

Andrea M. Nus, MA, LMFT
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State of Iowa, Licensed Marriage and Family Therapist, March 2015, #000392
State of Florida, Licensed Marriage and Family Therapist, December 2021, TPMF479

Academic Background

Mount Mercy University, Cedar Rapids, Iowa

M.A. Marriage and Family Therapist. Supervisor: Dr. Jacob Christenson, LMFT. 2011-2012 GPA 3.79/4.0
B.A. Public Relations. Advisor: Dr. Doris Dartey. 1995-1999

Work Experience

Adjunct Professor, Models of Couples Therapy, Marriage and Family Therapy Graduate Program, Mount Mercy University, Cedar Rapids, IA
August 2023 – Present.

*Develop course syllabus, present course materials to enhance students' knowledge, arrange for guest lecturers, instruct students outside of class, model use of effective communication and interpersonal skills.

Owner, Full Heart Therapy, LLC, Cedar Rapids, IA
August 2016 – Present.

*Manage private practice and business, including Marketing and Strategic Business Planning
*Assessment, diagnosis and treatment to individuals and couples, treating symptoms and underlying trauma using Internal Family Systems (IFS), Somatic Experience, and Transforming the Experienced-Based Brain modalities. Use Intimacy From the Inside Out® (IFIO) with couples and individuals seeking to improve relationship satisfaction and communication skills.
*Certified IFS Therapist.
*Consultant to IFS and IFIO therapists and practitioners.

Owner, Choices Inside, LLC, Cedar Rapids, IA
April 2020 – Present.

*Manage business operations including Marketing and Strategic Business Planning.
*Provide Coaching Services to individuals and interpersonal relationships.
*Create and provide workshops for self-development and growth.

Chief Operating Officer, Covenant Family Solutions, Cedar Rapids, IA
July 2014 – June 2016. Co-Owner: Jacob Christenson, Chief Executive Officer

*Plan and facilitate weekly Clinic Staff Meetings
*Provide feedback between management and staff
*Interview, hire, train and support new clinic practitioners and administrative support staff
*Strategic Business Planning
*Marketing and Networking
*Coordinate vendors

Therapist, Covenant Family Solutions, Cedar Rapids, IA
January 2014 – Dec 2016, Co-Owner: Jacob Christenson, Chief Executive Officer

*Provide assessment and diagnosis to individuals, provide individual and conjoint therapy to all ages.

Therapist, Independent Contractor, Covenant Family Solutions, Cedar Rapids, IA

Oct 2013 –Dec 2013, Oct 2016-Dec 2016, Supervisor: Jacob Christenson, Chief Executive Officer

*Provide assessment and diagnosis, individual, play therapy, and conjoint therapy to children, adolescents and adults.

Therapist, Self-Employed Private Practice, Cedar Rapids, IA

August 2013 – Oct 2013

*Provide assessment and diagnosis, individual, play therapy, and conjoint therapy to children, adolescents and adults.

*Manage private practice and business, including Marketing and Strategic Business Planning

Therapist, Licensed Practitioner of the Healing Arts, Mid-Iowa Family Therapy, Inc & Institute for Therapy & Psychological Solutions, LLC. Waterloo, IA

January 2013 – July 2013. Supervisor: Dr. Chris Secrist

*Provide assessment and diagnosis, play therapy, individual, and family therapy. Conduct LPHA assessments to children, adolescents and adults.

Community Care Case Manager, Mid-Iowa Family Therapy, Inc. Ottumwa, IA

August 2012 – April 2013. Supervisor: Kathy Fleener

*Provide area resources information and behavioral skills coaching to clients referred by the Department of Human Services.

Practicum Clinical Experience

Practicum, Mid-Iowa Family Therapy, Ottumwa, IA, August 2012 – December 2013, Supervisor: Kathy Fleener and Dr. Chris Secrist

Practicum, Grace C Mae Advocate Center, Cedar Rapids, IA, February 2012 – August 2012, Supervisor: Dr. Patti Gilbaugh

Certification

October 2022. Certified Internal Family Systems Therapist.

