

## Therapist Questionnaire

Name: Cassandra Ardoin

Age: 57

Gender: Female

Professional Address: 2021 21<sup>st</sup> Avenue, South, Ste. B-103, Nashville, TN 37212

Business Phone: 615-330-3623

I am licensed as a Psychological Examiner in the State of Tennessee.

I am a National Certified Counselor, Master's Addiction Counselor, and National Certified Clinical Hypnotherapist.

Professional organizations to which I belong: TN Association of A/DA Counselors (Association for Addiction Professionals), American Counseling Association, National Board for Certified Clinical Hypnotherapists

Years in practice: 25

Experience (last three places of employment, beginning with most recent):

1. Years: 1992-Present  
Place of Employment: Private Practice  
Title: Psychologist  
Responsibilities: Psychological counseling, psychological evaluations, & hypnotherapy for habitual behaviors
2. Years: 8-05 to Present  
Place of Employment: Find-a-Therapist.com  
Title: Online Therapist  
Responsibilities: Psychological counseling via e-mail, online chat, and telephone sessions
3. Years: 10/99-2002  
Place of Employment: The Guidance Center  
Title: Psychological Examiner, Psychotherapist  
Responsibilities: Child sex abuse examinations, prepared reports and recommendations, psychological counseling (mostly families)

I specialize in the following areas:

psychological testing  
 parenting issues  
 marriage counseling  
 general family issues/family therapy  
 single parenting issues  
 divorce issues  
 blended family issues AND ISSUES OF ADOPTION  
 other: stress, depression, & anxiety resulting from past & present life issues, personal abuse, drug & alcohol use and other addictions, chronic pain, tinnitus & hyperacusis (hearing sensitivity)

My therapeutic understanding of individuals evolves from the development of their personalities, and problem issues in living, over a lifespan. My treatment methods are often directive, with a cognitive-behavioral approach and does encompass a holistic view, e.g. spiritual, biological, psychological, & emotional. I often use therapeutic techniques such as hypnotherapy and relaxation therapy which teach self-monitoring of habitual and self-defeating behavioral and emotional reactions.

My greatest therapeutic strength is having an honest, directive, and respectful approach with the person(s) involved in the relationship.

I was married for 20 years and am now divorced, with a short marriage prior to this one.

I have children of my own, Jamie (son, 14) and Eliza (daughter, 9) who live with me.

I have registered with [www.rosemond.com](http://www.rosemond.com) because I have followed the parenting advice since before my children were born and continue to recognize Dr. Rosemond's work as a calm and rational voice in the world of parenting as well as in *all* relationships.

My general feelings about John Rosemond's parenting and family philosophy: Please see the paragraph above! I once wrote an advice column for teens entitled "Somebody's Listening" for the Nashville Banner. My best compliment was that I had the "written voice of a Dr. Rosemond." I liked that!