



Mindfulness + Connectedness + Inner Growth

Dee-Dee Stout, MA Member of **MINT I** Member of **CAHRT**
Adjunct Associate Professor, **St. Mary's College** (Moraga, CA)
Author, **Coming to Harm Reduction Kicking & Screaming**
Director, **Dee-Dee Stout Consulting**

Office: 6466 Hollis Street, Unit 246, Emeryville, CA | 94608

P: 510-919-9678

E: deedeestoutconsulting@gmail.com **W:** www.deedeestoutconsulting.com

Coaching. Training. Consulting.

*Treat people as if they are who they can be and you help them become
who they're capable of being...Goethe*

*Not everything that is faced can be changed, but nothing can be
changed until it is faced. ...James Baldwin*

EDUCATION

MA Health Counseling with Honors

1997

San Francisco State University

San Francisco, CA

- Developed Special Major Master's: *Health Counseling for Special Populations*

BA in Psychology, Minor in Human Sexuality

1993

San Francisco State University

San Francisco, CA

AA, Business Management

1975

Northwood University

Cedar Hill, TX

TEACHING in EDUCATION EXPERIENCE

Adjunct Associate Professor, KSOE Dept of Education & Counseling,
St. Mary's College, Moraga, CA **2023-current**

- Adjunct Associate Professor for Alcohol & Substance Use Disorder graduate course

- Adjunct Associate Professor for *Motivational Interviewing for Trauma Informed Care* (within the Trauma Certification Program).

Core Faculty, ECHO BeWell TX

2024-current

University of Texas San Antonio

- Extension for Community Health Outcomes (ECHO) monthly presentations
- Center for Substance Use Training and Telementoring (CSTAT)

Adjunct Professor, Forensic & Counseling Psychology Graduate Program, (University closed in 2023)

Holy Names University, Oakland, CA

2015-2023

- Motivational Conversations
- Using Motivational Interviewing in Trauma-Informed Work for Trauma Certificate Program
- Substance Use Disorders: Treatment and Assessment

CIIS Health Coaching Program

San Francisco, CA

2022, 2024-5

- Guest Speaker – “Motivational Interviewing in Coaching Health Behavior Change”

Adjunct Professor, Alcohol & Drug certification Program

2012-2014

UC Berkeley Extension, Berkeley, CA

- Professor for Continuing Care & Case Coordination course

Adjunct Professor, Collaborative Health & Human Services

2013-2017

Cal State University Monterey, Monterey CA

- Professor for Drugs, Society & Public Policy
- Motivational Interviewing for Social Workers (Dept of Social Work)

Adjunct Professor, Health Education and Psychology

1991-2010

San Francisco State University, San Francisco, CA

- Professor for Sex & Relationships, Drugs & Society, Women’s Health
- Guest Lecturer for graduate Substance Abuse course.

Lecturer, Anger Management, Health Education

2000-2001

Kaiser Permanente

Professor, Health Education, Psychology, and Counseling

1998-2002

California State University East Bay, Extension

- Professor for Sexuality & Addiction, Relapse Prevention courses.
- Guest Lecturer for Counseling in graduate program.
- Developed curriculum for CAADAC- certified program.

**City College of San Francisco, Founding Faculty, Alcohol & Other
Drugs Certificate Program** **1999-2011**

- Member of the Community Advisory Board.
- Developed and wrote courses on motivational interviewing and other strength-based therapeutic models.
- Developed grading rubrics for certificate program courses.
- Began harm reduction recovery support group.
- First faculty member to use live and taped counseling demonstrations in courses for examinations for counselors in training.
- First faculty member to use web-based teaching modality for enhancement and enrichment of course material and student learning objectives.
- Reformed the ideology of the Drugs and Society course into a social-justice class focusing on the discriminatory nature of federal and state drug laws.
- Advocated for 12-Step and harm reductions treatment options for multiple support groups.
- First faculty to have students visit a Needle Exchange Program.

Guest Lecturer, Health Education Dept.

