

# SHANNON MARIE SEIBEL, LPCC

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## SUMMARY OF QUALIFICATIONS

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- Teacher, presenter, and facilitator with over 3+ years of psychoeducation in adult and 9-12 grade environments.
- Professional mentorship with adults interested in pursuing higher education, career exploration, and skill development; focus on the criminal justice and mental health fields.
- Knowledge areas include Mental Health, Criminal Justice, Program Development, Leadership, and Healthcare.
- Designed and delivered engaging presentations, psychoeducation and collaborative learning activities that can be adapted to a variety of participants.
- Expertise with on-line learning, APA style writing, library resources, webinar delivery platforms, online discussion forums, Microsoft Office Suite, Blackboard, Canvas, healthcare and law enforcement management systems.

## EDUCATION

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<b>PhD</b>	Walden University, Counselor Education and Supervision	In Progress
<b>MS</b>	Walden University, Clinical Mental Health Counseling	August 2022
<b>BS</b>	Rasmussen College, Criminal Justice Leadership and Management	August 2018
<b>AAS</b>	Rasmussen College, Criminal Justice of Applied Science – Law Enforcement	May 2017

## LICENSES

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<b>LPCC</b> Licensed Professional Clinical Counselor, State of Minnesota	October 2024
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## PRESENTATIONS AND WORKSHOPS

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**Presentation**, Beyond Prevention: “Advanced Strategies for Collaborative Care in the Treatment of Suicidality”, Evergreen Conference October 2024  
*This presentation aims to equip those working directly with patients experiencing suicidality to better understand primary drivers of suicide and how to work collaboratively with patients experiencing suicide. We commonly hear of suicidality as being preventable and speak in terms of screening and assessment while leaving out critical components of treating suicidality. This presentation will include concepts from CBT-SP and CAMS (Collaborative Assessment and Management of Suicide) and include case presentations on utilization of the interventions and modalities. A Q&A will be a central component, and attendees are encouraged to ask the difficult questions of working with patients experiencing suicidality.*

**Presentation**, “Enhancing Creativity: How to Reignite Joy in What You Do”, Evergreen Conference October 2024; Sanford In-Service January 2025

*Over the last 5 years, helping professionals have been navigating supporting themselves and clients through unprecedented times. Through the book Trauma Stewardship (Van Dernoot Lipsky and Burk, foreword by Jon Conte, PhD.) it is known that stressful work environments can diminish creativity in our professional and personal lives. Participants will learn about the impacts of vicarious trauma on creativity, and tools to reignite joy in the work we do.*

**Workshop, “First Responder Peer Support Training” April 2024**

*30 hour POST certified training to meet Minnesota peer support standards. Appropriate for presentation to police, fire, corrections, and ambulance personnel, crisis response workers, social workers, chaplains, and mental health professionals.*

**Presentation, “Obsessive Compulsive Disorder” Sanford Health February 2024**

*Sanford Behavioral Health Team In-House training, co-developed training for identification, assessment, and treatment of OCD. Presented to clinicians, practitioners, and other mental health support staff.*

**Presentation, “First Responder Wellness”, Crisis Intervention Training. 2022, 2023, 2024**

*Mental health wellness psychoeducation for law enforcement, corrections, firefighters, emergency medical service professionals, crisis response workers, and mental health practitioners. This presentation has also been provided for peer support and small groups of first responders, as requested.*

**Presentation, “Vicarious Trauma and Wellness”, Evergreen Conference. November 2023**

*Developed materials and training for identification and risk factors related to burnout and vicarious trauma. Presented to advocates, social workers, mental health practitioners, therapists, teachers, and public health workers.*

**Presentation, “Question. Persuade. Refer.” Suicide Prevention Training, 2021 – 2024**

*QPR is a suicide prevention training for identification of risk and protective factors when interacting with someone in a crisis. Training has been provided to high school and college students, teachers, college coaches, nurses, healthcare staff, advocates, and community members.*

## **COMMUNITY SERVICE – ADVISORY BOARD INVOLVEMENT**

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**North Central Critical Incident Stress Management Team, Minnesota**

*Clinical Director and Mental Health Professional, Present*

**City of Bemidji – Community and Police Advisory Board**

*Chair, March 2024 - Present*

**International Public Safety Association – Advisory Board**

*Advisory Board Member, Social Media & Outreach Sub-Committee, September 2022 – Present*

## **PROFESSIONAL TRAINING**

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### **Certificates**

*Leadership Certificate, Rasmussen College, 2017*

*The Rasmussen Leadership Academy provides high achieving students the opportunity to explore their strengths, apply them to leadership opportunities, and utilize these strengths as role models in the workforce, community, with families, and in their college experience.*