Professional Memberships and Positions

American Association for Marriage and Family Therapy, March 2011 – Present

Iowa Association for Marriage and Family Therapy Ethics Committee Chairperson, August 2016 – June 2018 (division dissolved)

Member of Bereavement Consortium Group, October 2013 – January 2018

Iowa Association for Marriage and Family Therapy, March 2011 – June 2018 (division dissolved)

Iowa Association for Marriage and Family Therapy Ethics Committee Member, 2012 – June 2018 (division dissolved)

Conferences

Attendee

*IFS Institute, Internal Family Systems Annual Conference Virtual live, October 2021. “Microaggressions: Using Compassionate Accountability as a Healing Tool“, “Margin to Center: A Conversation Otherness and Inclusiveness from an IFS Perspective“, “Dear White Therapist: Please Call Me Maria“, “Legacy Burdens and Ancestral Healing“, “IFS in the Middle East: Healing Wounds, Becoming Whole“, “Embodied Witness Consciousness through Disciplines of IFS: Authentic Movement and Sensorimotor Psychotherapy“, “It’s Not a Polarization, It’s a Power Imbalance: How IFS Can Be Used as a Tool for Equity and Justice“.

*IAMFT Conference, Dr. Manijeh Daneshpour, Dr. Mona Fishbane, Cedar Rapids, IA, April 2017

*American Association for Marriage and Family Therapy Conference, October 2014. “Solution Focused Brief Therapy with Adult GLBTQ Populations,” “SFBT and Buddhist Psychology,” and “Childhood Obesity Treatment,” Milwaukee, WI, October 2014

- *Iowa Association for Play Therapy Conference, September 2014
- *IAAMFT Conference, “Eroticized Shame: Understanding Sexual Addiction as it Impacts the Individual, Partner, and Coupleship,” May 2014
- *LGBT Health and Wellness Conference, April 12, 2014
- *Iowa Association for Play Therapy Conference, September 2013
- *IAMFT Conference, “Mindfulness and Acceptance in Couples and Family Therapy,” Dr. Diane Gehart, Johnston, IA, April 2012

Conferences

Presenter

- *Ethics CEUs Presentation. Attorneys, social media, IAMFT Conference, April 2017
- **Building Family Connections* Conference: Presenter: “Talking to Teens”, February 2015
- *“Professional Ethics CEUs Presentation on Social Media” IAMFT Conference, May 2014
- **Building Family Connections* Conference: Presenter: “Single Parenting: Unique Challenges...Unique Qualities”, November 2013

Trainings and Workshops

Attendee

- *Business Mastery, Dr. Liz Lasky, Virtual Live, September 2023 – August 2024.
- *Weight Loss Injectable Webinar Panel Discussion, Center for Body Trust, Online, January 2024.
- *Shame Camp”, Toni Herbine-Blank and Martha Sweezy, New Braunfels, TX. September 2023.
- *“Telehealth: Law & Ethics, Insurance & Technology”, Barbara Griswold, Online recording, September 2023.
- *“Ethical Considerations with Sexually Marginalized Clients”, Rachel Anne Kieran, Psy.D., Virtual live, July 2023.
- *Couples Therapy: Billing, Documentation, and Ethical Dilemmas”, Barbara Griswold, Virtual live, June 2023.
- *Coaching Mastery Spring, Dr. Liz Lasky, Virtual live, April 2023.
- *“Integrating IFS into supervision and consultation”, Liz Martins, Life Architect, Online recording, March 2023.
- *Coaching Mastery Winter, Dr. Liz Lasky, Virtual live, January 2023.
- *“Audits & Records Requests: What EVERY Therapist Should Know”, Barbara Griswold, Virtual live, November 2022.
- *Hospice: A Respite for Hospice Professionals, Claire Bidwell Smith, Cedar Rapids, IA, October 2022.
- *Integrative Somatic Parts Work – Level 3, Fran Booth, The Embody Lab, Virtual live, September 2022.
- *Coaching Mastery Fall, Dr. Liz Lasky, Virtual live, September 2022.
- *Integrative Somatic Parts Work – Level 2, Fran Booth, The Embody Lab, Virtual live, August 2022.
- *Integrative Somatic Parts Work – Level 1, Fran Booth, The Embody Lab, Virtual live, June 2022.
- *Coaching Mastery Summer, Dr. Liz Lasky, Virtual live, June 2022.
- *Foundations of Coaching, Dr. Liz Lasky, Virtual live and recorded, April-May 2022.
- *HIPAA Security Compliance in Mental Health, a Guided Reading, Person Centered Tech Inc., Virtual self-study, January 2022.
- *“The No Surprises Act: How to Legally & Ethically Implement this Requirement by Jan 1, 2022”, Becky Beaton-York, Virtual live, January 2022.
- *“Accessing Self”, Loch Kelly, IFSCA, Virtual live, November 2021.
- *“Grief in 2021: Understanding and Healing All Types of Grief,” David Kessler, Cedar Rapids, IA, October 2021
- *“How We Need to Give Clients Access to Their Records, Now and In the Future”, Eric Strom, Roy Huggins, Online recording, September 2021.
- *Working with Couples in a Time of Polarization” William Doherty, AAMFT, Virtual live, June 2021.
- *“The IFS Therapist’s Guide to Understanding Trauma and Dissociation,” Janina Fisher, IFSCA, Virtual live, March 2021.
- *Be Nourished: “The Body Trust® Project: A School of Unlearning,” January-October 2021.
- *Be Nourished: “Practitioners Call,” Virtual live, January 2021.
- *Be Nourished: “Exploring Your Body Story,” Virtual live, January 2021.
- *“Firefighters,” Bob Falconer, IFSCA. Virtual live, Jan 2021.
- *Dr. Amanda Kemp: “How White Women Can Talk with Women of Color About Race”, Virtual live, and “5 Steps to Stop (Implicit) Racial Bias” video, Dec 2020.

