

**PAULA M. WON, MEd, MA, CMFT**  
**Healthy Therapy Online Care, LLC**  
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**CAREER OBJECTIVES:**

To continue to own and operate Healthy Therapy Online Care, LLC, while providing Acceptance Commitment Therapy (ACT) Coaching that is customized to the strengths of each individual. Healthy Therapy Online Care, LLC will maintain the use of effective non-pathologizing comprehensive therapeutic strategies and master techniques to advance people through life transitions and self-exploration.

**EDUCATION:**

**MASTER OF ARTS IN MARRIAGE AND FAMILY THERAPY**

College of Behavioral Sciences at Argosy University, Hawaii (Regionally Accredited by WASC)

Awarded the Postgraduate Academic Scholarship (Cumulative GPA: 4.0)

**Master's Research Title:** *The Evidence-Based Practice of Acceptance Commitment Therapy for Anxiety, Depression, and Phobias*

**Master's Capstone Project:** *The Neuroscience and Efficacy of Narrative Therapy on Attachment Breaks and Attachment Repair in Children*

**MASTER OF EDUCATION IN TEACHING**

Concentration Areas: Inquiry Methodology and Science Education

University of Hawaii (Regionally Accredited by WASC)

Received a \$9,000 Educational Grant (Cumulative GPA: 3.98)

**Master's Thesis:** *The Efficacy of a Multi-Sensory, Multi-Modal Approach to Science Education*

**BACHELOR OF ARTS**

Liberal Studies: Educational Psychology

Concentration Areas: Science Education, Statistical Analysis, and Education Administration

University of Hawaii (Regionally Accredited by WASC)

**COUNSELING & TEACHING EXPERIENCE:**

**2015-PRESENT**

**HEALTHY THERAPY ONLINE CARE, LLC**

**OWNER, CERTIFIED RELATIONSHIP THERAPIST & ACT COACH**

As the owner, I provide Acceptance Commitment Therapy Coaching for people seeking authentic happiness, creativity, mindful-consciousness, motivation, stress reduction, and transformative learning. Healthy Therapy Online Care uses online education and mind-body healing practices to engage clients in the growth process. With the use of psychometrics and contextual personality type indicators, clients gain greater self-knowledge and move forward with more self-awareness. Healthy Therapy Online Care is a strength-based coaching corporation with an international reach. It utilizes master techniques, tools and exercises to engage clients in the recovery, exploration, and self-leadership process.

**2013-2014**

**WAIKIKI SCHOOL** (Earned National Blue Ribbon School Award 2013-2014)

**SCHOOL COUNSELOR & HABITS OF MIND INSTRUCTOR** (Internship)

I conducted individual and group counseling with the focus on emotional intelligence (EQ) through the use of directed art-therapy and expressive narrative play therapy. I instructed a University of Hawaii sponsored program called Philosophy for Children (P4C) that concentrated on the development of inquiry and critical thinking skills. I was also the facilitator of a school peer-mentoring program that encouraged cooperative learning techniques. During the summer program, I continued as the Behavioral Counselor. At the end of this internship, I was offered the position of School Psychologist/Counselor.

**2008-2010**

**ST. ANDREW'S PRIORY SCHOOL**

FIFTH GRADE TEACHER (Smart Board® Technology Teacher & Student Council Faculty Advisor)

I taught American history, introductory physics, English and an advanced sixth grade level math course to fifth graders. I taught all of these subjects in an exploratory style that allowed students to become engaged in the learning process through inquiry and analysis. I was the only Promethean® trained Smart Board® teacher in the school and used a Promethean® interactive white board everyday in my lessons. I utilized online educational software tools to help prepare children for a technology filled future (see 2009 evaluation).

**1999-2008**

**ST. ANDREW'S PRIORY SCHOOL**

FOURTH GRADE TEACHER (Science Chairperson & Academic Committee Member)

I taught the fourth grade core subjects which included: Hawaiian history and Native American studies, English, advanced 5th grade math, geology, biology, and oceanography. I used a multi-sensory, multi-modal approach to teach science and math. I integrated technology into the curriculum by teaching students how to create science web pages, iMovies, and iDVDs. My fourth grade class website won an award for being the best faculty website. I also facilitated a homeroom session where I had the opportunity to guide and counsel students in meeting their academic and social goals. I provided helpful guidance to families in need of parent-child relationship support. My students gained confidence and learned how to work harmoniously and collaboratively with each other. The school principal asked me to be an educator to other educators in teaching excellence (see 2004 and 2005 evaluations).

**1998**

**MOKULELE ELEMENTARY SCHOOL**

KINDERGARTEN TEACHER (Internship)

I was a full-time kindergarten teacher with a class of twenty-three kindergarten students. I was responsible for encouraging and guiding each student throughout the learning process. I developed the daily lesson plans and activities utilized in the classroom. I frequently collaborated with grade level colleagues and participated in school-wide functions (see 1998 evaluation).

**1996-1997**

**ALA WAI ELEMENTARY SCHOOL**

FOURTH GRADE INSTRUCTOR (Mentorship)

I team-taught during my mentorship in graduate school. Another Master of Education student and I taught a class of thirty-two fourth graders and implemented hands-on exploratory activities in math and science. We also collaborated together to integrate our history lessons into our language arts activities (see letter of recommendation and mentorship evaluation).

**1994-1996**

**MANOA ELEMENTARY SCHOOL**

A+ PROGRAM TEACHER (Third Grade)

I was responsible for organizing and conducting safe and fun activities for fifty-one students. I prepared and put into action the daily lesson plans and activities with my two assistants (see letter of recommendation).

**1989-1991**

**AIKAHI ELEMENTARY SCHOOL**

A+ PROGRAM PE TEACHER (K-3 Grades)

I planned and implemented a physical education program for children in kindergarten through third grade (155 children). I conducted a Kid-Fit Program and was responsible for qualifying students for the National Presidential Physical Fitness Awards. The A+ Program director asked me to take over his daytime teaching responsibilities, while he assumed the position of acting vice-principal at Aikahi Elementary School (see letter of recommendation and evaluation).

### **ACCOLADES & WORKSHOPS:**

- 2014** Offered a DOE position as Educational Psychologist/Academic & Behavioral Counselor.
- 2011** Awarded an Academic Scholarship from Argosy University, Hawaii.
- 2010** Interviewed and featured in an article published on the Honolulu Advertiser.com website regarding my hands-on and technology infused 5th grade classroom (May 13, 2010).
- 2009** Attended a SMART Board® teacher-training workshop on interactive white board technology held by SMART Technologies.  
Completed Promethean Board® teacher training in interactive white board technology instruction for educators, held by Promethean Planet.com.
- 2008** Attended a technology workshop on Podcasting & GarageBand software held by the Apple Co.
- 2005** Teaching photo of me published in Honolulu Magazine's guide to private schools.
- 2004** Completed a self-taught iDVD on-line technology-training course produced by Apple Co.
- 2003** Awarded best faculty website in the elementary division at St. Andrew's Priory.
- 2002** Nominated for Disney's American Teacher Award.
- 1999** Taught educators at a professional growth K-12 teacher training workshop. This teacher training strategy was on the "Teach-It-Back" method.
- 1998** Received a \$9,000 grant from the University of Hawaii for the MEd Teaching Program.

### **PROFESSIONAL ASSOCIATION MEMBERSHIPS**

Association of Cognitive Behavioral Science (ACBS)  
Association of Hawaii School Psychologists (AHSP)  
National Organization for Women (NOW)