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Licensed Independent Clinical Social Worker MA #1022266

EDUCATION

Simmons College School of Social Work, Boston, MA, MSW, May, 1989

Colorado College, Colorado Springs, CO, BA, December, 1982, Major: History
Degree awarded cum laude.

CLINICAL EXPERIENCE

PSYCHOTHERAPIST, Private Practice, Gloucester, MA,, 9/95 - present. Specialty in Bioenergetic Analysis, a body-oriented psychotherapy. Leader of exercise classes, groups & workshops.

International Trainer, International Institute for Bioenergetic Analysis - Lead presentations, retreats, and trainings in Bioenergetic Analysis in the United States and internationally.

International Trainer, Florida Society for Bioenergetic Analysis - 01/11 - present. Lead trainer in Bioenergetic Analysis in Florida; Buenos Aires, Argentina; Warsaw, Poland; and Santiago, Chile.

CAPE ANN MEDICAL CENTER, Gloucester, MA, 8/00 - 1/03

Psychiatric Social Worker. Assessments, supportive counseling, psychotherapy, family consultations, case coordination and community referrals of managed care caseload in conjunction with Nurse Practitioners and RN Care Coordinators for physician's practice.

SENIOR CARE, Gloucester, MA, 4/99 - 5/05

Supervision Group Leader. Facilitator of supervision group for Care Managers seeking social work licensure and of group for supervisors, supervision of MSW students.

SALEM STATE COLLEGE SCHOOL OF SOCIAL WORK, Salem, MA, 1/96 – 8/00, 1/03 - 8/03

Visiting Lecturer. Faculty liaison for MSW and BSW students in field placement, providing support to students and to field supervisors, conducting weekly seminars for students and monitoring agency placements; taught Advanced Social Work Methods.

BEVERLY HOSPITAL FAMILY PRACTICE RESIDENCY, Danvers, MA, 4/01 – 6/02
Behavioral Scientist. Supervision and training of medical residents in behavioral sciences.

MENTAL HEALTH CENTER/ GREATER CAPE ANN, Gloucester, MA, 12/90 – 12/93
Therapist, Sexual Abuse Treatment Service. Provided psychotherapy and assessments of children, adolescent, and adult survivors of sexual abuse; coordinated with community agencies including schools, Child Development Program, HAWC, court, DMH and DSS. Provided emergency coverage, including evaluations and triaging, for mental health center crisis line and Addison Gilbert Hospital Emergency Room.

RELATED TRAINING & AFFILIATIONS

Completion of 4 year professional training program in Bioenergetic Analysis, through Massachusetts Society of Bioenergetic Analysis, 05/94. Certified Bioenergetic Therapist in 2008.
Past Director, Massachusetts Society of Bioenergetic Analysis, 11/05 - 12/10.
Member, International Institute of Bioenergetic Analysis
Member, National Association of Social Workers
Member, United States Association for BodyPsychotherapy
Member, Private Practice Colloquium

PRESENTATIONS & TRAININGS

MA National Association of Social Workers Conference presentation, Needham, MA April, 2008 Topic: *The Body Tells the Story: An Introduction to Bioenergetic Therapy*

International Conference for the Advanced Professional Practice of Clinical Social Work (ICAPP), Cancun, Mexico, June 2008 Topic: *The Body Tells the Story: Applications of Bioenergetic Therapy*

Southern California Bioenergetic Conference, March 2010, Process Group co-leader

MA National Association of Social Workers Conference presentation, Framingham, MA April, 2010 3 hour presentation. Topic: *Bioenergetic Therapy: Freeing the Body From the Effects of Trauma*

Florida Society for Bioenergetic Analysis Training co-leader, Alachua, FL, March 13 - 16, 2011
Topic: *Bioenergetic Therapy Techniques*

Massachusetts Association of Social Workers Conference presentation, Framingham, MA March 30, 2012 Topic: *Bioenergetic Therapy: Body Based Interventions for Common Concerns*

Florida Society for Bioenergetic Analysis Training co-leader, Alachua, FL, April 5 - 8, 2012
Topic: *What is Your Character Structure*

Florida Society for Bioenergetic Analysis Training leader, Buenos Aires, Argentina, October 10 - 14, 2012 Topic: *Addressing Sexuality from a Bioenergetic Perspective*

