

# **Background information and therapy approach of James J. Sanders, LMFT, LPC, CCMHC**

## **Professional Licensure and National Certifications**

California State Board Licensed Marriage and Family Therapist. License # 40061  
Colorado State Board of Health Licensed Professional Counselor. License # 2187  
Nebraska State Board of Health Licensed Mental Health Practitioner and L.P.C. # 352/121  
National Board Certified Counselor. #33693  
National Board Specialist Certification in Clinical Mental Health Counseling. # 33693

## **Education**

### **Master's Degree in Agency Counseling. M.A. 1985**

Master's Thesis on Clinical Hypnosis  
University of Nebraska at Omaha

### **Bachelors Degree in Psychology. B.A. 1982**

Triple Minor in Sociology, Philosophy, and Communication  
University of Nebraska at Lincoln

## **Professional Experience**

### **President of the California Association of Marriage and Family Therapists 2011- present**

### **James Sanders Counseling. Private Practice 1994 – Present**

Omaha Nebraska, Boulder Colorado, Solo in Laguna Hills, and Rancho Santa Margarita, CA  
Owner and Director:

- An individual, family and group counseling practice.
- Divorce Mediator with Janis Weaver, J.D. 2008-2012
- It also served as a supervision and internship site for the University of Nebraska Graduate School of Counseling during 1991-1995.

### **Associate Professor at California Southern University 2012- present.**

### **Chief Financial Officer of the California Association of Marriage and Family Therapists. 2008-2010.**

### **Book Author: *I Already Am What I Want* 1989**

Lumpkin and Bunkers Publishing Co. ISBN: 0-9621828-9-3

### **TV/Radio Appearances Concerning Psychological Issues**

NBC, ABC, CBS, Cox Cable TV and major radio stations in Omaha Nebraska

### **Speaker and Consultant**

Seminars and lectures have been given to various organizations including:

- Pepperdine University
- Creighton University
  
- Omaha Public Power District
  
- Omaha Chamber of Commerce
- Visiting Nurses Association

- Methodist Hospital

#### **TV/Radio Appearances as Guest Expert on Psychological Issues**

NBC, ABC, CBS, Cox Cable TV and major radio stations in Omaha, Nebraska

#### **Columnist**

Omaha Magazine 1985-88

- Wrote “Dear Therapist” column.

#### **Instructor**

Metropolitan Community College 1987-91  
Omaha, Nebraska

- Taught classes on Marriage and Family Therapy, Therapeutic Techniques, and Interpersonal Communication

#### **Instructor**

Safety and Health Council of the Midlands. 1987-91

#### **Psychiatric Assistant**

U.N. Medical Center Psychiatric Institute. 1983-84

## **Community Service Volunteer**

Board of Directors of Mary’s Shelter, a group home for pregnant teenage girls and their babies.

#### **2012-present**

Knights of Columbus. Third Degree **2008-Present**

Toby’s House For Homeless Pregnant Women. S.J. Capistrano, CA **2006-2009**

Marriage Preparation Counselor for the Archdiocese of Omaha **1992-1995**

President, Omaha Businessmen’s Association **1991**

Douglas County Department of Health Task Force on Stress, Member **1985-1990**

Nebraska Olympic Developmental Soccer Team Coach of Players Under 23 **1987**

Hospice Counseling, Lincoln, Nebraska **1981-82**

Big Brother, Omaha Home for Boys **1977-78**

Counselor, Personal Crisis Telephone Hotline **1977-78**

## **Professional Organization Member**

**President of the California Association of Marriage and Family Therapists**

**State Board of Directors of (C.A.M.F.T) 2011-Present**

**Chief Financial Officer, 2008-2010**

**Board of Directors of California Association of Marriage and Family Therapists**

**(C.A.M.F.T.) 2006-Present**

**Lifetime Member of C.A.M.F.T.**

American Counseling Association. **Lifetime member**

Assoc. for Spiritual, Ethical, and Religious Values in Counseling. **1999-2001**

International Association of Marriage and Family Counselors. **2002-2008**

American Association for Specialists in Group Work. **1988-2000**

Association of Private Practice Therapists. **1991-1995**

Co-Chair District II, Nebraska Counseling Association. **1991-1992**

American Mental Health Counseling Association. **1986-1990.**

My approach to therapy as well as the duration of therapy varies depending upon your wants as well as other clinical indications. In collaboration with you, I like to set concrete, attainable goals. At the end of therapy, it is great to look back and realize what you have achieved. I utilize a variety of different approaches and models partly depending upon what may have worked for you in the past. Some of the theories and tools I gravitate to include Cognitive Therapy, Clinical Hypnosis, Solution-Oriented Therapy, Family Systems Theory, and on appropriate occasion, humor. 😊

Therapy is a fluid process that includes many possible benefits as well as potential pain as we will discuss openly throughout therapy. You and I will identify some issues you may be having and collaborate on resolution. At times, this includes me gently confronting you on things I see from my perspective that you may possibly be unaware of and may want to look at. Because of this and many other good reasons, your honesty with me is very important. I will hold your communication with me in the strictest confidence. To ensure your privacy, I am my own secretary, while keeping notes in my own locked file cabinet away from this office. I want my office to be a very comfortable and safe place for you to just be yourself. Please ask any question any time.

Thank you and welcome.

James