

Rev. 01-05-2022

# RESUME

**CHARLES M. BRITT, M.A.**

Message: 360-336-3882

E-Mail: [chuck@selftimeout.org](mailto:chuck@selftimeout.org)[www.selftimeout.org](http://www.selftimeout.org)**EDUCATION:**

- Ohio State University {1967-1970}
- \*International College, UWW, Sierra University 1980-1981, BA Psychology{April 1981}
- \*International College, UWW, Sierra University 1981-1982, MA Counseling Psychology
- \*Transcripts available through: CA Dept. of Consumer Affairs, Bureau for Private Postsecondary Education (BPPE)  
P.O. Box 980818 West Sacramento, CA 95798-0818 (888-370-7589)

**LICENSES:**

- Licensed Marriage and Family Therapist, (Washington LM00001447)
- Licensed Marriage and Family Therapist, (California MFC 21017. This license officially retired in 2017.)
- Qualified: \*Mental Health Professional, (M.H.P) \*Children's Mental Health Specialist, (C.M.H.Sp.)

**CLINICAL POSITIONS:**

- 1981-1982 Foothill Community Health Clinic  
Intern Therapist under the supervision of James Gibbons PhD. and Judy Ituriagga PhD.  
-Individual and Family therapy.
- 1982-1984 Encino Therapy Group  
Intern Therapist under the supervision of James Gibbons PhD.  
-Individual and Family therapy.
- 1984-1985 Intern Therapist under the supervision of Berta Hays, PhD.  
-Individual and Family therapy.
- 1985-1989 Treatment Centers Of America  
Member, Affiliate Staff
- 1985-Present Private Practice**, Various locations (Part time from 1990. Full time since June, 2004)  
**Since June 1999** at: Skagit Family Study Center  
924 South 11th Street, Mount Vernon, WA 98274  
**Since January 2021** at SELFTIMEOUT SERVICES, PO Box 2052, Bellingham, WA 98227.  
Wednesdays only on zoom .com.
- November 1989-April 1991 Catholic Community Services Northwest  
1517 S. 2nd Street, Mt. Vernon, WA 98273  
Child and Family Therapist, Day Treatment Program  
Provided therapy and case management services to victims of sexual, physical or emotional abuse and their families. Provided consultation and support to Day Treatment staff. Conducted intakes and assessments.
- April 1991- May 2004 Compass Health / Community Mental Health Services, Children & Family Services  
1220 Memorial Highway, Mount Vernon, WA 98273  
1991 to 2000 Family Therapist and Children's Mental Health Specialist for the Children's Hospitalization Alternative Program (C.H.A.P.). Designed and implemented In Home C.H.A.P. program for Skagit County. Provided therapeutic intervention for children and their families in situations involving sexual, physical and emotional abuse. Coordinated community resources to focus support and intervention for C.H.A.P. families with the goal of re-integrating hospitalized children into the family/community, avoiding unnecessary hospitalization and significantly reducing the need for intervention by the end of the program. Each case reviewed for titration on a monthly basis. Designed and provided weekly Parent Night therapeutic parenting group for CHAP parents.
- 2000-2004 Community Mental Health Services, Children & Family Services (Now Compass Health) (Director, Lynn Retzer 360-416-3602)  
Family Therapist for Level III cases. Designed and provided weekly RESPECT therapeutic parenting group and the weekly REALITY teen group. Worked from a Family Dynamics, Behavioral and Cognitive perspective with families of severely mentally ill children. Many of the parents were also diagnosed with severe mental illness.

1991-2007 DSHS, State Of Washington (In March 2007 I decided to stop working with DSHS)  
Professional Services Contractor  
Contract No. 0512-72695

1992-2013 Skagit County Community Services  
(Community Wellness Program) (And previously the ARIS Program.)  
Professional Services Contractor, Contract No. C20040519

1994-Present Partner  
Allied Mental Health, LLP  
117 N. First Street, Suite 54, Mount Vernon, WA, 98273

2004-2011 Consultant and Family Therapist  
Swinomish Tribal Services. Supervised by Tracey Parker  
Therapeutic Parent Groups and Family Therapy

#### **ACADEMIC AND PUBLIC POSITIONS:**

1969-1970 Cleveland and Columbus, Ohio Public Schools  
Elementary School Teacher, Full Time Substitute (Urban Teacher Education Program, Ohio State University)

1982-1988 World Artist Institute/Sierra University  
Director/Program Coordinator Fine Arts Program  
Design curriculum, select faculty and promote the program.

