

About Your Coach: Christine R. Copeland, Ph.D.

I earned my Ph.D. in Developmental Psychology from the University of Hawaii in 1980. In the process, I moved from Oahu to San Diego, where I gave birth to my first daughter, then on to Riverside, California, and then to Kent, Washington, where my second daughter arrived the day after my dissertation was completed. Between 1982 and 1997, I pursued licensure as a clinical psychologist in Washington, additional training in family therapy and interactive guided imagery, taught parenting classes, and established a thriving private practice in Kent. In 1997 I accompanied my husband David and then sixteen-year-old daughter Nikki to Lancashire, England.

While looking for a school in England where my daughter could thrive, I wrote a 40-hour curriculum to help adolescent girls negotiate the transition into adulthood, presenting it three times at the University of Maryland, and also offered several trainings on adolescent rites of passage for teachers in upstate New York. In 1998, my husband and I moved to a small village in Somerset, England, where I offered a year-long workshop to British and American women based on Julia Cameron's *'The Artist's Way.'* In 1999, we moved back to Lancashire, where I developed a curriculum to help my fellow ex-pats deal with cross-cultural change, and this evolved into an ongoing support group which continued until my departure from the U.K. in February of 2002, following the death of my husband.

After returning to Seattle, I offered a variety of workshops providing creative solutions to the challenge of change. In mid-2003, I added Life/Transition coaching to my repertoire as I pursued training from MentorCoach, which added a new dimension to my work with individuals and groups moving through changes in education, career, geographical location, relationships, and developmental status. And between 2004 and 2005 I collaborated with a coach in New Zealand to provide programs for women at midlife to help them become their own "Midlife Heroines."

In 2006, I remarried and moved to Edmonds, WA, where I went back to private practice. We are now in Port Townsend, WA, where I am offering both coaching and psychotherapy.

For more information about me and the kind of work I do, you may visit my website at www.christinecopelandphd.com. Or if you wish, you may request a more complete resume.

You should also be aware that although coaching is NOT therapy, as a coach I abide by the ethical guidelines of the American Psychological Association for psychologists. *Inquiries about a psychologist's professional qualifications and/or treatment may be directed to the Examining Board of Psychology, Division of Professional Licensing, P.O. Box 9649, Olympia, WA 98054.*

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