding and new ideas about these related disorders, and to provide intervention strategies based on this deeper understanding that are appropriate to a variety of clinical and/or educational settings. Each day included time for: presentation of didactic information; experiential and interactive learning exercises; and case consultation or question/answer.

United Family Practice Residency Program, St. Paul, MN

Psychosocial Preceptor 1/96 – 12/99

Taught about psychosocial intervention in the Primary Care Family Practice clinic setting involving one-to-one on-site consultation with Family Practice residents during regular clinic hours 1 day per week. Developed noon conferences on various psychosocial issues relevant to the family practice setting for residents and staff physicians.

EMPLOYMENT EXPERIENCE

Private Practice, Minneapolis 1/02 – present

Provide Individual, Couples, Family and group therapy. Provide post-doctoral clinical supervision for psychologists pursuing licensure. Individual and group clinical supervision and consultation to psychologists around psychological assessment, play therapy and EMDR. Group consultation and agency training on various topics including: anti-racism and multiculturalism, pervasive developmental disorders, trauma and dissociation, and numerous other topics. Contracted consultant for clinical supervision of doctoral level psychological assessment and therapy to mental health agencies. Currently working in conjunction with Cedar Hill therapy to develop a satellite clinic for the comprehensive, dignity based, intersectionally-informed assessment of Neurodiversity in adults, including therapy, psychological evaluation, dietics and occupational therapy.

Anchored Relational Training Institute 7/15-present

Co-creator of an integrative theory of psychology pertaining to both normal development and the impact of complex trauma on individuals throughout the lifespan. This theory underlies the practice of the Anchored Relational model for working with C-PTSD and Dissociation, with interconnected considerations of neurology, development, dignity and competence, resilience, vulnerability, and intersectionality. People traumatized across multiple dimensions; familial, cultural, societal, and historical are seen in the context of their strengths and vulnerabilities, embedded in systems of oppression and control as well as privilege and resource. Stepping out

of harmful relationships and systems of power and control into paradigms of integrity, dignity, and freedom, defined by individuals and communities, puts whole people at the center of their stories. Created curriculum for 50-hour training, approved by the MN Boards of Behavioral Health, Psychology and Marriage and Family Therapy, that takes place during four weekends over a three-month period. Currently developing a therapy skills group for individuals who have a history of developmental trauma based on the model. Also currently developing a Dignity based, multicultural, feminist Supervision curriculum based on the model. Monthly consultation groups (currently 14 groups) consisting of 7-9 trained clinicians provided both in person and through teleconferencing.

Neighborhood Involvement Program, Minneapolis, MN

Clinical Supervisor 9/08 – 9/12

Provide clinical supervision to doctoral level graduate students in Clinical and Counseling psychology programs. Students are at all levels of training from first year therapy practicum to Post-doctoral Fellowship. In addition, provide supervision of clinical supervision to Predoctoral Interns and Postdoctoral Fellows who are in their first year of practical training as clinical supervisors.

African American Family Services, Minneapolis, MN

Director of Behavioral Health 9/08 – 12/10

Developed Rule 29 clinic and provided clinical and administrative supervision for Mental Health and Chemical Dependency counselors. Responsible for clinical and cultural training in agency including: self-care for clinicians, trauma informed mental health and chemical health services, working with trauma and dissociation in the group setting, expressive arts therapies for adults and families. Mandated reporting of child and/or vulnerable adult maltreatment. Developed and maintained the collaborative relationships between the agency and the Safe Schools/Healthy Students initiative in 4 Suburban Ramsey county school districts. Program development, grant writing, administration of Rule 29 clinic. Developed and implemented the graduate training program in the agency

Clinical Consultant 9/06 – 9/08

Provided weekly Clinical supervision for psychologists pursuing licensure and in pre-doctoral training. Provided twice monthly group consultation about clinical cases and programmatic issues for mental health, chemical health, family violence and case management professionals.

Family Networks, Minneapolis

Coordinator of Graduate Training 9/97 – 7/02

Developed and coordinated training seminars on relevant topics for graduate students. Reviewed applicants and interviewed for selection at various treatment sites within the agency. Provided weekly clinical supervision for graduate students. Provided clinical supervision of unlicensed Doctoral level therapists on staff.

Therapeutic Kindergarten Therapist 3/01 – 6/01 and 1/02 – 7/02

Developed and maintained programming for therapeutic kindergarten classroom. Worked collaboratively with teachers, administrators and school mental health staff to serve the needs of children with Serious Emotional/Behavioral Disorders and Pervasive Developmental Disorders.

Mental Health Therapist 9/95 – 7/02

Provided in-home family therapy for children age 0 to 18 and their families. Provided psychological assessment and case consultation to preschool, elementary, middle school and high school therapeutic and day treatment programs. Provided interpretations of psychological assessments performed off site so that the information was more accessible to and usable by parents, teachers and day treatment therapists.

Lead Day Treatment Mental Health Therapist 1/95 – 9/97

Provided psychological assessment and individual, group and family therapy to 10 to 14 year olds in an inner city, school based day treatment setting for seriously emotionally disturbed young adolescents. Utilized extensive knowledge of and resources to different racial, ethnic, sexual, and socio-economic cultures.

