

Alison Leigh Siegel | MFT
California Licensed Psychotherapist
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CLINICAL EXPERIENCE



Alison Leigh, MFT, San Francisco, CA
California Licensed Psychotherapist

2007-2017

- * Expert Sex, Love and Dating Advice
- * Couples counseling advice
- * Post Traumatic Stress Disorder
- * Sexual Dysfunction and Depression
- * Co-dependency
- * Chronic pain and terminal illness recovery
- * Trauma recovery and rehabilitation
- * Sexual Performance Anxiety
- * Gender Identity Disorders
- * Dialectical Behavioral Treatment
- * Chronic Pain & terminal



San Francisco Sex Therapy Center for Couples, San Francisco, CA

2007-2017

Founder & CEO

Created a successful Sex Therapy Center in San Francisco for people needing sex and love counseling.

Provided Adult Education and mental health counseling services to men, women and couples.

Created and maintained several blogs about sex, love, intimacy and dating.

Founded and created Sexual Trauma Recovery workshops for women recovering from rape.

Hosted a "Married Men's group" which ran for 12 weeks for men with newborn babies.

Produced several Mindful Sex Seminars and weekend intensives for couples seeking intimacy.

Created a five month 250 hour course for single and dating executives.



Sit.Breathe.Calm.com, San Francisco, CA

2007-2014

Creating Mindfulness @ Work

Founder & CEO

Inspired cultural organizational shifts and changes that would serve the future success of Silicon Valley Startups.

Clients include:



Provided Executive Thought Leadership and Strategy Consulting with C-Level senior leaders.



Provided Mindfulness-Based Meditation and massage therapy to stressed executives.



Taught Emotional Intelligence Training Skills. Demonstrated, taught and implemented Active Listening Skills to leaders to increase fluidity of communications.



Offered a convenient Corporate Work Addiction Therapy service for executives.



Led Anger and Stress Management Support Groups for stressed out executives.



Organized and led change managers through several company transitions resulting in a more productive and motivated workplace.

Additional Clientele:



University of California, San Francisco, CA

2003-2005

Research Director & Oral Historian

Independently recruited all cancer patients and their families.

Charted and documented the daily activity of each of the four hundred patients.

Conducted confidential personal end of life legacy videotapes for cancer patients and their families.

Directed and conducted a five year research study called the “Life Tapes Project: An Existential Intervention of cancer patients” which was internationally published in collaboration with David Spiegel, Chief of Psychiatry at Stanford University.

Maintained and developed collaborative efforts with Stanford University Statisticians in order to track the statistical analysis of cancer patients and their families.

Co-researched, developed and implemented a variety of questionnaires which were approved by the Committee on Human Research.

Proposed and accepted a two-year research grant from the National Institutes of Health.

Found clinically significant results from the study and then were published and presented internationally.

Endorsed and mentored by Ernest Rosenbaum, MD



University of California, San Francisco, CA

2003-2005

Oncological Psychotherapist and Case Manager

Provided patient care through Cognitive-Behavioral and Solution-Focused therapies.

Provided pain control and relief to patients with Aids, Cancer and other terminal illnesses through guided imagery.

Managed a case -load of over 500 clinical research patients over a five-year period of continuous illness.

Directed all marketing, public relations and advertising for the study and recruitment of participants.

Taught basic hospital medical diagnostic skillsets to interns.

Worked and simultaneously juggled two psychology internships while being employed full time.

Fundraised while building trusting relationships with key partners.

Organized and executed promotional marketing material for patients and their families.



New Perspectives Center for Counseling

2003-2007

Psychotherapy Resident Intern

Provided:

Cognitive-Behavioral Therapy,

Solution Focused Therapy

Dialectical Behavioral Therapy

Sexual, Physical and Emotional Abuse Therapy

Couples counseling

Intimacy

Co-dependency

Post-Traumatic Stress Disorder

Addictions

Chronic pain/terminal illness

Psychosomatic illness

Anger and stress management

Trauma recovery/rehabilitation

Mood disorders

Anxiety and Depression

Self-esteem and empowerment



The Mind Body Studio, San Francisco, CA

2003-2007

Mind-Body Healer & Integrative Health Coach

Provided talk & touch therapy to clients in pain.

Helped integrate clients' medical information with their Psychological State.

Taught Acupressure and trigger point therapy to massage therapists.

Helped clients integrate their feelings with their physical state.

Provided a 360-degree analysis of their posture.



