

## David Minschew, MA

### Education:

- A.A. degree at Orange Coast College, Costa Mesa, CA
- B.A. in Clinical Psychology at Long Beach State California
- Master's in Counseling at George Fox University Portland, OR

### Experience:

- Private Practice therapy – **Living Free Counseling** Bend and Redmond Locations.  
Counseling individuals, couples, and families, issues including: sexual addiction, shame, depression, anxiety, spirituality, ADHD, Asperger's Syndrome, marriage conflicts, parenting difficulties and more.
- Worked as a Dual-Diagnosis counselor at Luke-Dorf, Inc.
- Worked along side of several Recovery Ministries with most recent Celebrate Recovery for addictions.
- Personal experience in raising children with special needs including: Asperger's, ADHD, Tourette's.

### Post Graduate Training/workshops:

- Dialectical Behavior Therapy
- Addictions from a Systemic Perspective
- Advanced Marriage Therapy
- Play and Filial Therapy (Youth)
- Motivational Interviewing & Solution Focused Therapy
- Cognitive Behavior Therapy
- Eating Disorders
- Counseling Disaster Victims
- Cultural Issues in Counseling
- Infectious Disease Risk Assessment
- Addiction Pharmacology

**Personal Philosophy:** David is a husband of 13 years and a father of 3 boys ages 15, 11, and 6. His passions in life (besides his family), is being a "healing presence" for others who suffer emotionally, psychologically, or spiritually. He's found when people can both view and experience themselves genuinely, people are most likely to heal, grow, and flourish. However, this is usually a process and not an event. David believes it is largely a healing relationship with another person that aids people to heal and grow (... "as iron sharpens iron so does a brother sharpen the countenance of another"). Therapy, results in the enlarging of one's capacity and ability to love and to receive love. As a therapist, David takes into consideration one's whole being including, one's emotions, thoughts, beliefs, and spirituality, as it is important to a person. Each person is an expert on himself/herself and as David is in process of attempting to become an expert in human behavior, together, he believes you can reach this very attainable goal.