# **Valerie Varan, MS, LPC, NCC**

Licensed Professional Counselor, National Certified Counselor, Holistic Life Coach

303-547-8327

www.ValerieVaran.com

valerievaran@hotmail.com

###### Summary

Valerie holds a master's degree in counseling psychology, is a Colorado-Licensed Professional Counselor, and National Certified Counselor. As a psychotherapist for over twenty years, she has provided services to adults and adolescents through community mental health outpatient settings, juvenile justice and child welfare programs, residential treatment facilities, and private practice.

Currently providing holistic life coaching, Valerie teaches clients a variety of multidisciplinary tools to use in mind-body-energy-soul transformation. She synthesizes western/eastern psychology with other research disciplines including quantum physics, biology, neuroscience, epigenetics, meditation, qigong/energy healing, energy psychology, and consciousness studies. She is also sought out for her specialized experience helping others who have reported near-death, out-of-body, psi and spiritually-transformative states of consciousness.

Valerie is author of *Living in a Quantum Reality: Using Quantum Physics and Psychology to Embrace Your Higher Consciousness*, endorsed by Association for Comprehensive Energy Psychology’s (ACEP) David Feinstein and Fred Gallo, as well as quantum physicists Claude Swanson and Amit Goswami. In 2016, the book was published in Lithuania. She loves coaching, teaching, speaking, and conducting groups and workshops.

**License**

# Licensed Professional Counselor #3811, State of Colorado, 2002-present

**Degrees**

MS, Counseling Psychology (CACREP-accredited, Community Counseling), 2001, USM, 4.0 GPA

BS, Business Administration (Management/Spanish/French), 1982, UF

# **Certifications/Awards**

National Certified Counselor #68670, National Board of Certified Counselors (NBCC), 2002-present

Telehealth Certification Training for Mental Health Professionals, 2020

Hypnosis for Trauma & PTSD Certificate Course, PESI, 2019

Certified Laughter Yoga Leader, Dr. Kataria’s School of Laughter Yoga, 2008

Therapist Award, Colorado Association of Family and Children’s Agencies (CAFCA), 2003

**Recent Professional Presentations**

Varan, V. (2022, Sept). Maintaining Luminous Love Amid Our Current Cultural Challenges, IANDS 2022 Conference, Salt Lake City, UT.

Varan, V. (2017, August). The Quantum Nature of Healing Light and Love: How Quantum Physics and Psychology Affirm the NDE/STE. IANDS 2017 Conference, Westminster, CO.

Varan, V. (2017, May). Higher Consciousness: Too Much or Too Little? Presentation at the 2017 Association for Comprehensive Energy Psychology (ACEP), San Antonio, TX.

# **Recent Speaking Events**

Unraveling the Cosmic Mystery of our Spiritual and Near-Death Experiences, Williamsburg Friends of IANDS, Meeting Speaker 10/15/22

A Quantum Explanation of Love, NDE Radio, Talkzone.com, Interview 9/25/17

Living in a Quantum Reality, NDE Radio, Talkzone.com, Interview 9/18/17

Consciousness Beyond the Body Panel Discussion by IAC/IANDS, BodyMindSpirit Celebration, 2016

# **Counseling/Coaching Employment History**

Holistic Life Coach, Private Practice, FL, 5/2017 to present.

Currently coaching individuals and groups. Specializes in mind-body-energy-soul tools for transformation; intuition and subtle energy awareness; dreamwork; and the special needs of those who have had near-death, out-of-body, extra-sensory, spiritually-transformative experiences or similar.

Holistic/Integrative Licensed Professional Counselor, Private Practice, Greenwood Village, CO, 7/2006 to 5/2017.

Specialized in issues of subtle energy awareness and awakening to higher consciousness, as well as the holistic/integrative treatment of depression, anxiety, bipolar, and other mood issues, career stress, spiritual/transpersonal concerns, and lifestyle/wellness counseling for those coping with severe physical illness.

*Independent Living Treatment Coordinator/Therapist, Beacon Center, Denver, CO, 5/2002 to 6/2006*

Served as independent living program coordinator, therapist, then as treatment coordinator beginning in 2004, providing clinical supervision and consultation to therapists and counselors in both residential and community programs for high-risk adolescents.

