

**Christine Hammond, LMHC, NCC**

2737 West Fairbanks Avenue  
Winter Park, Florida 32789  
(407) 740-6838

**Education**

August 2008 — December 2010	Masters in Counseling Psychology, M.S. Palm Beach Atlantic University
May 2007 — November 2012	Certified Elementary and Secondary Educator Association of Christian Schools International
August 1995 — May 1989	Bachelors in English, B.A. James Madison University

**License/Certifications**

Licensed Mental Health Counselor                      MH11700  
National Board Certified Counselor by National Board of Certified Counselors  
Qualified Parenting Coordinator and Eldercaring Coordinator  
Collaborative Mental Health Neutral Practitioner  
Qualified Chapter 491 Supervisor  
Certified Family Trauma Professional, Trained Crisis Responder, and Group Crisis Intervention  
Certified Family Law Mediator (2020) and Elder Mediator (2021)  
Guardian ad Litem (2023)

**Employment**

June 2020 – Present

**Psychological Affiliates, Inc.**

*Licensed Mental Health Counselor*

Ms. Hammond specializes in psychotherapy with families in transition, trauma, personality disorders, and addictions. She provides family and individual therapy using evidence-based psychotherapy methodology. She also provides Parenting Coordination, mediation, reunification, co-parenting, guardian ad litem, and functions as a collaborative mental health neutral. Ms. Hammond writes blogs, articles, newsletters, videos, webinars, podcasts, and books. Her website is [GrowWithChristine.com](http://GrowWithChristine.com). Her latest book is *Abuse Exposed: Identifying Family Secrets that Breed Dysfunction* which is available through Amazon. Her award-winning book, *The Exhausted Woman's Handbook* through Amazon. Her podcast, *Understanding Today's Narcissist*, has over one million downloads and is available on iTunes and Google Play Music.

June 2011 - 2020

**LifeWorks Group**

*Licensed Mental Health Counselor*

Ms. Hammond specializes in personality disorders (Narcissism and Borderline), trauma recovery, mental health disorders, addictions, ADD, OCD, co-dependency, anxiety, anger, depression, parenting, and marriage. She works as a counselor, mentor, author, and speaker. One of the theories she subscribes to is a Family Systems Approach which believes individuals are inseparable from their relationships. This approach is useful when dealing with the death of a family member, conflict in a family business, divorce, custody issues, addiction, mental illnesses, and personality disorders. It successfully resolves relational disputes, establishes healthy boundaries, restores order to a chaotic situation, reunifies individuals to families, stops an abusive cycle, minimizes the impact of trauma, and supports recovery from an addiction. As a professional speaker, she has taught about personalities, personality disorders, stress, negotiation skills, anger management, boundaries, ADD/ADHD, marriages, parenting, divorce, and women's issues.

December 2009 - October 2011

**First Orlando Counseling Center**

*Registered Mental Health Counseling Intern*

She provided free care and reduced-cost care to clients from ages 5 to 65 with a variety of disorders. She successfully led five anger management groups, two boundaries groups, and one ADHD group with an average number of 20 clients per session. She specialized in play and sand therapy for children, adolescents, and adults.

September 2007 - May 2012

**Foundation Academy**

*Bible Department Head, Middle & High School Bible Teacher, Psychology High School Teacher*

As department head, she was responsible for making curriculum decisions, setting department goals, managing and mentoring other Bible teachers, and establishing department standards. She had experience teaching grades 7 through 12. Her expertise was in Bible courses for character development, Bible study skills, Old Testament survey, and apologetics. She wrote an effective Bible curriculum, participated in Kingdom Education Training, and taught interactive general psychology courses for upperclassmen.

