

Amy Armstrong, LISW - S
The Center for Family Resolution, LLC
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CAREER PROFILE

- Clinical Counseling Practice for Couples, Families, Children, Individuals
- Parent Coaching, Parent Education, Mediation and Parenting Coordination
- Specialization in Transformation for High-conflict Families
- Speaking Engagements and Training for Professional Development

Expertise in: promoting practical, solution-oriented behavioral management in a wide variety of environments including high-conflict families; co-creating strategies to achieve short and long-term relationship and life goals; professional, agency and community partnerships.

PROFESSIONAL EXPERIENCE

THE CENTER FOR FAMILY RESOLUTION, LLC & PARENT STRONG, LLC

Specialists in resolving parenting and family conflict - Serving the Central Ohio area

Parent Education (1996 to 2015)

Lead psycho-educational groups for building awareness and communication skills for healthy partnerships, healthy lifestyle choices and parenting

- The Art of Positive Parenting (TAPP), independent contractor with Action for Children. Provide up to 12 hours of instruction in communication skills for parents in neighborhood, high-risk and business settings. Presentation includes group facilitation and teaching of practical, concrete skills that build positive relationships, healthy lifestyle choices, effective discipline and self-care practices.
- Putting the Children First, independent contractor with Action for Children Present a two-hour required seminar for divorcing parents in Franklin County based on the TAPP skills as well as best practices for co-parenting during and after divorce.
- Parenting and couples workshops on a variety of family, parenting and relationship topics

Parent Coaching (2008 to present)

Co-construct framework from which parents discover strengths and identify, design, and implement desired changes

- Promotion of parental responsibility for discipline and behavior management
- Focus on family and community purpose, unity, and goals
- Alignment with personality preferences and individual needs
- Adjustment to developmental transitions

Mediation (2009 to present)

Serve as neutral facilitator to identify and summarize needs and interests of all parties and catalyze potential agreements

- Divorce, custody, co-parent conflict mediation
- Family mediation

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Parenting Coordination (2011 to present)

Oversee the implementation of a developmentally appropriate parenting plan for high conflict co-parents

- Court ordered or contract-based interventions
- Facilitation of timely conflict resolution
- Constructive strategies for co-parent communication

Collaborative Law (2011 to present)

Facilitate communication and minimize stressors throughout the Collaborative divorce process with family law attorneys and divorcing parties

- Identify and address stressors and communication issues
- Address the needs of children in developmentally appropriate parenting plans
- Create and maintain productive setting in attorney / client meetings

Individual / Family Therapy (2011 to present)

Integrate strength-based family systems theory into practical applications for enhancing primary relationships and daily functioning

- Co-creation of constructive and purposeful mental and behavioral models based on short and long-term goals
- Focus on realistic expectations to discover areas for growth and change

NEMETH COUNSELING AND CONSULTATION, LLC

Progressive and comprehensive counseling practice in Hilliard, Ohio

Part-time Individual, Couples and Family Therapist (2012 to August, 2017)

- Develop treatment plans and behavioral goals for clients
- Implement evidence-based cognitive and solution-focused models for client care
- Participate in group supervision and program development
- Direct mediation program

OVERCOMING BARRIERS

Whole-family intensive interventions when children resist contact with a parent

Contract Clinician – Arizona and Vermont Camp clinical team (2015 to present)

- Develop and implement psycho-educational programming for parents and teens
- Integrate with team members to identify and implement interventions
- Plan follow-up care for families after completion of intensive interventions

Training Co-Director – Vermont Camp (2019 to present)

- Interview applicants and direct training activities for clinical trainees

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EDUCATION AND CREDENTIALS

THE OHIO STATE UNIVERSITY COLLEGE OF SOCIAL WORK

Masters in Social Work. Graduation: June, 2011

MIAMI UNIVERSITY OF OHIO

Bachelor of Science in Elementary Education. Graduation: August, 1983 Luxembourg campus: August to December, 1981

OVERCOMING BARRIERS CHILD-CENTERED PROGRAM FOR FAMILIES IN CONFLICT

Professional Training Program: Spring and Summer, 2014

LICENSED SOCIAL WORKER

State of Ohio Counselor, Social Worker & Marriage and Family Therapist Board: October, 2011