Chabot Community College, Hayward, CA

1997

- Guest lecturer in STD course.
- Guest lecturer for Addiction course.

PROFESSIONAL WORK EXPERIENCE

Dee-Dee Stout Consulting, Sole Proprietor

2010- current

- Providing counseling, coaching, supervision for individuals, couples & families in the evidence-based practices of Motivational Interviewing (MI), Holistic Harm Reduction Psychotherapy & Emotionally-Focused Family Therapy (EFFT).
- Conducting trainings in Holistic Harm Reduction Psychotherapy & Harm Reduction, Trauma-Informed Work, Motivational Interviewing & Substance Use Disorders.
- Curriculum development
- Agency consultations

Responsible Recovery (was Relapse Prevention Systems), **Principal 1990-2010**

- Developed a program that provided comprehensive and accurate health education and counseling with a focus on motivating health behavior changes as well as client-directed/centered skill building.
- Designed original services for relapse-prone individuals.
- Conducted direct marketing and content creation.
- Provided training/education for professionals and clients.
- Consultant to numerous treatment facilities, county and non-profit agencies.
- Provided educational/health counseling to private clients.
- Consulted to the Harm Reduction Therapy Center (HRTC; now The Center for Harm Reduction Therapy) to obtain State rehab licensure.
- Focused on chronic illness/pain conditions and PTSD in women.
- Nationally renowned expert in Motivational Interviewing, Harm Reduction, and Trauma-Informed Work.

AlkoPrevent, Partner **2022**

- Assisted in development of application beta test

TrainerRx (start up) **2020**

- Consultant on motivation
- Trainer for staff on Motivational Interviewing

The Change Companies **2019-2020**

- Trainer, Harm Reduction & ASAM Criteria

HealthRight 360, Assistant Director **2017-2018**

- Start-up project management assistance for Serenity House, 13-bed residential program in San Mateo County funded to 2018.
- Conducted trainings on client-centered counseling including topics of working with people in extreme states, families, self-care, cognitive behavioral therapy, MI, and TIW.
- Curriculum development for staff trainings.
- Developed administrative infrastructure including licensure program roll-out, employee handbooks, and recruitment guidelines.

- Chief interface with San Mateo County Behavioral Health Management.

National Council on Alcohol & other Drug Addictions Bay Area 2014

- Curriculum development
- DUI Group facilitation

AA2: The Next Generation in Self-Help, Founding Partner 2011-2012

- Radio hosted Change Talk Radio in weekly live program with rotating guests and topics.
- Content development for website.
- Therapeutic content development for clients and consumers.

Ontrack Consulting (NPO), Consultant

2004-2013

- Training and development for:
 - CRAFT
 - Women, PTSD/Trauma, Substance Use Disorders & Mental Illness
 - Motivational Interviewing
 - Spirituality as a Cultural Aspect in SUD's Treatments as part of the CLAS grant.
 - Conference presentations and ADP.

UpFront Programs, Group Facilitator

2009-2010

- Responsible for co-conducting AOD groups for students at Berkeley Technical High School with Director, Chuck Ries.

Project Pride@EBCRP, Clinical Program Manager

2008-2009

- Responsible for all day-to-day clinical operations for a California Community Prisoner Mother Program and community-based mother's AOD/COD treatment program.
- Trained and supervised all clinical staff.
- Conducted advanced trauma groups using "Seeking Safety" model.

- Curriculum development for training.

PESI Healthcare, Inc., Faculty

2005-2007

- Presenter for multiple national Motivational Interviewing CEU seminars.

CRC Health, Inc., Business Development Rep

2000-2001

- Responsible for all areas of business development and representation of Azure Acres.
- Community Health Educator for Azure Acres facility.

Henry Ohlhoff House Residential Treatment, Family Consultant

1998-2000

- Responsible for educational and process groups for families and residents.
- Revised curriculum for 12-week educational series.
- Provide individual and couples interventions/counseling.
- Prepare & deliver workshops on various topics to residents of HOH.
- Substitute Program Director.