*Somatic IFS Retreat”, Susan McConnell, Virtual live, Oct 2020.

**Transforming the Experienced Brain: An Integrative Neurodevelopmental Approach to the treatment of Developmental Trauma with a Transforming Touch® Approach,” Module IV, Stephen Terrell, Naperville, Ill, November 2019.

**Transforming the Experienced Brain: An Integrative Neurodevelopmental Approach to the treatment of Developmental Trauma with a Transforming Touch® Approach,” Module III, Stephen Terrell, Naperville, Ill, August 2019.

**Transforming the Experienced Brain: An Integrative Neurodevelopmental Approach to the treatment of Developmental Trauma with a Transforming Touch® Approach,” Module II, Stephen Terrell, Naperville, Ill, April 2019.

**Intimacy From the Inside Out, Post-Advanced Training – Deepening IFIO Skills,” Toni Herbine-Blank, Albuquerque, NM, March 2019.

**Transforming the Experienced Brain: An Integrative Neurodevelopmental Approach to the treatment of Developmental Trauma with a Transforming Touch® Approach,” Module I, Stephen Terrell, Naperville, Ill, January 2019.

**The Five Areas of Healing Grief: Understanding, Healing, The Mind of Grief, Legacy and Continued Connections,” David Kessler, Cedar Rapids, IA, October 2018

*Suicide & Self-Harm: Stopping the Pain,” Cedar Rapids, IA, August 2018

*Somatic Experience® Beginner II, Glen Ellyn, Ill, July 2018

*Iowa Legal and Ethical Issues for Mental Health Clinicians, Cedar Rapids, IA, May 2018

**Treating Substance Abuse and Compulsive Behavior with EMDR Therapy,” Des Moines, IA, April 2018

*Somatic Experience® Beginner I, Glen Ellyn, Ill, April 2018

*Intimacy From the Inside Out®, Advanced Training, Austin, TX, March 2018

**An Introduction to Dissociation Using EMDR & Parts of Self,” Virtual live, February 2018

**Exploring the Paradoxes of Mourning: Enhancing Your Understanding of the Three Forgotten Truths,” Dr. Alan Wolfelt, Cedar Rapids, IA, October 2017

**Getting to the Core of EMDR: The Belief-Focused Approach to EMDR Therapy with Roy Kiessling”, Des Moines, IA, May 2017

**How the Death Shapes the Grief: Ways to Increase Healing and Decrease Suffering for All,” Cedar Rapids, IA, November 2016

*Child and Dependent Adult Abuse for Iowa Mandatory Reporters, online, Cedar Rapids, IA, Aug 2016