**Professional Affiliations**

Mental Health Counselors of Central Florida  
National Association of Divorced Professionals  
Association of Family and Conciliation Courts  
Collaborative Family Law Group of Central Florida  
American Professional Society on the Abuse of Children  
Florida Academy of Collaborative Professionals

**Masterclasses**

*On-line classes that include video and course materials available for purchase:*  
“Accelerate your Divorce Process”

“Intentional Life Change”  
“Free yourself from Narcissistic Bondage”  
“Survive a Divorce with a Narcissist”

### **Publications/Presentations/Professional Activities**

Which is best? Parent Coordination, Co-Parent Therapy, Reunification Process, or Family Therapy. *Family Law Commentator, Issue No. 1, 2023*.  
Host of Understanding Today’s Narcissist podcast found on iTunes with over 1 Million unique downloads, November 2017 – present.  
Professional blogger for PsychCentral.com, the internet’s largest and oldest independent mental health resource, titled The Exhausted Woman with over 550 articles, April 2015 – August 2020.

### **Continuing Education**

#### **2023**

Guardian ad Litem – 16 hours; Speaking 4 Kids, Yueh-Mei Kim Nutter; August 2023  
Continued Parenting Coordination Education – 16 CPCEs; July 2023; National Cooperative Parenting Center, Dr. Debra Carter  
Ethical Considerations for Health Professionals Working with Children and Families – 3 CE; June 2023  
Laws and Rules for Florida Mental Health Professionals – 3 CE; June 2023  
Medical Error Prevention: A Guide for Mental Health Professionals – 2 CE; June 2023  
Marital & Family Law Review Course – 14.5 hours; January 2023; American Academy of Matrimonial Lawyers Florida Chapter

#### **2022**

Food and Mood – 6.0 CE, March, 2022; Florida Mental Health Counselors Association  
Medical Error Prevention for Mental Health Professionals – 2 CE; June 2022  
Online Counseling and Therapy: Critical Issues – 3 CE; June 2022  
Clinical Supervision for Mental Health Professionals in Florida – 4 CE; June 2022  
Florida Dispute Resolution Convention – 11 CMEs, August 2022  
Florida Eldercaring Coordination Training – 28 hours, May 2022; Linda Fieldstone

#### **2021**

Elder Mediation Training – 16 CMEs, November 2021; Geraldine Waxman  
Body Keeps the Score: Trauma and Healing – 12.25 CE, October 2020; Dr. Bessel van der Kolk  
Lessons from Monkeys about Interactions between Genes, Environment and Attachment Patterns – 1 CE; October 2021  
Trust and Meaning Making in Parent-Child Interactions – 1 CE; October 2021  
How PTSD Affects Mind, Brain, and Biology – 1 CE; October 2021  
Connectedness as a Biological Imperative: Understanding Trauma Through the Lens of the Polyvagal Theory – 1.25 CE; October 2021  
Radically Open Dialectical Behavioral Therapy, 10.0 CE, July 2021

Florida Dispute Resolution Convention – 9.6 CMEs, August 2021

Florida Academy of Collaborative Professionals Conference, June 2021

Preventing Medical Errors: Best Practices for Mental Health Professionals – 2 CEs; January 2021

## 2020

COVID-19 and Brain Dysfunction: Evolving Understanding – 3.5 CEs, September 2020; Luria Neuroscience Institute

Family Law Mediation Training – 46.5 CMEs, May 2020; Jessica Geller

Collaborative Law Process Act and Collaborative Practice: Exploring Possibilities for Families Struggling with IPV/Domestic Violence – 1.5 CEs, May 2020; Elaine Silver, Florida Academy of Collaborative Professionals (FACP).

Ethics and Risk Management: How to avoid board complaints and what to do if facing a complaint – 4 CEs, April 2020; Heisel and Associates, Inc.

Reunification Family Therapy: A Treatment Manual – 5 CEs, April 2020; Jan Faust

A Bad Witness vs. a Good Witness: A Judge's Perspective – 2 CEs, April 2020; National Board of Forensic Evaluators, Inc.

