

Barrington H. Brennen



Barrington H. Brennen has been a marriage and family therapist and counseling psychologist since 1995. He is the provider for Marriage and Family Counseling Services, Nassau, The Bahamas. He provides psychotherapy for individuals, couples, families, teens, and young children. He conducts seminars for families, couples, singles, corporations, schools, churches, etc. He also provides trauma response for those who have experienced national disasters, personal trauma, etc. He also has special training in critical incident/disaster response, anger management, intimate partner abuse, family violence, anger management, preparing for marriage.

Barrington is also the co-founder and co-president (along with his wife Annick) of Sounds of Encouragement Association (SOE), a non-profit organization dedicated to the restoration of life and helping people smile again through the mediums of seminars, workshops, publications, radio, television, and research. Council for Family Research is a division of SOE.

He is a active member of:

- Bahamas Psychological Association (BPA)
- American Psychological Association (APA)
- International Association of Marriage and Family Counselors
- American Counseling Association (ACA)
- International Employee Assistance Professionals Association (EAPA)
- Good Therapy

He is also a Nationally Certified Psychologist, Board Certified Clinical Psychotherapist, USA; a Certified Prepare/Enrich Trainer and Counselor; a musician and recording artist (*bass baritone soloist*), handy man (*he loves carpentry*), a retired ordained minister of the gospel and Justice of the Peace for the Commonwealth of The Bahamas. He is also a published writer, having written more than 1000 articles on issues related to family life, social development and relationships and have published in various magazines around he world. He is also the founder of [National Friendship Day](#) in The Bahamas and chair of The Bahamas Friendship Council.

He is also a director/trainer/facilitator for Prepare Enrich, an organization providing assessment tools for pre-married and married couples. [[Web page](#)]

He holds two graduate degrees from Andrews University, Michigan, one in Counseling Psychology with emphasis in marital therapy, and the other in Religion, He also hold a certificate in Youth Work from the Commonwealth Secretariat. He has extensive training and experience in counseling pre-married and married couples, families, and individuals with personal and social issues. He also has special training and experience in dealing with intimate partner abuse, family violence, and anger management.

He is a provider (counseling psychologist/clinician) for a few Employee Assistance Programs (EPA) around the world providing mental health care for 23 major institutions in The Bahamas.

OVERVIEW OF ACCOMPLISHMENTS AND POSITIONS

Social

- Born November 1954, Nassau, The Bahamas, to the late Mary and Alfred Brennen
- The second child of four children.
- The only son in the family
- Married to Annick Valleray of Martinique on Thursday, July 21, 1977 in Fort-de-France, Martinique
- One son-in-law from St Marteen--[Leslie Samuel](#)
- One daughter-in-law from Nebraska, USA,--[Dana Brown Brennen](#)
- Four grandchildren--three grandsons and one granddaughter-Malachi, Noah, Zane, Odeliah

Mental Health Positions/Membership in Professional Associations/Qualifications:

- **Bahamas Psychological Association (BPA)**
- **International Association of Marriage and Family Counselors (iAMFC)**
- **American Psychological Association (APA)**
- **American Counseling Association (ACA)**
- **International Employee Assistance Professionals Association (EAPA)**
- **GoodTherapy**
- **Member of Bahamas Institute of Behavioral Health (2013 to present)**
- **Member of National Child Protection Council (1997 to present) · Director of Social Development** at Northern Caribbean University, Mandeville Jamaica

(1990 to 1992) Responsible for planning and conducting wholesome social and recreational activities for the student body and faculty. Also responsible for providing counseling for students.

- **Director of Psychoeducation** (A treatment program for abusive individuals) at Safe Shelter Inc, Benton Harbor, Michigan, USA. (1993-1996). Coordinated and facilitated five group therapy groups weekly with total clientele of over 600 men and 50 women. Domestic Violence Consultant for a leading law firm in Benton Harbor. Assisted in training police officers in domestic violence
- **School Counselor for Bahamas Academy** (1996 to 2001)
- **Certificate in Youth Work** from the Commonwealth Secretariat (1981)
- **Director of Adventist Counseling Services** (Bahamas Conference of Seventh-day Adventists). Providing professional psychotherapy for individuals, couples and families in the Adventist Church in The Bahamas (2000 to 2009)
- **Chairperson for the Ministry of Education Health and Family Life Advisory Council** (2004-2007)
- **Consultant and Board Member for Polly's Place International** (Headquarters in Washington, USA). A ministry providing safe shelter, counseling, and education for victims of abuse and abusers.
- **Consultant in Marriage and Family Therapy** (1995 to present)
- **Nationally Certified Psychologist** (NCP) in the United States. National Association Masters in Psychology
- **Board Certified Clinical Psychotherapist** (BCCP) in the United States.
- **MA in Counseling Psychology** from Andrews University, Michigan and MA in Religion.

