

C.J. BERGMEN

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PROFESSIONAL SUMMARY

Seasoned professional with 20 years of leadership experience and a recent focus on clinical mental health with a specialization in trauma and attachment therapy. Skilled in EMDR (Level 2) and Gottman Method (Levels I and II). Experienced in caring for a wide range of clients in age and symptomology. Embraces a person-centered, strength-based approach, valuing the integration of mind, body, heart, and soul for holistic healing. Advocates for the biopsychosocial model, ensuring comprehensive care. Proven success in pastoral leadership and community engagement.

SKILLS

- Trauma
- Attachment
- EMDR
- Relational Rapport
- Warm Presence
- Strength-based
- Gottman Level I and II
- Client-Centered

EDUCATION

Master of Arts | Clinical Mental Health – 2023

Townsend Institute, Concordia University | Irvine, CA

Master of Arts | Theology – TBD

Reformed Theological Seminary | Charlotte, NC

Bachelor of Arts | Theology – 2003

Grand Canyon University | Phoenix, AZ

WORK HISTORY

Clinical Intern | Christian Family Care | Phoenix, AZ – 01/23 - Present

- Client Assessment: Conducting initial assessments and interviews to understand client needs and history.
- Individual Therapy Sessions: Providing one-on-one counseling sessions under supervision, employing various therapeutic techniques.
- Treatment Planning: Collaborating with supervising counselors to develop and implement effective treatment plans for clients.
- Case Management: Maintaining client records, writing session notes, and managing case files in accordance with legal and ethical standards.
- Observation and Feedback: Observing experienced therapists and receiving constructive feedback to improve counseling skills.
- Professional Development: Attending training, workshops, and seminars to enhance knowledge and skills in specific areas of counseling.

Lead Pastor | Citizens Church | San Francisco, CA – 4/14 - Present

- Established and implemented a clear vision for a church in an urban context.
- Responsible for preaching, leading worship, and establishing Sunday gathering culture.
- Raised funds from individuals, churches, and organizations for an annual budget of \$500,000.
- Raised up and equipped deacons and elders to serve in the church.
- Modeled a culture of healthy leadership through humility, servanthood, and attentiveness to my own health.
- Coached and trained other church planters regionally and nationally.
- Effectively led a staff of 3-4 full-time employees.

Digital Marketing Sales Representative | Honeycomb | San Francisco, CA – 6/14 - 9/15

- Oversaw marketing projects from conception to completion, including conceptual planning, schedule management, and final execution.
- Collaborated with marketing teams to create, deploy, and optimize effective campaigns for clients.
- Increased brand awareness and generated leads while managing internal and external marketing campaigns and programs.

REFERENCES

Jennie Dalcour, MA, LPC
Clinical Services Supervisor | Christian Family Care, AZ
(602) 287-9125
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Dave Ainsworth
Lead Pastor | Citizens Church of San Francisco
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Rich Plass
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