SUPREME COURT OF OHIO

Parenting Coordination Training, December, 2009

FRANKLIN COUNTY COMMON PLEAS COURT, DOMESTIC DIVISION

Mediation Services Apprenticeship. Completion: November, 2009

COMMUNITY MEDIATION SERVICES

Basic and Domestic Mediation Training. Completion: October, 2008

THE PARENT COACHING INSTITUTE, SEATTLE PACIFIC UNIVERSITY

Certified Parent Coach Training. Completion: June, 2008

THE ART OF POSITIVE PARENTING

Instructor Certification. Completion: September, 1997

ON-GOING CONTINUING EDUCATION EXCEEDING LICENSE REQUIREMENTS

VOLUNTEER AND PHILANTHROPIC LEADERSHIP

ASSOCIATION OF FAMILY AND CONCILIATION COURTS (AFCC) OHIO CHAPTER

Board of Trustees: May, 2014 to present; President, 2016-2017

CENTRAL OHIO ACADEMY OF COLLABORATIVE DIVORCE PROFESSIONALS

Board of Trustees: October, 2012 to present; President, 2014-2015

THE OHIO STATE UNIVERSITY, COLLEGE OF SOCIAL WORK

Presenter for MSW classes, 2012 to present; Field Instructor 2014-2015

SUPREME COURT OF OHIO FAMILY LAW REFORM IMPLEMENTATION

Committee Member, 2015 to present

OHIO FAMILY AND CHILDREN FIRST COUNCIL FAMILY ENGAGEMENT COMMITTEE

Parent-Professional Subcommittee Member: November, 2011 to 2012

COURT APPOINTED SPECIAL ADVOCATES (CASA)

CASA of Franklin County Volunteer Guardian ad Litem: April, 2009 to 2012

MIAMI UNIVERSITY SCHOOL OF EDUCATION, HEALTH AND SOCIETY

Member, Advisory Board: September, 2005 to April, 2011

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PROFESSIONAL PRESENTATIONS

Researched, developed, created curriculum and presented:

Transitioning From Argument to Dialogue. Massachusetts Council on Family Mediation Conference Keynote, December, 2018; Ohio Supreme Court Advanced Mediation, November, 2016; AFCC Conference, Boston, MA, June, 2017.

Specialized Family Mediation. Ohio Supreme Court Advanced Mediation, October, 2018.

Trauma Informed Care: Recognizing Trauma and Creating a Safe Process for Clients. Ohio Supreme Court Advanced Parenting Coordination, July, 2017.

Infidelity: Couples Recovery Program. Nemeth Counseling and Consultation, February 2017.

Parenting Coordination Decision Making. Ohio Supreme Court Advanced Parenting Coordination, December 2016.

Branch Out and Breakthrough. The Ohio State University Association of Staff and Faculty Women, May, 2017.

Innovations for High Conflict Families. Ohio Association of Magistrates, September, 2016.

Parental Alienation: Assessment, Interventions, and Practical Applications of Research. Ohio Chapter of Association of Family and Conciliation Courts. April, 2016 and Ohio Bar Association Juvenile Law Seminar, August, 2016.

Co-Resolution: A System of Advocacy for High-Conflict Custody Cases. AFCC Regional Conference, November, 2015; and AFCC Annual Conference, April, 2016.

Collaborative Law Introductory Interdisciplinary Training. Central Ohio Collaborative Divorce Professionals, January, 2015.

Coaching for Co-Resolution. Association of Co-Resolution Professionals: September, 2014.

An Eye on the Guardian: Monitoring Volunteer Guardian ad Litem Compliance. OSU College of Social Work: July, 2010

Putting the Children First, Franklin County Common Pleas Court, Division of Domestic Relations: May, 2010 to present. Required sessions for divorcing parents with minor children in Franklin County

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Engaging Parents as Partners, Ohio Association for the Education of Young Children
Conference: April, 2008; Columbus Association for the Education of Young Children
Conference: January, 2008

PROFESSIONAL MEMBERSHIPS

National Association of Social Workers

Ohio Mediation Association

International Association of Collaborative Professionals

Association of Family and Conciliation Courts – International and Ohio Chapter

Parental Alienation Professional Study Group

Miami University Alumni Association

The Ohio State University Alumni Association