

**KATHRYN C. SHAFER Ph.D., LCSW, ACSW, CAP**  
**E-500RYT, CPT**  
Licensed Clinical Social Worker  
Certified Addiction Professional  
Certified Play Therapist; Registered Yoga Therapist  
675 West Indiantown Road, Suite 100  
Jupiter, FL 33458  
Office: 561-799-6789 email: [kathy@drshafer.org](mailto:kathy@drshafer.org)  
[www.yoga-fun.com](http://www.yoga-fun.com), [www.funtherapist.com](http://www.funtherapist.com)

### **Summary of Credentials**

Dr. Kathryn Shafer is known for her work as a psychotherapist, teacher, educator and practitioner of mindbody interventions for emotional and physical health. She conducts interventions and assessments for addicts and their families, is a certified yoga instructor, and has authored and conducted researched on these and related topics. Dr. Shafer completed her doctorate designing a international substance abuse training during the collapse of the former Soviet Union. Other international and training efforts include a study abroad program for students in Costa Rica, teaching yoga therapy for older adults, and Teacher Training on Asthanga Yoga in Mysore, India.

For over 25 years she provides services as a clinician, professor, administrator, and consultant. At over 40 conferences internationally, Dr. Shafer has given presentations as a key note, guest lecturer, and numerous radio and television programs to discuss topics pertaining to health, substance abuse, trauma, aging, depression, relationships, teens, using stress reduction practices such as mental imagery, dreamwork, and yoga. Dr. Shafer consults with individuals, couples, families, and groups. She provides expert testimony for court cases involving competency in aging, child custody in family disputes, addiction arrests, domestic violence, and teen conduct issues.

As a psychotherapist, interventionist, and Yoga Therapist(E-500RYT,)her diverse expertise spans all age groups and families impacted by addiction, eating disorders, aging, trauma, relationships, depression, stress, and illness (Asthma, Cancer, Heart Disease). Integrating conventional and alternative practices, she synthesizes evidence based research from both for her patients. Education on nutrition, exercise, meditation, and group support is her comprehensive approach for mindbody health. There are bimonthly women and coed groups for empowerment, relationships and relapse prevention.

**KATHRYN C. SHAFER Ph.D., ACSW, LCSW, CAP, E-500RYT**  
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**Jupiter, FL 33458**  
**Office: 561-799-6789 email: kathy@drshafer.org**  
**www.yoga-fun.com, www.funtherapist.com**

## **Education**

- Ph.D. 1994 - Barry University, Miami, FL  
Dissertation: International Substance Abuse  
Curricula: Experiences Training  
Professionals in Russia & The Ukraine
- M.S.W. 1983 - New York University, New York, NY  
Internships: Long Island College Hospital,  
Alcoholism Outpatient Program, Brooklyn, NY;  
City University of New York, Office of  
Student Affairs  
Resident Fellowship Awards, 1981-1983
- B.S.W. 1981 - New York University, New York, NY  
Internships: E. Bronx Council on Aging;  
Brookdale Hospital, Brooklyn, NY

## **Professional Activities**

- 1983-current LIMITLESS HEALTH POTENTIALS, Inc. Jupiter,  
Florida  
Private Practice, Psychotherapist,  
Yogatherapy, Mindbody Educator, Weight Loss  
Consultant.
- 2008-current SYNERGY GROUP SERVICES, Palm Beach Gardens,  
Florida; Eating Disorder Specialist and  
Consultant.
- 2007-current Jupiter High School, Adult Continuing  
Education, Yoga Instructor
- 2006-2007 Lady of America Fitness, Palm Beach Gardens,  
Yoga Instructor.
- 2006-present Hanley Center, Inc., West Palm Beach  
Instructor, Addiction Professional Training  
Program; Yoga Instructor-Older Adult Program  
& Butterfly House.

## Professional Activities-continued

2003-present	Genesis Treatment Center, Lake Worth, FL Continuing Education for Staff, Consultant.
2003-2008	Gratitude House West Palm Beach, FL Board President, Yoga Instructor
1999-2001	BEHAVIORAL HEALTH OF THE PALM BEACHES Lake Worth, Florida Consultant
1999-2000	WESTERN COUNTY MENTAL HEALTH CENTER Belle Glade, Florida CONSULTANT
1998-1999	COMPREHENSIVE ALCOHOLISM REHABILITATION PROGRAMS, INC. West Palm Beach, FL Assistant Clinical Director
1995-1998	COLUMBIA HOSPITAL, West Palm Beach, FL Consulting Director of Social Work
1990-1995	CREATIVE POTENTIALS, INC. Lake Park, Florida President
1991	PALM BEACH INSTITUTE, West Palm Beach, FL Specialist Imagery and Relaxation Techniques
1988-1999	CENTER FOR FAMILY SERVICES West Palm Beach, Florida Contract Clinician
1988	JUVENILE DETENTION CENTER Palm Beach County, FL
1985-1987	NEW YORK UNIVERSITY Student Housing Department-Consultant
1984-1988	BETH ISRAEL MEDICAL CENTER New York, New York Stuyvesant Square Chemical Dependency Program-Aftercare Supervisor
1984	ST. VINCENT'S HOSPITAL, New York, New York Alcoholism Counselor-Psychiatric Department
1984	CITY HOSPITAL AT ELMHURST, New York Social Worker-Alcoholism Outpatient Clinic
1981-1982	ADVOCATES FOR CHILDREN, INC. Long Island City, New York-Consultant