*Masters’ Level Clinician****,*** *Pine Belt Children’s Services, Hattiesburg, MS, 5/2001 to 8/2001*

For a community mental health agency, provided individual, group and family therapy to children, adolescents/juveniles, and adults as part of internship.

*Project Payback Program Manager, Eighth Judicial Circuit of Florida (Alachua County/Office of the State Attorney, formerly through Office of the Court Administrator), Gainesville, FL, 4/1997 to 8/1999*

Provided vocational counseling, employment coordination, employability skills training and restitution contracting/monitoring for over 300 juveniles ages 12 to 17 and their families.

**Previous Management Employment**

*Western/International Region Technical Sales Manager, EnviroMetrics Software, Inc., 1996*

Air/water/waste emissions software sales for western U.S. and international territory

*Business Development Manager, Rust Environment & Infrastructure Inc. (and formerly Westinghouse Environmental & Geotechnical Services Inc.), 1989 to 1996*

Professional environmental/hazardous waste and infrastructure/water & wastewater engineering and scientific consulting services

*Area Sales Manager, Pepsi-Cola Bottling Co. Ft. Lauderdale/Palm Beach, Inc., 1985 to 1989*

Territory soft drink development, sales quotas, and training/supervision of sales and delivery staff

*Co-Owner, Bon Varie Imports, Inc., 1982 to 1984*

Imported chocolate distributorship

# **Recent Continuing Education**

Parapsychological Association, Theories of Psi Symposium, 2023, Moderated by Peter Bancel, PhD, Experimental Physicist, Psi Researcher, Institut Métapsychique International, Paris, France

Changing How We Feel By Changing What We Eat, Angelo Pezzote, PharmD, LPCC, LMHC, LMFT, Institute for Brain Potential, 2023

IANDS Symposium on Mind/Brain Question, 2022

Beyond the Veil Summit: Explore the Science & Mysteries of Near-Death Experiences, Mediumship & the Afterlife, 2022

IANDS Conference on Timeless Oneness: The Luminous Message of Near-Death & Related Experiences, Salt Lake City, UT, 2022

The Conference for Consciousness & Human Evolution (TCCHE), West Palm Beach, FL, 2022

Telehealth Certification Training for Mental Health Professionals, Joni Gilbertson, MA, NCC, LMHC, PESI, 2020

Treating Adult Clients of Emotionally Immature Parents: How Your Clients Can Reclaim Their Lives from the Toxic Legacy of Controlling, Rejecting or Self-Involved Parents, Lindsay Gibson PsyD, PESI, 2021

2-Day Hypnosis for Trauma & PTSD Certificate Course: A Hypnosis, Mind/Body & Neuroscience Approach to Effectively Treat Trauma & PTSD, Carol Kershaw EdD, Bill Wade MDiv, LPC, LMFT, PESI, 2019

ACEP 2017, 2019 – Science of Energy Healing (SOEH) 18 hr online course, 2017; 1.75 hr online bonus, 2019

IANDS Conference on Affirming Near-Death Experiences, Westminster, CO, 2017

ACEP Energy Psychology Conference – Experience the Evolution of Healing and Consciousness, San Antonio, TX, 2017

Hypnosis 2-Day Intensive Certificate Workshop: Applying Clinical Hypnosis with Psychological Treatments, C. Alexander Simpkins, PhD, PESI, 2016

The Science of Consciousness Conference, Tucson, AZ, 2016

Sex Made Simple: Clinical Strategies for Sexual Issues in Therapy, Barry McCarthy, PhD, PESI, 2015

Colorado Legal and Ethical Issues for Mental Health Clinicians, Susan Lewis, PhD, JD, PESI, 2015

Family-Focused Treatment for Bipolar D/O, Aimee Sullivan, PhD, Sierra Tucson, 2015

An Ounce of Prevention: Mental Health Ethics and the Law, Michael Flynn, JD, PhD, Cross Country Education, 2014

Understanding the Gut Brain: Stress, Appetite, Digestion & Mood, Merrily Kuhn, PhD, Institute for Brain Potential, 2014

