

MARGIT COX HENDERSON, PH.D.

Resiliency Resources®

Psychologist ♦ Author ♦ Speaker

1805 S. Bellaire St. ♦ Suite 175 ♦ Denver, Colorado 80222

Phone: (303) 257-2427 ♦ margit@margithenderson.com

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: Professional Speaker (2013 – present). Keynote speaker for corporations, associations and community groups, such as Merrill Lynch, TIAA, Ameritas, the Financial Planners Association, the American Association of State Colleges and Universities and the Lotus Network. Speech titles include: *Optimistic Aging: Charting Your Course for Retirement Adventure; Peak Performance and Executive Wellbeing; and Burnout Relief: Science-Based Solutions to Restore Your Wellbeing*. Professional member of the National Speakers Association.

Author (2013 – present). Published first book 2014, *Optimistic Aging: from Midlife to the Good Life, an Action Plan*. Published second book 2020, *From Hope to Habit: Science-Based Solutions to Live Your Best Intentions*.

Private Practice Psychologist (3/02 – present). Solo independent practice: Resiliency Resources® 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.

MARGIT COX HENDERSON, PH.D.

Experience (continued): 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.

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.

Teaching Fellow 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.

MARGIT COX HENDERSON, PH.D.

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.

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

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 Served: Diversity Committee, Maria Droste Services (2000 – 2002)
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