## **POST GRADUATE TRAININGS**

- Yoga for Depression: Lifeforce Yoga Healing Institute 40 hour certification program for Level One. Sponsored by Sivananda Ashram, Nassau, Bahamas. April 1-6, 2010.
- Yoga of Recovery 100 hour certification program. Sponsored by Sivananda Ashram, Nassau, Bahamas. January - February, 2010.
- Forrest Yoga 35 Hours of Continuing Education for Yoga Teachers with Ana Forrest. Sponsored by Generations Yoga-Willmette, IL; September, 2009.
- Yoga of the Heart: Cardiac and Cancer Certification Training. Over 85 hours of training in the specific application of yoga for clients with cardiac, cancer and other life threatening diseases, specifically in applied Asana, Pranayama, Imagery, Meditation, Deep Relaxation Techniques, Teaching Methodology, and Anatomy & Physiology with Nishcala Joy Devi. Kripalu Center for Yoga and Health July 30-August 9, 2009.
- Yoga for Anxiety and Depression: Yoga as Medicine, 6 Hour Intensive. May 18, 2009, in conjunction with six day Yoga Journal Conference at the Hilton Midtown, New York City.
- Meditation and Psychotherapy: Cultivating Compassion and Wisdom with His Holiness the 14<sup>th</sup> Dalai Lama, Tenzin Gyatso. Harvard Medical School Continuing Education, Boston, MA: May 1-2, 2009; Boston Park Plaza Hotel.
- Buddhist Psychology for the West & the Art and Science of Meditation. Omega Institute for Holistic Studies. October 10-11, 2008; New York City.
- Yoga Teacher Training - Completing 500 Hour Teacher Training. Completed 200 hour certification as required by Yoga Alliance. Completed Levels 1-5 (plus retrainings) with Yogafit. Also with Yogafit: Restorative Yoga, 3 week intensive in Mysore, India (11/2008), Yoga for Prenatal and Postpartum Women, Yoga for Golf and Tennis, Yoga Lean, Yoga for Seniors (2004-2009).
- Reiki Level I (8 hour intensive), October 10-11, 2006.
- Eye Movement Desensitization and Reprocessing (EMDR) - Level I (3-day intensive), 2002.
- Brief Family Therapy Center, Milwaukee, Wisconsin Advanced Supervision Seminar in Solution-Focused Therapy (4-day intensive), 1999
- National Association of Social Workers, Inc. Florida Chapter (16 hour) Clinical Supervision Course, 1999
- Harvard Medical School Clinical Training in Mind/Body Medicine (44-hour training course), 1997
- Boston University Alcohol and Drug Curriculum Development Summer Institute, 1995
- American Institute for Mental Imagery, New York City (two year training intensive), 1995

## **STATE AND NATIONAL CERTIFICATIONS**

- LifeForce Yoga Practitioner-Level One. Yoga for Depression. Six day training at Sivananda Ashram, Bahamas, April, 2010.
- Certified Yoga Instructor-500RYT; Yoga Alliance, April, 2010.
- Yoga of Recovery, 10 day training at Sivananda Ashram in the Bahamas, February, 2010.
- Yoga of the Heart Cardiac & Cancer Certification Training with Nischala Joy Devi at The Kripalu Center for Yoga & Health, 8/2009.
- Alcohol, Tobacco, and Other Drugs Certification, by The National Association of Social Workers, 2000.
- Certified Child Psychotherapist, Play Therapy Therapist, and Certified Play Therapy Supervisor by The International Board Examiners of Certified Play Therapists, 1998
- National Certified Alcohol and Drug Counselor, 1991
- Certified Practitioner of Eriksonian Hypnosis, 1991
- Licensed Clinical Social Worker (Florida), 1989
- Certified Addiction Professional (Florida), 1989
- Academy of Certified Social Workers, 1987
- Certified Alcoholism Counselor (New York), 1985
- Certified Social Worker (New York), 1983

## **PROFESSIONAL MEMBERSHIPS**

- Yoga Alliance
- National Association of Social Workers
- The International Society for Child and Play Therapy
- Florida Alcohol and Drug Abuse Association
- National Association of Alcohol and Drug Abuse Counselors
- The International Association of Yoga Therapists
- The National Council on Strength and Fitness

## **PROFESSIONAL LEADERSHIP ACTIVITIES**

- Board President, Gratitude House 2006-2008. Board member September 2001-2008.
- Member, Hanley-Hazelden Advisory Committee, Older Adult Prevention Program (September, 2002).
- Director of Research, International Traumatology Institute, University of S. Florida (October, 2001-2005).
- Journal of Social Work Practice in The Addictions, review board member, (2001-2008).
- Hanley Hazelden: Education Advisory Team (December, 1995-2005).
- Continuing Education Chair, Gulfstream Unit, National Association of Social Workers, Florida State Chapter (August, 1994 - March, 2000).

## **PROFESSIONAL LEADERSHIP ACTIVITIES**

- o Committee on Nominations and Leadership Identification, National Association of Social Workers, Florida State Chapter (1988-1989).

## **MEDIA RECOGNITION**

- o Spirituality and Addiction. Invited guest on Recovery hour WBZT AM 1230 Radio, July 23, 2005.
- o Easing Your Asthma: three effective ways to stop an attack and six powerful strategies to prevent one. An article to include excerpts from Dr. Shafer's book and from her personal story. Natural Health, November/December, 2000.
- o Having FUN with Asthma; highlights the FUN program described in Dr. Shafer's book. Spirituality and Health, Fall, 2000.
- o Beyond Steroids: New Treatment for Asthma. An article written by Maya Muir about Dr. Shafer's personal story in her recovery from asthma, and the use of imagery as a clinician. Alternative and Complementary Therapies, October, 1998.
- o Women's Hidden Health Epidemic: Do you have asthma and not even know it? An interview written by Michael Castleman to include Dr. Shafer's use of alternative approaches such as imagery to heal her asthma. New Woman, September, 1997.
- o Imagery Helps Runner Go For Her Dream: Special feature on Channel 12 News in West Palm Beach, Florida to discuss how trauma and life threatening accident did not distract her from preparing for the New York Marathon (8/12/96).

