

Dr. Robin Barre
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Psychotherapist, Educator, Consultant
The Shiftless Wanderer
Facebook Instagram LinkedIn

Psychotherapist/Counselor

Education

PhD in Depth Psychology	2015
Pacifica Graduate Institute, Carpinteria CA	
<i>Dissertation title:</i> "Encountering the Minotaur: Archetypal Reflections from a Former Alternative High School Teacher"	
<i>Committee:</i> Carl Leggo (External reader), Jennifer Freed (Internal reader), Alexandra Fidyk (Chair)	
MA in Depth Psychology	2010
Pacifica Graduate Institute, Carpinteria CA	
MA in Counseling Psychology with an Emphasis in Depth Psychology	2005
Pacifica Graduate Institute, Carpinteria CA	
<i>Thesis title:</i> "Changing Consciousness Through Soul Journaling"	

Relevant Experience

The Shiftless Wanderer: CEO & Founder	Jan 2022 – Present
Expert consultation and training for non-profit organizations, schools, agencies, parent support groups, therapists, and those who serve and care about teenagers.	

Robin Barre Psychotherapy Services	Sept 2011 - Present
Private depth psychotherapy practice offering services for children, adolescents, adults, and families. LMHC – Washington State. LPC – Virginia.	
Areas of expertise: adolescent issues; complex relational trauma	

- Experience with court-involved and high-conflict families
- Consultation services for educational organizations and schools for the provision of trauma-informed services
- Certified clinical trauma professional
- Certified Transform Your Boundaries trainer
- Voice Dialogue facilitator
- Level 3 trained and certified Internal Family Systems therapist
- IFS-Institute approved IFS consultant

- Certified Integrative Mental Health Professional
- Licensed mental health counselor

Island County Human Services

Aug 2011 – June 2016

Coupeville, WA; Langley, WA; Stanwood, WA

Island County School-Based Mental Health Counselor

- Provided services for counseling, psychotherapy, and casework for students in grades K-12
- Coordinated care with parents, families, guardians, guardians ad litem, school district staff, Island County Sheriff's Department, Island County Juvenile and Family Court, Island County Human Services, Child Protective Services, other mental health and medical providers in private practice and agency settings, and community social services.

Island County Juvenile Drug Court

June 2009 – June 2011

Coupeville, WA

Assist probation coordinator

Fieldwork research – Develop and implement the Juvenile Unification Mentoring Program (JUMP) for Juvenile Drug Court participants

Fieldwork title – “Dialogues: Community, Mentoring, and Our Adolescents”

Compass Community Mental Health Clinic

Sept 2003 – June 2004

Coupeville, WA

Intern counselor providing counseling and case management

Licenses and Certifications

- Washington State Licensed Mental Health Counselor—License #60754200
- Virginia State Licensed Professional Counselor—License #0701014522
- Certified Internal Family Systems therapist
- Approved Internal Family Systems consultant
- Certified Integrated Mental Health Professional
- Certified Clinical Trauma Professional

Educator

Education

Antioch University Seattle

1996

Washington State Teaching Certificate K-8, with endorsements in Social Studies, English, History, and in 2005 also in Psychology.

Relevant Experience

Brandman/Chapman University College

Sept 2006 – June 2011

Whidbey Island Naval Base, Oak Harbor, WA

Undergraduate psychology department adjunct faculty.
Courses included:

- Introduction to Psychology
- Human Sexuality
- Youth at Risk
- Scientific Writing for the Social and Behavioral Science

Peace on the Streets by Kids from the Streets (PSKS) Seattle, WA

Aug 2005 – Aug 2010

Director and instructor for PSKS alternative high school program
Contracted with Seattle Public Schools through Interagency Academy to support street-involved youth for GED or credit retrieval work.
Duties included administration, case management, therapeutic and crisis counseling, curriculum planning and modifications.

Whidbey Island Academy Langley, WA

Aug 2003—June 2005

Homeschool-based and independent study program
Middle & High School Literature and writing teacher

Sultan School District

Jan 1997 – June 1998

7th grade Language Arts and Social Studies teacher

Oak Harbor Middle School

Aug 1998 – June 2002

7th & 8th grade Language Arts and Social Studies teacher

Professional Consultant/Educator: Relevant Experience

IFS-I Approved IFS Consultant 2024 to present
Group and individual consultations

Opportunity Council 2024 to present
Washington State

- Economic Security For All – Youth Mentor Training Curriculum
- Residential Program – Consultation and Training
- All agency – Boundaries with Integrity
- Supervisors In Person training – Leading with Integrity: Boundaries, Validation and Trust in Human Services
- Staff In Person training – In Service & In Balance: Resilience Tools for Case Managers and Residential Counselors

IFS-Jordan Dream Group June/July 2025
Lecture and Demonstration on dream work and IFS

Part of Us: A Global Youth Support Network 2024
Founding member
<https://www.globalyouth.network/>

The Organic Farm School 2023
Whidbey Island, WA
Executive director: Judy Feldman
Staff training and consultation