He is also served as a member of the national committee:

- Bahamas Behavioral Science Institute
- Chairperson for The Bahamas Friendship Council
- The National Child Protection Council (Bahamas)
- Suicide Commission Bahamas

Some of the Professional Workshops and/or Seminars I have Attended:

For my continual growth and professional certification

Betrayal in Marriage & Couples Counseling: Holding a Comprehensive Trauma-Focused Lens in Treatment. by International Association of Marriage and Family Counselors, November 18, 2022 [PDF](#) [Cer](#)

Three Techniques for the First Session of Couples Therapy by
International Association of Marriage and Family Counselors, October
28, 2022 [PDF](#) [Cer](#)

Opioid Addiction as an Attachment Disorder by American Psychological Association,
June 24, 2022

Supporting Clients with Survivor's Guilt Seminar by Professional
Development Institute of Work Place Options. June 9, 2022

Evaluating Capacity and Undue Influence: An Expanding Role for Mental
Health Professionals
08/27/2021 by David Liebert, EdD, LMHC - Good Therapy.org

Loss and Grief: Modern Theory and Tools for Intervention
07/30/2021 by Tami Micsky, DSW, LSW - Good Therapy.org

Social Justice as a Counseling Concern
07/23/2021 by Lisa Xochitl Vallejos, PhD, LPC - Good Therapy.org

ADHD Treatment and Symptom Management
05/28/2021 by Leo D. DeBroeck, MS, LMHC, CMHS, MHP - Good
Therapy.org

Testing Basics: How Neuropsychological Assessment Can Help Therapy
Clients
04/09/2021 by Jeremy Sharp, PhD - Good Therapy.org

CBT Assessment, Conceptualization, and Treatment of DSM-5
Personality Disorders
09/29/2020 by Jon Sperry, PhD, LMHC, LCSW, NCC - Good Therapy.org

Sociocultural Identities, Intersectionality, and The Therapeutic
Relationship - Webinar by Workplace Options Professional Development
Institute, March 10, 2021

Understanding Emotional [Challenges](#) of a Transgender [Client](#) -
- Professional [Development](#) Institute by WorkPlace Options, Oct 14, 2020

[The Cost of Caring: Vicarious Trauma and Mental Health](#)

[Professionals](#) presented by Rebecca Kase, LCSW, RYT. Good Therapy. September 10, 2020

[Working Through Toxic Relationships With a Parent](#) Conducted by Brooke McMillan for Workplace Options Professional Development Institute on September 10, 2020

["How PTSD Takes Hold of the Brain: The Neuroscience Behind Cause and Treatment"](#),
Presented by Dr. Janene M. Donarski. April 3, 2020

["Clinical Intervention for Shame and Abandonment Trauma"](#) Presented by Susan Anderson, LCSW on January 24, 2020 [Helping Therapy Clients in Difficult Relationships](#) [Find Peace](#)
January 17, 2020, by Keith Wilson, LMHC

[Understanding and Treating Perinatal Mood and Anxiety Disorders \(PMADs\)](#)
Dec 6 2019 by Megan MacCutcheon, LPC, PMH-C

[Therapies for Suicidal Ideation and Behavior](#)
October 7, 2019, by Lisa Firestone, PhD

[Helping Clients in Recovery Achieve Emotional Sobriety](#)
July 12, 2019, by Allen Berger, PhD

[Mindfulness-Based Cognitive Therapy for Women's Sexual Health Concerns](#)
June 21, 2019 by Lori A. Brotto, PhD, R Psych

[Ethical Decision Making Strategies for Conflicting Values in Therapy](#)
October 15, 2010 by Stephanie F. Dailey, EdD

