



Dr. Allison Brownlee

**Founder and Clinical Director of Stronger Together Community Services**

Licensed Marriage and Family Therapist #89484

AAMFT Approved Supervisor Mentor #134976

CAMFT Approved Supervisor #114692

CAMFT Approved CEU Provider # 142918

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**Education: Psy.D., Couple and Family Therapy**

Alliant International University (August 2013-December 2016)

M.A Marriage and Family Therapy.  
Alliant International University (August 2010-May 2012)

B.A Psychology.  
San Diego State University, California (August 2006-May 2010) B.A., Psychology.

**Clinical Certifications:**

**Certified AEDP Therapist and Supervisor**

Certified therapist in: Accelerated Experiential Dynamic Psychotherapy

**Certified EFT Therapist**

Certified therapist in: Emotionally Focused Therapy for Couples

**Supervisory Certifications:**

**American Association of Marriage and Family Therapists (AAMFT) Approved Supervisor and Mentor:** National approval to supervise graduate and postgraduate therapists, supervisors in training, and endorse supervisors to become AAMFT approved.

**California Association of Marriage and Family Therapists (CAMFT) Approved Supervisor**  
Approval in the state of California to supervise graduate and postgraduate therapists.

## **Certified AEDP Supervisor**

Certified supervisor in: Accelerated Experiential  
Dynamic Psychotherapy

### **Educational Certifications:**

#### **Certified Continuing Education (CE) Provider for**

**CAMFT California** Approved by the California  
Association of Marriage and Family Therapists  
(CAMFT) to facilitate state-wide training and provide  
CE certificates to LMFT, LCSW, LPCC, and LEPs for  
licensing renewal

### **Fellowships:**

#### **International Association for the Study of Attachment (IASA) Multi-Skilled Leadership Fellowship**

Fellowship for promoting, teaching and research  
using the Dynamic Maturation Model of Attachment  
in the future by preparing doctoral and postdoctoral  
students to become faculty in universities to train  
the next generation of DMM clinicians and  
researchers and to themselves carry out DMM  
research.

### **Conference Presentations:**

#### **Institute on Violence Abuse and Trauma (IVAT) International Summit, San Diego CA**

Title: Understanding Attachment Through the DMM:  
Foundations for Clinical Practice  
August, 2026

#### **Institute on Violence Abuse and Trauma (IVAT) International Summit, Honolulu HI**

Title: Untangling Trauma in Psychotherapy: Working  
with the Threads of Challenging Emotions  
April, 2025

#### **2U Educators Conference**

Title: Coping Strategies and Skill Building for Stress  
Management for Educators in Online Teaching  
Environments  
November, 2024

#### **Empower You: Annual Conference**

Title: Healing through Connection: Community  
Based Experiential Exercises for Mind and Body  
October, 2024

#### **Therapy Brands: Peer to Peer Conference**

Title: Supervision and Leadership Strategies for  
Therapists Leading Clinical Teams  
September, 2024

## **Community Based and Partnership Presentations**

### **San Diego Lions Club (Downtown)**

Title: Stress Management: Finding Calm and Clarity  
in a Busy World  
August, 2026

### **Casa De Oro Alliance**

Keynote address: Rebuilding Community in Times of  
Tragedy  
February, 2025

### **Live Well San Diego Behavioral Health Services Quarterly Collaboration Meeting**

Title: Combatting Compassion Fatigue through  
Community Connections  
January, 2025

### **International Association for the Study of Attachment (IASA)**

Title: Dilemmas in Psychotherapy: Should this client  
be in therapy (with me)?  
January, 2024

### **San Diego Workforce Partnership**

Title: Diversity, Equity, Inclusion and Belonging in  
the workplace: An intensive retreat with the  
DEI Committee  
November, 2024

### **Youth Empowerment Program, San Diego, CA**

Title: Working with youth and severe emotional  
disturbance and substance use issues  
August, 2024

### **San Diego County Public Health Nurses**

Ongoing presentations about: Stress Management,  
Compassion Fatigue, Secondary Trauma, and  
Workplace Relationships  
May-August, 2024

### **San Diego Regional Chamber of Commerce**

Title: *Navigating Mental Health Challenges in  
Today's World*  
April, 2024

### **Planned Parenthood**

Ongoing presentations about: Stress Management,  
Compassion Fatigue, Secondary Trauma, and  
Workplace Relationships  
January-December, 2023