Professional Organizations ~ Membership

- The Association for Child and Adolescent Counseling
- The American Counseling Association
- The Association for Counseling Education and Supervision
- The International Association for Resilience and Trauma
- The Association for Child and Adolescent Health

Completed Professional Trainings, Seminars, Workshops

Internal Family Systems Trainings, Workshops, and Program Assistant

- *Internal Family Systems Level 1 Training 2018*
 - Kay Gardner lead trainer
- *Internal Family Systems Level 2 Training 2022*
 - Osnat Arbel lead trainer

- *Internal Family Systems Level 3 Training 2024*
 - Cece Sykes lead trainer
- *Internal Family Systems Level 1 Training Program Assistant*
- *Internal Family Systems Level 2 Training Program Assistant*
- *Investigating Internal Family Systems: Addressing Shame, Trauma, & Addiction* – Richard Schwartz, Omega Institute
- *The Farther Reaches of IFS: Working with Unattached Burdens*— Life Architect
- *Shamanism and Psychotherapy* – Life Architect
- *IFS for OCD* – Melissa Mose, Cambridge Health Alliance
- *A Parts Approach to Preverbal Attachment Trauma* – Frank Anderson, NICABM
- *An IFS Lens on Therapist Burnout* – Cece Sykes, Life Architect
- *IFS 6-month Case Consultation* – Cece Sykes, IFS Portugal

Integrated Mental Health

- Nutrition for Mental Health
- An Anti-Inflammatory Lifestyle
- Food and Mood: A Therapist’s Guide to The Role of Nutrition in Mental Health
- Lifestyle, Mental Health, and Inflammation

Ethics

- Ethical Issues in the Helping Professions
- Ethics and The Systems Therapist—including, Clinical and Ethical Considerations with Family Court-Involved Clients
- Washington State Legal and Ethical Issues for Mental Health Counselors
- A Jungian Exploration of Ethics in Practice

Navigating High Conflict

- Healing Children of High-Conflict Families
- High Conflict Co-Parenting—Overcoming Barriers
- High Conflict Families: Healing the Hostility, Revenge, Manipulation, and Parental Alienation
- The Self of the Therapist Across the Family Life Cycle

Suicidality & Self-Harm

- Adverse Childhood Experiences Study Seminar
- Trauma & Psyche Seminar
- Suicide Assessment & Response Training
- Suicide & Self-Harm
- Self-Harming Behaviors Intervention & Treatment
- Applied Suicide Intervention Skills Training (ASIST)
- Treating Self-Harming Behaviors in Adolescents and Adults
- Healing the Shame of Fragmented Selves with Janina Fisher

Trauma Healing

- International Society for the Study of Trauma and Dissociation – 2019 Conference
- Attachment, Trauma & Psychotherapy: Neural Integration as a Pathway to Resilience & Well-Being
- Neurophysiology of Trauma: Clinical Applications of the Polyvagal Theory
- Certified Clinical Trauma Professional Training
- Trauma Release Exercise-TRE Experiential
- Dialectical Behavior Therapy—Developing Basic Skills
- Sensorimotor Psychotherapy Level 1 Training

Educational Environments

- Student Assistance Program in the Schools
- Students At Risk Institute
- First Steps Literacy
- Nonviolent Crisis Intervention
- Relational Aggression in Schools
- Drug Impairment Training for Educational Professionals

Diversity, Equity, and Social Justice

- Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Clients: Clinical Issues and Treatment Strategies
- Research Symposium on Issues Facing Children and Families of the Incarcerated and Incarcerated Parents
- Teaching For Social Justice

Alternative Therapies

- Techniques for Facilitating Therapeutic Writing with Pongo Teen Writing
- Transform Your Boundaries Training for Trainers
- Voice Dialogue Facilitation Training
- Advanced Compassionate Depossession Training
- Art With Heart: Expressive Arts and Vulnerable Children
- Sandplay Therapy—Introduction
- HIV/AIDS/sexual harassment Training and Prevention

Service to the Profession

Thesis Focus Group

April 2026

A qualitative exploratory study in the context of Internal Family Systems (IFS)
Lead researcher: Carolina Ratjen

IFS Ukraine Collaboration

2025 to present

Presentation: *Meeting Parts in Transition: Adolescents and IFS*
Presentation: *Validation: The Necessary Foundation for All Good Communication*
Ukraine IFS Therapists Consultation Group

Peer Reviewer

2024 to present

Psychology of Aesthetics, Creativity, and the Arts

International Focus Group: Internal Family Systems for teenagers

Dec 2023

University of Hildesheim, Hildesheim, Germany

Lead researcher: Dr. Ann-Katrin Bockmann

International Focus Group: Internal Family Systems for 6-12 year olds

May 2023

University of Hildesheim, Hildesheim, Germany

Lead researcher: Dr. Ann-Katrin Bockmann

Washington State Covid Worker Care Network

2020

Trauma-informed care and support for those who are working on the front lines against Covid-19

Snohomish County

2018

Member of the Restorative/Trauma Informed Care CHA Team, with Snohomish County Human Services, local hospitals and medical providers, Everett School District, ChildStrive, to create “an equitable sustainable environment that cultivates relationships and a strong feeling of belonging.”