PROFESSIONAL PRESENTATIONS / TRAININGS

Anchored Relational (formerly AIR Network) Framework: An Advanced Intensive Training on understanding and working with Complex PTSD, Developmental Trauma and Neuro-Dissociative States (50 CE credits approved by MN Boards of Psych, Behavioral Health Therapists and Marriage and Family Therapy)

Fall 2024, Spring and Fall 2023, 2022, 2021, 2020, 2019, 2018, 2017, 2016, Fall 2015
Medical and Mental health providers from Egypt and MENA region simultaneously translated into Arabic - Fall 2024, Summer 2022

Children's Mental Health for Parents (2 hours)

October 2024 for Burroughs Elementary School community

Anchored Resource and Rescue Missions (15 hrs approved by MN Boards LP, LMFT, LPCC, LADC)

April 2024 for people trained in the Anchored Relational Framework (simultaneously translated into Arabic)

Differential Diagnosis: PTSD, Complex PTSD and Autism Spectrum Conditions (4 hours approved by MN Boards for LP, LMFT, LPCC, LADC)

January 2024 for Cedar Hill Therapy

Connection and coregulation in times of crisis: Interventions for frontline mental health professionals (4 hours)

March 2023 for INSAN (Non-profit providing psychosocial support to Syrian refugees and training for professionals providing psychological first aid) Free to all participants, simultaneous Arabic translation

Lifelong consequences of Emotional Under-attunement, Emotional Malnourishment, Emotional Neglect and Social Ostracism (2 hours)

November 2022 for Minnesota Psychological Association Multicultural Conference

Lifelong consequences of Emotional Under-attunement, Emotional Malnourishment, Emotional Neglect (2 hours)

April 2022 for International Institute of Trauma and Addiction Professionals annual conference

Competency Based Diagnostic Assessment and Treatment Planning: A Feminist Multicultural Approach (4 hours approved by MN Boards for LP, LMFT, LPCC, LADC)

December 2021, Minneapolis, MN

Developmental Considerations in Therapy (14 hours approved by MN Boards for LP, LMFT, LPCC, LADC)

November 2021, May 2023 Minneapolis, MN

Privilege, Unconscious Bias, Microaggressions: The Cost to Us All (4 hours)

October 2021 for Premiere Sport

Understanding Whiteness and Other Forms of Privilege: Personal, Professional and Community Based Applications (9 hours over 3 sessions)

2020-2021 for Minnesota Board of Behavioral Health Therapists

Traumatic Impact of a Neurotypical World on a Neurodiverse Brain: Developmental Neurology, Autism Neurology, Trauma Neurology (2 hours keynote address)

December 2020 for Autism Societies of Minnesota and Wisconsin Annual Conference

The Impact of Adverse Childhood Experiences (ACEs): Understanding and Healing the Patterns of Disconnection from Self, Others, and God (8 hours)

October 2020 for National Association of Catholic Chaplains: North Central Prairie Chaplains Conference

Adverse Childhood Experiences (ACES) and Historical Trauma: Acknowledging the Roots of Current Systems of Violence Healing Ourselves and our Communities (3 hours)

July 2020 for Black Employees Network General Mills

Communication across Differences with Colleagues and Clients (8 hours)

May 2019 for Restoration Counselling and Community Services, Minneapolis, MN

AIR Network One Day Review: 5 Anchors, Dissociative Continuum and Rescue Missions (8 hrs)

July 2018, Minneapolis, MN

Mental Health on the College Campus – Responding as Faculty, Advisors, Mentors, and Administrators (3 hours)

May 2018 for Saint Mary's University of Minnesota School of Education, Winona, MN

ACES, Neuro-Development and Competency Based Intervention (8 hours)

October 2017 for Collaborative Resources Education Services and Technology (CREST), Rochester, MN

ACES, Mental Health and Minnesota Youth (2 hours)

April 2017 for Doctoral program in Educational Administration faculty at Saint Mary's University of MN

August 2017 for The Science of Hope Educators Conference Saint Cloud, MN

Integrating Adaptive Internal Relational (AIR) Network Model and Eye Movement Desensitization and Reprocessing (EMDR) Therapy (8 hours)

August 2017, August 2016 Minneapolis, MN

Complex Trauma and the Therapeutic Relationship: What Practitioners need to know to respond with Compassion and Competence (8 hours)

March 2017 for MN Center for Addiction and Mental Health-University of MN

The Biology of Loss: A Trauma Informed Perspective in Treating Addiction and Concurrent Disorders with Gabor Mate MD (4 hours)

February 2017 for MN Center for Addiction and Mental Health-University of MN

Competency Based-Person Focused-Culturally Oriented Assessment and Treatment in Chemical/Mental Health Treatment training series (12 hours)

Summer-Fall 2016 for Pangeacare Behavioral Health Services

Vulnerability and Trafficking: Developmental Neurology to Societal Contexts (3 hours)
July 2016 for LaSallian Social Justice Institute Symposium

Neurology of Trauma (3 hours)
March 2015 for Minnesota Psychological Association Annual Conference

Neurological Consequences of Trauma and Victimization for Youth (3 hours)
October 2014 for Minnesota Department of Health Safe Harbors Conference

Working with Autism Spectrum Disorders in the Corrections Population (2 hours)
April 2014 for Minnesota Chapter of the Association for the Treatment of Sexual Abusers (MnATSA)

Parenting Issues with Adolescents for Immigrant and Refugee Families (3 hours)
March 2014 for Headway Center for Emotional Services.