Heal Your Heart After Grief: Help Your Clients Find Peace After Break Ups, Divorce, Death and Other Losses, David Kessler, PESI, 2014

5-Day Intensive Retreat with Grandmaster Mingtang Xu, ZY Qigong, 2014

Overview of Sex Addiction, Mark C. Miller, MA, LPC, CAC, CSAT, Sierra Tucson, 2014

Wonder Method, nonlocal energy healing, Alain Herriott, 2014

Attachment-Focused EMDR: Healing Developmental Deficits and Adults Abused as Children, Laurel Parnell, PhD, Institute for the Advancement of Human Behavior, 2013

Personality D/Os: The Challenges of the Hidden Agenda, Jeff Riggenbach, PhD, LPC, PESI, 2013

Revolutionizing Diagnosis & Treatment Using the DSM-5, Brooks Baer, LCPC, CMHP, PESI, 2013

Colorado Family Law Update: Changes in the Divorce & Child Custody Process and the new PRE 21 Process, Leslie Matthews, CO Assoc. for Marriage and Family Therapy, 2013

The Practical Neuroscience of Buddha’s Brain: Happiness, Love & Wisdom, Rick Hanson, PESI, 2012

Psychopharmacology: What You Need to Know about Psychiatric Medications, Caroline Williams, PhD, MP, PESI, 2012

Compassion Fatigue, Sherry, E. Showalter, PhD, LCSW, PESI, 2011

Clinical Risk Management & Malpractice Lawsuits: Collision of Law and Ethics, Susan Lewis, PhD, JD, PESI, 2011

Light, Vision & Consciousness, 21st Annual ISSSEEM Conference, 2011

Mind as Medicine: Contemplative Neuroscience and its Implications for Integrative Pathophysiology, James Duffy, MD, Sierra Tucson, 2011

Mental Health Law and Ethics, Leslie Matthews, BSN, JD and Dr. Reo N. Leslie, The Colorado School for Family Therapy, 2010

Alzheimer’s, Memory & Dementia, S. Thomas Deahl, DMD, PhD, Institute for Natural Resources, 2010

Memory: A Seminar for Health Professionals, Elizabeth Buffalo, PhD, Institute for Brain Potential, 2010

Feeling Good Now: New Rapid Recovery Techniques for Depression and Low Self Esteem, David Burns, MD, Institute for the Advancement of Human Behavior, 2010

Evidenced-Based Spirituality for the 21st Century, 20th Annual ISSSEEM Conference, 2010

New Frontiers in Trauma Treatment, Bessel A. van der Kolk, MD, Institute for the Advancement of Human Behavior, 2010

Mindsight: Changing the Brain, Changing Relationships, Daniel Siegel, MD, R. Cassidy Seminars, 2010

The Immune System: The Mind-Body Connection: Who Gets Sick and Who Gets Well, Sarah D. Pressman, PhD, Institute for Brain Potential, 2009

The New Science of Love, Susan M. Johnson, PhD, Denver Family Institute, 2009

Clinical Communications Using NLP, Scott, DeMuro PhD, LAC, MAC, Sierra Tucson 2009

Sacred Synthesis: Science with Heart, ISSSEEM, Annual Conference, 2009

Little Me: A Mandala of Trauma, Bill Coleman, LMSW, TEP, 2009

Meditation for the Modern Mind: Three Unique and Powerful Methods for Breaking through Stress, Pain, Difficult Emotions, and Compulsive Behaviors, Shelly Young, MA, LPC, CACIII, Sierra Tucson, 2008

Using Thought-Field Therapy® for Freeing People from Traumas, Jenny Edwards, TFT-Dx, TFT-VT, Sierra Tucson, 2008

Legal, Ethical and Business Issues for Therapists, Regis University 2008

EFT, Self-Teaching Manual and Video by Gary Craig

Hypnosis, Rocky Mountain Trauma and Dissociation Society

Sex Addiction Thinking, Sierra Tucson

Early Developmental Disorders Resulting from Abuse, Cross Country Education, Anita Remig

