**Lily J. Kotila, M.A., M.A.T., PhD(c)**

Licensed Marriage Family Therapist #48698

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EDUCATION:

**Ph.D(c): Spiritual and Somatic Psychology**; International University of Professional

Studies, [Dissertation stage. Completion expected June 2018], San Diego, CA (2011-2017)

**Master of Arts: Marriage & Family Therapy**; Alliant International University, San Diego, CA

(2004-2006)

**Master of Arts: Teaching Biology**; Trinity College, Washington, D.C. (2002)

**Bachelor of Arts: Biology**; Minor - Anthropology & Sociology; Lafayette

College, Easton, PA (1995-2000)

THERAPY EXPERIENCE:

**Marriage Family Therapy:** (11 years) July 2006 – current with valid license through 08/19)

**IboGreen Psychotherapist:** Primary therapist practicing somatic psycho-spiritual modalities at IboGreen, an Ibogaine Treatment Facility, Tijuana MX (2017)

**Private Practice (La Jolla)**: Marriage Family Therapy - Individual and relational issues, oxytocin therapy, Eye Movement Desensitization Reprocessing I & II, Hypnosis, EFT I & II, Talk & Walk therapy, Energy Psychology, social peer mediation, anger management & domestic violence, La Jolla, CA (April 2016 - present)

**Clinical Therapist Director:** Created and implemented psycho-spiritual therapy groups and individual

therapeutic sessions for pre and post-care Ibogaine experiences. Primary clientele included

heroin and opiate addicts, Ibogaine University, Baja California (2016-2017)

**LIVIN4d Founder:** Oxytocin psychological theory development, Researching rs53576 interpretation and relational impact, Genotek laboratory coordination in Canada, business planning, website design and structural building, local + nationwide university related marketing, online blogging, Toronto, ON (August 2015 – February 2016)

**Private Practice:** Couples and Relational Issues, Intimacy dialoguing, Women’s sexual dysfunction: inorgasmia, vaginismus, Men’s Sexual Health related issues; Hillcrest San Diego, CA

(2007-2014)

**Marriage Family Therapist Intern:** Relationship Therapy, First Avenue Counseling Center; San Diego, CA (2005-2007)

**Men’s Group Therapist:** Facilitated > 500 hours of Domestic Violence Groups, First Avenue

Counseling Center, San Diego, CA (2005-2007)

**High School Group Facilitator:** Palomar High School, Olympian & others, Chula Vista, San Diego (2005-2006)

LICENSES:

Marriage Family Therapy License #48698; California, 2010

Licensed High School Biology Teacher, Washington, D.C., (2002-2006)

CERTIFICATIONS:

**EMDR Certificate I & II:** Eye Movement Desensitization Reprocessing; EMDRIA, Minneapolis, MN (2011-2012)

**Energy Psychology:** Motivational Institute for Hypnotherapy; San Diego, CA (2011)

**Cognitive Behavioral Hypnosis Certificate**: Motivational Institute for Hypnotherapy;

San Diego, CA (2010)

**EFT Certificate I & II:** EFT Universe; Los Angeles, CA (2010)

**Sexological Bodywork Certificate:** Institute for Advanced Study for Human Sexuality, San Francisco, CA (2009-2010)

**Domestic Violence Certificate**: San Diego, CA (2005)

**Peer Mediation Certificate:** Washington, D.C., (2003)

**Certified Women's Rape Counselor:** August House, Easton Pennsylvania (1998-2000)

**Personal Fitness Instructor:** AFAA: American Fitness Association of America Certification (2001)

**Group Exercise Instructor**: AFAA: American Fitness Association of America Certification (2001)

MEDIA APPEARANCES:

**KUSI Morning News:** Love & Relationships segments with Sandra Moss; [monthly],

San Diego, CA (2009-2011)

**Fox 5 Evening News:** “Coming of Age Interview,” San Diego, CA (2011)

**Naughty America Interview:** “*Pleasure Strokes for Her*” Interviewed by: Dallas Lowe,

San Diego, CA (2011)

