Lindsay L. HUETTMAN, MA, LMHC

BOW washington 98232

(425)435-3869 lindsayhuettman@soulstewardscounseling.com

(360)3337189 ladybotanica7@gmail.com (Lady BOtanica Buisness)

**Employment**

**December 2016-Present Soul Stewards**

**LMHC and Owner Counseling & Psychotherapy, PLLC**

Provides group and individual therapy for the adolescent, adult, families and communities, Diagnostic assessment, treatment plan, psychoeducational workshops, nature connection therapy and expeditions. Specializing in grief and loss, trauma, anxiety/depression, panic disorder, PTSD and pre-death anticipatory grief.

**December 2016-July 2019**

**Licensed Mental Health Counselor Associate Eastside Family Counseling**

Provides group and individual therapy for the adolescent, adult, families and communities; Diagnostic assessment, treatment plan, psychoeducational workshops, nature connection therapy and expeditions. Specializing in grief and loss, trauma, anxiety/depression, panic disorder, PTSD and pre-death anticipatory grief.

**September 2014-June 2018 Sky Valley Education Center, Monroe WA Washington**

**Environmental Educator**

Developing and co-teaching naturalist/science curriculum for an outdoor program for 7th to 12th graders; planning and guiding weekly field science trips around Puget Sound which include service work, habitat restoration, community skills and science based field studies.

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**March 2006-Present Lady Botanica, Monroe, Washington**

**Owner and Guide**

Year long, botanical education programs; foraging expeditions and day trips; wilderness awareness and survival skills expeditions and day trips; wild plant walks; arboriculture; permaculture and organic gardening instillations and maintenance. www.plantdorks.com

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**June 2007-Present Wilderness Awareness School**

***Ethnobotany Staff Specialist* Duvall, Washington**

*Anake Outdoor School Mentor*

*Outreach Coordinator*

*Youth Program Mentor*

*Expedition Instructor*

*Expedition Director*

***Wild Plant Intensive*:** Creator and lead instructor of 9-month botanical education program; responsible for all logistics, curriculum, and instruction; training new staff and apprentices.

***Anake Outdoor School Mentor (Adults)/Ethnobotany Staff Specialist*** responsibilities include developing and teaching a transformative naturalist and regenerative community curriculum with a team of instructors; in depth one on one coaching with students to reach academic and self discovery goals. Also, planning, leading and creating expeditions up to current wilderness safety standards with the intention of deep connection to self, community and nature.

***Outreach Coordinator*** responsibilities includedeveloping presentations and teaching at local and national conferences; designing curriculum and directing national conferences; creation and distribution of marketing materials, web marketing; development and implementation of marketing calendars and long term dynamic marketing strategies.

***Youth Program Mentor***responsibilities for Coyotes (Ages 10-12) include developing naturalist based curriculum in alignment in WAS philosophy and lineage, parent communication, peacemaking, program logistics, planning and expeditions. Creator of the Youth Mentor Naturalist Training Program (Queens in the Woods).

***Expedition Instructor (Teen and Adults)*:**  Instructor duties include for teaching survival, naturalist, community and backcountry expedition skills. Leading students through backcountry environments over varied terrain, in all-weather types and addressing safety and health issues as needed.

***Expedition Director (Teen and Adult):*** responsible for expedition by ensuring the physical and emotional safety participants, staff and organization; overseeing logistics, emergency response plans and communications; overall vision and intention of the expedition.

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**March 2003-present Washington State**

***River Guide & Instructor***

 **Responsibilities Included:**

 Guiding Class I-V rivers with clients of all ages in a safety conscious, ecologically respectful manner. Also, required have excellent teamwork skills and ability to respond to emergency medical and swiftwater rescue situations in unpredictable environments. On trip teaching topics include river ecology, hydrology, ethnobotany, survival skills and backcountry expedition skills. Also, trained new guides annually and for consecutive years. Created and presented in the

Snoqualmie School District for the River Sense Project at school assembles and assisted in teaching swiftwater rescue principles in river to youth.

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 **October 2003-2006 Alger Learning Center-**

 ***Teaching Assistant*  Independence High School**

 **Alger, WA**

 **Responsibilities Included:**

Creating WA State K-12 curriculum for homeschooling students in all subject areas.

Mentoring responsibilities include meeting with students weekly, developing creative lesson plans, monitoring progress, correcting homework and close communication with students and families. Required mature communication skills with parents, school districts, superintendents and public schools.