## **Academic Appointments**

2001-2005	Assistant Professor, School of Social Work University of South Florida, Tampa
2001-2004	Research Director, International Traumatology Institute
Courses:	International Perspectives in Addiction Treatment: Exploring What Works Across Cultures #SOW 4930/6931, Study Abroad Program Costa Rica, Summer 2004 #SOW 6362, Individual, <u>Family</u> , and Group Treatment II: A Psychosocial Perspective Fall 2004 Substance Abuse and the Older Adult, #SOW 4930-901/6931-901, Fall 2003 Individual Growth and Development Theory #SOW 6114-Spring 2003, Spring 2004 Spirituality in Social Work Practice

## Academic Appointments-continued

2001-2005 Assistant Professor, School of Social Work  
University of South Florida, Tampa-continued  
Courses: #SOW 3102-Fall 2001, Spring 2002, Fall 2002,  
Fall 2003, Spring 2004, Fall 2004  
Introduction to Addictive Behavior  
#SOW 6931-Spring 2002  
Introduction to Social Work  
#SOW 3302-Fall 2001

2000-2003 Adjunct Faculty - Masters of Substance Abuse  
Counseling and Education  
Distance Learning Program  
Nova South Eastern University  
North Miami, FL  
Course: Personality Theory  
Fall & Winter 2000, 2001, Spring & Fall 2003

1995-2000 Adjunct Faculty - Undergraduate School of  
Social Work  
FLORIDA ATLANTIC UNIVERSITY, Boca Raton, FL  
Courses: Research Methods in Social Work  
#SOW 4403-Fall 2000€  
Social Work and Substance Abuse  
#SOW 4700-Spring 1995, 1996, 1999;  
Fall 1998; Summer & Spring 2000  
Social Welfare Policy #SOW 3232  
Spring 2000  
Human Behavior and the Social Environment I  
#SOW 4101-Fall 1999  
Issues in Counseling Women #SOW 4357  
Summer 1998  
Social Welfare Institutions #SWK 239-01  
Spring 1998  
Social Work Practice II #SWK 312-02, XT-81  
Spring 1998

1999 Adjunct Professor - Department of Psychology  
LYNN UNIVERSITY Boca Raton, Florida  
Course: Introduction to Psychology #PSY 150

1997-1998 Substitute Assistant Professor - Department  
Sociology/Social Work  
Lehman College, The City University of  
Bronx, New York  
Research Fellowship Award 1997  
Courses: Social Welfare Institutions #SWK239-01, XH81  
Fall 1997, Spring 1998

## Academic Appointments-continued

1997-1998      Substitute Assistant Professor - Department  
Sociology/Social Work-continued  
Lehman College, The City University of  
Bronx, New York  
Research Fellowship Award 1997      \$\$

Courses:      Social Work Practice I #SWK311-02, XT-81  
Fall 1997, Spring 1998

1995-1997      Adjunct Faculty - Graduate School of Social  
Barry University, Miami Shores, FL

Courses:      Psychopathology #SW651  
Fall 1995,1996; Spring 1996, 1997  
Social Work and Substance Abuse #SW527  
Spring and Fall, 1995; Spring, 1996  
Clinical Practice with Individuals and  
Families II #SW621  
Team Teacher: Summer 1991

1993-2001      Adjunct Faculty /Adult Continuing Education  
Department  
PALM BEACH COMMUNITY COLLEGE, West Palm  
Beach, FL

Courses:      Interpreting the DSM-IV, Spring 1998  
Mind/Body Medicine and the Relaxation  
Response; Spring 1998  
Psychopharmacology and the DSM-IV: Clinical  
Challenges for the Non-Psychiatrist  
Stress Management and Its Role in Illness  
Summer 1996, Spring 1997.  
Chemical Dependency and the Law  
Summer 1996  
Relapse Prevention, Spring 1996  
Group Treatment for Substance Abusers  
Spring 1993

## RESEARCH/DEMONSTRATION/PROJECT FUNDING

2003-2004      Type:      Collaborative Research Grant  
\$ 8,500      Source:      University of S. Florida  
Purpose:      Evaluation of Rape Crisis  
Program in Clearwater, Florida

2002-2004      Type:      Researcher  
\$ 5000      Source:      Hanley-Hazelden  
Purpose:      Evaluate substance abuse  
prevention project aimed at older adults.



### **Refereed Journal Publications-continued**

- Shafer, K. (Fall/Winter, 2004). Book Review: The Tobacco Dependence Treatment Handbook. Written by David Abrams, Raymond Niaura, Richard Brown, Karen Emmons, Michael Goldstein, and Peter Monti. Journal of Social Work Practice in the Addictions, 4 (3), 115-116.
- Shafer, K. (October-December, 2004). Trauma and the substance abusing older adult: Innovative Questions for Accurate Assessment. Journal of Loss and Trauma, 9(2), 345-356.
- Shafer, K, Kiebzak, L, Dwoskin, J. (Fall, 2003) Coaching: A New Role for Addiction Social Workers? A Dialogue for Special Topics. Journal in Social Work Practice in the Addictions, 3(2), 105-112.