**Kaiser Permanente Chemical Dependency Recovery Program,
Counselor**

1997-1999

- Responsible for Relapse Prevention Track, adult educational groups, and process groups.
- Day Treatment patient case management.
- Conducted Family lectures and adolescent groups; assessments.
- Redesigned Relapse Prevention Track.
- Initiated new curriculum on Nutrition and Chemical Dependency, Sexuality, and more.
- Responsible for design of curriculum for new Stages of Change track.
- Instituted individual client-specific case management for relapse-prone individuals.
- Introduced alternative approaches to aid in recovery of chemical dependency patients.

Walden House - 214 Haight Street, Counselor

1997-1998

- Designed and conducted Relapse Prevention curriculum for adolescent boys.
- Consulted with facility regarding program needs.

CARES (Community Awareness & Recovery Education Services)

1996-1997

- Developed community education series on chemical dependency needs in the San Francisco Bay Area.
- Developed community education series on addiction for the San Francisco YMCA.
- Direct marketing for the County of San Francisco.

MPI Treatment Services, Therapist

1988-1996

- Primary therapist for group, individual, and didactic sessions.
- Case management
- Alternate family therapist for individual and group counseling.
- Lecturer for series on Family Systems.
- Created Relapse Prevention Therapy pilot program which overhauled exercise program.
- Aerobics instruction and weight training.
- Designed new assignments, curriculum, and learning material for clients with focus on holistic recovery approaches.
- Assessment counselor who completed SASSI training for specialized assessments.
- Redesigned community outreach lecture series.

Solidarity Christian Fellowship, Women's Director

1988-1989

- Gained experience and knowledge in skills and Social-Model systems, specifically in administration.
- Conducted on-site assessments with prison and their treatment populations.
- Supervised all activities of facilities.
- Second-in-command of entire organization.
- Trained on Syva for random urinalysis.
- Case management.

CERTIFICATIONS & CONTINUED EDUCATION

- Emotionally Focused Family Therapy – May & November, 2025.
- Brainspotting – with Lisa Larsen, 2021 (certified).
- *The Body Keeps the Score: Trauma*, with Dr. Bessel van der Kolk
 - 2-day training through California Institute for Integral Studies, Fall 2019.
- Family Drug Support – 2019, Family Drug Support Australia, New York City.
- LAADC (through CAADAC, now CCAPP). #LR127041; 2011-2016.
- The Work, by Byron Katie (BKI), with BKI-registered trainer, Zoe Newman, Oakland, 2011.
- Advanced Motivational Interviewing skills training with Bill Miller, Ph.D. and Terri Moyers, Ph.D., 2007 & 2017.
- Motivational Interviewing Training with Drs. William Miller, Theresa Moyers, and Carolina Yahne. UNM, 2000.
- Certified Alcohol and Drug Counselor (CADC II), coursework, UC Berkeley; Cal State Hayward; 1998, certification #A3716698. (intentional expiration in 2016)
- Case Management and the ASI, Deni Carise, University of New Mexico, 2007.
- iRest, 2012. (certified)
- Client-Directed, Outcome Informed (CDOI) Training with Scott Miller and Barry Duncan, Chicago, 2008.
- Brief Therapy/Client-Centered, Outcome-Informed Treatment: with Scott D. Miller, Ph.D., Jane Peller, LCSW, & John Walter, LCSW – 2001 & 2002.
- Community Reinforcement & Family Training (CRAFT), with Robert Meyers, PHD. Santa Fe, NM, 2003 & 2023.
- Seeking Safety with Lisa Najavits, SF, CA, 2005/2006.
- CBT with Fred Rogers, Ph.D., Oakland, CA, 2006.
- MIST with Bill Miller and Terri Moyers, Ph.D., Albuquerque, NM, 2007.
- MITI Coding with Jacque Elder & Sue Eck-Mass, Chicago, IL, 2007.
- Thought Field Therapy (TFT™), 1996. Certified.
- International Certified Alcohol and Drug Counselor (ICADC), 1998. #17436.
- Advanced Relapse Prevention Specialist (ARPS), CENAPS© (Gorski), 1996. (certified)
- Professional (SAP), certification #11575, 1998-2008.