North American/New Zealand Institutes of Bioenergetic Analysis Conference, Essex, MA, October, 2012, co-led with Leslie Ann Costello, PhD, CBT. Topic: *Practicalities in Bioenergetic Therapy*

Florida Society for Bioenergetic Analysis Training leader, Alachua, FL, April, 11 - 14, 2013
Topic: *The Process of Bioenergetic Therapy*

International Institute of Bioenergetic Analysis Conference, Palermo, Italy, June 2013
Topic: *The Ball - a 21st Century Adaptation of the Stool*

North American/New Zealand Institutes of Bioenergetic Analysis Conference, Essex, MA, November, 2013, co-led with Jessie DeBaie, CBT Topic: *A Time for Everything - Lessons From Hope and Despair*

Florida Society for Bioenergetic Analysis Training leader, Alachua, FL April 3 - 6, 2014
Topic: *Inviting Your Client's Essence*

Florida Society for Bioenergetic Analysis Training leader, Warsaw, Poland, December 11 - 14, 2014 Topic: *Addressing Sexuality in Bioenergetic Therapy*

Florida Society for Bioenergetic Analysis Training leader, Alachua, FL April 16 - 19, 2015

Topic: *Meeting Your Clients Where They Are - Bioenergetic Assessments and Interventions*

Atlantic Canada Society of Bioenergetic Analysis 7 day Bioenergetic summer retreat co-leader, Prince Edward Island, CA. July, 2013 and July 2014

Conference founder and organizer, North American/New Zealand Institutes of Bioenergetic Analysis Conference, Essex, MA, October 2012, November, 2013, October, 2014 , October, 2015

Massachusetts Society for Bioenergetic Analysis Fall Conference Keynote Speaker, Oct. 24, 2015 Topic: *2 Steps Forward, 3 Steps Backwards, 5 Steps to the Side: The Journey of Vitality*

Private Practice Colloquium 3 hour CEU presentation, Nov. 6, 2015 Topic: *Comparison of 3 Body Oriented Psychotherapy Approaches to Trauma*. Presented with Barbara Phillips, LICSW, Sensorimotor Psychotherapist and Patricia Axiom-O'Brien, LICSW, Somatic Experiencing Psychotherapist

Florida Society for Bioenergetic Analysis Training leader, Warsaw, Poland, November 12 - 15, 2015 Topic: *Techniques in Bioenergetic Analytic Therapy*

Florida Society for Bioenergetic Analysis Training leader, Alachua, FL April, 2016
Topic: *Belonging and Boundaries: Foundations of Sexuality*. Sept, 2016, Topic: Bioenergetic Perspectives on Treating Trauma: Developmental Trauma, Chronic Relational Trauma and Acute Trauma

MA National Association of Social Workers Conference Presentation: April 8, 2016. Topic: *Comparison of Body Oriented Psychotherapy Approaches to Trauma*. Presented with Barbara Phillips, LICSW, Sensorimotor Psychotherapist.

MA National Association of Social Workers Conference Presentation: April 8, 2016.. Topic: *Grounding and Boundaries: Bioenergetic Techniques for Social Workers*

United States Association for Body Psychotherapy Conference Presentation: July 20 - 23, 2016.
Topic: *Reawakening Sexuality in Bioenergetic Therapy: A Modern Approach*

Florida Society for Bioenergetic Analysis Training leader, Santiago, Chile, Nov 17 - 20, 2016.
Topic: *Sexuality in Bioenergetic Therapy*

Florida Society for Bioenergetic Analysis Training leader, Warsaw, Poland, Feb 16 - 19, 2017.
Topic: Working with an Open Heart.

International Institute of Bioenergetic Analysis Conference, May, 2017. Toronto, ON, Canada.
Topic: Bioenergetic Therapists Have Balls! Demonstration of using the exercise ball to open sexual feeling

MA National Association of Social Workers Conference Presentation: April, 2018. *Topic: Beyond Trauma: Joy, Pleasure, The Body is Key.*

Florida Society for Bioenergetic Analysis Training leader, Buenos Aires, Argentina & Santiago, Chile, June 2018. *Topic: Sexuality with an Open Heart.*

Florida Society for Bioenergetic Analysis Training leader, Alachua, Florida. September, 2018. *Topic: Grounding and Boundaries: Foundations of Bioenergetic Therapy.* September, 2019. *Topic: Working with an Open Heart.* September, 2020. *Topic: Anger: the energy for change*

