

## **Jade de la Cruz, MACP**

Women's Self-Defense Instructor Résumé

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### **INSTRUCTOR TRAINING AND EDUCATION**

Women's Self-Defense Instructor Certification 1991-1992

Instructor/trainer: Toni Crossen

Santa Cruz, CA

Master of Arts in Counseling Psychology; 2001

Institute of Transpersonal Psychology. Palo Alto, CA

Bachelor of Arts in Studio Art; 1992

University of California Santa Cruz

Santa Cruz, CA

### **TEACHING EXPERIENCE**

Taught and promoted women's self-defense classes in the Sonoma County area for adult women, teen girls and mothers and daughters. 2004 to present.

Santa Rosa Recreation and Parks Department. Contracted instructor from 2004 to 2012.

Taught workshops including: Mothers and Daughters, Teens and Assertiveness Training

Sebastopol Community Center, Sebastopol, CA. Contracted instructor from 2005 to 2008.

Taught workshops including: Mothers and Daughters & Teens

University of California Santa Cruz, Santa Cruz, CA. 1992 to 2003.

Taught and promoted beginning women's self-defense classes including 3-4 hour workshops, 18-20 hour full-length classes, assertiveness workshops and intermediate level defense against weapons workshops.

City of Santa Cruz, Santa Cruz, CA. Contracted instructor from 1994 to 2003.

Taught and promoted women's self-defense classes. Beginning level classes included 6 hour workshops, 24-hour/8 week classes, classes for girls, teens, seniors, women with disabilities and assertiveness classes. Intermediate classes (24-hour/8 weeks long) that included defense against weapons (knives and guns) and defense against multiple attackers.

Women's Crisis Support/Defensa de Mujeres. Santa Cruz, CA. Contracted instructor 1996 to 2000.

Taught women's self-defense including classes for teen mothers, at-risk teen girls, women who had been victims of domestic violence, women in addiction recovery programs, and classes for middle school and high school students.

Monterey Rape Crisis Center, Monterey, CA. Contracted instructor from 1992 to 2002.

Taught beginning women's self-defense classes including 4-hour workshops and 12-hour classes.

## TEACHING EXPERIENCE CONTINUED

### Instructor Trainings (1997 to 2002)

Trained four women to become women self-defense instructors. Training included beginning and intermediate level physical, verbal and psychological self-defense. Other topics included statistics (on sexual assault, dating and domestic violence, etc), myths and facts and dynamics of dating and domestic violence, sexual harassment, sexual abuse, stalking, the survivor's healing process and how to maintain an emotionally safe environment in the classroom.

### Demystifying Handguns and Basic Handgun Use for Women (1997-2002)

Led women's trips to a local shooting range and taught a class which emphasized basic handgun use with an emphasis on demystifying handguns as part of defense against weapons.

### Monterey County Health Department (1993 to 1995)

Taught women's self-defense classes including a beginning workshop, a full-length beginning course and an intermediate defense against weapons workshop for home health nurses.

### American Women's Self-Defense Association (A.W.S.D.A.) Conference Instructor

1999 Annual Conference, Long Island, NY

Taught "Creating an Emotionally Supportive Environment in a Women's Self-Defense Class"

## OTHER WORK EXPERIENCE

### Social Services Worker IV (2008 to present)

Sonoma County Human Services Department; Family, Youth & Children Division

### Youth Diversion Case Manager (2006 to 2008)

West County Community Services; Sebastopol, CA

## OTHER WOMEN'S SELF-DEFENSE TRAINING

1992-1995: studied intermediate level women's self-defense, including defense against weapons

1992: Instructor Skill-Sharing Weekend, Oakland, CA (included various related topics)

1995: Instructor Training with Stacey Cotler (verbal and physical self-defense skills)

1996: Instructor Training with Stacey Cotler (defense against weapons & multiple attackers)

1998: A.W.S.D.A. Annual Conference (self-defense for small children, defense against stalkers)

1999: A.W.S.D.A. Annual Conference (defense against weapons, ground defense)

## PROFESSIONAL REFERENCES

Mary Keith Roberts, Recreation Specialist

Santa Rosa Recreation and Parks Department, Santa Rosa, CA, (707) 543-3730

Rachel Balunsat, Women's Self-Defense student

Sonoma County, CA, (707) 548-9321

Susana Ember, Women's Self-Defense student and mother of a teen student

Sebastopol, CA, (707) 479-6665