

Education

Doctor of Psychology.
Psy.D. Applied Psychology, School Psychology
GSAPP, Rutgers University, 1999.

M.A. Educational Psychology
Montclair State University, 1990

Tufts University, Boston, MA
B.A. Political Science, Cum Laude, 1983

Continuing Professional Development

- May-Aug'21 MDMA-Assisted Psychotherapy Training, Multidisciplinary Association for Psychedelic Studies (MAPS), 100 hours.
- Mar '21 EMDR: Step-By-Step Plus, Linda Curran, LPC, EMDR Level II, 15 CE credits
- Jan '21 Understanding Ketamine, E. Nielson, PhD., I. Gorman, C. Paleos, MD., 12 CE credits
- April '20 Opioid Abuse, NJ Collaborative for EFT, 1 CE credit
- Nov '19 Suicide & Self-Harm: Stopping the Pain, Jack Klott, LCSW, Suicidologist, 6 CE credits
- Sept '19 Calming An Overactive Brain, Ted Dumas, Ph.D., 6 CE credits
- July '19 Ethical Principles in the Practice of NJ Mental Health Professionals, Allan Tepper, J.D., Psy.D., 6.25 CE credits
- Oct.-'17 to April 2019 Psychodrama Core Training, over 300 hours of psychodrama and sociometry. Hudson Valley Psychodrama Institute, New Paltz, NY.
- July '18 The Anxiety Epidemic in Kids and Teens. Dr. Paul Foxman, Ph.D. Cape Cod Institute. 15 CEs
- April '18 Attachment-Focused EMDR: Healing Developmental Deficits & Adults Abused as Children, Laurel Parnell, PhD., 9.25 CE credits
- June '17 Brain-Based Therapy & Practical Neuroscience: Attachment & Emotion Regulation 1 day. Dr. Jennifer Sweeton, Psy.D. Parsippany, NJ. 6.25 CEs

- April '17 Dialectical Behavioral Therapy; An Overview of DBT Skills training
2-day training. Dr. Shireen Rizvi. Rutgers University Behavioral Health
Care, Piscataway, NJ
- March '17 Chair Vinyasa Yoga Teacher Certification Training. 15 hours, Ha-Tha Yoga Method
Delia Quigley & Denise Kay. Denville, NJ
- January '17 Psychodramatic methods, structure, skill and techniques. 5-day Intensive. Rebecca
Walters, MS, LMHC, LCAT TEP, Deb Shaddy, MS, LMHP, TEP, Highland NY.
- Nov '16 Clinical EEG Biofeedback/Neurofeedback Certification Training,
36 hours, Biofeedback Resources International Co., Hawthorne, NY
- Nov. '14 Renfrew Center Eating Disorders Conference. Using ACT to Overcome
Values of ED client, Dr. D. Doucette. Why Therapy Works, Dr. L. Cozolino,
Embodied Mindfulness, A. Biasseti, Treating Binge Eating Disorder, Dr. D. Schwartz,
Embracing the Body: Movement for BED, K. Laverty & J. Finger.
Clinical Dilemmas and Decision Points, Dr. Strober, Hill, Ravin.
Philadelphia, PA, 20 hours.
- June '14 Anxiety Treatment Techniques That Really Work, David Carbonell, PhD., Parsippany,
NJ, 6 hours.
- 2012-2013 Radical Aliveness/Core Energetics Advanced International Training for Core Energetic
Graduates, Ann Bradney, 16 days, Mexico.
- Dec'12 MySelf Design Provider Training. Post-Op Psychotherapeutic Program for
Bariatric Patients, 15 hours. Carol Signore, MS, LMFT.,FAED.
- Nov'12 Renfrew Center Eating Disorders Conference. Understanding The Complexities of
Anorexia Nervosa and Implications for Therapeutic Management, Drs. Strober &
Johnson, 1 day, with Keynote: What Role Will We Play in the War on Obesity, Dr.
Burgard, Ph.D., Philadelphia, PA
- Aug '12 The Healing Power of Unconditional Presence: Integrating Spritual, Psychological &
Embodiment Work, Dr. John Welwood Ph.D., 7 days, Omega, Rhinebeck NY.
- May '12 Anatomic Yoga: Anatomy and Physiology of Yoga, Dr. Ray Long, M.D. & Chris
Macivor. 2 days, Kripalu, Lenox MA.
- July '11 Yoga Teacher Training 1-month residential intensive, 200 hours, Kripalu,
Lenox MA
- March '11 The Immune System: The Mind-Body Connection: Who Gets Sick and Who Stays Well.
Steven E. Keller, Ph.D., East Hanover NJ, 6 C.E. credits.