Beginning the Qigong Lifestyle, Life Fitness Networks with Debra Takara, Clinical Healer/Teacher

Laughter Yoga Leader Certification Program, Meredith Vaughn, Yoga Instructor

Supercharging Quantum-Touch, 12h with Denise Godfrey

Ethical Essentials for Clinicians with Robert Boganberger, MA, PhD

Yoga-Psychotherapy and Mindfulness for Clinicians with Judith Moolten, MSW, RYT, YC, PESI

Eight Dimensions of Total Well-Being with Dr. Rangimarie Turuki Rose Pere (Kohanga lineage of the Maori First Nations people of New Zealand, and Kura Huna mystery school)

Energy Medicine, 2007 ISSSEEM Conference

Qigong Healing & Breathing Applications Levels 1-3 Supreme Science Qigong Center

Advanced Vibrational Healing: Image Therapy of ZY Qigong, ZY Qigong Education & Training Institute

ZY Qigong: Tools for Connecting Mind and Body, ZY Qigong Education & Training Institute

Complementary and Alternative Medicine: Nonpharmaceutical Interventions with Kristen Allott, NC, LAc.

Quantum-Touch Core Transformation I with Alain Herriott

Energy Medicine, 2006 ISSSEEM Conference

Chakra Healing Techniques, Lakota and Curandero teachings of Mavis Salazar McFalls

Principles of Quantum Physics, self-study of Claude Swanson, Jim Oschman, William Tiller, Amit Goswami, Fred Wolfe, Albert Einstein and others

Moral Development, self-study of Pitirim Sorokin, and global ancient wisdom teachings, including Christianity, Taoism, Buddhism, Sufism, Hinduism, Kabbalist, Theosophy/Esoteric Psychology

Basic Quantum-Touch with David Holt

Dialectical Behavior Therapy, Beacon Center

ISSSEEM Conference, Colorado Springs, CO, 2005; Highlights: Energy Medicine, Wisdom Teachings, Psychic Abilities & Consciousness Transformation, by Jane Katra, PhD, spiritual healer/immune system coach taught by Sri Ramana Maharshi; workshop experiencing altered states of awareness and remote viewing and receiving teachings from Sufism, Yoga, Christianity, Buddhism and Advaita Vedanta

**Highlights of Volunteer Counseling Experience**

*Colorado Mental Health Institute-Ft. Logan, 2001 to 2002* – Assisting with the Mountain Star and Adolescent Inpatient Services units; primarily helping adolescents over 14 years old with vocational preparation issues.

*Pine Belt Mental Healthcare Resources, 2000* – Worked with Children’s Services in the Structure of Intellect Program assisting children with cognitive modules and physical exercises.

*PACE Alachua Center for Girls, 1997 to 1999* –Weekly volunteer to at-risk female adolescents in writing resumes, preparing household budgets, and planning career goals.

**Highlights of Volunteer Management Experience**

*Colorado Society for Wellness & Prevention (CSWP), 2010 to 2011* – Board of Directors; Committee Chair for Ethics and Member Value; Member of Integrative Practitioners Committee

*Adopt-a-River/Adopt-a-Shore, 1998-1999 –* Board of Directors; Chair of Strategic Planning Committee

*PACE Alachua Center for Girls, 1997 to 1999* – Board of Directors; part of organizing committee to bring PACE to Gainesville; Chair of Strategic Planning Committee

*Alachua County Mentoring Coalition, 1997 to 1999* – Founder; Co-Chair of Executive Committee

*Santa Fe Community College, 1998 to 1999* – Volunteered as a community partner strategizing to strengthen and coordinate innovative workforce preparation programs as part of the Alachua County plan to implement the 1998 Workforce Investment Act and re-authorized Tech Prep Act

*Alachua County Juvenile Justice Council, 1997 to 1999* – Mentoring Committee Chair; worked to identify community prevention measures and legislative issues affecting youth employment

*Forum on the Issue of Crime, 1997* – Participated on community-based forum to address prevention measures related to juvenile delinquency

*Youth Employment Task Force, Alachua County, 1997* – Facilitator of at-risk youth employment planning workshop involving over 30 area CBE teachers