

LISA M. STEPHEN, PhD, ACC, NBC-HWC

P.O. Box 1034, Jericho, Vermont | 802.355.9299
drstephen@ignitepeakperformance.com
www.ignitepeakperformance.com

Certified Personal, Career & Performance Coach

EDUCATION

College of Executive Coaching—Arroyo Grande, California

Post-Graduate Certificate: Positive Psychology Health & Wellness Coaching, May 2021

Post-Graduate Certificate: Professional Career, Executive, Personal and Performance Coaching, May 2020

Michigan State University, Dept. of Counseling, Educational Psychology & Special Education—East Lansing, Michigan

Doctorate of Philosophy, Counseling Psychology, August 1995

Cognate: Women's Studies

Clinical Specialization: Children, adolescent, adult and family treatment

Boston College, Dept. of Counseling, Educational Psychology & Special Education—Chestnut Hill, Massachusetts

Master of Arts, Counseling Psychology, May 1988

Cognate: Women's Studies

Clinical Specialization: Adolescent and adult treatment

Southern Connecticut State University, Department of Psychology—New Haven, Connecticut

Bachelor of Arts, Psychology, May 1986

Specialization: Mental Health

LICENSES & CERTIFICATIONS

National Board for Health and Wellness Coaching—San Diego, California

National Board of Medical Examiners—Philadelphia, Pennsylvania

National Board Certified Health and Wellness Coach, December 2021

College of Executive Coaching—Arroyo Grande, California

Certified Positive Psychology, Health and Wellness Coach, May 2021

College of Executive Coaching—Arroyo Grande, California

Certified Professional Coach, May 2020

International Coaching Federation—Lexington, Kentucky

Associate Certified Coach, April 2020

Vermont Board of Psychological Examiners—Montpelier, Vermont

Licensed Psychologist: #048.0000778, December 2000

PERSONAL, CAREER, EXECUTIVE & PERFORMANCE COACHING EXPERIENCE

IGNITE PEAK PERFORMANCE, LLC—Jericho, Vermont

2018—Present

Owner

Provide evidence-based personal, career, executive, performance and health/wellness online individual and group coaching for adults and college students. Offer online webinars and workshops in personal development, mental skills training, career planning, giftedness and specialized topics for women and mothers.

LISA M. STEPHEN, PhD, P.C.—Rutland, Middlebury & Shelburne, Vermont Owner	2001—2018
Provided personal, career, health/wellness, performance and executive coaching. Part-time position.	
TRI-COUNTY OFFICE ON AGING—Lansing, Michigan Independent Contractor	1996—1997
Provided personal coaching focused on self-care and coping skills for caretakers. Part-time position.	
DIRECTIONS EMPLOYEE ASSISTANCE PROGRAM—Lansing, Michigan Independent Contractor	1995—1997
Provided career coaching focused on career transition, job dissatisfaction and job performance issues. Additionally, delivered personal and executive coaching. Part-time position.	

PSYCHOTHERAPY EXPERIENCE

LISA M. STEPHEN, PhD, P.C.—Rutland, Middlebury & Shelburne, Vermont Psychologist	2001—Present
Provide assessment and treatment for adolescents and adults. Part-time position.	
COUNSELING SERVICE OF ADDISON COUNTY, INC.—Middlebury, Vermont Psychotherapist	1997—1999
Provided assessment and counseling for children, adolescents and families. Part-time position.	
TRI-COUNTY OFFICE ON AGING—Lansing, Michigan Contracting Psychologist	1996—1997
Delivered in-home assessment and psychotherapy services for geriatric clients and their families.	
DIRECTIONS EMPLOYEE ASSISTANCE PROGRAM—Lansing, Michigan Contracting Psychologist	1995—1997
Provided assessment and short-term counseling for adults, children, families and couples. Delivered crisis interventions for adults and children. Conducted workshops. Part-time position.	
COMMUNITY MENTAL HEALTH—Lansing, Michigan Psychology Intern	1994—1995
In a full-time, APA-approved internship, provided individual therapy for children and adolescents; family therapy; and group therapy.	
ST. LAWRENCE HOSPITAL ADULT INPATIENT PSYCHIATRY—Lansing, Michigan Psychology Intern	1994
In a part-time, five-month internship rotation, completed psychosocial assessments of incoming patients. Provided individual, group and family therapy. Completed discharge and after-care planning.	
COMMUNITY MENTAL HEALTH—Lansing, Michigan Emergency Services Therapist	1992—1995
Assessed and diagnosed clients through clinical interviews and mental status examinations. Provided crisis intervention and facilitated psychiatric hospitalization. Part-time position.	
Therapist	1994—1995
Assessed and provided individual therapy for adults. Part-time position.	
ELLIOTT PROFESSIONAL DEVELOPMENT SCHOOL—Holt, Michigan Graduate Assistant	1992—1993
Planned and implemented a brief therapy group for children of divorced parents. Quarter-time assistantship.	
MICHIGAN STATE UNIVERSITY COUNSELING CENTER—East Lansing, Michigan Practicum Student	1991—1992
Conducted psychological testing. Provided individual psychotherapy for university students. Half-time position.	