**California Association of Marriage and Family  
Therapists: North County San Diego Chapter**

Title: *DEIB and Accessibility Considerations for  
Therapeutic Wellness Retreats*  
May, 2023

**San Diego County, Health and Human Services  
Agency**

Title: Best Practices for in Person and Teletherapy  
Services during COVID 19 for Children, Youth and  
Families  
September, 2020

**Published Interviews:**

**Newsweek Magazine**

Feature: Innovators in Industry  
Title: Stronger Together Community Services builds  
a more connected world for everyone  
October, 2024

**Publications:**

Girard, A., & Brownlee, A. (2015) Assessment guidelines and clinical  
implications for therapists working with couples in sexually open  
marriages. *Sexual and Relationship Therapy* 30(4):1-13. DOI:  
10.1080/14681994.2015.102835

**Editorial Board Appointments (2019-present)**

- Journal of Child and Adolescent Trauma
- Journal of Aggression, Maltreatment, & Trauma
- Journal of Family Trauma, Child Custody & Child Development
- Journal of Child Sexual Abuse

**Committee Appointments**

- California Association of Marriage and Family Therapists (CAMFT), 2026  
Annual Conference Planning Committee Member
- California Association of Marriage and Family Therapists (CAMFT), 2026  
Honors Committee

**Awards:**

**Nominee: Woman of Influence: Rising Star  
TBA November 2025**

Discover San Diego Magazine

**Winner: Healthcare Leader of Influence  
2025**

San Diego Business Journal

**Winner: Mary Riemersma Distinguished Clinical  
Member Award 2024**

This award is the highest honor given by The California  
Association of Marriage and Family Therapists (CAMFT)

**Winner: Top Behavioral Health Professional**

**2024**

San Diego Business Journal

This award recognizes exceptional practitioners in the field of mental health in the county of San Diego.

**Winner: Top 40 Business Leaders Under 40**

**2024**

This award from the San Diego Business Journal, recognizes the top 40 influential leaders under forty by acknowledging their contributions to our county.

**Winner: San Diego Regional Chamber of Commerce Small Business Award "2024 Neighborhood All Star"**

This award celebrates a small business that epitomizes community spirit, fostering connections and making a significant and positive impact within its neighborhood

**Finalist: Outstanding Social Responsibility Award, 2024**

This award from the San Diego Business Journal recognizes a non profit business who gives back to the San Diego Community

**Finalist: Businesswoman of the Year Award, 2024**

This award recognizes women in leadership positions in the county of San Diego, who are influential in their industry and continue positively to their communities.

**Additional Education:**

- Level I EMDR Clinician (Eye Movement Desensitization and Reprocessing)

**Employment:**

**Founder and Clinical Director: Stronger Together Community Services**

- Run the daily operations of the business, including budgeting, scheduling, overseeing intake and engaging in crisis management.
- Oversight of Diversity, Equity and Inclusion practices.
- Created and developed a comprehensive outpatient treatment program that provides trauma informed care for individuals, couples and families
- Provide clinical supervision to staff, including: practicum students, AMFT, ASW, APCC, and clinical psychology interns
- Train all staff members in trauma informed approaches and interventions with clients.
- Onboarding: interviewing candidates, negotiating salary, onboarding new employees, ensuring employees sign up for benefits, providing corrective action plans, write ups, terminating employees, working

with the EDD when unemployment claims are filed, navigating worker's compensation issues for employees injured on the job.

- Conduct statistical analysis of program outcomes, including identification of change in parenting practices through the cause of the program.
- Responsible for effective and engaging outreach, recruitment, and promotion of the program.
- Conduct therapy, supervision, lead treatment team meetings and generally provide support to clients and therapists.

## **Adjunct Faculty Positions**

### **University of Massachusetts, Adjunct Faculty (2023- present)**

Masters in Clinical Counseling Program: Practicum Instructor

### **Point Loma Nazarene University, Adjunct Faculty (2023- present)**

Masters in Clinical Counseling Program: Practicum Instructor

### **Pepperdine University, Adjunct Faculty (2022-present)**

Graduate School of Education and Psychology: Family Systems Instructor

### **Alliant International University, Adjunct Faculty (2014-present)**

- Couple and Family Therapy Doctoral Program: Social Basis of Behavior, Practicum, Chemical Dependency and the Family, Couples Therapy, Sex Therapy, Psychopathology, Law and Ethics, and Individual and Family Life Cycles Instructor
- Clinical Psychology Doctoral Program: Advanced Psychopathology, Family Systems Theory, Family Psychotherapy, Social Basis of Behavior, Advanced Ethics and Professional Issues, Family Violence (with an emphasis on child abuse) Instructor
- Dissertation Reader/Advisor: California School of Professional Psychology: Clinical Psychology Doctoral Program
- Faculty Advisor: Child Psychology Club

