

## **Vanita Kunert, M.A.**

Licensed Marriage and Family Therapist (License #12734)  
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### **CLINICAL SPECIALITIES**

Mood and anxiety disorders, workplace referrals for employee conflicts, coping with chronic physical illness, and grief. Couple counseling with a focus on affair recovery, high conflict and commitment-- anxiety couples. **Target:** young adults in tech and those in the LGBT community. Level 2 training in Gottman Method Couples Therapy.

### **SUMMARY**

Seasoned mental health professional skilled at assessment, motivational interviewing (MI), short-term, solution-oriented counseling, cognitive behavioral therapy (CBT), interpersonal psychotherapy (IPT) and case management. Utilize assessment instruments such as PHQ-9 and AUDIT. Managed a hybrid EAP of 10 onsite counselors (contractors) in multiple locations for 20 years. Critical Incident/onsite disaster support for Concern EAP.

### **PROFESSIONAL EXPERIENCE**

#### **Private Practice, San Francisco, CA**

**2016 - Current**

Provide short-term, confidential counseling for individuals facing situational and relationship role transitions including relationship breakups, career changes and grief. Utilize a problem-solving, practical approach to support client goals. Conduct couples counseling based on the John and Julie Gottman approach and the Ellyn Bader developmental model. Provider for Lyra Health.

#### **Pacific Gas and Electric Company, San Francisco, CA EAP Manager**

**2005 - 2015**

Managed both the system-wide Employee Assistance Program and the Fitness for Duty Program. Provided direct EAP assessment for addiction, threats, suicidal ideation, eating disorders and serious mental health disorders. Provided crisis intervention, short-term counseling, and case management for sensitive referrals.

- Delivered a large scale critical incident response to employees impacted by the San Bruno disaster which spanned 2 years
- Operated as liaison between the company, the EAP, and the behavioral healthcare vendor by providing the corporate culture filter for stream-lined service delivery
- Implemented a new employee autism benefit program with senior executive support and partnered with behavioral healthcare vendor for delivery of quality services

- Developed strategy for increasing EAP utilization by 5%
- Implemented and maintained confidential EAP database with high standards for privacy including HIPPA
- Administered EAP budget which included counselors, consultants, audits, and overhead fees; monitored for efficiencies

**Pacific Gas and Electric Company  
EAP Supervisor**

**1994 - 2005**

Supervised 10 EAP counselors at multiple work locations within CA including Diablo Canyon Nuclear Power Plant. Responsible for recruiting, interviewing, hiring, and developing staff.

- Provided direct EAP assessment and counseling for individual employees
- Designed and conducted Fitness for Duty program which covered employees who were demonstrating severe impairments on the job--medical, psychiatric, substance abuse, and threats
- Supervised DOT – SAP drug testing assessment and referral to quality chemical dependency treatment centers for employees who tested positive
- Spearheaded the Peer Volunteer Program—a joint company and union program of recovering alcoholics who assisted others with drinking problems

**SIGNIFICANT EXPERIENCE**

UCSF, St. Mary's, CPMC, Kaiser Permanente, Lockheed Martin,

**EDUCATION**

Core Strengths Coaching Skills Certificate, San Francisco State University (June 2015)  
M.A. Psychology, John F Kennedy, Orinda, CA  
BA. Social Work, University of Wisconsin, Madison and Milwaukee, WI

**PROFESSIONAL AFFILIATIONS**

Employee Assistance Professionals Association (EAPA)  
California Association of Marriage and Family Therapists (CAMFT)

**VOLUNTEER**

**Hospice by the Bay, affiliated with UCSF, San Francisco  
Hospice Counselor**

**Jan 2015 to Dec 2015**

Provided compassionate support to the dying patient and family members.

**CURRENT TRAINING**

**Assessing and Treating Sex Issues in Psychotherapy – Level 1**      **Mar 2019 – Dec 2020**  
**Martha Kauppi, LMFT, Institute for Relational Intimacy**

**PAST TRAINING**

**Level 2 Gottman Training: Assessment, Intervention, and Co-morbidities**      **January 2019**  
San Francisco, CA

**Developmental Model of Couples Therapy - Ellyn Bader**      **Sept 2016 to May 2017**  
Palo Alto, CA

**Evolution of Psychotherapy Conference**      **Dec 2017**  
Anaheim, CA