### **Non-refereed Publications**

- Shafer, K. (May/June, 2008). The Role of the Mind, Nutrition, And Fun! Boynton Beach: The Solution News.
- Shafer, K. (Aril, 2008). Learn Ageless Living: Strike a Pose. in Metro Woman Directory of the Palm Beaches.
- Waters, P. & Shafer, K. (July, 2005). Spirituality in Addiction Treatment and Recover (A two-part series). Southern Coast Beacon. A publication of The Addiction Technology Transfer Center Network, [www.scattc.org](http://www.scattc.org).
- Shafer, K. (8/16/2004). Mental imagery and healing. Retrieved from <http://healing.about.com>
- Rank, M.; Gentry, E.; Baggerly, J.; Foijt, D.; Rodriguez, L.; Tabler, R.; Shafer, K.; Krahl, J.; Meyers, C. (Summer, 2003). Bioterrorism and Trauma Preparedness Training: Training Manual. University of South Florida-The Global Center for Traumatology. Funding for preparing the training manual made possible by a grant from the United States Department of the Army.
- Shafer, K. (November-December, 2001). 911 Wake Up Call: Imagine the Unthinkable: a Mindbody Approach for Healing. Invited to write about the traumatic event of September 11<sup>th</sup>. NASW Florida Chapter Newsletter.
- Castex, G.; Freedberg, S; Holody, R.; Phillips, N.; Shafer, K. (1998). Report of the Project: Integrating Substance Abuse Content Into the Social Work Curriculum in the Lehman College Baccalaureate Social Work Program. Prepared for the New York State Addiction Technology Transfer Center.
- Shafer, K. (1994). A Study of the Effectiveness of Alcohol and Drug Abuse Training for Professionals in Russia and the Ukraine. (Doctoral Dissertation, Barry University, Florida, 1994). Dissertation Abstracts International.

## **Journal & Book Reviewer/Referee**

Journal on Social Work in the Addictions (2001-2008).

Field Reviewer for the TIP Substance Abuse Treatment and Trauma.  
Center for Substance Abuse Treatment (CSAT), March, 2004.

## **Conference Proceedings**

Shafer, K. (2007) Yoga Therapy and Mental Imagery: Healing Mindbody Dis-Ease in Aging and Addiction. Article published in the proceedings of the first conference on Yoga Therapy sponsored by the International Association of Yoga Therapists, January 18-21, 2007; Los Angeles, CA.

Shafer, K. & Dolan, Y. (Nov. 2, 2003). Still Ageless After All These Years: Harm Reduction with Older Adults. A Solution-focused Substance Abuse Prevention Scale for Older Adults (SSAPS). Presented at the Solution Focused Brief Therapy Association First Conference on Solution Focused Practices, Loma Linda University, CA.

Shafer, K. & Kagan, H. (1998). Russian Substance Abusers in Transition: New Country, Old Problems. Paper presented and published in the proceedings of the International Social Work Conference-Florence, Italy, March 14-16, 1998, New York University Ehrenkranz School of Social Work.

## **Refereed Papers/Invited Papers**

- o Trauma and the Substance Abusing Older Adult. Invited to present paper at National Aging and Addiction Conference sponsored by The Hanley Center, West Palm Beach, Florida (January 28-29, 2005).
- o Aging and Addiction: Helping Older Adults Recover or Prevent Late-Onset Addiction. Abstract accepted as a paper to present at the Second National Gerontological Social Work Conference held in conjunction with the Council on Social Work Education Annual Program and the University of South Carolina Technology Conference (NGSWC #9040). Paper presented in Anaheim, CA (February 27-March 1, 2004).
- o Trauma and the Substance Abusing Older Adult: International Perspectives on Assessment. Abstract accepted to present at the International Encounter of Social Work (September 22-27, 2003); Havana, Cuba.
- o Still Ageless After all These Years: Harm Reduction with Older Adults. Abstract accepted to present scale at the Solution Focused Brief Therapy Conference (November 2, 2003); Loma Linda University, CA.
- o Dis-ease Free in 21 Days: The FUN Guide to Mindbody Wellness. Abstract accepted to present at the Society for Spirituality and Social Work: Eighth Annual Conference. The University of Texas at Austin, June 19-22, 2003.

## **Refereed Papers/Invited Papers-Continued**

- Trauma and Addiction: A Hidden Epidemic in Older Adults. Abstract accepted to present at National Association of Social Workers Conference June 12-14, 2003, Orlando, Florida.
- The Interplay of Addiction and Psychiatric Disorders in Older Adults: Implications for Social Workers. Abstract accepted for the 35<sup>th</sup> National Association of Social Workers Annual Addictions Institute at Fordham University (May 21, 2003); New York City, New York.
- Trauma and the Substance Abusing Older Adult: Innovative Questions for Accurate Assessment. Abstract accepted to present at the 49<sup>th</sup> Annual Program Meeting of the Council on Social Work Education (February 27-March 2, 2003); Atlanta, Georgia.
- Disease Free in 21 Days: The Mindbody Approach for Health and Well Being. Abstract accepted to present at the National Association of Social Workers statewide conference (June, 2002); Orlando, Florida.
- Women and Substance Abuse. Abstract accepted for the 34th Annual Addictions Institute at Fordham University (May 22, 2002); New York, New York.
- Compassion Fatigue: Helping the Healing Ear Maintain balance in Mind, Body, and Spirit. Abstract accepted for the 34<sup>th</sup> Annual Addictions Institute at Fordham University (May 22, 2002); New York, New York.
- Beginning With the End in Mind. Abstract accepted for the 33<sup>rd</sup> Annual Addictions Institute at Fordham University (May 16, 2001); New York, New York.
- Turning Play into Healing: Mind Medicine for Children. Abstract accepted to present at the International Child and Play Therapy Conference (June 19-21, 2000); Dublin, Ireland.
- Leadership in the Corporate World: A Mindbody Perspective. Abstract accepted to present at the Social Work Leadership in Health Care (May 31-June 3, 2000); Orlando, Florida.
- Healing Through the Mind of the Addict: An Innovative Approach for Sober Living. Abstract accepted to present at the 32nd Annual NASW Addiction Institute (May 12, 2000); New York City Chapter, New York.
- Mindbody Approach. Invited to present at the Child Welfare League of America Skillenium 2000 (October, 1999); Miami, Florida.
- Mindbody Techniques in the Treatment of Substance Abusers. National Association of Social Work Addiction Institute (May, 1999); New York City Chapter, New York.