Florida Mental Health 2020 Convention – 11.5 CEs, February 2020; Florida Mental Health Counselors Association

Human trafficking and domestic violence: exploring trauma reactions and treatment options – 2CEs, February 2020; Florida Mental Health Counselors Association

## 2019

The clinician's guide to conceptualizing and assessing personality disorders – 2 CEs, December 2019; National Board of Forensic Evaluators, Inc.

Understanding personality disorders and their impact on others – 6 CEs, June 2019; Florida Mental Health Licensure Services

Florida Academy of Collaborative Professionals 2019 Convention – 10 CEs, May 2019; Florida Psychological Association

National Association of Divorce Professionals 2019 Convention – 8.5 CEs, March 2019

Preventing Medical Errors: Best Practices for Mental Health Professionals - 2019 – 2 CEs, February 2019; Heidi Dalzell, Psy.D.

The Neuro-biology of Domestic Violence – 2 CEs, February 2019; Florida Mental Health Counselors Association

Florida Laws and Rules 2019 – 3 CEs, February 2019; Florida Mental Health Counselors Association

Introduction to Experiential Therapy: Utilizing Active Therapeutic Techniques in Clinical Practice – 2 CEs, February 2019

Florida Mental Health 2019 Conference – 8.5 CEs, February 2019

Success as a Way of Life – 1 CE, January 2019; University Behavioral Center

## 2018

Neurofeedback and Neuro-Informed Therapy – 1 CE, August 2018; Bob Decker

Distance Counseling in Florida – 1 CE, July 2018; Florida Mental Health Counselors Association

Laws and Ethics 2018 – 3 CEs, February 2018; Florida Mental Health Counselors Association  
Counseling Survivors of PTSD, Human Sexual Trafficking, Domestic Violence and Sexual Abuse – 2 CEs, February 2018; Florida Mental Health Counselors Association  
Florida Mental Health 2018 Conference – 9 CEs, February 2018  
Introductory Interdisciplinary Collaborative Practice Training – 14 CEs, January 2018; Florida Psychological Association

## 2017

Group Crisis Intervention and Trained Crisis Responder – 14 contact hours, October 2017; Dwight Bain  
Brainspotting: The Brain-Body Based Therapy for Treating Trauma – 6.25 CEs, October 2017; David Grand, Ph.D.  
Profile of A Pedophile: Identifying Child Sex Predators In Clinical Practice - Webinar – 2 CE, September 2017; Vyne Education  
Shame Shields: The Armor We Use to Protect Ourselves and Why It Doesn't Serve Us – 1 CE, September 2017; Brene Brown  
In-depth Look at Narcissism and Borderline Personality Disorder – 6 CEs, August 2017; Florida Mental Health Licensure Services  
Certified Family Trauma Professional Intensive Training: Most Effective Techniques for Treating Traumatized Families – 12.5 CEs, June 2017; Dr. Robert Rhoton  
Marijuana Overview – 1 CE, April 2017; National Institute on Drug Abuse  
Narcissistic Personality Disorder – 1 CE, April 2017; Bob Decker  
Medical Marijuana – 3 CE, April 2017; Dr. Jassin M. Jouria  
Brainspotting – 1 CE, February 2017; Bob Decker  
Sierra Tucson Professional Weekend (Addiction Center) – 9.25 CEs, January 2017; American Psychological Association  
The Making, Remaking and Sustaining of a Psychotherapist – 1 CE, January 2017; Bob Decker  
Managing Urges and Rewiring the Brain – 1 CE, January 2017; National Board of Certified Counselors  
Qualified Supervisor for Mental Health Interns in Florida – 16 CEs, January 2017; Florida Mental Health Licensure Services

## **Teaching And Speaking**

“Trauma and Family Law” training (8 CLEs) OSCA FLS, October 2023  
“Abuse is NOT Just Physical” webinar (4 CEs) Department of Children and Family, July 2023  
“What is Co-Parenting Counseling?” webinar (2 CEs) Florida Mental Health Counseling Association, May 2023  
“Abuse is NOT Just Physical” webinar (2 CEs) Westcare Foundation Professional Services, Henderson, NV, July 2022  
“Decision Fatigue” webinar (2 CEs) Florida Mental Health Counselor Association, Orlando, July 2022