Practicum Student

1991

Provided career assessment and individual career counseling. Quarter-time position.

THE BRANDON RESIDENTIAL TREATMENT CENTER & DAY SCHOOL—Natick, Massachusetts
Individual & Family Psychotherapist

1988—1990

Provided assessment and counseling for children, adolescents and families. Conducted group therapy for children.

SUPERVISORY & ADMINISTRATIVE EXPERIENCE

CASTLETON COMMUNITY COLLEGE—Castleton, Vermont

2003—2005

Clinical Consultant

Provided weekly consultation to the Director of the Counseling Center. Part-time position.

COUNSELING SERVICE OF ADDISON COUNTY, INC.—Middlebury, Vermont

1998—2001

Clinical Director

1999—2001

Coordinated Quality Assurance Team. Consulted with staff and provided recommendations regarding issues of clinical risk and potential liability. Wrote and/or supervised policy and procedure development. Provided an array of training regarding policy, procedure and service delivery. Designed and monitored outcomes and utilization review system. Part-time position.

Accreditation Coordinator

1998—1999

Prepared the agency to submit CARF accreditation. Supervised policy and procedure development and authored sections related to agency-wide service delivery. Wrote agency-wide training plan. Designed and monitored outcomes and utilization review systems. Part-time position.

GATEWAY COMMUNITY SERVICES —Lansing, Michigan

1993—1995

Clinical Supervisor, Crossroads Homeless Youth Program

Developed clinical policies and procedures. Performed intakes and determined case dispositions. Performed crisis interventions. Developed, facilitated and delivered professional development training. Provided clinical consultation to the director. In collaboration with other clinical supervisors, planned and implemented training for agency. Half of full-time position.

Coordinator, Crossroads Homeless Youth Program

Interviewed, hired, onboarded and evaluated staff. Assisted the director with grant writing. Ensured that contract obligations were met. Provided consultation and outreach to the community. Supervised all administrative components of the program. Allocated financial assistance to clients for housing and/or education. Half of full-time position.

THE BRANDON RESIDENTIAL TREATMENT CENTER & DAY SCHOOL—Natick, Massachusetts

1988—1990

Case Manager

1989—1990

Co-led and facilitated biweekly treatment team meetings. Led diagnostic and case conference meetings. Served as administrative representative of the agency to all adjunct service providers, including Department of Social Services, Department of Mental health, school systems and psychiatric hospitals. Part-time position.

Clinical Supervisor

1988—1990

Provided weekly clinical oversight of the school crisis counselor and behavioral specialist. Part of role as Staff Psychotherapist.

BOSTON COLLEGE RESIDENTIAL LIFE DEPARTMENT—Chestnut Hill, Massachusetts

Summer 1987 & 1988

College Experience Director (Full Time)

Summer 1988

Developed and directed residential program for high school students attending college's summer program. Trained and supervised resident assistants, as well as the assistant to the director. Provided crisis interventions for students.

Resident Assistant

Summer 1987

Implemented social programming and supervised students in residence hall.

NEWTON COUNTRY DAY SCHOOL—Chestnut Hill, Massachusetts

Summer 1987

Day Camp Unit Director (Full Time)

Planned and implemented all classes and activities for a day camp unit serving 27 4-year-olds. Supervised five camp counselors.

TEACHING EXPERIENCE**MIDDLEBURY COLLEGE—Middlebury, Vermont**

2000—2005

Visiting Assistant Professor, Psychology and Teacher Education

Created and implemented curriculum for courses in Adolescent Development, Abnormal Psychology, Educational Psychology, Diagnosis with DSM-IV and Gender Issues in Psychotherapy. Part-time position.

TRINITY COLLEGE—Burlington, Vermont

1999

Adjunct Faculty, Teacher Education

Developed and implemented curriculum for undergraduate Educational Psychology course. Part-time position.

