

Nathaniel Eli Hastings, MA, MFA, LMFTA  
502 Second Ave, Suite 1409  
Seattle, WA 98104  
[eli@changingstoriescounseling.com](mailto:eli@changingstoriescounseling.com)  
(206) 617-1456  
Fluent in Spanish

## EDUCATION

**Master of Arts in Psychology**/Couple and Family Therapy, Antioch University Seattle, WA  
December 2013

**Master of Fine Arts**, Creative Nonfiction, University of North Carolina at Wilmington  
2004

**Bachelor of Arts**, International and Intercultural Studies (summa cum laude), Pitzer College,  
Claremont, CA  
2000

## CURRENT EMPLOYMENT

**Marriage and Family Therapist Associate at Changing Stories Counseling, LLC**  
Sole proprietor and clinician, Seattle, WA

**Assistant Director**  
Pongo Teen Writing, Seattle, WA

## CLINICAL EXPERIENCE

**“Big Buddy” Camp Counselor** 2013  
Camp Erin, Carnation, WA

- Provided group and individual grief support and counseling services to five youth age 12 in a communal living environment

**General Counseling Intern, Extern** 2012-present  
Youth Eastside Services, Bellevue, WA

- Provided individual and family psychotherapy services in Spanish and English to several dozens clients and their families
- Worked extensively with several clients suffering from PTSD utilizing selective interventions from TF-CBT
- Participated in weekly supervision with AAMFT supervisor of the year (2012), Caron McCune
- Developed clinical treatment plans for dual and co-occurring disorder clients employing selective therapeutic modalities
- Worked collaboratively on a regular basis with Child Protective Services, Children’s Crisis Outreach and Response Services, Children’s Hospital, Bellevue School District, Friends of Youth, Family Reconciliation Services, Youthcare and more
- Managed crises at the agency including removal of clients by Bellevue PD and transfer to Children’s Hospital
- Facilitated the inpatient placement of clients in Fairfax Psychiatric Hospital and others
- Participated in weekly DBT consultation groups with senior staff and supervisors
- Assisted in facilitation of youth DBT group

**Mentor, Project Leader, Assistant Director**

2008-Present

Pongo Teen Writing, Seattle, WA

- Worked under experienced team leaders facilitating therapeutic poetry with traumatized youth in Juvenile Detention, King County, WA and Child Study and Treatment Center, Western State Hospital, Lakewood, WA
- Assisted Director in Pongo Teen Writing community trainings for clinicians, teachers, counselors, etc., in a variety of settings in the community
- Planned, developed, facilitated and participated in Pongo performances in the community, including at Northwest Folklife Festival, Richard Hugo House and Youth Theater Northwest, including clinical psycho-education regarding Pongo methods
- Lead and supervised a team of five trained mentors in the project at King County Juvenile Detention

**Advocate and Creative Writing Instructor**

2008-2009

Eastside Domestic Violence Program (now Lifewire), Bellevue/Sammamish, WA

- Worked one on one with traumatized and battered women in confidential shelter, providing counseling services, case management services, and conducting in-person intakes
- Facilitated a several-month long creative nonfiction workshop focused on past traumas of residents
- Edited and produced anthology of residents' work, *Surviving Thoughts*

SELECTED EMPLOYMENT HISTORY

**Resident Teaching Artist**

2008-2009, 2009-2010, 2013-2014

Seattle Arts & Lectures/Writers in the Schools

**Creative Nonfiction Instructor** (English 201)

2011

Seattle Central Community College

**Creative Writing Instructor**

2008-2010

Richard Hugo House, Seattle, WA

**Graduate Teaching Assistant** (Adjunct Duties)

2001-2004

University of North Carolina at Wilmington

SELECTED TRAININGS, LICENSES, CERTIFICATIONS

- Trauma-Focused Cognitive Behavioral Therapy, Medical University of South Carolina (online) 2013
- Understanding Bipolar Spectrum Disorders, Institute for Brain Potential, Seattle, WA (1 day) 2013
- Attachment & Emotion Regulation: Brain-Based Therapy & Practical Neuroscience, Premier Education Solutions, Seattle, WA (1 day) 2013
- De-Escalation/Safety Training, Youth Eastside Services, Bellevue, WA, (1.5 hours) 2013
- Dialectical Behavior Therapy Foundational Training, Behavior Tech, LLC, Bellevue, WA (5 days) 2013
- Intensive Certification in DBT, February 2014
- Developing Positive Emotional Habits Training, Institute for Brian Potential, Seattle, WA (1 day), 2014

SELECTED PUBLICATIONS & AWARDS

- *Falling Room*, University of Nebraska Press, 2006
- *Clearly Now, the Rain: A Memoir of Love & Other Trips*, ECW Press, Toronto, Canada

2013

- Widely published in magazines, journals and anthologies, including *Huffpost*, *The Rumpus*, *Neutrons/Protons* and *The Cimarron Review*. 2003-2013
- Twice nominated for the prestigious Pushcart Prize 2003, 2011
- Residency at the Vermont Studio Center, Johnston, VT 2005
- Winner of *Alligator Juniper's* Essay Contest, Prescott, AZ, 2004
- Winner Best Nonfiction Thesis Award, UNCW 2004
- Profiled by *Seattle Times* & KUOW as one of "13 for '13: Artists that are changing the future of the arts in the northwest" 2013