## **Training, Conferences, and Workshops**

### **Mental Health**

- Collaborative Assessment & Management of Suicidality (CAMS)- December 2021
- Solution-Focused Brief Therapy - Elliott Connie's: A Step-by-step. January 2022
- Dialectical Behavior Therapy, Dr. Vaughn, February 2022
- Simple Yoga Techniques as Clinical Interventions for Anxiety and Trauma March 2022
- Cognitive Therapy for Suicide - Institute for Psychological Advancement - June 2022
- Eyemovement Desensitization Reprocessing - August and October 2022
- N is for Neuroaffective - EMDRIA. Steve Frankel Group - November 2022
- EMDR RTEP and GTEP - EMDR Professional Training - January 2023
- CBT for Chronic Pain and Medical Conditions - March 2023
- Basic Motivational Interviewing- Jobe Consulting - April 2023
- Intensive Workshop in Exposure and Response Prevention for OCD - University of PENN- July 2023
- Suicide Post-vention. Supporting Sanford Clinicians after suicide. December 2023
- EMDR DeTUR - EMDR Professional Training (EMDRIA) January 2024
- CAMS-care Role Play Training January 2024
- EMDR 2.0 – Enhancing EMDR Therapy – May 2025
- Flash Technique Conference – June 2025
- The Flash Technique – June 2025

### **First Responder Wellness**

- Winning the Battle The Pain Behind the Badge - February 2019
- Peer Support Training; LEAST Services/Counseling - September 2019
- CISM Basic Group Interventions, Critical Incident Stress Consultants- June/July 2021
- Law Enforcement Cultural Competence LE-AST Services - March 2021
- Assisting Individuals in Crisis and Group Crisis Intervention- ICISF - June 2024
- EMDRIA Approved Advanced EMDR Training Law Enforcement Officer Training; ASC Psychological - July 2024
- ICISF Resilient Leadership for Emergency Services and Healthcare Professions – January 2025
- ICISF Pandemics, Bioterrorism, Radiation, Pollution, and Other "Disasters of Uncertainty: A Critical Incident Stress Management Perspective. – January 2025
- ICISF Psychology of Terrorism and Psychological Counter-Terrorism – January 2025
- ICISF Advanced Group Crisis Intervention - February 2025
- ICISF Advanced Individual Crisis Intervention – May 2025

### **Additional**

- Minnesota Counterdrug. Intro to Intelligence for Law Enforcement- September 2004
- Alpha Group Center for Crime and Intelligence Analysis Training. Criminal Intelligence Analysis Training- October 2004
- Midwest Gang Investigators Association. Gangs: Current Issues, Field Interviews and Documentation January 2006
- Minnesota Counterdrug Training Center. Criminal Gang Identification and Interdiction- June 2006
- Minnesota Office of Justice Programs. Native American Gang Training- March 2007
- Minnesota Data Practices: Criminal Records Training- June 2008
- National Drug Intelligence Center. Introduction to Basic Intelligence Analysis- August 2009

- Bureau of Criminal Apprehension, Basic Narcotics - October 2015
- Amber Alert Recognition and Response to Child Sex Trafficking and Exploitation at Tribal Casinos, Hotel and Travel Plazas - July 2016
- BCA Criminal Justice Information Users Conference - September 2016
- Bureau of Criminal Apprehension, NLETS Training - April 2017
- MN BCA In-Service - 2018, 2019
- Child Sex Trafficking and Gangs - March 2018
- Active Shooter / Workplace Disturbance - March 2018
- Death Investigator Conference - April 2018
- Missing Persons Conference - April 2018
- Responding to Incidents Involving Children on the Autism Spectrum - April 2018
- De-escalation Strategies - Persons with Mental Illness or Behavioral Disorders in Crisis - January 2019
- Youth Engagement Strategies: Fostering Development of Future Tribal CJ Leaders April 2019
- Interviewing Children with Disabilities May 2019
- 2019 Disaster Behavioral Health Conference - Footprint of Disasters- 2019, 2022
- Mental Health First Aid Certification (adult) – National Council for BH – September 2019
- International Public Safety Association - Why public safety, citizens need Stop the Bleed training from a trauma surgeon's perspective. October 2019
- Watchlisting Overview Seminar - December 2019
- International Public Safety Association: Catch Them Before They Fall - Preventing Suicide through Early Identification of Distress - January 2020
- NAMI - Addressing the Needs of Mental Health in First Responders- January 2020
- MDH - Psychological First Aid (Covid-19)- June 2020
- NAMI - Mental Illnesses & Crisis Communication Strategies Confirmation June 2020
- Intro to Forensic Mental Health Evaluation for Counselors - July 2020
- Minnesota Mobile Mental Health Crisis Response Summit - August 2020
- Police-Mental Health Collaboration Programs: What Law Enforcement Should Know- August 2020
- Minnesota Association for Children's Mental Health. November 2020
- Sanford Health Primary Care Conference 2021: Behavioral Health - January 2021
- Preventing Jail Suicide: Adjusting Current Strategies to Save Lives - February 2021
- "Breaking Barriers: A Conversation with Experts" - February 2021
- QPR (Question. Persuade. Refer.) Indigenous Peoples Task Force. February 2021
- Health Inequity: 911 Generated Responses to Community Mental Health Crises - February 2021
- North Idaho First Responder Symposium - May 2021
- 2nd Annual Minnesota Mobile Mental Health Crisis Response Summit - August 2021
- CALM: Counseling on Access to Lethal Means - September 2021
- Understanding Childhood Trauma - Hope and Healing Center Institute- October 2021
- MN Statewide Crisis Summit - October 2021
- QPR for Sports Coaches - December 2021
- American Red Cross - Disaster Mental Health: Introduction to Disaster Cycle Services January 2022
- Opioid Overdose Prevention and Response Training. February 2022
- Masculinity, mental health, and men's relationships - UBC Reducing Male Suicide Research Excellence Cluster- March 2022
- Two Spirit LGBTQ+ - Arnold Dahl-Woodley - June 2022
- Role of Implicit and Explicit Bias Towards Individuals with Disabilities and Individuals Impacted by Homelessness- October 2022
- Multidisciplinary Approach to Combatting Human Trafficking by Heather Holden from Minnesota Bureau of Criminal Apprehension - November 2022

