

# Curriculum Vitae for Líf Larson

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## Professional Skills

Counselor | Developer | Evaluator | Facilitator | Mentor | Presenter  
Experience Designer | Implementation Architect | Semantics Specialist

## Professional Profile

With decades of experience devoted to software development, I am forever grateful for excellent management training early in my career. Whether working in person as a solutions architect, remotely as an individual contributor, or semi-privately interviewing in a sea of desks at a call center, the transferrable skills I bring into therapeutic relationships are supported by a depth of personal experience integrating the wisdom of cross-functional teams. This includes perspective gained through self-advocacy with regard to intersecting forms of marginalization and disability.

Iterative work, keen observation, justice orientation, continuous introspection, frank discussion, and deliberate action all remain central to how I show up in any setting. Whether collaborating with clients on therapeutic goals, organizing advocacy efforts, or gathering requirements for software development projects, my life-long devotion to learning and community development endures.

## Core Competencies

Leadership for Equity	Deeply Attuned	Intersectional Perspective
Broaching for Healing	Anti-Oppression	Holds Cognitive Dissonance
Open to Possibilities	Devoted to Activism	Constructively Disruptive

## Leadership for Equity

- \* Builds coalitions with emphasis on centering marginalized team members to address unmet needs and ensure collective success
- \* Offers counsel and mentorship to individuals seeking help with effectively integrating group processes and agreements
- \* Collaborates to co-create accessible environments, advocating for inclusion while improving productivity and job satisfaction
- \* Analyzes existing processes with an ability to creatively synthesize opportunities and envision alternatives to surface options for mutually beneficial paths forward
- \* Stands in solidarity with several marginalized identities, holds epistemic privilege regarding intersectional experience, and fosters deeply inclusive collaborations

## Broaching for Healing

- \* Quickly recognizes the unspoken, often uncomfortable or shameful, shadow parts present in any given system or group
- \* Practices on a continuum of conflict resolution options from calling on, to calling in, to eventually calling out problematic experience
- \* Holds firm to confidential and contemplative exploration of sensitive topics, continually seeking and affirming consent
- \* Polls for resonance with topics relevant to systemic or internalized oppression while helping to make conscious the unconscious
- \* Asks tough questions while suspending disbelief and judgement, listening deeply in search of mutual understanding

## Holds Cognitive Dissonance

- \* Identifies opportunity to collaborate with disparate groups in promoting goals of innovation and expansion of awareness
- \* Frequently, when located beyond unrelated binary options, exceeds known expectations while maintaining contradictory perspective
- \* Consistent mindfulness practice enables powerful presencing and tracking skills in a variety of environments, using various objects of meditation
- \* Accesses vast mental maps with a focus on elements of data as well as singular features while considering the impacts of each on larger ecosystems
- \* Considers diverse experiences and needs of others when selecting or designing interventions for the most profound impact

## Deeply Attentive

- \* Seeks confirmation of observations and deductions, often drawing attention to overlooked features or unmet needs
- \* Considers listening a whole-body engagement of the sensory field, with a focused attunement on others in relationship
- \* Effectively manages complications of monotropic focus in environments demanding partitioned application of attention
- \* Excels in depth of exploration on any given area of focus, engaging fully with contextual and environmental subtleties
- \* Empties the cup and presents with a beginner's mind whenever appropriate, without hesitation or embarrassment

## Devoted to Activism

- \* Acknowledges location often granted privilege, and openly discusses complexity as an advantaged other
- \* Speaks truth to power, directly and indirectly, via engagement with broaching or coaching as needed
- \* Eschews pathology and biomedical models of psychological distress in favor of neurodiversity paradigm
- \* Centers social justice and trauma informed practice over methodologies bypassing systemic influences
- \* Builds coalitions and works to surface emergent issues resident in exploration of group intelligence

# Professional Experience

September 2025 - Present	Private Practice counseling, coaching, speaking	Mutuality Wheat Ridge, CO
October 2025 - Present	Clinical Contractor individual and group counseling	Attuned Psychology Golden, CO
August 2012 - Present	Software Architect collaborate, define, implement	gurumojo Portland, OR
January 2024 - December 2025	Clinical Contractor group and individual counseling	Divergence Mental Health Group Littleton, CO
February 2025	Guest Presenter redefining neurodivergent support	Naropa University Boulder, CO
October 2020 - February 2021	Senior Full Stack Developer enhance, refactor, translate	Softrams Leesburg, VA
October 2018 - August 2020	Software Developer III migrate, integrate, automate	Cambia Health Solutions Portland, OR
February 2016 - July 2018	Senior Software Engineer rebuild, redefine, rediscover	moovel, NA (GlobeSherpa) Portland, OR
August 2012 - February 2016	Software Developer architect, implement, repeat	CollegeNet Portland, OR
April 2011 - June 2012	Web Services Developer implement, deploy, scale	VTM Group Portland, OR
July 2010 - March 2011	Web Production Developer script, test, troubleshoot	Infogroup (Yesmail) Portland, OR
May 2006 - May 2010	Web Application Developer design, migrate, ship	CD Baby (HostBaby) Portland, OR
March 2003 - May 2006	Online Learning Helpdesk document, build, support	eCollege Englewood, CO
July 1999 - March 2002	NNOC Tier 3 Tech alert, escalate, manage	AT&T Broadband (TCI) Englewood, CO

# Formal Education

May 2025	Master of Arts in Transpersonal Wilderness Therapy	Naropa University Boulder, CO
January 2025	Suicide Prevention for Neurodivergent Clients	NAPTI Durango, CO
August 2014	Presenting Data and Information	Howard Tufte Portland, OR
January 2014	Ethical Hacking Training	InfoSec Institute Portland, OR
February 2002	7 Habits of Highly Effective People	FranklinCovey Englewood, CO
September 2001	Dale Carnegie Course	Dale Carnegie & Associates Englewood, CO
May 2001	Basic UNIX Systems Administration	Westwood College Arvada, CO
May 1999	Bachelor of Arts in Music (CIS minor)	University of Northern Colorado Greeley, CO

# Volunteer Efforts

March 2023 - May 2025	Student Union Group Facilitator	Neuroqueer Naropa Boulder, CO
April 2018 - November 2019	Elder Care, Medical, Social	Brookdale Scappoose, OR
May 2006 - August 2010	Donations, Recycling, Building	FREE GEEK Portland, OR