WORKSHOPS & TRAININGS Conducted (partial list: 2019-current

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- Texas A&M International University, graduate dept of Counseling Psychology: *Motivational Interviewing Foundations* (2-part series)
- Coming in early 2026: with Dr. Andrew Tatarsky in LA: *Integrated Harm Reduction 3-day Training!!*
- "Motivational Interviewing Foundations" workshop series – 2025, Santa Rita Jail
- "MI on the Fly!" – 2025, Napa: Providence Day Hospital, Alzheimer's Care: Workshop series & Coaching sessions
- "MI Foundation" series – 2025, Bridges Professional Treatment Services
- Motivational Interviewing series – 2025, Santa Cruz County Youth Services
- "MI on the Fly! - Redux" – 2025, The Free Guide, Santa Cruz, CA
- "Improving Engagement for Clients & Clinicians" – 2024, Poland MI Group
- "Motivational Interviewing Foundations" workshop series – 2024, Santa Rita Jail
- "MI on the Fly!" – 2024, Napa Providence Day Hospital for Volunteers and Staff
- "MI on the Fly!" – 2024, Alzheimer's Care, Napa Providence Day Hospital
- "Harm Reduction Psychotherapy Foundations" – 2024, San Francisco Department of Public Health.
- "MI on the Fly, Part 1&2" – 2023-4, Homeboy Industries, Los Angeles, CA
- "Somatic Approaches, Trauma-Informed & MI" with colleagues – 2022, MINT 2022 Forum Workshop
- "MI Foundation" series – 2024, Bridges Professional Treatment Services
- Motivational Interviewing workshop – 2024, Round Valley Indian Health Center
- Motivational Interviewing workshop, Harm Reduction overview – 2022, Homeless Prenatal Program

- "MI on the Fly!"- 2024, The Free Guide Workshop, Santa Cruz, CA
- "MI on the Fly and Foundations" – 2024 Homeless Outreach Team Workshop Series, City of Berkeley.
- "Motivational Interviewing and Trauma Informed Work" and "Harm Reduction" - 2022 Ryan White/HIV Services, San Francisco Department of Public Health
- "Using MI & Trauma Informed Work in Tobacco Cessation" – 2020 & 2021, Sonoma County Schools, Sonoma, CA.
- "Advanced MI" 2019-2021, Mendocino County, CA
- "Advanced MI and TIW" 2021-2, Santa Clara County, CA
- "Intermediate MI with Coaching & Supervision" 2022, Lake County, CA
- "Harm Reduction", 2022; Community Behavioral Health Services, Indianapolis, IN
- "Invitation to Change" interventions – 2019 (SLC, ABQ)
- Motivational interviewing workshop (Introduction, Intermediate, and Advanced) – 2019, Mendocino County, CA
- Motivational interviewing workshop (intermediate) – 2019, Kern County, CA
- "Trauma Informed Work" – 2019, A Safe Place, Oakland, CA
- "Intermediate MI" - 2023, Kern County, CA
- "MI Foundations" – 2023, Alchemy (formerly Sage Integrative Health), Berkeley, CA
- "MI on the Fly: Using MI with People Who Are Unhoused" – 2023, Santa Cruz Free Guide & Downtown Streets, Santa Cruz, CA
- "MI with People with OUD" - 2023 Chan-Zuckerberg/SF General Hospital.
- "Motivational Interviewing, Part 1 & 2" – 2023-24, Homeboy Industries, Los Angeles, CA
- Workshop facilitator, "Burnout" series – 2022, Lake County
- "Introduction to MI", 2019, RAMS, San Francisco, CA
- "MI & Trauma-Informed Work", 2019. Hope Street Services (Dignity Health-LA). Los Angeles, CA.
- "MI 101 & 201", 2019. San Francisco Mental Health Association, SF, CA.

