

MARGIT COX HENDERSON, PH.D.

Psychologist ♦ Author ♦ Speaker

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- Credentials/ Education** Licensed Clinical Psychologist Colorado License Number 2236, January, 1998
- Doctor of Philosophy, Clinical Psychology Loyola University of Chicago, January, 1997
- Master of Arts, Clinical Psychology Loyola University of Chicago, January, 1993
- Bachelor of Arts, Psychology Northwestern University, June 1990
- Awards** Living Now Book Award silver medal in the Mature Living / Aging category for *Optimistic Aging*, Independent Publisher, 2015
- Clinician of the Year Aurora Mental Health Center, 1998
- Kobler Award for Outstanding Graduate Student Achievement Loyola University of Chicago, 1994
- Experience** Writer / Speaker (2013 - present). Published first book 2014, *Optimistic Aging: from Midlife to the Good Life, an Action Plan*. Present about developing lifelong wellbeing. Published second book 2020, *From Hope to Habit: Science-Based Solutions to Live Your Best Intentions* and teach the Habits Deep-Dive Course.
- Private Practice Psychologist (3/02 – present). Conduct individual and couples therapy. Provide resiliency and strength focused therapy. Specialize in major mental illness and trauma issues. Provide trainings and supervision to other clinicians.
- Clinician / Program Director of Survivors Mental Health Program at Maria Droste Services (7/00 – 2/02). Developed and coordinated the SMHP for survivors of abuse with serious mental health problems. Conducted individual and group therapy, supervision, trainings, community outreach, program evaluation and wrote/administered grants.
- Clinician / Program Coordinator at Aurora Mental Health Center (9/96 – 8/00). Developed and coordinated Women’s Empowerment Program for battered women with major mental health issues. Helped develop and coordinated Wellness Program of strength-based, psychoeducational groups. Conducted individual and group therapy, trainings, community outreach, supervision of doctoral-level clinicians-in-training, program evaluation research, facilitated Outward Bound therapeutic wilderness retreats, and wrote/administered program grants.

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Experience (continued) Research Coordinator for the Denver Sexual Assault Interagency Council (4/96 – 1/98). Designed evaluation study and survey, conducted data analysis, and wrote and presented reports.

Clinician / Intern at University of Denver Counseling and Consultation Center (8/95-8/96). Conducted individual and group therapy, psychological evaluations, supervision of doctoral-level trainees, on-call emergency services, trainings and outreach/consultation.

Clinician / Extern at Loyola University's Counseling Center (8/93 – 6/95). Conducted individual therapy and psychological evaluations.

Part-Time Faculty at Loyola University (1/94 – 6/95). Taught Abnormal Psychology and Research Methods in Psychology at the undergraduate level.

Chairperson of the Self Empowerment Group's Board of Directors (5/94 – 6/95). S.E.G. is a non-profit organization that offers IMPACT women's self-defense courses in Chicago. Provided leadership and direction to the organization and oversaw S.E.G.'s daily functioning in areas of program development, marketing, recruitment, volunteer coordination and research. Also volunteered as a Speaker and Class Assistant (1/92-6/95).

Research Coordinator for the Self Empowerment Group (1/93-6/95). Designed evaluation study and survey, conducted data analysis, and wrote and presented reports.

Clinician / Trainee at Loyola University's Doyle Center (8/91-8/93). Conducted individual, family and play therapy and psychological assessments with adults and children.

Research Assistant at Loyola University (8/90 – 5/92). Assisted Drs. Jeannie Albright and Seth Kalichman in all areas of their research regarding depression and sex offenders, respectively.

Research Assistant at Northwestern University (9/86 – 6/90). Assisted Dr. Lauren Alloy in all areas of her research regarding depression.

Selected Publications Henderson, M.C. (2020). *From Hope to Habit: Science-Based Solutions to Live Your Best Intentions*. Denver: Resilient Publications.

Henderson, M.C. (2014). *Optimistic Aging: from Midlife to the Good Life, an Action Plan*. Denver: Resilient Publications.

Erickson Cornish, J.A., Riva, M.T., Henderson, M.C., Kominars, K.D., & McIntosh, S. (2000.) Severity of distress in University Counseling Center clients: A five year comparison. Journal of College Student Development, 41(1), 104-109.

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Publications Albright, J., & Henderson, M. C. (1995). How real is depressive realism? A question of scales and standards. Cognitive Therapy and Research, 19, 589-609.
(continued)

Henderson, M. C., et al. (1994). Personality characteristics of young adult offspring of substance abusers: A study highlighting methodological issues. Journal of Personality Assessment, 63, 117-134.

Kalichman, S., & Henderson, M. C. (1991). MMPI profile subtypes of non-incarcerated child molesters: A cross-validation study. Criminal Justice and Behavior, 18, 379-396.

Henderson, M. C., & Kalichman, S. (1990). Sexually deviant behavior and schizotypy: A theoretic perspective with supportive data. Psychiatric Quarterly, 61, 273-284.

Committees Diversity Committee, Maria Droste Services (2000 – 2002)
Served Denver Domestic Violence Fatality Review Committee,
Risk Assessment Subcommittee (2000 – 2001)
Aurora Family Violence Response Team (1996 – 2000)
Aurora Domestic Violence Task Force (1996 – 2000)
Denver Sexual Assault Interagency Council (1996 – 1998)
Training Committee, Aurora Mental Health Center (1997 – 1998)

References Available on request