

# Armann Heshmati

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## SUMMARY OF SKILLS

- Individual, Couple, Premarital, Child, Adolescent, and Family Therapy
- Experienced in Intake, Assessment, and Treatment Planning
- Facilitation of Psychotherapy and Psychoeducational Groups
- Highly organized, creative, and detail-oriented
- Additional experience in:
  - \* Clinical and Administrative Supervision
  - \* Case Management
  - \* Event Planning & Organizing
  - \* Diversity / Multicultural Programs
  - \* Wraparound
  - \* Conflict Resolution & Mediation
  - \* Public Speaking / Outreach
  - \* Policy and Procedures

## EMPLOYMENT EXPERIENCE

### **Community Based Therapist**

March '08 – Sept '16

### **University of Colorado Hospital – Outpatient Psychiatry**

Supervisor: Marisa Murgolo

• Therapist within multi-program community based treatment team. Responsible for intake, assessment and outreach to Stakeholders. Highly intensive therapy approach working with youth involved in the justice system and their families, including MST (Multi-Systemic Therapy) and IFT (Intensive Family Therapy). Focuses on assisting parents with key areas of improvement such as; increased monitoring, increased involvement in school activities and pro-social activities. Also provide safety management and transitional services for high-risk adolescents coming out of psychiatric hospitalization (Rapid Response Team). Have also provided learning opportunities to social work interns and 3<sup>rd</sup> year psychiatry residents through mentoring, case consultation and field shadowing.

### **Therapist**

Dec '06 – March '08

### **The Beacon Center – Daybreak Girls' Home**

No Longer In Business

• Individual, Couple's, and Family Therapy with high-risk adolescents and their caregivers. Collaboration with other service providers; including Departments of Social Services, Probation, Guardian Ad Litums, etc. Responsible for Treatment Planning and Monthly Reports. Also provide facilitation of process and educational groups. Work closely with counseling staff to implement therapeutic goals into client's daily living. Supervision of counseling staff in meeting daily goals in regards to outings and activities.

### **Assessment Clinician**

Dec '02 – Aug '06

### **Mental Health Systems – Families Forward**

Supervisor: Delrena Swaggerty

• Intensive Case Management and Wraparound Services for youth and families. Facilitation of team meetings and individual outings that help families meet their needs through empowerment and collaboration with community resources. Responsibilities include facilitation, communication, intake paperwork and Behavioral Health Assessments. Previously worked as an intensive Case Manager. Provided supervision to a bachelor's level counselor who worked with same caseload. I additionally served on the MHS Cultural Competency Resource Team and as Editor of the employee newsletter, MHS Ink.

### **MFT Intern/Private Practice**

June '02 – March '04

### **Sharp Metro Family Physicians Medical Group**

Supervisor: Vicki Baron

• Provide therapy to individuals, couples, and families through Family Physicians Clinic; Conduct intake, assessment, and treatment. Collaboration with doctors and other physical/mental health providers through medical model.

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## ADDITIONAL EXPERIENCE

### **Parenting After Divorce**

**2012 - Present**

Provide research findings and information to parents going through a divorce in order to keep their children's best interest in mind. This includes large group presentations of up to 80 participants and small group skill-building classes of co-parents going through the process together.

### **Cherry Creek Farm Homeowners Association**

**2010 - 2013**

Served on the board of directors in rotating roles: at large, Secretary and Vice President. Contributed to budget implementation and management as well as community relations. Included managing issues resulting in litigation between community members.

### **Douglas County Department of Human Services**

**2009 - 2010**

Contracted to temporarily oversee the Wraparound Program to strength policies and procedure, hire qualified staff and train the future supervisor. Position concluded once the program was fully staffed and the supervisor I trained took over.

## EDUCATION

### **Master of Arts, Marital and Family Therapy**

University of San Diego                      San Diego, CA                      May, 2002

### **Bachelor of Arts, Human Communication**

University of San Francisco                      San Francisco, CA                      May, 1999

## CONFERENCES & TRAININGS

- MST Boosters - Numerous Topics including: Family Therapy                      2008 - 2016  
Aggression, Caregiver's Challenging Behavior,  
Functional Analysis and Step Families
- Blueprints (Evidence Based Practices) Conference                      2014
- MST International Conference                      2013
- Rosenberry Conference (Clinical & Dev. Concerns of LGB Youth)                      2012
- Rosenberry Conference                      2010
- CAC: Infectious Diseases                      2007
- CAC: Principles of Addiction                      2007
- Understanding Drug Abuse in Women of Color                      2007
- Evolution of Psychotherapy Conference                      2005
- MHS Leadership Academy                      2005
- MHS Cultural Diversity Trainer                      2004 - 2006
- Childhood Disruptive Behavior Disorder Training                      2004
- MHS Domestic Violence Conference                      2003
- County of San Diego Wraparound Advanced Skill Building                      2003, 2005
- MHS Case Management, Co-Occurring Disorders & Leadership                      2003
- Marital Therapy Conference - Dr. John Gottman                      2001

## STRENGTHS

- Experience with clinical and administrative supervision.
- History of supporting program growth.
- Skilled and comfortable with presentations and public speaking opportunities (outreach & marketing).
- Highly proficient with technology and computer systems (Microsoft office and EPIC)
- Excellent communication and problems solving skills. Ability to develop interpersonal relationships.
- Culturally sensitive.
- Experience with training new staff.
- Willingness to support growth and promotion of team members.
- History of working in multidisciplinary teams.

State of Colorado Licensed Marriage and Family Therapist #789