CONFERENCE APPEARANCES AND PROFESSIONAL SPEAKING

- Speaker, New Jersey Peer Summit, September 12: "*Harm Reduction 3.0: More than Narcan & Needles*" (2025)
- The Harm Reduction Exchange (Glasgow, IR): November 28th. Time TBD. Scheduled talk on *Coming to Harm Reduction Kicking & Screaming*, editions 1-2 and Holistic Harm Reduction Psychotherapy (HHRT)
- "Motivational Interviewing" – 2025, STRONG STAR Consortium at the University of Texas Health Science Center at San Antonio, TX.
- "Recovery without Abstinence" – 2024, Keynote speaker, SOS RICH Harm Reduction Conference, Portsmouth, NH.
- "Coming to Harm Reduction Kicking & Screaming" – 2023, Keynote Speaker, CCAPP Addiction Leadership Conference, Sacramento, CA.
- "Harm Reduction and Families" – 2019, The Heart of a Women Warrior Conference, Solvang, CA.

WEBINARS

- Harm Reduction & substance use disorders – August 28, 2025, with Dr. Kristin Dempsey
- "MI & SFBT" – 2024, for Safer Society with David Prescott
- "Advanced Harm Reduction Psychotherapy – 2023, New Mexico Motivational Interviewing Training & Consulting (NMMITC)

PODCASTS

- In conjunction with Faith in Harm Reduction: 5-6 part series for clergy and family on *Families, Harm Reduction & Addiction* (dates to air TBD)
- *Moms For All Paths* - with co-author Joe Clifford – April 2025
- *Recovery Reform* – May 2025
- *SFBT & MI* – Summer 2025
- *Stop Being the Best Kept Secret!* – November 2024
- *Advanced Harm Reduction Psychotherapy* – 2023, NMMITC

- *The Woods* from *The Stream* "Harm Reduction for Families" – May 2023
- *Nobody's Perfect* "Harm Reduction!" – June 2023
- *With David Prescott* "MI & Solution Focused Therapy" – 2023
- *Hopestream* with Brenda Zane (now *The Stream*) "Harm Reduction with Families" – 2023 & "MI for Families", 2022.
- "Coming to Harm Reduction Kicking & Screaming: Harm Reduction in Alcoholics Anonymous" – 2022, Kyle Johnston & Drop the Label, Facebook Live Events

TELEVISION/RADIO APPEARANCES AND MEDIA INTERVIEWS

- Guest speaker on *Harm Reduction in Addiction Treatment*, Jeff Hays Films – 2023
- "Anger." Taped guest spot. CBS Nightly Local Newscast. 2002.
- "The Penn & Teller Show: Bullshit!" Showtime Emmy™ Award-winning series. Taped guest spot; originally aired August 2004.
- "Sorta, Maybe an Alcoholic," by GW Schulz. San Francisco Guardian, Feb 28- March 6, 2007, p16.
- Etc. Magazine (San Francisco, CA). Interview on treatment issues.
- KGRN Radio 960: Interview with Angie Coiro on "Treatment." Aired April 8, 2009, 7-8pm.
- Documentary, "The Business of Recovery" (Selection, Newport Beach Film Festival, 2015). Interview. Greg Horvath Productions, Huntington Beach, CA.

WRITING EXPERIENCE

PUBLICATIONS

- *Coming to Harm Reduction Kicking & Screaming: Looking for Harm Reduction in a 12-Step World, 1st edition.* (AuthorHouse, 9/2009). This book is designed to help 12-Step members and other health

professionals understand Harm Reduction principles within a 12-Step philosophy, and vice versa. It serves as an invitation to assist health professionals and others to view these concepts as complimentary and not adversarial as they have too often been seen.