1983-1988 Sierra University, Santa Monica, CA.  
Tutor/Mentor in Socratic degree programs in Psychology and the Fine Arts.  
1985-1987 Member, Board of Trustees, 1986-1987 Consultant, Admissions Counseling, 1986-1988  
Member, Core Faculty

2001-2002 TEEN/PRO JAM  
A collaboration with Youth and Family Services, the YMCA, local businesses and local professional musicians to provide a place for youth and professionals to get together and JAM.

2002-2003 Member of the Board Of Directors of the Children's Museum of Skagit County, WA.

2011-2012 Jan 26, 2011 Appointed by Mayor, Bud Norris as a member of the Mount Vernon Arts Commission.

#### **PUBLICATIONS:**

2001 PARENTING TOOL BOX, Therapeutic Parenting Tools for Parents and Professionals 1<sup>st</sup> Edition. In collaborations with Connie Bonner-Britt. Published by TRANSVALUE Press.

2001 [www.selftimeout.org](http://www.selftimeout.org) Web Site designed to guide the viewer through a Five Step Self Time Out. This approach to time outs helps the user reconnect with their emotional development and provides an effective anger management tool.

2002 PARENTING TOOL BOX, Therapeutic Parenting Tools for Parents and Professionals, 2<sup>nd</sup> Edition, in collaborations with Connie Bonner-Britt. Published by TRANSVALUE Press.

2003 PARENTING TOOL BOX, Therapeutic Parenting Tools for Parents and Professionals, 3<sup>rd</sup> Edition, in collaborations with Connie Bonner-Britt. Published by TRANSVALUE Press.

2004 [www.selftimeout.com](http://www.selftimeout.com) Web Site describing the Services provided by Skagit Family Study Center and provides for on line purchasing of PARENTING TOOL BOX.

2009 [www.selftimeout.org](http://www.selftimeout.org) & [www.selftimeout.com](http://www.selftimeout.com) Web Site re-design with new free interactive tools to help adults and children manage their own moods. Support FREE support for parents trying to learn Therapeutic Parenting Skills.

2010-2013 [www.skagitfamily.org](http://www.skagitfamily.org) Website designed to provide a central information gathering place for parents, families and professionals in Skagit County. The intention of the site is to support and empower parents and families of each community and culture.

2011-2020 [www.ululate.org](http://www.ululate.org) Website for ULULATE Gallery. A non-profit, ULULATE presents: Graphic art - Speakers - Music - Dance - Poetry - Literature - Film - Sculpture - raft - Performance. ULULATE Gallery is interested in the development of the artist, the development of the participant and the development of the community. We are interested in bringing art and expression to Skagit that grows Skagit children and families. Gallery is closed but [www.ululate.org](http://www.ululate.org) remains available.

2021 [www.selftimeout.com](http://www.selftimeout.com) and [www.selftimeout.org](http://www.selftimeout.org) major update and upgrade of functionality of the forms and tools available FREE to the community.

#### **GROUPS:**

June 1999-Present Mount Vernon Parent's Night (ON GOING!)

Every Wednesday evening 6:00 to 7:30 at Skagit Family Study Center. Discussion and support group for parents of infants through teens. Supports parents of children with special needs in learning Therapeutic Parenting Tools from the PARENTING TOOL BOX.

March 2020 moved the group to [zoom.com](https://zoom.us) to proceed all attendees from Covid-19 so Parents Night continues to serve may parents and families in Northwest Washington.

Jan 2005-2012 Anger Management Group, Burlington-Edison High School

Anger Management Group for Burlington-Edison High School. Students and Staff participate together to process incidents occurring during the past week. Educational materials are provided.

Groups are funded by Skagit County and the School District. Working with Dan Brehm:  
360-757-4074 X3121

Mar 2011-2012 Anger Management Group, Concrete High School

Anger Management Group for Concrete High School. Students and Staff participate together to process incidents occurring during the past week. Educational materials are provided. Groups are funded by Skagit County and the School District. Working with school Counselor, Mardi Berkhouse (Currently funded by a grant from SCCSC)

Jan 2012-Oct 1, 2014 Self Care Tools Group

Every Wednesday Evening 7:30 to 8:30 at Skagit Family Study Center. Discussion and support group for those who have completed therapy and need ongoing support or those seeking an introduction to Therapeutic Level Self Care Schools.

**CONSULTATION:**

Oct 2006-Oct 2010 Swinomish Youth Wellness Court.

Team member and Family Dynamics Consultant to the youth drug court for the Swinomish Tribal Community. Provide assessments and evaluations for individual participants. Provide family and individual therapy as requested. Voting member of the treatment team. Participate in program design, planning, discussion and decision making for the program and each individual participant.

**RECOGNITION:**

2004-June By Children's Museum of Skagit County for "Commitment to the Children's Museum of Skagit County and to Children Everywhere"