

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

To continue to own and operate Healthy Therapy Online Care, LLC, while providing Acceptance Commitment Therapy that is customized to the strengths of each individual.

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

- Provide Acceptance Commitment Therapy for behavioral health, stress reduction, and mindfulness.
- Create online education and mind-body healing practices to engage clients in the growth process.
- Focus on clients' self-knowledge and self-awareness while using coaching methods and psychometrics.
- Utilize 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)

- Conducted individual and group counseling with the focus on emotional intelligence (EQ) through the use of directed art-therapy and expressive narrative play therapy.
- Instructed a University of Hawaii sponsored program called Philosophy for Children (P4C) that concentrated on the development of inquiry and critical thinking skills.
- Facilitated a school peer-mentoring program that encouraged cooperative learning techniques.
- Continued as the Behavioral Counselor during the summer program.
- Offered the position of School Behavioral & Academic Counselor.

2008-2010

ST. ANDREW'S PRIORY SCHOOL

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

- Created curriculum in advanced math, American history, introductory physics, English, and technology.
- Encouraged all students to become engaged in the learning process through inquiry and analysis.
- First Promethean® trained Smart Board® teacher in the school.
- Enhanced lessons with interactive Promethean® smart board software daily.
- Utilized online interactive digitally projected math manipulatives and science experiments.
- Guided student leadership as the Student Council Faculty Advisor.
- 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).
(See website link to 2009 evaluation.)

1999-2008

ST. ANDREW'S PRIORY SCHOOL

FOURTH GRADE TEACHER (Science Chairperson & Academic Committee Member)

- Instructed core subjects which included: advanced math, geology, biology, oceanography, Hawaiian history, Native American studies, English, and technology skills.
- Used a multi-sensory, multi-modal approach to teach all subjects.
- Taught students how to create science web pages, iMovies, and iDVDs.
- Won an award for having the best faculty website.
- Facilitated a homeroom session to guide and counsel students in meeting their academic and social goals.
- Provided helpful guidance to families in need of parent-child relationship support.
- Principal asked me to be a mentor to other educators in teaching excellence (as cited in website link to 2004 & 2005 evaluations).

1998

MOKULELE ELEMENTARY SCHOOL

KINDERGARTEN TEACHER (Internship)

- Full-time kindergarten teacher with a class of twenty-three kindergarten students.
- Responsible for encouraging and guiding each student throughout the learning process.
- Developed the daily lesson plans and activities.
- Frequently collaborated with grade level colleagues and participated in school-wide functions
(See website link 1998 evaluation.)

1996-1997

ALA WAI ELEMENTARY SCHOOL

FOURTH GRADE INSTRUCTOR (Mentorship)

- Taught a class of thirty-two fourth graders and implemented hands-on exploratory activities.
(See website link to DOE letter of recommendation and MET mentorship evaluation.)

1994-1996

MANOA ELEMENTARY SCHOOL

A+ PROGRAM TEACHER (Third Grade)

- Responsible for organizing and conducting safe and fun activities for fifty-one students.
(See website link to letter of recommendation.)

1989-1991

AIKAHI ELEMENTARY SCHOOL

A+ PROGRAM PE TEACHER (K-3 Grades)

- Planned and implemented a physical education program for 155 children.
- Qualified students for the Presidential Physical Fitness Awards (PPFA).
- Program Director asked me to take over his regular physical education classes, while he assumed the position of acting Vice-Principal at Aikahi Elementary School (as cited in evaluation).

PROFESSIONAL ASSOCIATION MEMBERSHIPS

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

WORKSHOPS & ACCOLADES:

- 2018** Approached by the Acquisitions Team at Callisto Media for a reader-friendly ACT book.
- 2015** Launched private practice Healthy Therapy Online Care, LLC.
- 2014** Offered a DOE position as Academic & Behavioral Counselor.
- 2011** Awarded a postgraduate 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 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** Photographed teaching for an article 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 primary division at St. Andrew's Priory.
- 2002** Nominated for Disney's American Teacher Award.
- 1999** Presenter at a professional growth K-12 teacher training workshop at St. Andrew's Priory.
- 1998** Received a \$9,000 grant from the University of Hawaii for the MEd Teaching Program.