- *Coming to Harm Reduction Kicking & Screaming: Stories of Radically Loving People Who Use Drugs (2nd edition). (Square Tire Books, 3/2025).*
- SAMHSA's TIP Viral Hepatitis and Substance Abuse Treatment (working title); Expert Advisory Board (EAB) member, 2007 - 2009.
- "How to be an Effective Addictions Counselor in a SUD's World." Counselor, (Vol15, No1), p10-13, Feb 2014. Article with Pete Nielsen.
- "Guiding as Practice: Motivational Interviewing and Trauma-Informed Work with Survivors of Intimate Partner Violence." Partner Abuse, 1(1), p92-104, 2011.
- E-book of Blogs: "Harm Reduction for Families. This booklet is a large collection of blogs written specifically for families on various topics relating to Harm Reduction. To get a copy, go to deedeestoutconsulting.com and download it.
- In **Books & Recovery Magazine**, Spring 2025, Issue 3. Excerpt from "*Coming to Harm Reduction Kicking & Screaming: Stories of Radically Loving People Who Use Drugs, 2nd Ed*". Dee-Dee Stout on the Harm Reduction Movement and History. p12-13. <https://www.booksandrecovery.com/>
- "Drug Use is Perfectly Compatible with Good Parenting." (Original title, "Parenting Under the Influence"). 6.2.21 for Filter Magazine, www.filtermag.org.

BLOGS

- Families for Sensible Drug Policy - *FSDP, 2018-2019*
- Various topics for the California Association of Harm Reduction Therapists (CAHRT) at www.harmreductiontherapy.com

WRITINGS IN PROGRESS

Teaching Harm Reduction (coming 2026)

CONTRIBUTIONS

- Denning, P, et al. Over the Influence. Guilford Press, 2004.
- "Safety First" booklet. Drug Policy Alliance (DPA). 2004.
- Rosengren, D. Building Motivational Interviewing Skills: A Practitioner Workbook. Guilford Press. 2009.
- Glaser, G. Interviewed extensively for this award-winning journalist's new book, "Her Best Kept Secret: Why Women Drink and How They Can Regain Control." (2013) **New York Times bestseller**.
- Szalavitz, M. Undoing Drugs. Hachette Books. 2022. **New York Times bestseller**.
- Walters, S. Rehab: An American Scandal. Simon & Schuster, 2025.
- Dempsey, K. The Harm Reduction Workbook for Addiction. New Harbinger. 2024. Foreword.
- Reveal: American Rehab. Interviewed for podcast series on California rehab.

PROFESSIONAL VOLUNTEER SERVICE

Families for Sensible Drug Policy (FSDP.org)

2018-2019

- Volunteer advocate, write, and Blogger for *Families Matter/Family Matters*

MPI Treatment Services

1988-1996

- Facilitated continuing care groups, including Relapse Group.
- Assisted primary therapists in group sessions.

- Facilitated Women's Group and provided support services for women.

COMMUNITY ACTIVITIES

- FSDP Blog: Advocate and writer (2018-2019)
- Board Member, 2011-13: Chair, Landscape Committee, Glashaus HOA.
- Drug Policy Alliance/NORA Project: former Board member (2008-2009)
- Community Vocational Enterprises (CVE): Board member (2008)
- San Quentin Prison: volunteer instructor for prisoners (2006)
- PIC/PRC - SF Dept of Public Health: Treatment Co-Chair (2001-04)
- CCSF Advisory Board (CAB): Member (2002-2010)
- Volunteer Legal Services Program (VLSP): Volunteer (2001-2005)
- YMCA: Certified Fitness Instructor; Healthy Back instructor; Certified Strength Trainer; Certified Stretching Instructor (all volunteer positions)
- St. Andrew Presbyterian Church (Pacifica, CA): Ordained Elder; Member, governing Board of Directors; Superintendent of Sunday Schools.

REFERENCES

- **Dr. Patt Denning, PhD.** Psychologist. Former Clinical Director & Co- Founder, The Center for Harm Reduction Therapy. pattdenning@gmail.com. 415.717.8967 (San Francisco, CA).
- **Dr. Perri Franskoviak, PhD.** Psychotherapist. Former Director, Holy Names University Graduate Department of Forensic & Counseling Psychology. pfranskoviak@gmail.com. 510-290-1623 (Oakland, CA).
- **Jeremy Prillwitz, MA, LAADAC.** Counselor. JP Harm Reduction. jeremyprillwitz@gmail.com. 415.310.6448 (Sacramento, CA)