## **Refereed Papers/Invited Papers-Continued**

- o Imagination: Creative Curriculum Development in the Age of Health Care Reform. Abstract accepted to present at the 28<sup>th</sup> International Conference of Social Welfare (July, 1998); Jerusalem, Israel.
- o Imagery: Healing Through the Mind of the Child. Abstract accepted to present at The 1998 World Congress on Child and Play Therapy (April, 1998); Honolulu, Hawaii.
- o International Substance Abuse Curricula: Challenges for Social Work Educators in Russia. Abstract accepted to present at the 3<sup>rd</sup> Conference of Caribbean and International Social Work Educators Effecting Change and Social Transformation for the 1997); Trinidad.
- o International Substance Abuse Curricula: Experiences Training Professionals in Russia & the Ukraine. Abstract accepted to present at the 41<sup>st</sup> International Council on Alcohol and Addictions (ICAA 1997) International Institute on the Prevention and Treatment of Dependencies, New Developments-New Opportunities (May, 1997); Cairo, Egypt.
- o Substance Abuse Treatment Across Cultures: Training Clinicians in the Former Soviet Union. Abstract accepted for the Council on Social Work Education 43<sup>rd</sup> Annual Program Meeting, International Issues Symposium (March 1997); Chicago, Illinois.
- o The Social Worker's Role in the Diagnosis and Treatment of Chemical Dependency. Abstract accepted to present at The National Association of Social Work's Meeting of The Professions (September, 1987); New Orleans, Louisiana.

## **PRESENTATIONS/WORKSHOPS CONDUCTED**

- o Ethics, Domestic Violence, HIV/Aids update, medications, supportive counseling, Anger Management, Grievances, HIV/Aids Update: DCF Clinical Update training (16 hours). Staff development and training workshop. Genesis Treatment Center, Lake Worth, FL (May/June, 2010).
- o Counseling 1-3: Skills, Theories, and Practice. Faculty of Addiction Professional Training Series at Hanley Center, West Palm Beach, FL. Three 16 hour courses. May-July, 2010.
- o Application to Practice II. Faculty of Addiction Professional Training Series at Hanley Center, West Palm Beach, FL. A 16 hour course on assessment for Individuals, and interventions with Families (October 16-17,2009).
- o Clinical Supervision-16 Hour course as required by Chapter 491 for Licensed Clinicians in Florida to be Qualified Supervisors. The Palm Beach Holistic Center June 5-6, 2009).

## **PRESENTATIONS/WORKSHOPS CONDUCTED-Continued**

- o Ethics, Domestic Violence, HIV/Aids update, intervention, supportive counseling, Anger Management, Americans with Disabilities in Substance Treatment: DCF Clinical Update training (16 hours) for clinicians. Staff development workshop for Genesis House, West Palm Beach, FL (May 8-9, 2009).
- O Holistic Medicine for the 21<sup>st</sup> Century: The MindBody Connection. A 6 hour seminar on alternative and traditional approaches for physical and mental health. The Jupiter Resort (March 21, 2009).
- O Application to Practice III. Faculty of Addiction Professional Training Series at Hanley Center, West Palm Beach, FL. Provided 16 hour course instruction On Individual, Family, and Group Counselling (January 30-31, 2009).
- O 16 hour course instruction On Physical Aspects, Pharmacology, History of Addiction, Models of Treatment, Types of Service (June 27-28, 2008).
- O Treatment Knowledge III. Faculty of Addiction Professional Training Series at Hanley Center, West Palm Beach, FL. Provided 16 hour course On Group Therapy(January, 2009).
- O Treatment Knowledge III. Faculty of Addiction Professional Training Series at Hanley Center, West Palm Beach, FL. Provided 16 hour course instruction On Physical Aspects, Pharmacology, History of Addiction, Models of Treatment, Types of Service (June 27-28, 2008).
- o Holistic Healing in Addiction. Invited to lecture for the Professional Luncheon Series at Hanley Center, West Palm Beach, FL (March 7, 2008).
- o Yoga at Work. Guest lecturer at retreat for The Palm Beach Gardens Hospital Administration and Department Heads about the benefits of yoga at work. (February 22, 2008).
- o Ethics, Domestic Violence, and HIV/Aids in Substance Treatment: An update (3 hours) for clinicians. Invited to conduct staff development workshop for Genesis House, W. Palm Beach, FL (February 15, 2007).
- o Doing the Right Thing: Ethical and Moral Issues in Substance Treatment. Ethics update (2 hours) for clinicians. Invited to conduct staff development workshop for Genesis House, W. Palm Beach, FL (October 20, 2006).
- o Understanding the Cutting Edge: Self Mutilation. Invited to conduct staff development workshop (2 hours)for Genesis House, W.Palm Beach, FL (November 3, 2006).
- o Transference: Understanding When it is About Me and Not You. Invited to conduct staff development workshop (2 hours)for Genesis House, W.Palm Beach, FL (November 10, 2006).

