



MURIEL BOWSER
MAYOR

October 26, 2023

The Honorable Phil Mendelson
Chairman
Council of the District of Columbia
John A. Wilson Building
1350 Pennsylvania Avenue, NW, Suite 504
Washington, DC 20004

Dear Chairman Mendelson:

In accordance with section 2 of the Confirmation Act of 1978, effective March 3, 1979 (D.C. Law 2-142; D.C. Official Code § 1-523.01), and pursuant to section 217 of the District of Columbia Health Occupations Revisions Act of 1985, effective March 10, 2004 (D.C. Law 15-88; D.C. Official Code § 3-1202.17), I am pleased to nominate the following person:

Ms. Sheila Holt
Jefferson Street NE
Washington, DC 20011
(Ward 5)

for reappointment as a marriage and family therapist licensed in the District member of the Board of Marriage and Family Therapy, for a term to end February 5, 2026.


Enclosed you will find biographical information detailing the experience of the above-mentioned nominee, together with a proposed resolution to assist the Council during the confirmation process.

I would appreciate the Council's earliest consideration of this nomination for confirmation. Please do not hesitate to contact me, or Steven Walker, Director, Mayor's Office of Talent and Appointments, should the Council require additional information.

Sincerely,

A handwritten signature in black ink, appearing to read "Muriel Bowser".

Muriel Bowser
Mayor


Chairman Phil Mendelson
at the request of the Mayor

A PROPOSED RESOLUTION

IN THE COUNCIL OF THE DISTRICT OF COLUMBIA

To confirm the reappointment of Ms. Sheila Holt to the Board of Marriage and Family Therapy.

RESOLVED, BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this resolution may be cited as the “Board of Marriage and Family Therapy Sheila Holt Confirmation Resolution of 2023”.

Sec. 2. The Council of the District of Columbia confirms the reappointment of:

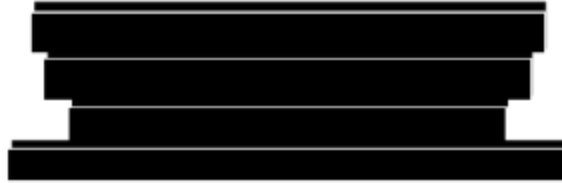
Ms. Sheila Holt
Jefferson Street NE
Washington, DC 20011
(Ward 5)

as a marriage and family therapist licensed in the District member of the Board of Marriage and Family Therapy, pursuant to section 217 of the District of Columbia Health Occupations Revisions Act of 1985, effective March 10, 2004 (D.C. Law 15-88; D.C. Official Code § 3-1202.17), for a term to end February 5, 2026.

Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution, upon its adoption, to the nominee and to the Office of the Mayor.

Sec. 4. This resolution shall take effect immediately.

Sheila A. Holt



Education

Master of Science in Organizational Leadership-NYACK College-Coursework 2006
M.A. Counseling-Minor School Counseling-Gerontology-University of D.C.-1986
B.A. Social Work and Rehabilitation-University of D. C.-1981
Trinity University (Post Graduate coursework- Special Ed. Admin. /Supervision)
International Baccalaureate Program- D. C. Public Schools -June, 2007
National Board Certified Teachers-Candidate-D. C. Public Schools, September, 2006
University of the District of Columbia Doctorate Program/ Gambling University-Courses

Licenses – Washington D C Health Professional Board

Marriage and Family Therapist-LMFT
Professional Counselor-LPC
Associate Social Work (undergraduate)-LASW
DCMHCA-Diplomate, American Mental Health Counselors Ass.
RPT-Registered Play Therapist- American Play Therapy Ass.

Boards

Selective Service Board-DC National Guard-Washington DC
UDC Psychology-Counseling Department –Current Advisory Member- Past Advisory Board
Chairperson
DC Mental Health Counselors Association-Past President-Current Planning Committee Member
DCCA-DC Counseling Association-Past President
DC School Counselors Association- Past-President and Trustee
Education Council Trinity University of Washington DC
DC Board of Marriage and Family Therapy-Chairperson (Oct. 2012-Current)

Certifications

COVID-19 Contact Tracing Training- John Hopkins University and Coursera –May, 2020
American Mental Health Counselors Association Diplomat Specialist-Family (Nov. 2013)
Board Certified Coach-pending renewal
School Counselor
Pupil Personal Worker
Program Specialist

Attendance Counselor

Adult Education

Adoption Specialist-pending renewal

QPR Suicide Prevention Gateway Instructor-pending renewal

Training

Initial Board Member Training-Selective Service Board-DC National Guard Washington DC-9/3/13.

Distance Credentialed Counselor-DCC

Senior Ambassador-DCOA Ambassador Program-July 2015

QPR Suicide Prevention Gatekeeper Instructor-Howard University

Microsoft Office Suite Technology-Howard University-Wash. D. C.

Computer Forensics-UDC-Community College of the District of Columbia

Office Track-Byte Back Community Computer Training Center-Wash. D.C.

Training Resources, Inc.-Certified Addiction Counselor-Coursework

Chesapeake Beach Professional Play Therapy Training Institute-150 hrs. 1997

Professional Organization Affiliations

Association for Play Therapy-Member

DC Mental Health Counselors Association- Past President-Current Committee Member

DC Public Schools Counselors Association-Past president

DC Counseling Association-Past president

Phi Delta Kappan International American University Chapter -Historian-current

Honors-Recognitions

Nathaniel E. Hill Outstanding School Counselor-School Counselor Programs-DC Public Schools

Special Project-Miner School Project-The Mental Health Quarterly 1999

Professional Experience

University of the District of Columbia-Visiting Clinical Instructor in Counseling 9-10-2017 to 5-18-2018. Provide counselor development to graduate students and theory/skills support in a classroom/field support in a training format.