- Vicarious Trauma and Compassion Fatigue: Essentials for Therapists - November 2022
- A Better You - Mental Health Conference - April 2023
- Group Work as a Method of Practice: Key Concepts & Essential Skills for Effective Outcomes - University of Minnesota - April 2023
- MN Mobile Mental Health Crisis Response Summit - Gender Inclusive Crisis Response- August 2023
- EMBER Training for Beltrami County Sheriff's Office Jail - August 2023
- MN Criminal Justice Mental Health Summit - September 2023
- Evergreen Conference – October 2023

#### **Administrative**

- Mistake Free Grammar and Proofreading - March 2009
- Records Retention and Destruction- March 2010
- Microsoft Excel 2007/2011 Basics – May 2011
- Excel 2007: Beyond the Basics– May 2011
- Managing Multiple Priorities- February 2012
- The Exceptional Assistant- June 2014
- Grant Writing USA Workshop - October 2016
- Introduction to Plain Language - February 2018
- ALP Buyers and P/T Coordinators: Diversity and Inclusion Training - December 2019

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#### **PROFESSIONAL AFFILIATIONS AND VOLUNTEER POSITIONS**

American Counseling Association; American Counseling Education and Supervision; and Minnesota Counseling Association

Central Region Minnesota Responds Medical Reserve Corps (MN Responds MRC)

Eye Movement Desensitization and Reprocessing International Association - Member

Headwaters Alliance for Suicide Prevention – Member

International Critical Incident Stress Foundation - Member

National Alliance on Mental Health - Member

Rural Minnesota Mental Health Professionals Network –Member

United Way of Bemidji Area, Women United – Member

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#### **COMPUTER SKILLS**

**Applications:** Microsoft, Record Management Systems, Electronic Health Records, Social Media, Online Applications used for project development and research.

**Professional Platforms:** Blackboard, Canvas, Kaltura, WorkDay

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#### **VOLUNTEER EXPERIENCE AND INTERESTS**

St. Philip's Catholic Church and School (2005 - Present)

*Current: General Volunteer*

*Past:*

*School Council Secretary, Parent Association Chair, Vice-Chair, and Secretary, Fundraiser Coordinator, Edge Leader*

United Way of Bemidji Area (2022 – Present)

*Women United member*

*Attendance of UW Lunch & Learns*

*Raise money for local advocacy agencies*

Headwaters Alliance for Suicide Prevention (2021 – Present)

*Current: General Volunteer (part work requirement through Sanford Health; part volunteer)*

*Past:*

*Suicide Prevention*

*Question. Persuade. Refer. (QPR) Gatekeeper Trainer; Teaching suicide prevention curriculum in Beltrami County area high schools, university, colleges, and to community organizations and members.*

*Coordinate suicide prevention trainings through Sanford Health and regional partners. Planning and preparing for trainings, organizing attendee information and registration, and day-of event coordination for trainers and attendees.*

*2021-2023 Headwaters Alliance for Suicide Prevention facilitator: Coordinate suicide prevention meetings, develop and implement collaboration efforts, and connect local resources.*

Bemidji Youth Hockey Association (2018 - Present)

*General volunteer, parent rep, and team photographer*

Minnesota Responds, Beltrami and Hubbard Counties (2020 – Present)

*Current: On-Call volunteer for MN Responds for Beltrami and Hubbard counties. Duties assigned as needed in response to the COVID-19 epidemic.*

*Past; COVID-19 Clinic volunteer; greet public, distribute and explain consent forms, registration, and clean up; coordination of donations.*

Bemidji High School Basketball Boosters (2015-2019)

*Photographer, secretary, general volunteer.*

Bemidji High School Football Boosters (2015-2018)

*Photographer, general volunteer.*

Habitat for Humanity (2009-2010)

*General Laborer*

## REFERENCES

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**Educational, Professional, and Personal References available upon request.**