- Nov. '10 Renfrew Center Eating Disorders Conference. Innovative Body-Centered Strategies, Adreinne Ressler, LMSW, Eating Disorder Recovery, C. Costin, MA, B. Hartman, PhD, M. Warren, M.D., Integrating Body-Mind-Spirit, S. Emmett, PhD, S. Kleinman, MA, J. Nardozi, Psy.D., Principals of Family-Based Maudsley Therapy, J. Banker, MA. L.Mensh, MS, Reflections on Eating in the Light of the Moon, A. Johnston, PhD; Keynote Presentations: Gloria Steinem, M. Levine PhD., C Johnson, PhD., C. Bulik, PhD., Philadelphia, PA, 20 hours.
- October '10 Trauma Resiliency Model Training (TRM). Biological body-based approach to work with trauma in veterans, warriors, and communities hit by catastrophic disasters. Based on the work of Dr. Peter Levine. Founders/Trainers: L. Leitch, PhD & E. Miller-Karas, MSW, founders of Trauma Resource Institute, www.traumaresourceinstitute.com, Saranac Lakes, NY, 27 hours.
- July '10 LifeForce Yoga ® Practitioner Training—Level One for Anxiety & Depression. Kripalu, Lenox MA, 58 hours
- January '10 Trauma and Core Energetics®, Joanne Bagshaw, MA
One day workshop, NYC.
- 2009 - 2010 Core Energetics® Training, 5th year,
Core Energetics® Institute, Garrison, NY (15 days).
- Nov. '09 New Frontiers in Trauma Treatment, Bessel A. van der Kolk, M.D., Newark, NJ, Two days (12 CE credits).
- Sept. '09 Radically Alive Leadership, Ann Bradney,
Esalen CA, Core Energetics® Workshop (35 hours).
- May/June '09 Expert Witness/Evaluator Training, Rutgers University, 3 days.
Training to provide expert opinions in child abuse/neglect matters and termination of parental rights. 20.5 CE credits.
- July-Feb '09 Exceptional Marriage Therapist Training, 80 certified hours.
Brian/Marcia Gleason, LCSWs. www.exceptionalmarriage.com
Lagrangeville, NY.
- July '08 United States Association of Body Psychotherapy Conference, Cherry Hill, NJ. R. Hilton, Ph.D. & V. Hilton, Ph.D. "Recovering the Root of Our Identity: Embodying Our Love" (6 hours) J. Weaver, Ph.D. "Sensory Awareness: The Heart of Somatic Psychotherapy" (3 hours). M. Glenn, Ph.D. "Right from the Start: Guiding Young Families In Optimal Development" (3 hours) M. Rand, Ph.D. "Integrating Yoga and Body Psychotherapy" (6 hours) A. Ribiero, MS, LMHC. "Jung and Bodywork: Deep and Gentle Transformation with Calatonia" (6 hours)
- June '08 Big Sky Yoga: Mind-Body Transformation. Julian Walker,

Kripalu Center, Lenox, Massachusetts, (2 days)

2004 - 2008 4-Year Clinical Training in body-oriented psychotherapy for adults
(160 hours per year), Core Energetics® Institute, NYC

December '07 "Illuminating where Angels Fear to Tread" Advanced-level 7 day David Deida
Intensive, Austin, Texas (60+ hours)