

## **Rebecca Vanita Kunert, M.A., LMFT**

Licensed Marriage and Family Therapist (License #12734)  
5262 Diamond Heights Blvd #31127  
San Francisco, CA 94131

Cell: (415) 297-9044  
[rebeccakunertlmft@gmail.com](mailto:rebeccakunertlmft@gmail.com)  
[www.rebeccakunert.com](http://www.rebeccakunert.com)  
[www.linkedin.com/in/rebeccavanitakunert](http://www.linkedin.com/in/rebeccavanitakunert)  
NPI: 1265981765

### **CLINICAL SPECIALITIES**

Mood, ADHD, and anxiety disorders, coping with chronic physical illness, and grief. Couple counseling with a focus on affair recovery, high conflict and conflict avoidant couples. **Target:** young adults in tech and those in the LGBT community. Level 2 training in Gottman Method Couples Therapy.

### **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. Critical Incident/onsite disaster support for Concern EAP.

### **PROFESSIONAL EXPERIENCE**

#### **Private Practice, San Francisco, CA**

**2016 - Current**

Provide short-term, confidential counseling for individuals facing situational and relationship issues including relationship breakups, career changes and grief. Utilize a problem-solving, practical approach to support client goals. Conduct couples counseling based on the John and Julie Gottman Method which includes a comprehensive couple assessment, behavioral goals and communication tools. Provider for Lyra Health.

#### **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
- Managed behavioral healthcare contracts with performance guarantees for several large vendors.
- 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**

American Psychological Association (APA)  
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.

## **PAST TRAINING**

**Sexual and Emotional Intimacy Skills**, Stanford, Allison Ash, PhD

**Jan 2022 – Mar 2022**

**Interpersonal Psychotherapy Level A Virtual**, Scott Stuart, MD

**Aug 16 – 24, 2022**

**Evolution of Psychotherapy - Virtual Experience**, John and

**Nov 30 – Dec 5, 2021**

Julie Gottman, and others

**Assessing and Treating Sex Issues in Psychotherapy – Level 1**

**Mar 2019 – Dec 2020**

Martha Kauppi, LMFT, Institute for Relational Intimacy

**Level 2 Gottman Training: Assessment, Intervention, and Co-morbidities**     **January 2019**  
San Francisco, CA

**Developmental Model of Couples Therapy - Ellyn Bader**  
Palo Alto, CA

**Sept 2016 to May 2017**