“Abuse is NOT Just Physical” webinar (2 CEs) Florida Mental Health Counselors Association, Orlando, February 2022  
 “Abuse is NOT Just Physical” webinar (1 hour) Tampa Bay Academy of Collaborative Professionals, Tampa, January 2022  
 “Abuse is NOT Just Physical” webinar (1 CME) Florida Dispute Resolution Center Conference, Orlando, August 2021  
 “Understanding Personality Disorders and Their Impact on Others” webinar (6 CEs); Florida Mental Health Licensure Services; Melbourne, FL; June 2021  
 “Decision Fatigue” webinar (1 CE); University Behavioral Center, Orlando, May 2021  
 “Decision Fatigue” webinar (2 CLEs); Collaborative Family Law Institute (CFLI), Miami, July 2022  
 “Decision Fatigue” webinar (2 CLEs); Collaborative Family Law Institute (CFLI), Miami, December 2020  
 “Impactful Marketing to Grow Revenue;” Moderator for panel discussion for VOS Revenue Growth Symposium, Los Angeles, December 2020 (1 hour)  
 “Open Forum on Personality Disorders” webinar (2 CEs); Florida Mental Health Counselors Association, June 2020  
 “Understanding Personality Disorders” All day training (6 CE); Florida Mental Health Licensure Services; Melbourne, FL; June 2019  
 “Decision Fatigue: Factors that Impede Collaboration” FACP 2019 Conference Presenter (1.5 CEs, CLEs); Orlando, FL; May 2019  
 “Negotiation with Narcissistic Personality Disorder” NADP 2019 Conference Presenter (1 CE, CLE); Ft. Lauderdale, FL; March 2019  
 “Narcissism and Addiction” Acadia Health training for professionals (2 CEs); Orlando, FL; September 2018  
 “Free. Grow. Inspire.” ½ day seminar for Women-owned Businesses; Miami, FL; October 2018  
 “Working with Narcissistic Personality Disorder” FMHCA 2018 Conference Presenter (2 CEs); Heathrow, FL; February 2018  
 “Marriage Myths” guest speaker for Journey Church; Apopka, FL; September 2018  
 “The Gifting of Borderline Personality Disorder” international webinar for PsychCentral and University Behavioral Center (2CEs);  
 “How to Survive a Divorce with a Narcissist” live webinar (4 one-hour sessions)  
 “How to Keep from going Crazy when Dealing with a Narcissist” live webinar  
 “Narcissism and Borderline Personality Disorders” training for counselors (6 CEs)  
 “Understanding Narcissism” guest speaker at Mental Health Counselors of Central Florida (1 CE); Orlando, FL; April 2017  
 “What Does Postpartum Depression Feel Like?” guest speaker for PsychCentral Show  
 “Treating Narcissism: Is It Actually Possible” guest speaker for Mental Health News Radio  
 “How to Find Freedom from Exhaustion” webinar for James Madison University  
 “How to Survive Working with a Narcissist and Gain the Upper Hand” international webinar for PsychCentral  
 “Exhausted Woman” guest speaker for all-day women’s conference  
 “Exhausted Woman” guest speaker for evening women’s event

“12 Months to Exhaustion Freedom” guest speaker for women’s event

“A Narcissist, Psychopath, and Sociopath at Work...A Differential Analysis” guest speaker for University Behavioral Center (3 CEs)

“Will the Narcissists in the Room Please Stand Up” guest speaker for University Behavioral Center (3 CEs)

### **Media Presentations**

Quoted in LA Times as ADHD child expert

Seen on Local NBC News and FOX News

Interviewed on national talk radio shows, podcasts, newspapers, magazines, and NPR