**National Interview - Relationship Revolution:** *“Spiritual Sex*” Interviewed by Paula M. Smith,

Imago Therapy, Rhode Island [on-line], (October, 2013)

**Lily Love Coach i-Tunes Podcast:** Weekly podcast focused on intimacy, romance and sexual

related health. Nationally ranked #2-#10, (2010-2012)

TEACHING EXPERIENCE:

**Licensed** **High School Biology Teacher:** **(9th &10th graders);** Taught at school’s location on George Washington University Campus, utilized city as a resource including bringing students on a weekly basis to: Smithsonian’s National Zoo, Natural Museum of History, United States Botanic Garden and The National Aquarium, weekly labwork including agar based cellular growth, microscopy, dissections invertebrates and vertebrates, observed standards of teaching and participated in IEPs, School Without Walls, Washington, D.C., (2001-2004)

**Advanced Biology Teacher**: **(11th & 12th graders);** Taught advanced, pre-AP topics in biology including genetics, genetic diseases, splicing, electrophoresis, human anatomy, physiology and all the body’s systems and cellular functioning, observed standards of teaching and participated in IEPs, School Without Walls, Washington, D.C. (2001-2004)

**Peer Mediation Specialist:** **(11th and 12th graders):** School Without Walls, Washington, D.C.

(2001-2004)

**Environmental Mentor Liaison:** Oversaw and monitored collaborative relationships between community scientists and high school students, School Without Walls, Washington, D.C. (2003-2004)

**Scholarship Coordinator:** Mandated student participation in scientific grant related opportunities including project based creations and writing scientific educational screenplays. One student won a $5,000 award. School Without Walls, Washington, D.C. (2004)

**Cheer Leader Coach:** Coordinated, scheduled and created routines for School Without Walls’s high school girl’s cheerleading squad. Participated in competitions and supported the football and baseball team, School Without Walls, Washington, D.C. (2003-2004)

WORK EXPERIENCE:

**Genetic Counseling Assistant**: Provided patient intakes & preliminary genetic consults, wrote MD reports based on karyotype findings, called client with chromosomal and nuchal translucency results, filed insurance claims; Columbia Hospital for Women; Washington, D.C. (2000-2001)

**Cytogenetic Lab Assistant:** Facilitated in culturing amniotic fluid, blood, CVS (Chorionic Villi Sampling) fluid and POCs (placentas) with HeLa Agar, aided with chromosomal karyotyping, Columbia Hospital for Women, Washington, D.C. (2001-2002)

**Immunology Inflammatory Disease Intern**: Laboratory Assistant Boehringer Ingleheim pharmaceutical company. Facilitated with stem cell line cultivation and RFLP tagging with luciferase, Ridgefield CT (1995-1996)

**Physical Therapy Intern**: Interned and mentored with a specialized PT practitioner for 6 months **(**Danbury CT 1995)

**Personal Fitness Trainer:** Designed workout programs for private clients via the Ritz Carlton, Washington Sports Club & Bally Total Fitness, Washington D.C. (2000-2003)

VOLUNTEER EXPERIENCE:

High Tech High Behavioral Project Guide (2017)

High Tech High student mentor (2017)

Sharp Mesa Vista Hospital Children and Teen Mental Health AA & NA meetings (2004-2005)

INTERNATIONAL TRAVELLING & LIVING:

Brazil, Turkey, Poland, Germany, Vietnam, Thailand, Switzerland, France, Finland, Spain,

England, Scotland, Paraguay, Netherlands, Italy, Belize, Seychelles, Caribbean Islands, Bahamas,

Canada, Argentina, Mexico

PRIOR ATHLETIC EXPERIENCE:

Field Hockey Team, (Senior Captain, 4-year varsity member, WCC Regional Team, National Team alternate, multi-college recruit, Swim Team, Tennis Team, (Singles & Doubles), made college doubles tennis team, Softball Team, Jazz, Tap, African & Latin Dance, 10K running races, windsurfing certificate, skiing