Massachusetts Society for Bioenergetic Analysis Fall Conference, Oct, 2018. Workshop co-leader. Title: *The Motion of Emotions.*

Massachusetts Society for Bioenergetic Analysis Training leader. Eliot, Maine and online. January, 2019, *Topic: Working with Boundaries in Bioenergetic Therapy.* May, 2019, *Topic: Polyvagal Theory, Neurophysiology & Bioenergetics: The Neuroscience of Feeling Safe - Not your old self-regulation model.* January, 2020, *Topic: Body Reading, Schizoid & Oral Character Structures.* September, 2020, *Topic: Shame.* November, 2020, *Topic: Self-Acceptance, Self-Compassion, Self-Respect.* January, 2021, *Topic: The Bioenergetic Approach to Anger.* April, 2021: *Developmental Trauma.* June, 2021. *Topic: Sexuality.* Oct, 2021, *Topic: Connection and Value of the Therapeutic Relationship.* January, 2022, *Topic: Transference and Countertransference.* June, 2022, *Topic: Therapeutic Challenges, Endings, and Borderline Personality Disorder.* Oct, 2022, *Topic: Bioenergetics and Energy.*

Academy of Therapy Wisdom, Community Teacher Spotlight. Online. June, 2021. *Topic: A Body/Mind Journey From Depression & Anxiety to Vitality: The Bioenergetic Approach*

IIBA virtual pre-conference. Oct, 2021. Workshop leader. Title: *Connection: The Heart of Psychotherapy.*

Massachusetts Society for Bioenergetic Analysis Spring Conference, April, 2022. Workshop leader. Title: *From Hiding to Celebrating: The Bioenergetic Path to Singing Your Song*.

MA National Association of Social Workers Conference Presentation: April, 2022. Workshop leader. Title: *A Body/Mind Journey: Depression & Anxiety To Vitality*.

Academy of Therapy Wisdom online course: “Engaging the Body in Psychotherapy: Contemporary Bioenergetic Analysis” co-taught with Vincentia Schroeter, PhD and Robert Coffman, PhD. Nov, 2022 - Jan, 2023. Includes over 30 hours of teaching, interviews, and demonstrations.

Southern CA Bioenergetic Conference, Keynote Speaker, February, 2023. Title of talk: Love is Better Than Prozac: A Body/Mind/Relational Journey from Depression to Vitality

MA National Association of Social Workers Conference Presentation: April, 2023. Workshop leader. Title: Developmental Trauma: Body/Mind Roots of Presenting Problems.

Numerous presentations, workshops and therapy groups on topics related to Bioenergetic Therapy to agency staff, clients, and mental health practitioners, 2002 - present

PUBLICATIONS

How I Sustain Hope and Resilience. Academy of Therapy Wisdom, Wise Therapist Spotlight. Dec, 2022.

Connecting with the Body: The frontier linking psychotherapy, social change and spirituality. Academy of Therapy Wisdom, Wise Therapist Spotlight. Dec, 2021.

Strengthening Personal Boundaries: The Bioenergetic Approach. Published on the blog of Psychotherapy Networker, July, 2021

How Bioenergetic Psychotherapy Unlocks the Feelings Carried in Your Body: This science-based approach to therapy explores the mind-body connection as a healing modality. Published on Better Humans publication of Medium, June, 2021

Understanding Your Right To Your Own Boundaries: How principles from bioenergetic therapy can inform your experience and give you clarity about setting your own boundaries. Published on Better Humans publication of Medium, March, 2021

Rethinking Anger: The Bioenergetic Approach. Published on the blog of Psychotherapy Networker Magazine, Oct, 2020

Love, Sex & Self-Respect: The Body Holds The Keys. Published in the MA NASW Focus, 2017

Addressing Sexuality in Bioenergetic Therapy: A Contemporary Approach. Published in Somatic Psychotherapy Today, Winter, 2016.

A Bioenergetic Perspective on Trauma. Published in the United States Association for Body Psychotherapy Winter Newsletter, 2016, 62 - 65.

Gratitude. Published in the USA Body Psychotherapy Journal, 2008, Vol 7, Number 1, 56 - 57.

Bioenergetic Therapy: An Introduction, co-authored with Judy Silvan, LICSW, CBT Published in the MA NASW Focus, 2005