Whidbey CareNet

2013—2015

Short-term low fee therapeutic services for First Responders who are experiencing vicarious trauma through this nonprofit organization

Island County/Camano Island Community Network

2010—2013

Community representative at monthly meetings for the Network, part of the Family Policy Council Community Initiative program

Conference and Symposium Presentations

Juried Workshops

IFS Institute Conference:

IFS in Evolution ~ Broadening Applications of the IFS Model
online

Oct 2024

Workshop title: "The Journey of Becoming: IFS Meets the Meaning Crisis"
Co-presenters: Dr. Ann-Katrin & Dr. Kasra Mirzaie

Washington Association of Learning Alternatives Annual Conference:

Culture + Climate = Community
Chelan, WA

Mar 2024

Presentation title: "Validation is a communication superpower!"

Palm Beach Poetry Festival and Workshop

2020

Delray Beach, FL

Juried workshop participant with Major Jackson

Palm Beach Poetry Festival and Workshop

2019

Delray Beach, FL

Juried workshop participant with Matthew Olzman

4th International Conference on Psychoanalysis and Education:

Creativity in the Psychoanalytic Process and Lifelong Learning
Canterbury, UK

Dec 2018

Narrative performance title: "The Minotaur: A Mythopoetic Narrative in Three Voices"

6th International Symposium for Poetic Inquiry:

Poetry As/In For Social Justice
Bowling Green, OH

Oct 2017

Paper title: "Chronos Eats His Children: A Poetic Inquiry Into Time as a Social Justice Issue"

Jungian Society for Scholarly Studies:

Complexity, Creativity, and Action
Washington, DC

June 2017

Presenting paper: "Mythopoesis: Map, Vehicle, Alchemical Vessel"

5th International Symposium on Poetic Inquiry

Oct 2015

Vancouver, British Columbia, Canada

Workshop title: "Fine Goat"—Foraging for the Things of the World

Art and Psyche: Layers and Liminality:
A Conference of the International Association for Analytical Psychology **Sept 2015**
Siracusa, Sicily, Italy
Presentation title: "Crocodile Mandala"

Jungian Society for Scholarly Studies:
On Nature and the Feminine: Psychological & Cultural Reflections **June 2015**
Edmonton, Alberta, Canada
Roundtable discussion title: "Following Ariadne's Thread~Research as Engagement with the Feminine"

Boys & Girls Club **2014**
Mukilteo, Washington
Guest presenter: "Providing Trauma-Informed and Developmentally Appropriate Services for Vulnerable Youth"

Jungian Society for Scholarly Studies **June 2011**
Ithaca, NY
Paper title: "The Minotaur and Zoë: Dionysian Symbols of Adolescence"

Jung in Dialogue:
Practices in Soulmaking **June 2010**
Carpinteria, CA
Mixed Media presentation title: "The Ariadne Journals"

Jungian Society for Scholarly Studies **June 2010**
Ithaca, NY
Workshop and presentation title: "Image and Word: Healing and Transforming through Soul Journaling"

International Child and Youth Care Conference **2009**
Ft. Lauderdale, FL
Presenting paper title: "Teaching for Imagination—Learning How to Enter the World"

Publications

Publication: Poetic Inquiry as Social Justice and Political Response **2019**
Vernon Press
Chapter title: "Chronos Eats His Children: A Poetic Inquiry into Time as a Social Justice Issue"

Cascade #2: Journal of the Washington Poets Association Poem: "Winter"	2011
San Francisco Medical Magazine Article title: "Anemia as Metaphor"	2008
Sea of Voices, Isle of Story Poetry Anthology Poem title: "Strange songs beautifully"	2003
Skagit Valley College Sqajet Literary Magazine Poem title: "Original Sin"	2001
PoetsWest Journal Poem titles: "August boys of my own" and "Stones from other shores"	2000

Videos, Podcasts

The One Inside Tammy Sollenberger "IFS, Adolescence, and Meaning-Making" https://tammysollenberger.com/honoring-teen-parts-with-ann-katrin-bockmann-kasra-mirzaie-and-robin-barre/	May 2025
Closing the Gap Kacey Montgomery: Mid-Valley STEM-CTE HUB "Applying Internal Family Systems to Student Growth" https://www.midvalleystem.org/2024/11/14/internal-family-systems/	Nov 2024
Closing the Gap Kacey Montgomery: Mid-Valley STEM-CTE HUB "Unlocking Potential: Validation & Self Energy For Student Success"	Oct 2024
Voices with Vervaeke John Vervaeke "Exploring Adolescence and the Meaning Crisis with IFS Therapy"	Aug 2024
Finding Our Fit Susanna Wu-Pong Calvert "The Adolescent Mental Health Crisis: Causes and Resources"	Nov 2022
Global Conversation Sarri Gilman "Global Conversation-Skills to Connect with Teenagers"	June 2022