

Vanita Kunert, M.A.

Employee Assistance Specialist-Clinical (EAS-C)
Licensed Marriage and Family Therapist (License #12734)
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CLINICAL SPECIALITIES

Mood and anxiety disorders, workplace referrals for employee conflicts, coping with chronic physical illness, and grief. Couple counseling with a focus on affair recovery, high conflict and commitment-- anxiety couples. **Target:** young adults in tech, LGBT, and alternative sexual lifestyles.

SUMMARY

Seasoned mental health professional skilled at assessment, motivational interviewing (MI), short-term, solution-oriented counseling, cognitive behavioral therapy (CBT), interpersonal psychotherapy (IPT) and case management. Utilize assessment instruments such as PHQ-9 and AUDIT. Managed a hybrid EAP of 10 onsite counselors (contractors) in multiple locations for 20 years.

PROFESSIONAL EXPERIENCE

Private Practice, San Francisco, CA

2016 - Current

Provide short-term, confidential counseling for individuals facing situational and relationship role transitions including relationship breakups, career changes and grief. Utilize a problem-solving, practical approach to support client goals. Conduct couples counseling based on the Bader/Pearson developmental model.

Pacific Gas and Electric Company, San Francisco, CA EAP Manager

2005 - 2015

Managed both the system-wide Employee Assistance Program and the Fitness for Duty Program. Provided direct EAP assessment for addiction, threats, suicidal ideation, eating disorders and serious mental health disorders. Provided crisis intervention, short-term counseling, and case management for sensitive referrals.

- Delivered a large scale critical incident response to employees impacted by the San Bruno disaster which spanned 2 years
- Operated as liaison between the company, the EAP, and the behavioral healthcare vendor by providing the corporate culture filter for stream-lined service delivery
- Implemented a new employee autism benefit program with senior executive support and partnered with behavioral healthcare vendor for delivery of quality services
- Developed strategy for increasing EAP utilization by 5%

- Implemented and maintained confidential EAP database with high standards for privacy including HIPPA
- Administered EAP budget which included counselors, consultants, audits, and overhead fees; monitored for efficiencies

**Pacific Gas and Electric Company
EAP Supervisor**

1994 - 2005

Supervised 10 EAP counselors at multiple work locations within CA including Diablo Canyon Nuclear Power Plant. Responsible for recruiting, interviewing, hiring, and developing staff.

- Provided direct EAP assessment and counseling for individual employees
- Designed and conducted Fitness for Duty program which covered employees who were demonstrating severe impairments on the job--medical, psychiatric, substance abuse, and threats
- Supervised DOT – SAP drug testing assessment and referral to quality chemical dependency treatment centers for employees who tested positive
- Spearheaded the Peer Volunteer Program—a joint company and union program of recovering alcoholics who assisted others with drinking problems

SIGNIFICANT EXPERIENCE

UCSF, St. Mary's, CPMC, Kaiser Permanente, Lockheed Martin,

EDUCATION

Core Strengths Coaching Skills Certificate, San Francisco State University (June 2015)
M.A. Psychology, John F Kennedy, Orinda, CA
BA. Social Work, University of Wisconsin, Madison and Milwaukee, WI

PROFESSIONAL AFFILIATIONS

Employee Assistance Professionals Association (EAPA)
California Association of Marriage and Family Therapists (CAMFT)

VOLUNTEER

**Hospice by the Bay, affiliated with UCSF, San Francisco
Hospice Counselor**

Jan 2015 to Dec 2015

Provided compassionate support to the dying patient and family members.

CURRENT TRAINING

**Developmental Model of Couples Therapy
Ellyn Bader, PhD, The Couples Institute, Menlo Park, CA**

Sept 2016 to May 2017