

Bev Johnson

Lakewood, Colorado

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Thirteen years practicing and teaching somatic mindfulness for self-awareness and nervous system regulation to support trauma response, cultivate resilience, and promote growth and wellness. Over 1200 hours of mental health counseling pre- and post-graduate experience providing mental health care to underserved populations.

Professional Experience

2022-present – Bev Johnson, LPCC CPT, Clinical Mental Health Counselor

- Post-graduate LPCC practicing under supervision
- Mental health counseling specializing in trauma and somatic therapies

2021-2022 – Denver Affordable Counseling, Lakewood, CO, Clinical Mental Health Counselor

- Pre-graduate master's level intern
- Post-graduate LPCC practicing under supervision

2010-2022 – Bev Johnson Yoga Therapy – Owner, Director, Therapist, Educator, Teacher

- Independent practitioner Lakewood, Wheat Ridge, and Castle Rock, Colorado and Montpelier and Lake Anna, Virginia
- Somatic mindfulness therapy in private, couples and group formats, both in person and online

2014-2022 – International Association of Yoga Therapists, Board Committee Member

Key to two-member team designing, managing and executing implementation of program to grant, maintain and promote international certification for yoga therapists, more than doubling expected application response.

2014-2020 – Phoenix Rising School of Yoga Therapy, Training Director, Mentor, Leader

- Deliver three levels of core therapeutic skills curriculum, including 9-month practicum, with 95% top box student evaluation scores
- Senior mentor and mentor of mentors for practicum students
- Team lead for developing local community support for professional practitioners, teachers and group facilitators in the greater Colorado region.

2014-2015 – Phoenix Rising School of Yoga Therapy, Programs Manager

Point person in supporting administration, faculty and students to create a climate for exceptional delivery of training.

1985-2010 – Various roles at multiple major international banking/financial enterprises, including:

- Business Process Engineer, Agile Scrum Coach and Agile Product Owner
- Project and Program Manager
- Marketing Product/Development Manager
- Project/Change/Quality Management Consultant
- Technical Project and Program Management Consultant

Education

- **Masters of Clinical Mental Health Counseling**, Capella University, March 2022, Graduated with Distinction (4.0 cumulative GPA)
- **Masters of Business Administration**, Old Dominion University, Norfolk, VA
- **Bachelors of Business Administration/Finance**, University of Texas, Austin, TX

Professional Certifications and Affiliations

- **Certified Trauma Professional (CTP)**, International Association of Trauma Professionals
- **Certified Yoga Therapist (C-IAYT)**, International Association of Yoga Therapists
- **Certified Phoenix Rising Yoga Therapist (PRYT)** for Individuals, Couples and Groups, Phoenix Rising School of Yoga Therapy
- **Experienced Advanced Yoga Teacher (E-RYT500)**, Yoga Alliance

Publications / Presentations

- Jun 2018 – **Presented** at Common Interest Community (CIC) session, Symposium of Yoga Therapy and Research (SYTAR) conference, *Yoga Therapy Assessment of the Manamaya Kosha*.
- 2015-18 – **Presented** board committee's certification team progress and accomplishments to 300-500 attendees at annual SYTAR conference.
- Jul 2015 – **Delivered** Phoenix Rising Yoga Therapy (PRYT) for People Touched by Cancer, 2-hour workshop at PRYT Professional Conference, Bristol, VT.
- Jun 2015 – **Presented** PRYT for People Touched by Cancer, 20-minute TED-like talk at SYTAR conference, Newport Beach, CA.
- Winter 2013 – **Published** The Right Words – Supporting Business Communication with Language. *International Journal of Phoenix Rising Yoga Therapy*, Volume 2, Issue 1, Winter 2013.