

CURRICULUM VITAE

Jan F. Anderson, Psy.D., LPCC

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EDUCATION

California Southern University
Doctor of Psychology
Magna Cum Laude

Santa Ana, CA
October 2009

Spalding University
Master of Arts
Magna Cum Laude

Louisville, KY
May 1988
Counseling Psychology

University of Tennessee
Bachelor of Science
Cum Laude

Martin, TN
June 1975
Psychology

PROFESSIONAL

LifeWise Inc.
Founder and Owner

Louisville, KY
1995 - present

Providian
Director, Life Annuity Marketing

Louisville, KY
1988-1995

Capital Holding Corporation
Training and Development Manager

Louisville, KY
1982-1988

South Central Bell
Account Executive
Communications Consultant

Nashville, TN
1980-1982
1979-1980

Little, Thrailkill & Owen, P.C.
Paralegal

Nashville, TN
1977-1978

Scott & Buffalo, Attorneys At Law
Paralegal

Nashville, TN
1976-1977

Third National Bank
Customer Relations Representative

Nashville, TN
1975-1976

CERTIFICATION AND LICENSURE

Kentucky Board of Licensed Professional Clinical Counselors	January 2000
Southern Institute of Yoga Instruction	February 2001
Phoenix Rising Yoga Therapy	June 1995

PROFESSIONAL AFFILIATIONS

American Counseling Association
Kentucky Counseling Association
Kentucky Mental Health Counselors Association
Kentucky Psychological Association
Voice Dialogue International

PUBLICATIONS BY DR. JAN ANDERSON

Forgiveness therapy as a positive psychology intervention (doctoral project presented to California Southern University School of Behavioral Science), October 2009.

Women in transition: An opportunity for self-discovery and personal transformation. Kentuckiana Healthy Woman, May 2006.

Yoga for the heart. Kentuckiana Healthy Woman, March 2006.

Soul peaceful: Finding an inner calm where the river flows. Welcome Home Kentuckiana/Courier Journal, August 2004.

Mindful eating meditation: How to curb compulsive overeating. Kentuckiana Health Fitness, November 2002.

Restorative yoga: Self-help for injuries, illnesses and conditions. Illuminations Magazine, April 2000.

The healthy woman: Aging gracefully. Today's Woman, February 1999.

Yoga: An attractive avenue to complete body/mind fitness. Kentuckiana Health Fitness, March 1998.

REFERENCES

Miren Asumendi, M.D.
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