

Curriculum Vitae

Cordelia Kraus

MA, LPC, CADC-I, Certified CRAFT Clinician
2505 SE 11th Ave, Suite #232, Portland OR, 97202
cordelia@cordeliakraus.com

Clinical Activities

Licensed Professional Counselor in Private Practice, Portland, OR, 2017 to present.
Specialize in working with people with addictive behaviors and family members of people with addictive behaviors using contextual behavioral approaches.

Facilitator for CRAFT/Invitation to Change Provider Peer Consultation Group, Portland, OR, 2018 to present. Monthly group offers support and connection for clinicians and treatment professionals interested in CRAFT-based approaches. Expanded focus from local to international attendance in 2022.

Owner of *HelpingFamiliesHelp.com*, 2019 to present. CRAFT-based website offering resources for family members struggling with a loved one's addictive behaviors. Offers community, support, and international listserv to providers who offer, or are interested in offering, CRAFT-based approaches to their communities, including facilitation of monthly consultation group.

Trainer for Invitation to Change Approach, contracted by CMC:Foundation For Change, 2016 to present. Co-facilitate trainings. Provide monthly Practice Group for Level 1 Invitation to Change provider community, Jan 2023 to present.

Facilitator for *Invitation to Change for Family & Friends Group for the Alano Club of Portland's Family Recovery Toolkit Series*, Portland, OR, 2019 to 2021. Weekly group using the Invitation to Change Approach for families of people with addictive behavior.

Facilitator for *SMART Recovery Family & Friends Group at Harmony Academy*, Lake Oswego, OR, August - November 2021. Provided consultation and initialization of a semimonthly group for parents whose teens attended Harmony Academy Recovery High School.

Facilitator for *Invitation to Change Group at Achieving Change Together, NW*, Portland, OR, April - August 2021. Created content and led class based on the Invitation to Change Approach for parents of adolescents enrolled in the outpatient program.

Continued parent group independently from August- October 2021 after August 2021 program closure.

Created and co-facilitated *Adolescent Substance Use Parent Skills* group for Portland Public Schools, Portland, OR, March - April 2021. Created content and co-facilitated a 6-week skills course based on Invitation to Change Approach for parents of teens enrolled in PPS. Provided PPS with program syllabus for future use.

Facilitator for *SMART Recovery* Groups at the Alano Club of Portland, Portland, OR, 2017 to 2019. Held skills-focused weekly meetings for both standard and *Family & Friends* SMART groups.

Qualified Mental Health Professional at Cascadia Behavioral Healthcare, Portland, OR, 2013 to 2017. Addiction team member in a community mental health outpatient treatment setting for mental health and addictive behavior. Initiated SMART Recovery group, 2014 to 2017.

Counseling Psychology Intern at Cascadia Behavioral Healthcare, Portland, OR, 2012 to 2013. Addiction team intern in a community mental health outpatient treatment setting for mental health and addictive behavior.

Education

Pacific University, Hillsboro, OR, 2011 to 2013
M.A. in Counseling Psychology

State University of New York at Potsdam, Potsdam, NY, 1992 to 1996
B.A. in Psychology: Completed Honors Research Program

Licenses and Certifications

Certified CRAFT Clinician: Received certification in Community Reinforcement And Family Training (CRAFT) through Dr. Robert J. Meyers and Associates, July 2018

Licensed Professional Counselor: Oregon license #C4348

Certified Alcohol and Drug Counselor - I: Mental Health And Addiction Counseling Board of Oregon #14-07-09

Membership Activities

Leadership Team, Applying ACT to Addiction Special Interest Group (AAA SIG),
Association for Contextual Behavioral Science (ACBS), 2018 to present

Secretary/Treasurer, Oregon Chapter of the Association for Contextual Behavioral
Science (OACBS), 2019 to 2021

Member, Emily Sandoz, Ph.D. monthly clinical consultation group, 2019 to present

Member, Oregon Counseling Association (ORCA), 2017 to present

Member, Association for Contextual Behavioral Science (ACBS), 2013 to present

Member, American Counseling Association (ACA), 2013 to present

Member, Portland ACT Peer Consultation Group, 2012 to present

Training Activities

Co-facilitated Invitation to Change Approach Training for CMC: Foundation for Change,
multi-day online trainings for professionals and family members.

May 2023, partial professional training with Dr. Jeff Foote

January 2023, partial professional training with Dr. Jeff Foote

October 2022, partial professional training with Dr. Nicole Kosanke

June 2022, partial family workshop with Dr. Nicole Kosanke

May 2022, full professional training with Dr. Jeff Foote

Facilitated *Intro to CRAFT through an Invitation to Change Lens*, an 8-hour online
training for clinicians.

August 2020, Care Oregon PPO clinicians

December 2020, Achieving Change Together NW staff

Co-facilitated *Invitation to Change Training for Parent-Coaches*, a 3-day intensive training as part a national parent-coach peer support project in collaboration with The Partnership to End Addiction. Provided 6 months of biweekly follow-up training calls.

August 2019, Burbank, CA with Jeffrey Foote, Ph.D.

July 2019, Tampa, FL with Catherine Tellides Jaffee, Ph.D.