California Pacific Medical Center, San Francisco, CA

2003-2005

Behavioral Medical Psychotherapist

Certified in Integrative Medicine and Spirituality at the California Pacific Medical Center

Provided pain relief, stress management, and Interactive Guided Imagery to inpatients.

Conducted and led mind/body support groups for patients' families.

Collaborated with Oncology department to learn new medical procedures.

Certified and led chronic pain and terminal illness recovery groups.

Treated hundreds of patients' life enhancing skills while they were surviving cancer.

Led mind-body women's support groups to pregnant women in the ICU.

Taught stress reduction to patients' families with terminal illnesses.

Analyzed patient's psychosocial lifestyle using qualitative statistical measurements.

Provided instruction to Physicians on bedside manner and rapport building for their patients.



California Pacific Medical Center, San Francisco, CA

2003-2005

Medical Hypnotherapy Therapist

Provided Hospital Patient Assessments and Medical diagnosis.

Provided Cognitive/Behavioral, Dialectical Behavioral therapy, and Solution Focused therapy people with Axis I, II disorders, chronic pain and post- traumatic stress disorder.

Worked extensively with the LGBTQ community and sexual trauma recovery.

Collaborated with massage therapists, guided imagery specialists and medical hypnotherapists.

TEACHING EXPERIENCE



National Holistic Institute, Emeryville, CA

2005

Taught proper physical alignment, ergonomics and basic safety training.

Taught Ethical Behavioral Skills



American Massage Therapy Association, Los Angeles Conference Center

2004

Taught "Ethical Boundaries" for Massage Therapists

EDUCATION



California Institute of Integral Studies, San Francisco, CA

MA Somatic Psychology 2002



University of Wisconsin, Madison

BA Psychology 1992

BA Business 1992

CERTIFICATES



California State Licensed Psychotherapist, San Francisco, CA 2007-2014

21,543 Clinical Hours of Experience



Certified Money Coach, The Money Coaching Institute, Novato, CA 2010-2011

150 Clinical Hours of Experience



Certified in The HAKOMI Method, San Francisco, CA 2003-2006

1000 Clinical Hours of Experience



Certified in Integrative Medicine & Spirituality, San Francisco, CA 2002-2003

500 Clinical Hours of Experience



Certified Massage Therapist, The New School for Massage, Chicago, Il 1996-1997

1500 Clinical Hours of Experience

PROFESSIONAL AFFILIATIONS



Stanford University Research Department, Palo Alto, CA

University of California, San Francisco, CA

California Association of Marriage and Family Therapists

California Institute of Integral Studies, San Francisco, CA

American Massage Therapy Association

United States Association for Body Psychotherapy Professionals

European Association for Body Psychotherapy Professionals

PUBLICATIONS

Academic Journals

Journal of Oncology, Citation: *Journal of Clinical Oncology*, 2006 ASCO Annual Meeting.
Proceedings, Part I. Vol. 24, No.18S.

Academic Websites

The Life Tapes Project

http://meeting.ascopubs.org/cgi/content/abstract/24/18_suppl/8604

The Life Tapes Project

<http://baywood.metapress.com/app/home/contribution.asp?referrer=parent&backto=searcharticlesresults,1,2;>

The Life Tapes Project

<http://www.cancersupportivecare.com/lifetapes>

Professional Websites

Alison Leigh, MFT

www.alisonleigh.net

San Francisco Sex Therapy & Couples Counseling Center

<http://www.yelp.com/biz/san-francisco-sex-therapy-and-couples-counseling-center-san-Francisco>

San Francisco Sex Therapy & Couples Counseling Center

<http://sfsextherapy.wordpress.com/>

Yelp <http://www.yelp.com/biz/alison-leigh-siegel-mft-san-francisco>

UNIQUE SKILL SET

Keeps Composure and leads with grace

Confident solving acute and chronic problems

Keeps calm and composed under extreme circumstances

Leads with grace and experience

Highly Creative but practical

Comfortable dealing with ambiguity

INTIMACY SKILLS

Expert Communicator and Interactive Active Listener

Authentic, genuine, honest and direct

Able to teach boss-employee relationship skills

Proficient in work place sensitivity policies

Can create a workplace that allows people to grow both personally and professionally

LEADERSHIP QUALITIES

Initiator: Can seize opportunities and resolve problems without direction.

Solutions driven and action oriented consistently

Experience in setting and achieving high priority goals with consistency

Knowing when to lead and when to follow

Expert Collaborator & Negotiator

Work effectively with workplace cultural changes and initiatives.