Multiculturally Informed Play Therapy (3 hours)
March 2013 for Headway Center for Emotional Services.

Understanding the neurological impact of early childhood trauma, abuse and neglect in the etiology and treatment of dissociative disorders (3 hours)
May 2011 for Neighborhood Involvement Program (NIP)

Trauma informed responding to child disruptive or injurious behavior for school counseling and school safety personnel (6 hours)
August 2010 for Safe Schools/Healthy Students initiative of the Suburban Ramsey Family Collaborative

Understanding Complex Trauma, Stabilization and Resource Development (8 hours)
October 2009 for EMDR International Association Humanitarian Assistance Program (HAP) EMDR training in Minneapolis

Autism in the Pediatric Medical Setting (40 hours)
December 2007 for the Sri Lankan Pediatric Association

Diversity Issues in the Future for Women in Psychology (1.5 hours)
May 2007 for MN Women in Psychology (MWP) Annual Meeting

Mindfulness for Psychotherapists (4 hours)
May 2007 for Washburn Child Guidance Center

Asperger's, Nonverbal Learning Disability, High Functioning Autism, Pervasive Developmental Disorder: A collection of Overlapping Neurological conditions (2 hours)
Feb 2007 for MN Family Based Services Association (MFBSA);
Sep 2006 for Volunteers of America

Designing Rituals with Individuals and Families (2 hours)
November 2006 for MN Assoc of Marriage and Family Therapists (MAMFT)

Group Theory and Development (4 hours)
September 2006 for Family Networks, Inc

Pervasive Developmental Disorders: Helping students succeed in secondary and post-secondary settings (3 hours)
May 2006 for Minneapolis Public Schools

Physical and Emotional Impact of Childhood Trauma: Alternative Treatment Strategies (3 hours)
March 2005 for MN State Adoption Task Force, September 2004 for MN Adoption Support and Preservation (MN ASAP)

Mental Health Diagnosis in a Multicultural Context (3 hrs)
February 2005 for Wilder Southeast Asian Services program

Helping traumatized Children Succeed in the classroom (3 hours)
 October 2004 for Education Minnesota Annual Conference (formerly MEA)

EMDR and Play Therapy for Traumatized Children (2 hours)
 April 2004 for MN Assoc of Children's Mental Health (MACMH)

Compassionate Conflict Resolution (3 hours)
 August 2003 for St. David's Child Development and Family Services

Positive Behavioral Interventions for High Energy Preschoolers (2 hours)
 July 2002 for Greater Minneapolis Daycare Association (GMDCA)

Recognizing and attending to children with Pervasive Developmental Disorders in the typical preschool setting
 May 2002 for GMDCA (2 hours)

Vicarious Traumatization and Self Care for Professionals
 April 2002 for School District 281 Early Childhood Special Education Services (ECSE)

Asperger's Disorder: What is it and what to do about it
 Aug. 2001 for Family Networks

Autism in the family: Common therapeutic issues
 July 2001 for Minnesota Family Based Services Association (MFBSA)

Common Behavioral Issues in Children and Adolescents
 Dec. 1998, 1999, 2000 For United Family Practice Clinic (UFPC)

Waiting Room Interventions for Abusive or Destructive Parenting
 Nov. 1999 for UFPC

The Spiritual Nature of Working with Tough, Inner-City Youth
 Aug. 1999 For Wilder Child and Family services

Early Adolescent Development and Therapeutic Interventions
 Aug. 1999 for School district 287

AREAS OF PROFESSIONAL INTEREST AND EXPERTISE

- Treatment for complex PTSD and dissociative disorders: Neurological and developmental impact of trauma and adverse childhood experiences, Impact of historical trauma and ongoing oppression,
- Feminist Multicultural Theory and Therapy: Anti-Racism, Diversity and Privilege training and consultation, Race, Class and Gender issues in individual, group and family therapy, Ethics and responsibilities in cross-cultural assessment, diagnosis and treatment, Lesbian, Gay, Bisexual and Transgendered individuals and families, Multicultural group work / Multicultural coalition building, Integration of emotional, spiritual, and intellectual healing, Dignity-based and holistic psychological assessment
- Lifespan Development: Neurodevelopment, Adoption and transracial adoption Issues, Play therapy, Resilience and Protective Factors, Autism Spectrum and Neurodiversity (particularly in girls and women)
- Neurodiversity: Dignity based psychological assessment for children and adults, Women and girls, working with Neurodiverse couples