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www.monsterrelationships.com

Rod Louden is a licensed marriage and family therapist in Woodland Hills, California. Rod is a Board Certified Professional Counselor through the American Psychiatric Association. Rod is a graduate of the University of Colorado, Boulder where he received a Bachelor's Degree in Clinical Psychology. Rod received his Master's Degree in Clinical Psychology from Antioch University in Los Angeles. Rod also holds a vocational degree in music from the Musicians Institute in Hollywood, California. Rod is the author of *Monster Relationships: Taming the Beasts that are Killing Your Relationships* and was selected to be a contributing author to *101 Great Ways to Improve Your Life, Vol. 3*, <http://www.1shoppingcart.com/app/?Cik=1825454> along with Mark Victor Hansen (Chicken Soup for the ... fame), Ken Blanchard, Les Brown, Bryon Katie and others. In 2006, Rod was selected to be a presenter at the California Association of Marriage and Family Therapists where he presented *The Power of Letter Writing in the Therapeutic Process*.

In addition to working with people who are looking to make positive life changes in private practice, Rod is a Supervising Children's Social Worker for the Department of Children and Family Services for Los Angeles County, where he has been on the front line since 1996. Rod also provides clinical supervision to interns who are working toward licensure. Rod is also a professionally trained mediator. Rod worked as a group therapist at the Child Sexual Abuse Program for 7 years.

Rod has a unique background having worked in a number of different professions. Rod is a classically trained French Pastry Chef having apprenticed for Bruce Healy who has written several cook books including *Mastering the Art of French Pastry*. Rod has done every job one could have in a restaurant from bus boy to general manager. Rod worked as a house painter for 5 years, drove a limo, and, as a musician, played in clubs all over Los Angeles and Las Vegas. Thus, Rod has viewed/experienced the world from a variety of perspectives, which combined with years of clinical experience, and post session letter writing provides clients a truly unique therapeutic experience. Daily, through his work as a therapist, social worker, and author, teacher/supervisor, Rod helps people create clarity regarding the choices that they can make in order to experience a more fulfilling, happy, and successful life.

Education/License

Licensed Marriage and Family Therapist
MFC 39259

Master of Clinical Psychology
Antioch University, Marina del Rey,
California, 1995

Bachelor of Arts, Clinical Psychology
University of Colorado, Boulder, 1983

Vocational Degree, The Musicians Institute, 1988

Career Objectives

To continue to gain experience and increase my abilities as a Marriage and Family Therapist, Clinical Supervisor, and Supervising Children's Social Worker through working with diverse populations with a myriad of problems. To assist

families, groups, and individuals to overcome and work through painful life situations. To empower clients and provide them with the ability to solve and work through problems as they arise. To continue to publish books and articles and to share knowledge with others around the world.

Published Works

101 Great Ways to Improve Your Life, Vol. 3—Self Improvement Online. Inc, 2006.

Monster Relationships: Taming the Beasts that are Killing Your Relationships—New Guru Publishing 2005

In Search of the Holy Grail, —The California Therapist; March/April 1998, Volume 10, Issue 2.

Current Employment

Marriage and Family Therapist – Woodland Hills, California

It is one's relationship with a problem that is the problem. Once I help a client to identify problematic relationship problems, I work with him/her/them to change the dynamics of this relationship so that the problem no longer causes emotional suffering. As one learns how to avoid living in a problem saturated world, one becomes a more powerful and emotionally skilled individual. This in turn, increases an individual's chances of reaching unrealized dreams and goals. I am experienced in a wide number of issues: Addictions, Adolescents, Adult Perpetrators of Sexual Abuse, Anxiety, Children, Child Abuse, Depression, Couples Counseling, Crisis Intervention, Learning Disabilities, Life Transitions, Mediation, Men's Issues, Obsessive Compulsive Disorder, Parenting, Self-Esteem, Step/Blended Families, Relationship Issues, Stress, Survivor's of Child Abuse, Substance Abuse, and Victims of Crime.

Supervising Children's Social Worker, Los Angeles, California

I function with a high level of independence and initiative in providing a full-range of critical protective services such as emergency response, child and adult case supervision and planning, providing Family Reunification, Family Maintenance, and Permanent Placement Services. I supervise 8 to 10 Children Social Workers and approximately 225 children and their families. I possess an in-depth knowledge of the laws and departmental policies related to their functional area which include dependency court procedures and resources and techniques needed to solve problems of adults and minors who have a wide range of problems. I work toward reunifying families, keeping families intact or providing legal permanency when reunification services fail. I have experience with freeing children from natural parents and establishing legal adoptions. I have knowledge of Federal and State laws, regulations and court procedures regarding reunification and providing legal permanency. I possess a broad knowledge of the appropriate resources and casework techniques used to resolve child and family problems.

Expert Author, Ezinearticles.com

I regularly write articles regarding relationships and life issues. My articles have over 10,000 reads at the Ezine website and are routinely published by other Internet sites. http://ezinearticles.com/?expert=Rod_Louden