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**May 1999-2005 Blue Heron Farm-Native Plants, *Organic Farmer* Organic Farm/Bamboo Nursery**

**Responsibilities Included:** Managing a mixed vegetable organic farm from planning, planting to market sales and employee management; Overseeing field crews, planning crop rotations, training new apprentices and farm equipment; Hands on knowledge of plant and soil biology, in depth care of native plants and bamboo. Homesteading skills on farm included extensive practice on preserving farm produce, wild plants and salmon.

**Other position Descriptions Avaliable on request Include:** Arborist, State park Ranger, Grounds manager, Horsepacking guide, horse trainer, Native Plant nursery manager and camp counsleor.

**Education**

**Saybrook University-MA Counseling Psychology 2014-2016**

Western Washington University-B. A. Ethnobotany 2003-2006

University of Montana-Native American Studies 1998-1999

Oakland Technical College-Greenhouse Management Certification 1995-1996

Farmington High School-Diploma 1996

**Certifications & internships**

 **Mindfulness Meditation Teacher Certified 2023**

 **FFTT Trauma Certified (**2018)

 **Providence Hospice and Home Care Grief Counselor** (2015-2016)

 **Lifespan Integration 1 and 2** (2016)

 **Trauma Focused CBT Training** (2016 National Child Traumatic Stress Network)

 **Wilderness First Responder** (2008-current)

 **Swiftwater Rescue Technician** (2008)

 **Herbalist Apprenticeship** with Erin Groh (2004)

 **Organic Farm Internship** Blue Heron Farm (2000)

 **SKY Program** (at risk youth program) (2003)

 **Ethnobotany Internship** Earthwalk Northwest (2004)

**CONFERENCES, TRAININGS & GRANT PROGRAMS**

Conferences, trainings or programs I have developed, administrated and/or taught:

* **Wild Plant Intensive**: Lady Botanica 2014-present
* **2014 Westcoast Women’s Permaculture Conference**: Wild Plants
* **Washington Native Plant Society Walks:** 2013
* **2011 ROEE (Residential Outdoor Environmental Educators) National Conference**
* **Manitoba's First Child and Nature Conference 2011**
* **Seattle Arboretum Staff Trainings** (Ethnobotany)
* **EOS Alliance Volunteer Trainings** (Ethnobotany)
* **Girl Scouts of America Regional Conference Training** (2009)
* **Youth Mentor Naturalist Training Program: Young Queens: grant program for inner city at risk youth of color-2008-present (**[**YMNTP Grant Program**](http://www.wildernessawareness.org/support_community_supported_projects.html)**)**
* **Free Online Plant ID and Foraging Classes** at [NatureSkills.org](http://www.natureskills.com/articles/wild-plants/)

**CLASSES, PRESENTATIONS & WORKSHOPS**

* **Sudden Death/Traumatic Loss Workshop (For City of Duvall 2019)**
* **A Journey Like No Other: Grief Workshops 2015-present**
* [Natural Journey with Grief](https://wildernessawareness.org/adult-programs/natural-journey-with-grief) **(Feb 2017) Weekend Workshop**
* [Normalizing Grief Workshops](http://wellbeingcenterforhealth.com/event/free-community-education-normalizing-grief-3/) **(Fall 2016)Ongoing at Wellbeing Center in Monroe, WA)**
* **EEAW** (Environmental Educators Alliance of Washington) 2008
* **Storming the Sound Conference** 2009, 2010, 2011, 2012
* **NAAE** (North American Association of Environmental Educators) 2010
* **REI Seattle & Redmond** (Ethnobotany, Survival Skills, Nature Connection) 2008-present
* **Green Festival** 2008, 2009
* **Teaching Parent Association** 2009
* **Saskatoon Primitive Skills Gathering** 2011, 2012, 2013, 2014
* **South Whidbey Island Grange: 2019-2022**

**PUBLISHED ARTILCES**

* **Clearing Magazine**: Coyote's Teachings: Cultivating Awareness & Natural Connections
* **Foxden:** Wilderness Awareness School (2008-present) samples available upon request

**CURRENT & PAST RESEARCH**

* **Matriarchal Culture and Ecopsychology:** with Dr. Joanne Halverson (2018-Current)
* **Attachment Theory, Trauma and Nature Connection (2016)**: I am currently conducting research to discover the role between traumatized clients and how they attach to nature as a bridge to them in recovery. In my observations as a wilderness guide for over twenty years, people who have significant trauma can form lasting bonds with the natural world that allow them to re connect with themselves and eventually others.