



cassady kintner, LMFT

### **EDUCATION**

M.S. Marriage and Family Therapy, Seattle Pacific University, 6/2014  
Medical Family Therapy Certification, Seattle Pacific University, 6/2015  
B.A. Psychology, Seattle Pacific University, 8/2008

### **LICENSURE, SCHOLARSHIPS AND AWARDS**

Marriage and Family Therapist (LF 60739257), licensed 04/17  
Washington Association for Marriage and Family Therapy Scholarship Recipient,  
2013 – 2014  
Wellspring Scholarship Recipient, Seattle Pacific University, 2005 - 2008

### **PROFESSIONAL POSITIONS & EXPERIENCE**

**Medical Family Therapist in Private Practice**, Seattle, WA, 9/2014 – Present.

Provide individual, couple and family psychotherapy specializing in co-occurring medical and psychological disorders; conduct bio/psycho/social/spiritual assessment and treat issues specific to chronic illness including disease complications, depression, anxiety, body image, grief, power struggles and relationship conflicts, collaborating and consulting with patient's health care team.

**Behavioral Health Provider – Intern for TEAMcare at Polyclinic Madison Center**, Seattle, WA, 7/2014 – 7/2015. Counseled families, couples and individuals with multiple mental and physical chronic illnesses; collaborated with physicians, nurses, psychiatrists, social workers and dietitians to help patients reach their health care goals; facilitated support groups and presented on chronic illnesses.

**Behavioral Health Provider – Intern for Sound Mental Health**, Tukwila, WA, 9/2012 – 6/2014. Counseled a diverse population of families, couples and individuals; created and implemented integrated, solution-focused treatment plans; coordinated care with other service agencies and systems.

**AmeriCorps VISTA Partnership Coordinator for Big Brothers Big Sisters of Puget Sound**, Seattle, WA, 10/2008 – 10/2009. Responsible for communication and assessment of needs of people from various ethnic and socioeconomic backgrounds; facilitated relationships with various organizations and individuals to coordinate activities and recruit volunteers—adults and children.

**Salvation Army Adult Rehabilitation Center – Intern**, Seattle, WA, 3/2007 – 6/2007. Facilitated therapy groups including Alcoholics/Narcotics Anonymous meetings; conducted intake interviews, led family sessions.

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## **SPEAKING, FACILITATION AND WORKSHOP EXPERIENCE**

**Creator and Facilitator for Workshops of Parents of Kids with Diabetes**, Greater Seattle Area, 1/2018 - Present. Tailored workshops “How To Talk So Kids Will Listen” Workshop (6 week series and 1 day intensive) to unique needs of parents of kids with diabetes.

**Speaker at Seattle Public School Nurses’ Training**, Seattle, WA, 2/2018. Provided psychoeducation around nuances of T1D within school and family systems. Presented psychosocial solutions to case studies submitted by attendees..

**ConnecT1D Retreat Program Director**, 6/2016 – Present. Designed and established a program addressing the biopsychosocial needs of patients with T1D and their families. Coordinated event volunteers and speakers. Negotiated conference space and accommodations for 85 people.

**Support Group Facilitator for University of Washington Diabetes Care Center**, Seattle, Washington, 8/2015 – Present. Built and presented intensive 6-week curriculum addressing and providing strategies pertaining to T1D psychosocial issues; adapted curriculum for continuation of monthly meetings.

**Presenter for Camp Leo’s Family Camp**, Seattle, WA, 5/2017  
“From Pancreas-by-Committee to Self-Management: What you need to know about the transition of diabetes care”. Addressed psychosocial issues and importance of support for parents of children with T1D.

**Presenter/Professional Panel for Juvenile Diabetes Research Foundation (JDRF) and College Diabetes Network (CDN)**, Seattle, WA, 4/2017, 10/2016. “Taking T1D to College”. Addressed psychosocial topics for people with T1D in the launching phase of life.

**Speaker for Crohns and Colitis Foundation of America’s Patient Education Conference’s “Living with Multiple Health Conditions” Panel**, Seattle, WA, 3/2017. Discussed experiences and strategies adopted to successfully navigate the emotional and logistical challenges of living with multiple health conditions.

**Presenter/Facilitator for Evergreen Health Diabetes Education and Nutrition Services Support Group**, Kirkland, WA, 3/2017. Delivered “De-Stressing Diabetes” Powerpoint on the differences between Major Depressive Disorder and Diabetes Distress (DD) and coping skills for various types of DD.

**Presenter/Professional Panel on Diabetes Burnout for American Diabetes**

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**Association's Wellness Expo**, Seattle, WA, 11/2016. Moderated discussion and addressed questions pertaining to definition and trajectory of burnout, warning signs coping strategies.

**Presenter and Facilitator for JDRF'S TypeOneNation**, Redmond, WA, 10/2016. Created separate curriculums and facilitated discussions and connections for teens around challenges and successes of managing T1D, and partners and loved ones of people with T1D in "Best Practices for T3s".