University of the District of Columbia-Clinical Coordinator 9-10-2017 to 5-18, 2018.

Coordinator served as a liaison between the Mental Health, School, and Rehabilitation

Counseling Programs and clinical sites. Coordinated and provided administrative guidance of practicum and internship experiences for identified student counseling candidates. .

Trinity University Washington D.C. - Adjunct Instructor- School Counseling Program. Fall 2012-13; Spring 2014, Summers 2015, 2016, 2017, and 2018. Provide counselor development to graduate students and theory/skills support in a classroom/field support in a training format.

University of the District of Columbia, Washington, D. C. -Adjunct Instructor. Provide counselor development to graduate students and theory/skills support in a classroom/field support in a training format.

Private Practice Counseling/Mental Health Counseling work with individuals, couples, families and groups to help address and treat mental and emotional disorders and to promote mental health. June 2011- present.

Board of Education-Washington, D. C.-Professional School Counselor-Fall 1985-Fall 2010

- Developed, organized, coordinated, and directed guidance programs that provided continuous process of assistance to students through the identification of needs in the areas of academic, career, and personal/social development.
- Developed and coordinated broad components of guidance service: orientation/articulation, developmental approached, appraisal, adjunctive procedures, administrative, evaluation/research and follow-up services) to ensure assistance.
- Utilized an interdisciplinary approach, and applied an individualized/group approach to student potential and goals based on counseling theories.
- Demonstrated team leadership skills as well as the ability to contribute as a vital team member.
- Demonstrated sound knowledge of district service agencies.
- Demonstrated proficiency in making administrative and procedural decisions and judgments.
- Developed and implemented programs/activities that addressed cultural differences and student needs.
- Coordinated pilot project-DCPS School Based Mental Health Project in collaboration with the DC Department of Mental Health.
- Served as a field-site coordinator for local college/university interns and externs in the areas of counseling, psychology, and social work.
- Recruited volunteers for varied programs and activities.
- Served on Superintendent's Citywide D.C. Public School Interagency Youth Task force on Grief, Loss and Healing (911, Mercury Exposed-Ballou SHS, Anthrax Exposed-Brentwood Post Office-Washington, D C., etc).

William Wendt Center for Grief, Loss, and Healing-Washington, D. C.

Counselor/Trainer 2001

- Anthrax Exposed- Brentwood Post Office-Washington, D C.-Provided individual counseling for Victims exposed to Anthrax.
- Volunteer Trainer-Provided training for new volunteer grief counselors.

Howard University Violence Prevention Program-Washington, D. C.

Psycho-Social Educational Group Leader-March-June, 1995.

- Conducted psycho-social educational group session for Washington, D. C. urban youth presenting emotional problems. Referred by Citywide D. C. Public School staffs.

Board of Education-Washington, D. C.-DCPS-Attendance Counselor-April-June, 1985

- Program development: developed, organized, coordinated, and directed an attendance program to address student truancy and risk factors. Provided guidance and counseling services.

Teen Mothers-Sasha Bruce Program, Washington, D.C.-Relief Counselor 1985-1990

- Provided guidance and counseling services to individuals and small groups, as well as life skills and parenting training to District of Columbia teenage girls identified as wards of the city.



Executive Office of the Mayor – Mayor’s Office of Talent and Appointments
John A. Wilson Building | 1350 Pennsylvania Avenue, Suite 600 | Washington, DC 20004

Sheila Holt



Sheila A. Holt, LPC, LMFT, LASW, DCMHCA, is a licensed counselor, marriage and family therapist, associate social worker in private practice, and the chairperson of the District of Columbia Board of Marriage and Family Therapy.

Ms. Holt has over 30 years of experience as a professional counselor and currently focuses on marriage and family counseling and therapy. She is trained in play therapy, suicide-prevention, and adoption, as well as Allied and Behavioral Health Continuing Education.

She is a Senior Ambassador with the D.C. Office on Aging, as well as an adjunct professor at Trinity Washington University and the University of the District of Columbia. Ms. Holt played an integral role as the Professional School Counselor in the Pilot Project on Enhanced Mental Health Assistance at Miner Elementary School and the University of the District of Columbia School Counseling quest for CACREP accreditation.

Ms. Holt served as a DCPS professional school counselor for over 24 years. She has served as president for the DC School Counselors Association, DC Counseling Association, and the DC Mental Health Counselors Association.

A Ward 5 resident, Ms. Holt received a Bachelor of Arts in Social Work and Rehabilitation and a Master of Arts in Counseling from the University of the District of Columbia.



GOVERNMENT OF THE DISTRICT OF COLUMBIA
Executive Office of Mayor Muriel Bowser



Office of the General Counsel to the Mayor

To: Tommy Wells, Steve Walker
From: Betsy Cavendish
Date: July 17, 2023
Subject: Legal sufficiency review of Resolutions nominating Tiffany Ferriss and Sheila Holt to the Board of Marriage and Family Therapy

This is to Certify that this office has reviewed the above-referenced resolutions and found them to be legally unobjectionable. If you have any questions in this regard, please do not hesitate to call Vanessa Careiro, Deputy General Counsel, Executive Office of the Mayor, at 202-724-1303, or me at 202-724-7681.

A handwritten signature in black ink that reads 'Elizabeth A. Cavendish'. The signature is written in a cursive style.

Elizabeth Cavendish