

Meet Our Staff

Call 619.737.7721 to be connected to any of our therapists



Dr. Jane Nelsen

Jane Nelsen is the mother of seven children and grandmother to 20 grandchildren – and married to Barry Nelsen for 40 years. She is also a licensed Marriage, Family and Child Therapist and the author and/or co-author of eighteen books including the *Positive Discipline* series, and *Serenity: Simple Steps for Recovering Peace of Mind, Real Happiness, and Great Relationships*

Jane earned her doctorate degree in Educational Psychology from the University of San Francisco. She also taught Child Development at a California community college and was an elementary school counselor for ten years. Jane is available for private and group therapy and parent coaching.

DR. JANE NELSEN, MFT
801-450-1233

Mary Nelsen Tamborski received her BA from San Diego State University and her MA in Marriage and Family Counseling from the University of Phoenix. Currently she is a Licensed Marriage and Family Therapist Intern under the supervision of Aisha Pope. Mary completed her practicum at the Alvarado Parkway Institute in San Diego and received vast experience working with people suffering from severe mental illness and substance abuse. However, her specialty is helping couples and individuals (including adolescents) discover the blocks that keep them from living their inner joy.

Mary's formal training is secondary to the life training she received from her mother, Dr. Jane Nelsen, a Marriage and Family Therapist and author the *Positive Discipline* books and *Serenity: Simple Steps for Recovering Peace of Mind, Real Happiness, and Great Relationships*. From the earliest time she can remember her mother and father had her involved in respectful communication, encouragement, and focusing on solutions.

Mary loves being a wife to husband Mark and a mother to her son's Greyson and Reid. Since Mary's first love is being the mother of two young boys, it was a natural for her to become a Certified Positive Discipline Parent Educator.



Mary Nelsen Tamborski, IMF

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Amy Woods

Amy Woods is a Certified Positive Discipline Parent Educator with a passion for teaching concepts that work. She became interested in Positive Discipline after her first daughter was born after stumbling on a copy of the book at a garage sale. Since then, she has studied, applied and facilitated Positive Discipline. Amy is a Registered Dietitian with 9 years of counseling adults and families on nutrition. She and her husband facilitate infant baptism classes at their church and have facilitated faith-sharing groups. She is excited to bring her enthusiasm for sharing effective parenting strategies, her acceptance of imperfection and her growing faith to Roots and Wings Consulting. Look for Amy to offer Positive Discipline in the Christian Home!

Angela Lancaster is an Associate Clinical Social Worker (ASW) who has been working with children and their families for the last 13 years in a variety of settings. She graduated with a Bachelors Degree in psychology from Cumberland College in Kentucky and went on to obtain a Masters in Social Work from the University of Denver with an emphasis in Direct Services and Children, Youth and Families. Angela has provided group and individual services in a variety of settings including schools, child welfare, and residential care. Angela also recently worked abroad in London, UK for five years providing assessment and intervention services to children and their families in a family center setting. Angela has had additional training in grief and loss, trauma, attachment, brief solutions therapy, and motivational interviewing. She has co-facilitated professional trainings on topics including grief and loss, assessment, Motivational Interviewing and Positive Discipline. Angela is a Certified Positive Discipline Parent Educator, and is looking forward to teaching Positive Discipline classes at Roots & Wings.



Angela Lancaster, ASW

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Shawn Worrlein, LCSW

Shawn Worrlein is an Licensed Clinical Social Worker who has been working with adults, children, and families in a variety of setting for many years. Shawn's most recent experience has been in a wraparound program where he works closely with children and parents in a program designed to reduce the likelihood of out of home placements for children with challenging behaviors. Shawn is a Certified Positive Discipline Parent Educator, and is happy to bring his skills to Roots & Wings to provide therapy, parenting classes, and men's groups!

Jennifer Trainor, M.A. in Ed, is a California Marriage and Family Therapist Intern, and a Licensed Professional Clinical Counselor Intern, whose most recent work experience was the creation and implementation of a literacy initiative program between The George Washington University and LifeStarts, a non-profit organization targeting "at promise" children, located in Washington, D.C. Both research findings and interventions will be published in the American School Counselor Associations' monthly periodical (January/February 2011). Jennifer has had extensive training in grief, trauma, loss and life transitions, and is also a Certified Positive Discipline Parent Educator. Jennifer is thrilled to be able to share her skills with Roots & Wings, contributing individual, and group practices.



Jennifer Trainor, IMF

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Dr. Robin Harwood

Robin E. Hodges-Harwood, Ph.D. (Licensed Clinical Psychologist PSY 23198) currently holds a Doctoral degree in clinical psychology from Alliant International University/CSPP and is licensed to practice psychology in the state of California. Dr. Hodges received her Bachelor's Degree in Psychology from the University of California, San Diego (UCSD). Dr. Hodges has extensive experience working with children with Autism Spectrum Disorders and their families. She has provided in-home behavioral support, parent support and education as well as school-based services for children and adolescents ages 2-18. Dr. Hodges has participated in the development and implementation of a cognitive-behavioral group intervention for adolescents struggling with anxiety and social skills deficits. Additionally, Dr. Hodges has worked with adults in various therapeutic settings including an intensive, inpatient psychiatric setting and an outpatient therapy setting. She provides services for individuals with depression, anxiety, adjustment problems, and difficulties in interpersonal relationships. For more information or to schedule an appointment with Dr. Hodges, please call (858)997-7487.

Golby Rahimi, MFT- Golby is a Licensed Marriage and Family Therapist who has been working in the mental health field for 8 years, providing individual, family, and group therapy, developing treatment plans, providing case management services in the community, teaching parenting skills, and conducting in-depth assessments. Golby received her Master's Degree in Counseling from San Diego State University in 2007, and her Bachelor's Degree in Psychology and in Economics from the University of California at Berkeley in 1999. Most of Golby's experience has included working with seriously emotionally disturbed children and adolescents in wraparound programs, providing services in homes, schools, and the community in order to reduce the risk of out of home placement. Golby completed her internship at the Center for Community Counseling providing individual and couples counseling, and at San Diego Hospice providing intensive grief and bereavement counseling to children and adults in clinic, hospital, and home settings. In addition to her private practice work, Golby is currently working as a program supervisor for a wraparound program serving at risk youth. Golby is a CAMFT member in good standing. Golby can be reached through her website at www.RahimiTherapy.com



Golby Rahimi, MFT

Robin and Golby run their own private practices that share space with Roots & Wings, but are not employed by Roots & Wings.