## **Previous Experience:**

### **Program Director, Incredible Families (2019-2020)**

- Oversaw a team of 21 staff members that works with an average of 300 CWS involved families per calendar year.
- Provided clinical supervision to AMFT, ASW, and APCC staff members.
- Trained all staff members in trauma informed approaches and interventions with clients.
- Acted as the human resources liaison between the company and program staff (ex. interviewing candidates, negotiating salary, onboarding new employees, ensuring employees sign up for benefits, providing corrective action plans, write ups, terminating employees, working with the EDD when

unemployment claims are filed, navigating worker's compensation issues for employees injured on the job).

- Trained and managed staff as they adhere to the stringent guidelines for county mandated documentation practices, including UR procedures.
- Collaborated with other county agencies to ensure that clients receive appropriate care.
- Supported clients and staff at Child and Family Team (CFT) meetings held with the family and treatment providers in the client's system of care. Act as an advocate for children and make recommendations about future care, placement, and ongoing treatment.
- Ensured that the program is in compliance with the county standards and adheres to the statement of work agreed upon in the county contract.
- Conducted statistical analysis of program outcomes, including identification of change in parenting practices through the course of the program.
- Met with the contract oversight team for county audits that assess compliance in varying aspects of the program including: assessment of physical space and safety, clinical productivity rates, program outcomes, cultural competency, ongoing staff training and education, trauma informed care practices, and coordination of services in the system of care.
- Responsible for effective and engaging outreach, recruitment, and promotion of the program.

**Executive Director, Solara Mental Health Residential Treatment Facility  
(2018-2019)**

- Developed and implemented clinical programs, directed patient care, designed and implemented treatment programming to ensure compliance with managed care criteria.
- Monitored clinical care for all patients and assisted when required to support clinical and non-clinical staff in providing crisis-intervention.
- Reviewed patient care, treatment plans, and ensured accuracy of patient diagnosis.
- Ensured treatment guidelines were followed and oversaw utilization review.
- Mediated and resolved complaints from patients, family members/significant others and staff in line with Solara policy guidance and provides input on development of action plans for resolution program deficiencies if indicated required by this process.
- Maintain division policies and procedures. Identify new procedures as needed; create and coordinate policy and procedure development.
- Ensured program and staff compliance with legal requirements, regulatory standards and community standards of care and is responsible for compliance with state requests.
- Ensured coordination of services for families and multi-disciplinary team members for patients in treatment.
- Led interdisciplinary staff meetings with other professional staff members, doctors and clinicians to discuss, evaluate and develop treatment plans.
- Prepared and oversaw the program budget.
- Met with clients and staff on a regular basis to discuss issues/ concerns and identify the need for any program changes.
- Identified, implemented, and documented quality improvement activities. Implemented HIPAA privacy and security requirements.
- Monitored compliance with accreditation, licensing, and certification requirements. Prepared accreditation materials as assigned and

responded to licensing and certification reviews for corrective actions or other information.

**United States Navy, Clinical Counselor/ Family Advocacy Program Case Manager (2017-2018)**

- Provide services to: active duty military members, veterans, and their families; individuals, couples, and families. Maintain a caseload of 20 clinical clients per week
- Assess and diagnose clients with major mental illness, substance use/abuse disorders, and refer to Navy medical
- Assess and treatment plan for victims and offenders of domestic violence, manage the case throughout the course of the administrative processes, including
- Provide assessments and treat individuals, couples, and families using Emotionally Focused Therapy (EFT), Emotionally Focused Family Therapy (EFFT), Accelerated Experiential Dynamic Psychotherapy (AEDP), Cognitive Behavioral Therapy (CBT) interventions and Behavioral Therapy as needed.
- Work collaboratively with primary care physicians, psychiatrists, and other health providers clients are in contact with.

