



**PAULA M. WON, MEd, MA, CMFT**  
**Healthy Therapy Online Care, LLC**  
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**CAREER OBJECTIVE:**

To continue to own and operate Healthy Therapy Online Care, LLC, while providing Acceptance Commitment Therapy that is customized to the strengths of each individual.

**EDUCATION:**

**MASTER OF ARTS IN MARRIAGE AND FAMILY THERAPY**

College of Behavioral Sciences at Argosy University, Hawaii (Regionally Accredited by WASC)

Awarded the Postgraduate Academic Scholarship (Cumulative GPA: 4.0)

**Master's Research Title:** *The Evidence-Based Practice of Acceptance Commitment Therapy for Anxiety, Depression, and Phobias*

**Master's Capstone Project:** *The Neuroscience and Efficacy of Narrative Therapy on Attachment Breaks and Attachment Repair in Children*

**MASTER OF EDUCATION IN TEACHING**

Concentration Areas: Inquiry Methodology and Science Education

University of Hawaii (Regionally Accredited by WASC)

Received a \$9,000 Educational Grant (Cumulative GPA: 3.98)

**Master's Thesis:** *The Efficacy of a Multi-Sensory, Multi-Modal Approach to Science Education*

**BACHELOR OF ARTS**

Liberal Studies: Educational Psychology

Concentration Areas: Science Education, Statistical Analysis, and Education Administration

University of Hawaii (Regionally Accredited by WASC)

**COUNSELING & TEACHING EXPERIENCE:**

**2015-PRESENT**

**HEALTHY THERAPY ONLINE CARE, LLC**

OWNER, CERTIFIED RELATIONSHIP THERAPIST & ACT COACH

- Provide Acceptance Commitment Therapy for behavioral health, stress reduction, and mindfulness.
- Create online education and mind-body healing practices to engage clients in the growth process.
- Focus on clients' self-knowledge and self-awareness while using coaching methods and psychometrics.
- Utilize master techniques, tools and exercises to engage clients in the recovery, exploration, and self-leadership process.

**2013-2014**

**WAIKIKI SCHOOL** (Earned National Blue Ribbon School Award 2013-2014)

SCHOOL COUNSELOR & HABITS OF MIND INSTRUCTOR (Internship)

- Conducted individual and group counseling with the focus on emotional intelligence (EQ).
- Implemented directed art-therapy and expressive narrative play therapy.
- Instructed a University of Hawaii sponsored program called Philosophy for Children (P4C).
- Focused on the development of inquiry and critical thinking skills.
- Facilitated a school peer-mentoring program that encouraged cooperative learning techniques.
- Offered the position of School Behavioral & Academic Counselor.

**2008-2010**

**ST. ANDREW'S PRIORY SCHOOL**

FIFTH GRADE TEACHER (Smart Board® Technology Teacher & Student Council Faculty Advisor)

- Created curriculum in advanced math, American history, introductory physics, and English.
- Encouraged all students to become engaged in the learning process through inquiry and analysis.
- First Promethean® trained Smart Board® teacher in the school.
- Utilized global interactive digitally projected science experiments and math manipulatives.
- Guided student leadership as the Student Council Faculty Advisor.
- Interviewed and featured in an article published on the Honolulu Advertiser.com website regarding my hands-on and technology infused 5th grade classroom (May 13, 2010).
- Continuous contract offer extended by the Head of School annually.  
(See website link to 2009 evaluation.)

**1999-2008**

**ST. ANDREW'S PRIORY SCHOOL**

FOURTH GRADE TEACHER (Science Chairperson & Academic Committee Member)

- Instructed core subjects which included: advanced math, geology, biology, oceanography, Hawaiian history, Native American studies, English, and technology skills.
- Used a multi-sensory, multi-modal approach to teach all subjects.
- Taught students how to create science web pages, iMovies, and iDVDs.
- Won an award for having the best faculty website.
- Facilitated a homeroom session to counsel students in meeting their academic and social goals.
- Provided helpful guidance to families in need of parent-child relationship support.
- Principal asked me to be a mentor to other educators in teaching excellence (as cited in website link to 2004 & 2005 evaluations).

**1998**

**MOKULELE ELEMENTARY SCHOOL**

KINDERGARTEN TEACHER (Internship)

- Full-time kindergarten teacher with a class of twenty-three kindergarten students.
- Responsible for encouraging and guiding each student throughout the learning process.
- Developed the daily lesson plans and activities.
- Collaborated with grade level colleagues and participated in school-wide functions.  
(See website link 1998 evaluation.)

**1996-1997**

**ALA WAI ELEMENTARY SCHOOL**

FOURTH GRADE INSTRUCTOR (Mentorship)

- Taught a class of thirty-two fourth graders and implemented hands-on exploratory activities.  
(See website link to DOE letter of recommendation and MET mentorship evaluation.)

**1994-1996**

**MANOA ELEMENTARY SCHOOL**

A+ PROGRAM TEACHER (Third Grade)

- Responsible for organizing and conducting safe and fun activities for fifty-one students.
- Created lessons in physical education, creative movement, and art.  
(See website link to letter of recommendation.)

**1989-1991**

**AIKAHI ELEMENTARY SCHOOL**

A+ PROGRAM PE TEACHER (K-3 Grades)

- Planned and implemented a physical education program for 155 children.
- Qualified students for the Presidential Physical Fitness Awards (PPFA).
- Program Director asked me to take over his regular physical education classes, while he assumed the position of acting Vice-Principal at Aikahi Elementary School (as cited in 1991 evaluation).

## **PROFESSIONAL ASSOCIATION MEMBERSHIPS**

Association of Contextual Behavioral Science (ACBS)  
Association of Hawaii School Psychologists (AHSP)  
Hawaii Association for Behavior Analysis (HABA)  
National Organization for Women (NOW)  
National Association of Psychometrists (NAP)

## **WORKSHOPS & HONORS:**

- 2020** Attended Association for Contextual Behavioral Science (ACBS) World Conference
- 2019** Onboarding opportunity extended by the Head Psychologist at Modern Health, Inc.
- 2018** Approached by the Acquisitions Team at Callisto Media for a reader-friendly ACT book.
- 2015** Launched private practice Healthy Therapy Online Care, LLC.
- 2015** Credentialed school psychologist in the Department of Education (DOE).
- 2014** Offered a DOE position as Academic & Behavioral Counselor.
- 2011** Awarded a postgraduate Academic Scholarship from Argosy University, Hawaii.
- 2010** Interviewed and featured in an article published on the Honolulu Advertiser.com website regarding my hands-on and technology infused classroom (May 13, 2010).
- 2009** Attended a SMART Board® teacher-training in interactive white board technology held by SMART Technologies.  
Completed Promethean Board® teacher-training in interactive white board technology instruction for educators, held by Promethean Planet.com
- 2008** Attended a technology workshop held by the Apple Co. on podcasting & audio engineering software.
- 2005** Photographed teaching for an article in *Honolulu Magazine's* guide to private schools.
- 2004** Completed a self-taught iDVD online technology-training course produced by Apple Co.
- 2003** Awarded best faculty website in the primary division at St. Andrew's Priory.
- 2002** Nominated for Disney's American Teacher Award.
- 1999** Presenter at a professional growth K-12 teacher-training workshop at St. Andrew's Priory.
- 1998** Received a \$9,000 grant from the University of Hawaii for the MEd Teaching Program.