

Tanji Wolfert, SUDC, CCTP

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Education

Bachelor of Science in Psychology

Utah Valley University

May 2018

Cum Laude

Substance Use Disorder Counselor Program

Utah Valley University

May 2014

Internship

Substance Use Disorder Counselor Internship

Utah County Department of Drug and Alcohol Prevention and Treatment, Outpatient Treatment - 2014

- *Co-morbidity Experience*
- *Homeless Shelter Groups*
- *Women's Groups*

Specialization

Licensed Substance Use Disorder Counselor (SUDC)

State of Utah

2015-present

Qualified Mindfulness-Based Stress Reduction Instructor

University of Massachusetts Medical School's Center for Mindfulness in Healthcare and Society

2018-present

Certified Clinical Trauma Professional (CCTP)

International Association of Trauma Professionals

2019-present

Skills & Trainings

Mindfulness Oriented Recovery Enhancement 2019

- *Dr. Eric Garland, University of Utah Social Work*

Brainspotting Phase One 2019

Non-Violent Communication 2019

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Learning to BREATHE Mindfulness for Adolescents 2018
Mindfulness-Based Stress Reduction for Teens 2018
Mindfulness-Based Stress Reduction Teacher Training intensive 2018
- *University of Massachusetts Medical School's Center for Mindfulness in Healthcare and Society*
Mindfulness-Based Stress Reduction Teacher Training Fundamentals 2017
- *University of Massachusetts Medical School's Center for Mindfulness in Healthcare and Society*
Acceptance and Commitment Therapy 2016
Motivational Interviewing 2014

Volunteer Work

Wasatch County Mental Health Coalition Member – 2016-Current
Community Care Coalition Member – 2019-Current
Wasatch High School Prevention Programs – 2016-Current
Midway Swiss Days Representative 2015-2018
Cub Scout Den Leader 1999-2004

Work Experience

Chateau Recovery

- *Substance Use Disorder Counselor*
- *Mindfulness for Relapse Prevention Instructor*

August 2015-Present

Intermountain Health Care

- *Qualified Mindfulness-Based Stress Reduction 9-week Course Instructor*

September 2018-Present

Alpine School District

- *Qualified Mindfulness-Based Stress Reduction 8-week Course Instructor*

August 2018-Present

Utah Valley University

- *Community Education Teacher*
 - o *Adult and Adolescent Introductory Mindfulness Courses*

January 2017-April 2018

Research Interests

Addiction
Co-morbidity
Trauma

Post-Traumatic Stress Disorder

Somatic Processing

Meditation

Mindfulness

Stress Management

Adolescents

First Responders