

Ms. Bernadine Janzen, Profile of the Owner and Operator of TATTAC

Ms. Janzen is an Alaska Licensed Professional Counselor, specializing in trauma of children. She holds a M.S. in Community Based Mental Health. In the State of Alaska she is a Licensed Professional Counselor and is a Registered Clinician with the international Association for the Treatment and Training of Attachment in Children (ATTACH). Ms. Janzen has worked in juvenile detention centers, schools, in federal positions, on military installations and has taught health and exercise in community colleges. Bernadine is better known to her close friends as Bernie.

She was brought up in a farming community of California. She learned from an early age the advantages of coming from a small community and the benefits it allowed her as she aged. Coming from a small, rural community provided small classrooms and the attention from teachers who saw her ability to lead. Often reluctantly, she was pushed to develop her leadership skills. Her love of music, dance and art have benefited projects and provided a unique twist of creative design for work during her life.

While her birth family had little financial means she was fortunate to have a mother who encouraged her love of music and dance. Her mother was a good role model for using creativity to develop usable options for life. A farmer and manual laborer, Bernie's father provided a love for a simple life. He provided the acceptance of individuals for what they brought to relationships and how one can be better for having met an individual. Both her parents provided multiple opportunities for working "hands-on" jobs and a strong work ethic as she grew.

By working several part-time jobs while going to college she managed to make it most of the way through her undergraduate degree without help. Bernie had the opportunity to find federal funding at the end of her college career to support her desire to finish her degree in the State of California. While the challenge of working and going to college was often not as fun as she had envisioned, she found her early childhood life skills to bring strength to managing difficult times. Bernie was able to utilize life skills into her university career where she had many opportunities

to continue their development. No job was too small or beneath her willingness to make her desire for an education real. Her ability to get-along with others proved to be invaluable. As she moved into corporate settings she was sometimes, stunned to find her resourcefulness to be an attribute.

Over years of practice, continued education and honing her skills she has owned and operated two businesses. One business was in health and fitness. The business consisted of 22 employees who developed fitness programs (swimming, dance, body building, wellness and personal training) in their communities. Her second business is in therapeutic interventions for traumatized children.

While rising older, adopted children, from the U.S. foster care system she found the ability to adapt a necessity. The children, who were challenged with breaks in their attachment, brought her into her second career. While working and living with individuals who are challenging is not new to her, she continues to build on her resiliency.

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