

Dean M. Janeff, LMFT-S

Licensed Marriage & Family Therapist & Texas Board Certified Supervisor

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EXPERIENCE

Janeff Counseling, Owner, Practitioner and Supervisor 2014 - Present

- Work with adults feeling stuck, depressed, lonely, anxious and unfulfilled. Offer personal freedom from past hurts and trauma to a life of full aliveness, vitality, intimacy, authentic expression, flow and connection.
- Specialize in grief and loss offering a safe space for those experiencing disbelief, existential angst, hopelessness, panic and longing.
- Offer couples therapy for those challenged with emotional disconnection, defensiveness, intimacy blocks and lack of co-regulation.
- Train therapists and student interns nationwide on how to work with developmental trauma on a cognitive, relational and somatic/nervous system level that helps clients “unblend” from childhood trauma into a life of agency, authenticity, fulfillment and capacity for connection and intimacy.

Family Counseling and Family Life - Counseling Intern

January 2014 - August 2014

- Offered individual counseling for clients presenting with depression, anxiety, financial distress, existential angst, social anxiety, early childhood trauma, and failure to launch (individuate).
- Co-facilitated a marriage enrichment group and offered pre-marital counseling.
- Counseled a wide array of couples through the following issues: Anger management, intimacy, impaired communication skills, mistrust, extended family conflict and financial strain.

Hospice Austin - Bereavement Counselor Intern

May 2013 - December 2013

- Offered counseling services to clients grieving the loss of family members (spouses, children and parents).
- Co-facilitated group therapy for Loss of Child parents providing a safe space to process and tolerate intense feelings and manage dysregulation.

EDUCATION

St. Edward's University, Austin, TX - Master of Arts in Counseling

May 2012 - August 2014

University of San Francisco - Master of Business Administration

August 1994 - May 1996

PROFESSIONAL ASSOCIATIONS

- President of the board of Austin IN Connection - Therapist community, networking and training based on attachment theory and interpersonal neurobiology (2019)
- Austin Association for Marriage and Family Therapy (2016)

PRESENTATIONS AND WORKSHOPS

- Austin Bar Association and the Texas Lawyer's Assistance Program panel on grief and loss (May 2017)
- Surviving the Holidays grief and loss panel sponsored by Hospice Austin (November 2018)
- Healing Developmental Trauma with NARM training webinar for therapists sponsored by Acadia Healthcare (March 2021)
- Healing Developmental Trauma with NARM training webinar for therapists sponsored by Promises Behavioral Health (September 2021)
- NARM webinar training for graduate students and new therapists (February, March and June 2022)
- NARM training for student interns at Capital Area Counseling (March to May 2023)

TRAININGS AND SEMINARS

- Master of Arts in Counseling with honors from St. Edward's University (2014)
- Best Practices in Trauma Prevention: Strategies for Self-Regulation Workshop (May 2013)
- Prepare and Enrich training for premarital couples (March 2014)
- Heart of Health & Transformation: Principles of Psychological Well-Being Dr. Dan Siegel (April 2014)
- Exploring the triple flame: Attachment, Intimacy and Sexuality, Esther Perel (November 2014)
- EMDR Training (January 2015 through June 2015)
- Discernment Counseling for Married Couples training (February 2015)
- Spirituality, Archetypes and Trauma, Peter Levine (April 2015)
- Bringing Right-Brained Grieving to a Left-Brained World: Using Attachment and Interpersonal Neurobiology to Humanize Our Approach to Grief, Candyce Ossefort (June 2015)
- EMDRIA International Conference, Minneapolis, MN (August 2016)
- Middelberg's Integrated Therapy Training Program (September 2015 through May 2017)
- The Whole-Brain Approach to Child and Adolescent Development with Dr. Tina Payne Bryson (November 2017)
- Attachment in Psychotherapy: Relational Transformation and the Psychology of the Therapist, David Wallin (December 2017)

- The NeuroAffective Relational Model™ (NARM) for Working with Developmental Trauma with Dr. Laurence Heller (February 2018)
- Neurofluency: the Clinical Application of Neuroscience to Psychotherapy with Dr. Louis Cozolino (February 2019)
- NeuroAffective Relational Model™ (NARM) Practitioner Training Program: Advanced clinical training to work with developmental trauma which affects our identity, emotions, physiology, behavior and relationships (June 2018 through May 2019)
- NeuroAffective Relational Model™ (NARM) Level 3 Master Level Training: How to work with the early formation of identity and new tools to work with personality disorders (borderline and narcissism) (August 2020 through July 2021)
- Texas Board-Approved Supervisor Training for Marriage and Family Therapists- 40 hours (September 2021)
- 33rd Annual Boston International Trauma Conference - Neuroscience, Embodiment, and the Restoration of Self (May 2022)
- Polyvagal Theory in Therapy: Practical Applications for Treating Trauma- Deb Dana at the Cape Cod Institute (July 2022)
- Level 4 NeuroAffective Relational Model™ (NARM) Post Masters Immersion Training. Clinical study group to continue to deepen and refine my understanding and clinical application of the NARM therapeutic process (February 2023 ongoing)
- "HOT" Topics In Accelerated Experiential Dynamic Processing workshop with Diana Fosha, PhD (5-day training August 2023)