June 2018, Salt Lake City, UT with Jeffrey Foote, Ph.D. and Dee Dee Stout, MA, CADC-II

September 2017, Knoxville, TN with Catherine Tellides Jaffee, Ph.D. and Brooke Monaco, Ph.D.

August 2017, Albuquerque, NM with with Jeffrey Foote, Ph.D., Ken Carpenter, Ph.D., and Dee Dee Stout, MA, CADC-II

September 2016, Oklahoma City, OK (titled *Parent Support Network Collaborative Training*) with Jeffrey Foote, Ph.D., and Ken Carpenter, Ph.D.

Presentations, Panels and Publications

Kraus, C. Untitled online presentation for Save the Michaels of the World as part of their *Distinguished Speaker Series*, May 2023.

Ross, H. and Kraus, C. "EP75 Challenging Beliefs About What 'It Works' Means With Guest Cordelia Kraus from Helping Families Help." Guest on *Living with your Child's Addiction* Podcast. April 2023.

Cochran, K. and Kraus, C. "Boundaries In Action." Invited online presenter for *Mom For All Paths* Facebook Group, March 2023.

Kraus, C. "Working with Parents and Families" online presentation as part of the Oregon Health and Science University's Oregon ECHO Network's *SUD in Adolescents ECHO Series*, March 2023.

Reno, A and Kraus, C. "Episode 47 - C.R.A.F.T. Expert Cordelia Kraus." Guest on *Siblinghood of Recovery* Podcast. March 2023.

Kraus, C. "Pointing Towards CRAFT." Invited online speaker for Kaiser Permanente Northwest Region's *Lunch and Learn Series*, January, 2023.

Taughinbaugh, C. and Kraus, C. "How CRAFT, ITC, and SMART Recovery Help Loved Ones Change: Meet Cordelia Kraus." Guest for video interview on *CathyTaughinbaugh.com*. November 2022.

- Taughinbaugh, C. and Kraus, C. "What is SMART Recovery? Meet Cordelia Kraus " Guest for written interview on *CathyTaughinbaugh.com*. November 2022.
- Kraus, C. "Boundaries." Invited online speaker for *Mom For All Paths* Facebook Group, July 2022.
- Kraus, C. "Pointing Towards CRAFT: How to connect families struggling with addiction with CBS-aligned, evidence based practice." Invited speaker for *Association for Contextual Behavioral Science World Conference*, San Francisco, CA, June 2022.
- Kraus, C. "But I don't work with substance use: What your colleagues who do work in the field wished you knew." Panel chair at *Association for Contextual Behavioral Science World Conference*, San Francisco, CA, June 2022.
- Kraus, C. "Clarifying, Setting, and Maintaining Boundaries." Workshop at the Oregon Recovers' *Recovery Community Summit*, Portland, OR, June 2022.
- Kraus, C. and Shamsud-Din, L. "Communication Skills." online presentation during Portland Public Schools' *Substance Use and Fentanyl Awareness Event*, April 2022.
- Kraus, C, facilitated by Carpenter, K. "Willingness" online presentation in partnership with CMC:Foundation for Change as part of the University of Pennsylvania's *Caregivers Enhancing Recovery ECHO Series*, March 2022.
- Kraus, C. "Helping Families Help." Presentation for Norman, OK chapter of Parents Helping Parents, online, February 2022.
- Kraus, C. "Your Love Matters: Families and Recovery." Workshop at the Oregon Recovers' *Recovery Community Summit*, Portland, OR, October 2021.
- Kraus, C. "Facing Addiction: What's a family to do?" Panelist at the Oregon Recovers' *Virtual Recovery Community Summit*, August 2020.
- Foote, J. and Kraus C. "The Invitation to Change Approach- Using science and kindness to help clients struggling with a loved one's addictive behaviors: increasing understanding, self-awareness, and action." Accepted for presentation at the *Association for Contextual Behavioral Science World Conference 2020*, New Orleans, LA, July 2020. Canceled due to pandemic.
- Kraus, C. "Helping Families Help." Invited presenter for the *Amazing Women Dinner* hosted by Acadia Healthcare, Lake Oswego, OR, March 2020.

- Kraus, C. "Introduction to Community Reinforcement and Family Training (CRAFT)." Presented at the *Columbia Pacific Opioid and Substance Use Summit*, Seaside, OR, October 2019.
- Kraus, C. "What Now? Building Family Support Groups." Panelist at the Oregon Recovers' *Recovery Community Summit*, Eugene, OR, June 2019.
- Kraus, C. "Introduction to SMART Recovery." Guest lecture for Pacific University PsyD practicum clinic, Portland, OR, June 2019.
- Kraus, C. "The Invitation to Change Approach." Presentation at *Oregon Counseling Association (ORCA) Winter Networking Event*, Portland, OR, December 2018.
- Kraus, C. "Parental Panel on Self Care." Moderator for panel at the *24th Annual Children's Behavioral Health Conference*, Norman, OK, May 2017.
- Kraus, C. and Stillwell, A. "Alcohol and the similarity-attraction model: Alcohol use as a variable of interpersonal attraction." Presented at *North Country Undergraduate Intercollegiate Psychology Conference*, Potsdam, NY, April 1996. Defended, Potsdam, NY, June 1996.