

JOHN E. FREDETTE, MA

Licensed Marriage and Family Therapist LMFT117021

SUMMARY:

A Licensed Marriage and Family Therapist with a passion and desire for helping people live their lives more fully. My ambition is to help people become the best they can be in body, mind, and spirit. I have a strong dedication to creating positive change by gaining a deeper understanding of who the human person is. I have a vigorous desire to utilize my experience and training to meet people where they are and develop a trusting relationship which allows for a comfortable setting to dig deeper into issues, events, experiences, and memories for the purpose of creating positive change.

EXPERIENCE:

July 2020 –

Lyra Health, Burlingame, CA
Blended Care Therapist

January 2019 –

This Is The Day Therapy, Vista, CA
Psychotherapist/Owner

June 2019 – June 2020

Culture of Life Family Health Care, Escondido, CA
Ministry Operations Manager

Lead and inspire the COLFS ministry team while working in a nonprofit environment. Oversee and manage Client Advocate program which includes crisis counseling and follow up support for clients and their families. Facilitate outreach and education in the community. Develop and teach educational programs. Manage and direct “Earn While You Learn” program for providing material support to clients in need. Direct volunteers while maintaining database and facilitating various service opportunities.

June 2012 –

ST. THOMAS MORE CATHOLIC CHURCH, Oceanside, CA

Deacon

June 2012 – Present

Business Manager

July 2014 – August 2019

Minister at the parish level in support of the parish and diocesan spiritual and pastoral mission through counseling/therapy, spiritual direction, and diaconal service while performing as both a spiritual and administrative leader in the parish. Manage the administrative, business, and financial affairs of the parish in conjunction with the pastor, council members, and parish staff to include budgeting, planning, and management of income and expenses. Ensure employees are appropriately managed while providing education and training as necessary.

- Conduct therapy/counseling for individuals and couples in need
- Prepare couples for marriage and review premarital inventory
- Conduct relationship skills workshop for couples and singles
- Facilitate marriage enrichment classes
- Present at diocesan marriage preparation days on a variety of topics
- Lead Mental Health Ministry Network
- Lead men's group and organize/facilitate annual men's retreat
- Member of Bishop's Diaconate Council

2001 – 2019

FREDETTE SYSTEMS & IT CONSULTING, Vista, CA
Owner

Interact daily with wide variety of clients, providing professional managed services and on-site computer/networking support to small businesses. Specialize in systems engineering and network design/implementation using Microsoft products. Frequently conduct technology seminars with an ongoing commitment to expanding industry knowledge.

2000 – 2001 **WINRESOURCES COMPUTING, INC., Carlsbad, CA**
Senior Systems Engineer

Provided systems engineering and database administration support for development and operations product support groups, and other delivery channel organizations along with external clients ensuring a smooth rollout, installation and migration of the custom developed products.

1996 – 2000 **PACIFIC TECHNOLOGY SERVICES, Carlsbad, CA**
IT Operations Manager

Responsible for efficient and reliable IT operations and systems administration directing and supervising various in-house technology groups while overseeing and supporting the implementation and operation of more than 300 network client nodes.

1992 – 1996 **FREDETTE COMPUTER SERVICES, Oceanside, CA**
Computer Systems Consultant

Operated an independent computer servicing business providing troubleshooting, repairs, installation, training, and support services of local area networks and computer hardware and software.

1987 – 1992 **HAMILTON STANDARD, Division of United Technologies, Windsor Locks, CT**
Engineering Standards Analyst 1990 – 1992
Assistant Electrical Components Engineer 1987 – 1990

Responsible for the standardization of various manuals and electronic component specifications which involved technical writing, desktop publishing, drawing preparation and technical/editorial review while acting as liaison between functional groups. Reviewed compliance to customer and military specifications and standards.

EDUCATION:

Master of Arts, Counseling Psychology, 2014
Specialization in Marriage and Family Therapy
National University, Carlsbad, CA

Bachelor of Science, Management Information Systems, 1991
Westfield State College, Westfield, MA

Associate of Science, Electronic Engineering Technology, 1987
Springfield Technical Community College, Springfield, MA

MINISTRY:

Permanent Deacon, St. Thomas More Catholic Church, Oceanside, CA
Ordained to the Permanent Diaconate for service in the Diocese of San Diego, 2012

Chaplin Assignments:

San Diego County Sheriff's Department	2019 – Present
Vista Detention Center, Vista, CA	2009 – 2010, 2015 – 2016
Brother Benno's Center, Oceanside, CA	2011 – 2014
Elizabeth Hospice, Escondido, CA	2010 – 2011
Rady's Children's Hospital, San Diego, CA	2008 – 2009

Counseling/Therapy Engagements:

Interfaith Community Services, Escondido, CA
Solutions for Change, Vista, CA
Brother Benno's Center, Oceanside, CA

Formation and Development:

40hr Domestic Violence Crisis Intervention and Counseling Training, 2014
- Pursuant to California Evidence Codes Section §1037.1

Formation Program for Diaconal Candidates, 2007 – 2012
San Diego Diocesan Institute, Diocese of San Diego
Office for the Permanent Diaconate

MILITARY:

Massachusetts Army National Guard, 1983 – 1989
B Company, 1st Battalion, 104th Infantry Division
E-4, 11-B, Infantry Unit Armorer