*EMDR Basic Training, Tanager Place, Cedar Rapids, IA, April 2016 and June 2016

**New Psychotherapy Techniques”, Chicago, Il, Dr. Michi Rose April 2016

**IFS and Addictions, St. Louis, MO, Cece Sykes, March 2016

*Intimacy From the Inside Out® (Internal Family Systems, Level Two), Portland, OR, October 2015 and January 2016

*Power of Language, Iowa City Learning Foundation, Coralville, IA, August 2015

**Legacy Burdens”, Kay Gardner, St. Louis, MO, March 2015

**Working with Children Affected by Abuse and Trauma: A Trauma-Focused Cognitive Behavioral Approach,” Mount Mercy University, July 2014

**Play Therapy for Trauma and Abuse” and “Basics of Adlerian Play Therapy,” The Iowa Association for Play Therapy, Coralville, IA, June 2014

*Internal Family Systems workshop, Mount Mercy College, November 2013

**The Art of Companioning the Mourner: A Workshop for Caregivers”, Cedar Rapids, IA, September 2013

*Sexual Health in Psychotherapy: The Six Fundamentals of Sexual Health, Johnston, IA, April 2013

*Evidence Based Treatments for Borderline Personality Disorder, Johnston, IA, April 2013

*Internal Family Systems Level One Training- 234, St. Louis, MO, December 2011 - September 2012

*Helping the Treatment Resistant Teenager, Cedar Rapids, IA, June 22, 2012

*Michi’s Toolbox: An Experiential Workshop on Resource Enhancement for Therapist and Clients, Iowa City, IA, May 2012

*Pacific Institute “Investment in Excellence”, Cedar Rapids, IA, June 2012

*Integrating Neuroscience and Psychotherapy, Mount Mercy University, June 2011

Webinars by Castlewood Attendee

*The Art of Binge Eating Disorder, January 2016

- *Creating a Life Worth Living: Integrating Quality of Life and Resilience into Eating Disorder Treatment, May 2014
- *Reclaiming the Body: Helping clients with eating disorders understand and embody somatic resource, April 2014
- *A Treatment Approach Directed Toward Identity Development, Relationship Transformation and Sexuality in the ED Client, March 2014
- *Becoming Embodied: Body Image, Trauma and Eating Disorders, February 2014

Trainings

Presenter

- *Ethics Workshop for CEUs, Families, Inc. Virtual live. August 2020
- *"Introduction: Intimacy From the Inside Out", Mount Mercy University Masters & Ph.D. Couples courses, Cedar Rapids, IA, August 2019 and October 2019
- *Ethics Workshop for CEUs, Families, Inc., West Branch, IA, August 2018
- *Ethics Workshop for CEUs, Tanager Place, Cedar Rapids, IA, June 2018
- *Presenter "Depression in Our Community" Wellington Heights Neighborhood Association, Cedar Rapids, IA, March 2014
- *Presenter "Where Does Creativity Come From?" Cedar Rapids, IA, September 2013

Trainings

Staff

- *Internal Family Systems Level One Training - 969 Program Assistant, St. Charles, Ill, and Virtual live February - June 2024
- *Intimacy From the Inside Out® - Strengthening the Basics, Virtual live March 3-5, 2023
- *Intimacy From the Inside Out® - 734, Virtual live February 2021 – June 2021
Coach participants practicing the model, lead a variety of groups coaching, teaching or modeling the model
- *Internal Family Systems Level One Training - 474 Program Assistant, Evanston, Ill, October 2018 – May 2019
Coach participants practicing the model, lead a variety of groups coaching, teaching or modeling the model
- *Internal Family Systems Level One Training - 372, Program Assistant, Evanston, Ill, October 2016 – June 2017
Coach participants practicing the model, lead a variety of groups coaching, teaching or modeling the model

Volunteer

- *Big Brothers Big Sisters Couple, Cedar Rapids, IA. May 2017 - Present
- *Mount Mercy University Mentor to undergraduate student, Cedar Rapids, IA. Fall 2021 – June 2022
- *Mount Mercy University Mentor to undergraduate student, Cedar Rapids, IA. Fall 2019