## **PRESENTATIONS/WORKSHOPS CONDUCTED-Continued**

- o Golfun on the Green. Two hour workshop for golfers on the benefits of yoga for the game. Admirial's Cove, November 15, 2006 7-9AM. Sponsored by the Wellness Spa.
- o Yoga for Ageless Boomers. Abstract accepted for the National Aging and Addiction Conference. April 28-29,2006. Marriott, West Palm Beach, FL. Sponsored by the Hanley Center.
- o Understanding What's Eating You: The Psychodynamics of Eating Disorders. Invited to present a workshop at the South Florida Conference on Mental Health. Sponsored by the Ruth Rales Jewish Family Service, Boca Raton, FL April 6,2006.
- o Clinical Supervision: 16 Hour Course as Required for Qualified Supervisor in Florida. March 2 & 3,2006 Sponsored by Genesis House, at Limitless Potentials, Inc. Sponsored by Genesis House, Lake Worth, FL.
- o Clinical Supervision: 16 Hour Course as Required for Qualified Supervisor in Florida. June 11 & 12, 2005
- o Spirituality, Mental Imagery, Yoga & Clinical Practice: Ageless Living in Addiction Treatment. The 37<sup>th</sup> Annual Addictions Institute of the New York City Chapter of the National Association of Social Workers, May 25, 2005 Fordham University, Lincoln Center Campus.
- o Substance Abuse Prevention and Older Adults: Examining What Works. The 37<sup>th</sup> Annual Addictions Institute of the New York City Chapter of the National Association of Social Workers, May 25, 2005 Fordham University, Lincoln Center Campus.
- o The Fun Guide to Wellness at Work (keynote address), and Substance Abuse and Trauma (afternoon workshop). The Southeast Region of the National Rehabilitation Association (SERNA)May 16, 2005, Tampa, FL.
- o Treatment Planning for the Substance Abuse Counselor: Domestic Violence, Ethics, Anger Management, Involuntary Clients (Marchman/Baker Act), Trauma, Confidentiality. Invited to conduct 16 Hour training for substance abuse Professionals as required by Florida Statute 65-D. April 22-23, 2005 at Genesis House, Lake Worth, Florida.
- o International Substance Abuse: Training for Clinicians. Invited to conduct a 45 hour training for professionals June 19-July 10, 2004 at ACERPA in San Jose Costa Rica.
- o Trauma Free in 21 Days: Mindbody Healing for Dual Disorders. Abstract accepted to present at the NASW statewide conference June 10-12,2004, Deerfield Beach, Florida.
- o How to Communicate in Times of Grief, Disaster, and Highly Stressful Situations. Invited to teach an 8 hour course at The Children's Services Council, June 2, 2004).

## **PRESENTATIONS/WORKSHOPS CONDUCTED-Continued**

- o Self Care During Challenging Times: The FUN Guide to Mindbody Wellness. Abstract accepted to present at the Florida Atlantic University Christine E. Lynn College of Nursing International Arts in Healing Conference, April 18, 2004.
- o Communication with Children & Adolescents: A Solution Focused Approach. Invited to teach an 8 hour course at the Children's Services Council (May 19, 2004); West Palm Beach, Florida.
- o Mental Imagery: Healing Trauma in Addiction. Invited as guest speaker at a luncheon for professionals sponsored by Hanley-Hazelden, W. Palm Beach, FL (May 7, 2004).
- o Eating Disorders: A Solution Focused Approach for Intervening with Teens. Invited to teach an 8 hour course. Children's Services Council (March 17, 2004); West Palm Beach, Florida.
- o Helping Children Cope from Trauma. Invited to teach 8 hour course. Children's Services Council (January 28, 2004); West Palm Beach, Florida.
- o Setting Goals for the New Year: The FUN Guide to Mindbody Wellness. Invited to present at a luncheon for the Hispanic Professional Women's Association (HPWA), December 5, 2003 at Columbia Restaurant, Ybor City, FL.
- o The Addiction Counseling Process: Application to Practice for Licensed and new professionals. Invited to teach a 30 hour course at Hanley-Hazelden, W. Palm Beach, FL (October-November, 2003); Fort Lauderdale, Florida.
- o Trauma, Aging, and Substance Abuse. Invited to teach an 8 hour course at Shands HealthCare (November 14, 2003). Sponsored by the Florida Chapter of the National Association of Social Workers, Gainesville, FL.
- o Clinical Supervision-16 Hour course required for Licensed Clinicians in Florida to be Qualified Supervisors as required by Chapter 491. Conducted at Hanley-Hazelden, W. Palm Beach, FL (October 17-18, 2003).
- o Raising Healthy Children in Trouble Times. Invited as keynote speaker for the Children's Services Council annual conference (8 hours), West Palm Beach, FL (September 18, 2003).
- o Bioterrorism and Trauma Preparedness Training (8 hours). Conducted at the University of South Florida, Tampa and Lakeland Campus (August 20 & September 17, 2003). Training sponsored from grant funding by the US department of the Army.
- o Domestic Violence Update (3 hours). Invited for staff inservice at Wellness Resources, Inc.; Delray, FL (July 24, 2003).
- o Wellness at Work. Inservice (one hour)for admission staff at Hanley-Hazelden (July 16, 2003).