**Presenter/Speaker for Menu for Change Program at Polyclinic Madison Center**. Seattle, WA, 9/2016. "Chronic Wellness: Staying Motivated in the Midst of Chronic Medical Conditions". Identified and provided strategies for coping with chronic conditions while staying engaged and focusing on health and wellness.

**ConnecT1D Retreat Program Partner/Liaison and Presenter**, Seattle, WA, 8/2015 – 6/2016. Created and facilitated retreat program tracks and sessions addressing psychosocial needs of patients and families living with T1D; provided basic education and moderator training.

**Support Group Facilitator in private practice**, Seattle, WA, 2/2016 – 6/2016. Lead group addressing psychosocial issues for women ages 14-25 living with diabetes.

**Program Planning Committee, Presenter, Panelist and Group Facilitator for Camp Leo**, Seattle, WA, 5/2016. "The Importance of Encouraging and Balancing Ownership and Relationship Skills in Children with Chronic Illness". Created and facilitated co-occurring programs addressing psychosocial needs for children with T1D and their parents.

**Presenter for Sports and Diabetes Group Northwest Winter Workshop**, Seattle, WA 2/2016. Discussed and facilitated conversations around Diabetes Distress how it differs from Major Depressive Disorder. Provided etiology, coping skills and resources.

**Presenter and Program Planning Committee Member for ConnecT1D Family Camp**, Seattle, WA, 10/2015. Delivered "Encouraging Independence: How to Empower Your Loved One with T1D" presentation for parents. Organized retreat program tracks; responsible for generating content, coordinating with speakers.

**Teen Panelist/Workshop Leader for Juvenile Diabetes Research Foundation TypeOneNation Summit**, Redmond, WA, 10/2015. Facilitated large and small groups while discussing and answering questions about personal journey with T1D.

**Presenter for Crohns and Colitis Foundation of America's "Best Practices in IBD Management: An Educational Update"**, Seattle, WA. Identified and explained

most common psychosocial obstacles for IBD patients and how nurses can support their mental health.

**Presenter/Speaker for Menu for Change Program at Polyclinic Madison Center.** Seattle, WA, 7/2015. “Healthy Relationships: Building and Maintaining Support to Sustain Success”. Identified, defined and provided strategies for obtaining different types of support as well as how to maximize internal and external support systems

**Presenter/Workshop Leader for American Diabetes Association Stop Diabetes Initiative,** Seattle, WA, 4/2015. “Diabetes: Shedding the Stigma of Shame”. Created and presented curriculum addressing psychosocial concerns including shame and blame relating to type 1 and type 2 diabetes.

**Presenter/Group Facilitator for Polyclinic Diabetes Support Group,** Seattle, WA, 3/2014 – 3/2016. Built intensive 6-week curriculum providing strategies pertaining to psychosocial issues for people living with type 1 diabetes; adapted curriculum for continuation of monthly meetings.

**Workshop & Support Group Facilitator for Polyclinic Menu for Change Weight Management Program,** Seattle, WA, 6/2014. Created curriculum addressing the importance of support in achieving and maintaining healthy weight loss; facilitated discussion around sustainable lifestyle change.

**Presenter for JDRF Research Symposium, Western Canada Chapter,** Nanaimo and Victoria, BC, 4/2013. Delivered speech including powerpoint presentation on the psychosocial issues for patients and families associated with T1D and “diabulimia”.

**HealthLink Correspondent for King5 News,** Seattle, WA, 3/2013. “Dangers of Diabulimia”; provided information about prominence of “diabulimia” as well as warning signs for parents and caretakers.

### **VOLUNTEER WORK**

**ConnecT1D Board Chair,** Seattle, WA. 1/2017 – present. Overseeing strategic planning, organizational development and financial management of nonprofit board and staff of organization serving people living with Type 1 Diabetes. Chair of ConnecT1D Retreat since 2016, key volunteer and presenter at Family Camp since 2013 and ongoing fundraising events.

**Camp Leo Planning Committee and Presenter,** Seattle, WA, 2016. Planned and facilitated camp activities for families living with Type 1 Diabetes.

**Counselor for American Diabetes Association’s Camp Wana-Kura,** San Diego, CA, 7/1997, 7/1998, 8/1999, 7/2000, 8/2001, 7/2003. Facilitated educational and

recreational activities; assisted in blood sugar monitoring and insulin administration.

## **RESEARCH**

**Graduate Assistant for Professor Scott Edwards at Seattle Pacific University**, Seattle, WA. 8/2012 – 6/2014. Researched articles and analyzed data for professors' projects; assisted in national COAMFTE accreditation for MFT program.

**Undergraduate Research Assistant for Friends and Family Lab at Seattle Pacific University**, Seattle, WA, 9/2007 – 6/2008. Performed research on various types of intervention focusing on attention processes and emotion regulation

## **PROFESSIONAL MEMBERSHIPS**

American Association for Marriage and Family Therapy

Collaborative Family Health Care Association

ConnecT1D

American Diabetes Association

Juvenile Diabetes Research Foundation