[Helping Challenging Trauma Clients Open Up in Therapy](#) October 11, 2019
by Robert T. Muller, PhD, CPsych

[Suicide Prevention in Clinical Practice: Saving Lives and Bringing Hope](#)
September 20, 2019, by Jill M. Harkavy-Friedman, PhD

[Trauma-Focused Cognitive Behavioral Therapy for Children and Families](#)

September 7, 2018 by Judith Cohen, MD

[Positive Psychotherapy: The Application of Positive Psychology in Clinical Settings](#)

June 20, 2014, Tayyab Rashid, PhD, CPsych

[Core Competencies in Cognitive-Behavioral Therapy: Becoming an Effective and Competent Cognitive-Behavioral Therapist](#)

May 16, 2014 Cory F. Newman, PhD

[Resolving Conflict and Repairing Relationships](#)

December 6, 2013 by Cedar Barstow, MEd, CHT

[Treating Mood Disorders, Anxiety, and ADD without Medication: Is It Possible?](#)
[Treating Mood Disorders, Anxiety, and ADD without Medication: Is It Possible?](#)

October 25, 2013 by Robert J. Hedaya, MD, ABPN, DFAPA

[Best Practices for Successful Legal and Ethical Online Counseling and Coaching](#)

September 14, 2012 by Marlene M. Maheu, PhD

[How to Maintain a Responsible and Ethical Online Presence as a Mental Health Practitioner](#)

August 3, 2012 by DeeAnna Merz Nagel, LPC, DCC

[Emotionally Focused Therapy: Recognizing and Healing Attachment Distress in Couples Work](#)

July 20, 2012 by Rebecca Jorgensen, PhD

[Working with Transgender Clients: A Person-Centered and Narrative Therapy Model](#)

April 6, 2012 by Damon M. Constantinides, PhD, LSW

[Digital Ethics and Social Networking in Psychotherapy and Counseling](#) March 11th, 2011 by Ofer Zur, Ph.D.

[Neuroplasticity and Brain Based Interventions in Therapy: Calming The Caveman To Manage The Thinker](#)

August 5th, 2011 by Lynne Kenney, Psy.D.

[Relational Systems, Boundaries, Emotional Space, and Empathy](#)

July 29th, 2011 by Daniel A. Bochner, Ph.D

[Change the Metaphor, Change the Self: An Introduction to Clean](#)

[Language, Symbolic Modeling, and Metaphor Therapy](#)
July 15th, 2011 by Gina Campbell, M.Ed., CAPF, CCF

[Understanding and Treating Distorted Body Image](#)
April 29th, 2011 by Scott M. Granet, LCSW

[The New Rules of Marriage](#)
March 18th, 2011 by Terry Real, LICSW

[Authentic, Empathy-Based Marketing for Therapists: Methods for Growing and Communicating about Your Practice](#)
February 18th, 2011 by Noah Rubinstein, LMFT, Founder and CEO

[Mindsight in Action: How to Create a Healthy Mind](#)
February 4th, 2011 by Daniel J. Siegel, MD

[An Overview of Attachment Wounds: Defining and Addressing Secure, Avoidant, Ambivalent and Disorganized Styles](#) October 29th, 2010 by Diane Poole Heller, Ph.D.

[A Thriving Practice in Any Economy: Enjoy a Fee-For-Service Psychotherapy Practice Outside Managed Care](#) July 9th, 2010 by Ofer Zur, Ph.D.

[The Dangers of Psychotherapy: Hope, Hopelessness and Healing](#) April 9th, 2010 by Daniel Gottlieb, Ph.D.

[Bad to the Bone: Can Our Genes Make Us Act Badly?](#)
August 21st, 2009 by Barbara Oakley, Ph.D.

[Compassionate Nonviolent Communication](#)
August 7th, 2009 by Rachele Lamb

[Addictions, Compulsions, & Self-Sabotage: A Multi-level Approach to Trauma's Legacy](#)
November 7th, 2008 by Dusty Miller, Ed.D.

[Psychological Resources Personal Experience and Social Relationships](#)
May 16th, 2008 by Stephen R. Lankton, LCSW, DAHB,

[An Introduction to Internal Family Systems Therapy](#)
January 18th, 2008 by Richard Schwartz, Ph.D., LMFT