## **PRESENTATIONS/WORKSHOPS CONDUCTED-Continued**

- o Creating Cooperation in the Workplace. Invited to conduct annual staff development workshop (8 hours) for Gratitude House, W. Palm Beach, FL (June 27, 2003).
- o Ethics update (3 hours) for clinicians. Invited to conduct staff development workshop for Genesis House, W. Palm Beach, FL (June 26, 2003).
- o Screening, Assessment, and Treatment Planning. Invited to teach a 45 hour course for the addiction certification program at Hanley-Hazelden (April-June, 2003); West Palm Beach, Florida.
- o Spiritual Diversity in Social Work Practice. Invited to present at the National Association of Social Workers Sarasota-Manatee Unit Meeting, Manatee Glens Hospital (February 3, 2003); Bradenton, Florida.
- o Substance Abuse in the Family: Healing Begins at Home. Invited to teach an 8 hour course. Children's Services Council (January 30, 2003); West Palm Beach, Florida.
- o Case Management. Invited to teach a 16 hour Addiction Professional Training Program. Sponsored by Hanley-Hazelden (January 17-18, 2003); Ft. Lauderdale, Florida.
- o Eating Disorders from a Family Perspective. Invited to teach an 8 hour course. Children's Services Council (December 19, 2002); West Palm Beach, Florida.
- o Avoiding Burnout: An interactive guide for direct service staff. Invited to a regional training conference sponsored by the U.S. Department of Housing and Urban Development (December 11, 2002); San Antonio, Texas.
- o The FUN Guide for Mindbody Wellness. Invited to conduct in service for staff at the Veterans Administration Medical Center (October 18, 2002); Bay Pines, Florida.
- o Assessing and Treating Post-Traumatic Stress in Oncology: A Guide for Clinical Social Workers. Abstract selected to present at the Florida Society of Oncology Social Workers Annual Conference; (October 17, 2002); Tampa, Florida.
- o Avoiding Burnout: An Interactive Guide for Direct-Service Staff. Invited to present at HOPE VI Regional Case Management Training Conference. Sponsored by U.S. Department of Housing and Urban Development; (September 25, 2002); Tampa, Florida.
- o Older Adult and Substance Abuse Treatment. Invited to present to Experts in San Jose, Costa Rica for international collaboration and Research: Encuentro Atencion Integral Centro. Sponsored by Centro PASO A PASO; (August 12, 2002).
- o Screening, Assessment, and Treatment Planning. Invited to teach 45 hour course for addiction certification at Hanley-Hazelden (July-September, 2002); West Palm Beach, Florida.

## **PRESENTATIONS/WORKSHOPS CONDUCTED-Continued**

- o The Addiction Counseling Process: Counseling Theories and Practice for Licensed and new professionals. Invited to teach 45 hour course for the Broward Sheriff's Office. Sponsored by Hanley-Hazelden (June-September, 2001); Fort Lauderdale, FL.
- o Motivational Interviewing: An Innovative Approach with Substance Abusing Women. Abstract accepted for the NASW Annual Addiction Institute (May 16, 2001), New York City.
- o Social Work Administration: Creating and Implementing a Healing Vision. Invited to present at the National Society for Social Work Leaders in Health Care Conference (April, 2001). San Antonio, Texas.
- o The Addiction Counseling Process: Counseling Theories and Practice for Licensed and new professionals. Invited to teach two 45 hour courses for addiction certification for Hanley-Hazelden (July-September, 2001); Nova University, North Miami Beach, Florida, and Hanley-Hazelden, West Palm Beach, Florida.
- o Sexual Abuse and Trauma. Invited to train staff (April 4, 2001). Gratitude House, West Palm Beach, FL.
- o Engaging the Creative Process with Teens. Invited to teach a 6 hour course for health care professionals (March 28, 2001); West Palm Beach, Florida.
- o Solutions Focused Methods with the Mandated Client. Invited to teach a 6 hour course for health care professionals working with criminal justice clients. Children's Services Council (February 21, 2001); West Palm Beach, Florida.
- o The Addiction Counseling Process: Client Confidentiality, Cultural Awareness, Counseling, Ethics/Rules and Regulations, Dual Disorders, and Confidentiality for the Chemical Dependency Counselor. Invited to teach two 45 hour courses for the addiction certification program at Hanley-Hazelden (July-September, 2000); Nova University, North Miami Beach, Florida, and Hanley-Hazelden, W. Palm Beach, Florida.
- o Strategic Leadership and Planning. Invited to teach a 6 hour course for health care professionals in the corporate world from a mindbody perspective. Children's Services Council (June 7, 2000); West Palm Beach, Florida.
- o Healing in the World of Imagination. Invited to teach a 6 hour course for health care professionals on intervention with children and adolescents from a mindbody perspective. Children's Services Council (April 12, 2000); West Palm Beach, Florida.
- o Identification and Interventions with Substance Abusing Adolescents and Parents. Invited to teach a 6 hour course for health care professionals on intervention from a behavioral-cognitive model. Children's Services Council (February 23, 2000); West Palm Beach, Florida.

