

## **Background information and therapy approach of James J. Sanders.**

[www.SandersTherapy.com](http://www.SandersTherapy.com)

### **Licensure and Certification**

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

### **Education**

Masters Degree in Agency Counseling Psychology  
University of Nebraska at Omaha 1985

Bachelors Degree in Psychology. Double Minor in Sociology and Philosophy  
University of Nebraska at Lincoln 1982

### **Professional Experience**

Sanders and Associates Counseling Center. L.L.C. 1984-Present  
My sole proprietorship offices are now located in Corona Del Mar and Mission Viejo, CA. The Mission Viejo office was previously located within South Orange County Pediatric Associates. (SOCPA).

Book Author: I ALREADY AM WHAT I WANT. 1989 Lumpkin and Bunkers Publishing Co.

President of the State of California Association of Marriage and Family Therapists. (CAMFT) 2011-2012

Psychotherapist on Television shows on Bravo and The Learning Channel.

Expert Witness for Orange County, CA Judicial System. 2012-

Speaker, Adjunct Professor and Consultant:  
Provided to profit and non-profit hospitals, universities, and businesses including Creighton University Cardiac Center, Pepperdine University, California Southern University, Metropolitan Community College.

TV/Radio Appearances as Guest Expert: 1985-2018

Columnist: Omaha Magazine. Wrote "Dear Therapist" Column. 1985-88

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, Mary's Shelter. Group home for pregnant teens.	2012-2015
Knights of Columbus Member. Third degree.	2009-
Toby's House for Homeless Pregnant Woman, S.J. Capistrano, CA.	2006-2009
Marriage Preparation Counselor for the Archdiocese of Omaha	1992-95
President: Omaha Businessmen's Association	1991
Nebraska State Soccer Team Coach of players under 23 years	1987
Douglas County Dept. of Health Task Force on Stress Member	1985-90
Hospice Counseling: Lincoln Nebraska	1981-82
Big Brother: Omaha Home for Boys	1977-78
Suicide Hotline Operator for Douglas County, Omaha, NE.	1977-78

### **Professional Organization Member**

Member, CFO and Past President on Board of Directors of (C.A.M.F.T.)	2004-
California Association of Marriage and Family Therapists	Lifetime member
American Counseling Association (A.C.A.)	Lifetime member
International Association of Marriage and Family Counselors	2002-2003
Assoc. of Spiritual Ethical and Religious Values in Counseling	1999-2001
American Association of Specialists in Group Work	1988-2000
American Mental Health Counseling Association	1986-1990

My approach to therapy, counseling or coaching varies depending upon your wants, pace and path. In collaboration with you we will establish 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 and your preference. I keep what you say confidential except where specified by law. The risk of therapy is reflection upon painful issues of the past. The benefits of growth can be exponential to you, your children and/or your legacy. I want to make our relationship a completely emotionally safe place for you to discover the goodness that is already within you.

Ask me anything anytime. I really appreciate your honest feedback.

Thank you, James Sanders, LMFT