**Family Guidance and Therapy Center of Southern California (2015-2017)**

- Provide assessments and treat individuals, couples, and families using Emotionally Focused Therapy (EFT), Emotionally Focused Family Therapy (EFFT), Accelerated Experiential Dynamic Psychotherapy (AEDP), Cognitive Behavioral Therapy (CBT) interventions and Behavioral Therapy as needed.
- Maintain a caseload of 25-30 individuals, couples and families per week.
- Work on a multidisciplinary team by cross referring and collaborating with providers in the group working with children and families on the Autism Spectrum.
- Approved as a Veterans Choice Program Clinician.
- Accept insurances including: Tricare Aetna, Blue Cross, Blue Shield, Cigna, and Magellan insurance.
- Work collaboratively with primary care physicians, psychiatrists, and other health provider's clients are in contact with.
- Provide services to: active duty military members, veterans, and their families; individuals, couples, and families paying privately or using insurance and EAP benefits.
- Treat presenting problems such as, trauma (past and present), domestic violence, affairs, substance use, grief and loss, divorce, family conflict.
- Assess, diagnose and treat: anxiety disorders, including PTSD and OCD, bipolar I and II, and depression.

**The Research Institute for Emotionally Focused Therapy (TRIEFT) Clinical Training Assistant (2013-2017)**

- Support trainers, supervisors and therapists at EFT Externships, Core Skills (advanced training modules), special presentations, and topical conferences (Emotionally Focused Family Therapy, EFT Triage for high risk couples).
- Responsibilities include: co-presenting lectures about attachment, couples, and EFT therapy, facilitating small group discussions with participants, leading role plays and providing clinical feedback about therapeutic skills and the integration of EFT into clinicians practice.



- Train clinicians throughout California and Arizona in private practice, community mental health settings, and clinicians on San Diego and Camp Pendleton military bases.

#### **Alliant Couple and Family Clinic, Clinic Coordinator (2012-2015)**

- Managed a rotating team of trainees, interns, and staff.
- Developed policies and procedure manual and trained interns and trainees on protocol including crisis management interventions and ACFC clinical standards.
- Led weekly staff meetings: addressed all administrative and interpersonal dilemmas with staff, consulted about legal and ethical concerns as related to clinic policy and assigned individual, couple, and family cases to trainees and interns based on client needs and clinician skill level.
- Clinic data collection/outcome research: developed research manual and protocol for clinic wide outcome project in conjunction with Alliant International University and Brigham Young University faculty mentors.
- Co-wrote grants with the Alliant International University grant writing team. Responsibilities included: statistical analyses of demographics, retention rates, and therapeutic success across clients at the Alliant Couple and Family Clinic, collecting and writing narratives from clients and clinicians about the benefits of the clinic as a non profit mental health clinic and training facility in the community.
- Training and event coordination: coordinated clinician training events and fundraising events for the Alliant Couple and Family Clinic, responsibilities included: developing registration procedures, processing payments, contracting with venues, A/V services, and food and beverage providers. Lead teams of administrative and clinical volunteers; create policy and procedure manuals for trainings, lead training meetings, and provided on site supervision and consultation to team members.

#### **Dr. Angel Colamussi, MFT, Private Practice Internship (2012-2015)**

- Accrued hours towards licensure (approximately 600 hours).
- Provided individual, couple and family therapy.
- Special populations served: individual females (ages 20-35) with past or present unresolved trauma experiences.
- Attend weekly EFT supervision with strict video presentation requirements.
- Private practice marketing and advertising: actively worked to grow the practice through advertising and marketing, networking, speaking at local community organizations, and establishing relationships with referral sources.

#### **Alliant Couple and Family Clinic, MFT Trainee and Intern ( 2011- 2015)**

- Accrued hours towards licensure (approximately 2,400 hours).
- Provided individual, couple, and family therapy.
- Populations served: individuals with depression, anxiety, and substance use/abuse issues, couples in high distress (including domestic violence, CPS cases, and infidelity)
- Special populations served: active duty military members, veterans and their families.
- Established relationships with two middle schools in the San Diego Unified School District and worked directly with school counseling staff to develop a therapeutic group curriculum for students. Developed and facilitated groups for social skills, divorce support, and a specialized group for eighth grade students transitioning to high school.

- Attended weekly group and individual EFT supervision with EFT Trainers (Dr. Lisa Palmer Olsen and Dr. Scott Woolley), weekly video review of current sessions with clients and live supervision via two-way mirror and Skype as required by supervision.