## **PRESENTATIONS/WORKSHOPS CONDUCTED-Continued**

- o Healing Family Problems Through Effective Communication. Invited to teach professionals on intervention from a systemic model. Children's Services Council (October, 1999); West Palm Beach, Florida.
- o Strengthening Communication with Children and Adolescents. Invited to teach a 6 hour course for health care professionals on intervention from a systemic model. Children's Services Council (October, 1999); West Palm Beach, Florida.
- o The Addiction Counseling Process: Client Confidentiality, Cultural Awareness, Dual Disorders, and Competency for the Chemical Dependency Counselor Invited to teach a 16 hour course for the addiction certification program at Hanley-Hazelden (July, 1999-November, 1999); West Palm Beach, Florida.
- o Culture-Bound Syndromes: International Perspectives on Health and Wellness. Invited to teach 6 hour course for health care professionals on diversity issues. Children's Services Council (June, 1999); West Palm Beach, Florida.
- o Domestic Violence & HIV-Aids Update. Invited to teach a 6 hour course for addiction certification program at Hanley-Hazelden (February, 1999); West Palm Beach, Florida.
- o Solution-Focused Methods for the Problem Focused Clinician. Invited to conduct an introductory 6-hour course for mental health care providers. Children's Services Council (February, 1999); West Palm Beach, Florida.
- o Psychopharmacology and the DSM-IV: Clinical Challenges for the Non-Psychiatrist. Invited to conduct 6-hour course for updates on medications and review of diagnostic criteria for mental health care. Children's Services Council (October, 1998; November, 1997); West Palm Beach, Florida.
- o Integrating the Creative Process in Adolescents Invited to teach a 6-hour course on specific cognitive techniques of imagery, play in work with teenagers. Children's Services Council (September, 1998; January, 1998); West Palm Beach, Florida.
- o Solutions for Substance Abusers. Invited to teach 8 hour course for addiction certification program at Hanley-Hazelden (May, 1998); West Palm Beach, Florida.
- o Mind-Body Medicine in Substance Abuse Treatment. 11 hour course for licensed professionals for certification. Hanley-Hazelden Addiction Professional Training Institute (April 24-25, 1998); West Palm Beach, Florida.
- o Early Interventions and Challenges with Adolescent Substance Use. Invited to address clinicians on specific skills to utilize with teens. A 6-hour course for the Children's Services Council (December, 1997); West Palm Beach, Florida.

## **PRESENTATIONS/WORKSHOPS CONDUCTED-Continued**

- o Guided Imagery, Meditation and Hypnosis: Theory and Demonstration Exercises. Invited as guest lecturer for medical students to define techniques in mind-body medicine. Columbia University Medical Center (October, 1997); New York, New York.
- o Psychopharmacology: An Update for Clinicians. Invited to teach 6-hour course. Palm Beach Community College (October, 1997); West Palm Beach, Florida.
- o Lights, Camera, Action: Setting the Stage for Clinical Social Work Practice. National Association of Social Workers Annual Conference (September, 1997); Miami, Florida.
- o Domestic Violence. Invited to address Social Work Alumni at the Florida Atlantic University Social Work Alumni Association (September, 1997); Boca Raton, Florida.
- o Separation Anxiety: the Child's Response to Change & School; Invited to speak to Palm Beach County Guidance Counselors preparing for the school year (August, 1997); Sponsored by Columbia Hospital.
- o Clinical Challenges of the Substance Abusing Batterer. Day long workshop for clinicians on substance abuse assessment and interventions with domestic violence. Co-sponsored by Columbia Hospital (July, 1997); West Palm Beach, Florida.
- o Solution Focused Methods for Family Based Interventions. Invited to train staff for the Charlee Program-Homes for Children (June, 1997); Coral Gables, Florida.
- o A Guide to Brief Psychotherapy with Persons with Dual Disorders; Fourth Annual Conference on Co-Occurring Mental & Substance Related Disorders. Florida Alcohol & Drug Abuse Association (June, 1997); Orlando, Florida.
- o MindBody Medicine: An Introduction to Cognitive Behavioral Therapy. Conducted two seminars for Columbia Hospital Mental Health Services staff to integrate into treatment services. Co-lead by the Medical Director (June, 1997; May, 1997); West Palm Beach, Florida.
- o What You Need to Know About the Substance Abusing Batterer. Day long workshop for clinicians, Columbia Hospital (April, 1997); West Palm Beach, Florida.
- o Imagination: An Innovative Application of Cognitive Restructuring for Substance Abusers. Abstract selected for Barry University's Alumni Conference (April, 1997); Miami, Florida.
- o Brief Therapy with the Substance Abusing Adolescent. Invited for a seminar for Palm Beach County School Psychologists on identifying substance, and early intervention skills. Co-sponsored by Columbia Hospital (March, 1997); West Palm Beach, Florida.

### **PRESENTATIONS/WORKSHOPS CONDUCTED-Continued**

- o Global Diversity: Cultural and Ethnic Challenges in Psycho-Social and Clinical Practice. Panel presentation and discussion at day long seminar honoring Social Work Month. Co-sponsored by NASW and Columbia Hospital to celebrate social work's commitment to Ethnic and Racial Harmony (March, 1997); West Palm Beach, Florida.
- o Brief Therapy with Substance Abusers. Invited to teach an 11 hour course for licensed professionals interested in obtaining the new certification LCAP (Licensed Certified Addiction Professional). Sponsored by Hanley-Hazelden Addiction Professional Training Institute (December 20-21, 1996); West Palm Beach, Florida.
- o Helping Substance Abusers with Relationship-building Through Group Work. Invited to present for the Association for the Advancement of Social Work with Groups. Beulah Rothman Center for Group Work Studies 13th Annual Conference; Barry University (November, 1996); Miami, Florida.
- o Accepting the Perianesthesia Challenge: Identification and Intervention Strategies for the Impaired Nurse. Sponsored by Hanley-Hazelden (September, 1996); West Palm Beach, Florida.
- o Integrating Brief and Short-Term Psychotherapy into your Practice. An invitational workshop health professionals, Hanley-Hazelden (June, 1996); West Palm Beach, Florida.
- o Brief/Short-Term Psychotherapy in Mental Health Care. Invited to conduct four, six-hour training sessions for mental health clinicians at New Horizons Community Mental Health Center (January-February, 1996); Fort Pierce, Florida.
- o Fear of Flying: A Crash Course For a Safe Landing Continuing Education Program for Employees; Palm Beach Gardens Medical Center (August, 1993); West Palm Beach, Florida.
- o Substance Abuse Research (October, 1992); Training in the Ukraine & St. Petersburg, Russia.
- o Stress Management Training. Invited for 45 hours by Soviet Center for Better Health (May, 1991); Moscow, Russia.

### **PROFESSIONAL REFERENCES Available Upon Request**