MICHIGAN STATE UNIVERSITY—East Lansing, Michigan 1990—1993**Self-Defense Instructor, Student Affairs**

1992—1993

Provided educational information about sexual assault. Taught verbal and physical self-defense skills. Part-time position.

Adjunct Faculty, Psychology

1990—1992

Designed and implemented curriculum for undergraduate course in Educational Psychology. Half-time assistantship.

CURRY COLLEGE—Milton, Massachusetts

1988

Adjunct Faculty, Psychology

Designed and introduced curriculum for undergraduate Psychology of Learning course. Part time position.

BENHAVEN SCHOOL FOR THE AUSTIC AND NEUROLOGICALLY IMPAIRED—East Haven, Connecticut

1986

Head Weekend Teacher

Completed and implemented lesson plans. Supervised and launched behavioral management program. Part-time position.

Residential Teaching Assistant

Taught daily living skills to students. Part-time position.

Social Skills Instructor

Planned and conducted social skills trainings for students. Part-time position.

Senior Teaching Assistant

Created and implemented lessons. Supervised four teaching assistants. Part-time position.

WORKSHOPS & PRESENTATIONS

Stephen, L.M. (2022). College Uncovered: 10 Things Moms Need to Know about College Life: On demand, online webinar.

Stephen, L.M. (2021). Mental Skills and Imagery in Physical Therapy, Postural Restoration Institute: Lincoln, Nebraska.

Stephen, L.M. (2020). Negative Thoughts and Emotions Impeding Progress with a Postural Restoration Institute Program, Postural Restoration Institute: Lincoln, Nebraska.

Stephen, L.M. (2020). Enhancing Communication and Connection with the Physical Therapist and Patient, Postural Restoration Institute; Lincoln, Nebraska.

Stephen, L.M. (2019). Vassar Rise Student-Athlete Mental Skills Training, Vassar College; Poughkeepsie, New York.

Stephen, L.M. (2018). Risk Taking Behavior in Adolescent Athletes: We Can Make a Difference, Green Mountain Valley School Alpine Program; Waitsfield, Vermont.

- Stephen, L.M. (2017, 2018). Mental Skills Team Training. Vassar College Women's Basketball Program; Poughkeepsie, New York.
- Stephen, L.M. (1999). Policy and Procedure Training: Confidentiality, Access and Release of Records, Risk and Dangerousness, and Documentation Strategies. Counseling Service of Addison County, Inc.; Middlebury, Vermont.
- Stephen, L.M. (1999). Clinical Risk Management. Counseling Service of Addison County, Inc.; Middlebury, Vermont
- Stephen, L.M. (1996). Depression: When and How to Seek Professional Help. Michigan State University; East Lansing, Michigan.
- Stephen, L.M. (1996). Stress Management and the Holiday Season. Michigan State University Credit Union; East Lansing, Michigan.
- Stephen, L.M. (1995). Connection and Separation: An Exploration of the Beliefs of College Counselors. Community Mental Health; Lansing, Michigan.
- Stephen, L.M. (1994). Counter transference. Gateway Community Services; East Lansing, Michigan.
- Stephen, L.M. (1993). Safety Skills Workshop for Mental Health Professionals; Gateway Community Services; East Lansing, Michigan.
- Stephen, L.M.; Forrest, L; Geisler, C.; O'Brien, J.; and Gainor, K. (1992). The trials, tribulations and triumphs of strong, competent, ethical, feminist graduate students and faculty in Counseling Psychology. American Psychological Association, Division 17, Great Lakes Region Conference; East Lansing, Michigan.
- Stephen, L.M., and Ford, R. (1988). Date Rape. Curry College; Milton, Massachusetts.

RECENT PUBLICATIONS & INTERVIEWS

Contributed on background (2019, December). Grit or Quit column, "This is How the Strength Myth Crumbles." *Men's Health*.

[Losing](#) (2021, July) Sassy Little Podcast.

Interview (2019, January). [So, You Blew the Game. Here's How to Get Over It and Win Again.](#) *Men's Health*.

CONTINUING EDUCATION

Participate in various monthly peer consultation groups and complete annual trainings focused on providing psychological and coaching services. Continuing training to pursue Professional Certified Coach credential through International Coaching Federation.

PROFESSIONAL MEMBERSHIPS

American Psychological Association | Member

American Psychological Association, Division 35, Society for the Psychology of Women | Member

American Psychological Association, Division 47, Society for Sport, Exercise and Performance Psychology | Member

American Psychological Association, Division 17, Society for Counseling Psychology | Member

Association for Applied Sport Psychology | Professional Member

International Coaching Federation | Member

National Board for Health and Wellness Coaching | Member