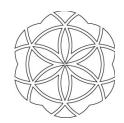


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## **EDUCATION**

MEd, EdS, Mental Health Counseling - University of Virginia, Charlottesville, VA BA, Psychology - Summa Cum Laude, Shepherd University, Shepherdstown, WV

May 2007 May 2002

## LICENSURE & CERTIFICATION

Licensed Professional Counselor (LPC) - Virginia Board of Counseling Board Certified in Neurofeedback (BCN) - Biofeedback Certification International Alliance National Certified Counselor (NCC) - National Board of Certified Counselors since 2009 since 2010 2007 - 2011

## RELEVANT EXPERIENCE

## Virginia Center for Neurofeedback, Attachment and Trauma, Charlottesville, VA

2004 to Present

Co-founder - Provide mental health counseling, EMDR and LENS and traditional neurofeedback assessments and training sessions in private practice setting. Acquisition and analysis of QEEG.

## Old Dominion University (PVCC Satellite), Charlottesville, VA

2007 to 2012

Site Adjunct Instructor for Human Services Bachelor's internship program capstone course. Conduct weekly meetings with the student intern. Provide oversight of all student internship-related activities. Assign the student intern any assignments deemed appropriate to the learning process. Review all written assignments and evaluate the student's case presentation of a client.

#### People Places, Inc., Staunton, VA

March 2008 to July 2009

Neurofeedback Clinician and Mental Health Counselor - provided EEG assessment, neurofeedback training and counseling to children with PTSD, RAD and other diagnoses in therapeutic foster care placements. Worked as part of the treatment team of therapists and foster parents for clients.

## Mental Health Counseling Internship, Charlottesville, VA

July 2006 to May 2007

Mental Health Counselor Intern - A 900-hour clinical internship completed through the University of Virginia at Focus Women's Resource Center in Charlottesville, the Personal and Career Development Center at UVa and the Virginia Center for Neurofeedback in Charlottesville.

### Brook Lane Health Services, Hagerstown, MD

2002 to 2003

Mental Health Associate - Provided direct care in 40-bed inpatient psychiatric hospital to clients on child, adolescent and adult wings. Assisted nurses with daily routines. Observed, reported and recorded all changes in clients' mental health and behavior on daily basis. Organized and led patient education groups and presented school lessons on child and adolescent units.

## ADDITIONAL TRAINING & SUPERVISION

#### Trans Healthcare Symposium: Training for Mental Health & Medical Providers

April 2016

3.5 Hours CE Credit for One-day Symposium by the Transgender Health Alliance of Central VA

## Developmental Trauma, Childhood Disorders, PTSD, Torture Victims and

April 2016

21st Century Tools for Successful Intervention - Hanno Kirk, PhD, LCSW and Sebern Fisher, MA

12.5 Hours CE Credit for two-day conference, Mid-Atlantic Society for Biofeedback and Behavioral Medicine

#### Skills for Working with Dissociation in EMDR - Kris SantaMaria, LCSW

April 2016

2 Hours CE Credit for 2 hour presentation, Central Virginia EMDR Regional Meeting

## LENS Advanced Training - Len Ochs

November 2015

Practical and Scientific Ways to Understand and Change the Brain Presented by Adrian Van Deusen & Paul Rapp, PhD 6.25 Hours CE Credit for one-day conference, Mid-Atlantic Society for Biofeedback and Be	October 2015
Birth and the Primitive Brain: Survival of the Species in the Modern World 2 Hour presentation by Dr Sarita Bennett DO, CPM	July 2015
Calming the Fear-Driven Brain: Neurofeedback in Developmental Trauma - Sebern F. Fisher 1.5 Hours CE Credit, Biofeedback Certification International Alliance, webinar	June 2015
Reading the Raw EEG: Analysis & Interpretation - Jay Gunkelman Half-day course, Brain Science International	May 2014
Biofeedback & Virtual Reality - Dr. Robert Reiner 1.5 Hours CE Credit webinar, Biofeedback Certification International Alliance	November 2014
Pathways to Self-Regulation: Demonstrations, Presentations and Case Studies in Nutrition, Biofeedback and Neurofeedback - Dr. Dana Laake and others 5.75 Hours CE Credit for one-day conference, Mid-Atlantic Society for Biofeedback and Be	October 2014 Phavioral Medicine
Physiology & Neuropsychology of Head Injury - Angelo Bolea, Mary Lee Esty & David Keyser 6.25 Hours CE Credit for one-day conference Mid-Atlantic Society for Biofeedback and Behavioral Medicine	April 2014
Beyond & Beneath the DSM V - Jay Gunkelman 6 Hours CE Credit for one-day conference, Mid-Atlantic Society for Biofeedback and Beha	October 2013 avioral Medicine
Dissection Class - Human Cranium - Julie McKay Covert, CST-D, NCTMB, BFRP One-day hands-on brain dissection	May 2013
Professional QEEG Training 22 Hours of CE Credit, Brain Science International, Joel Lubar and Jay Gunkelman	May 2013
Pre- and Perinatal Psychology "Birthing Yourself" Process Workshop 5 Day Workshop offered by Myrna Martin, MN, RCC, RCST	February 2013
Clinical Supervision: Recovery Model 4 Hours of CE Credit by Essential Learning	July 2012
Disaster Mental Health Webinar 3.5 Hours of CE Credit, Valerie Cole by American Red Cross	July 2012
QEEG Interpretation of OCD/ODD, ADHD, and PTSD/TBI, Webinar Series #1 (A-C) 4.5 Hours of CE Credit, Jay Gunkelman by Brain Science International	July 2012
Fundamentals of Clinical Supervision 1 Hour of CE Credit by Essential Learning	June 2012
Clinical Supervision in Virginia 15 Hours of CE Credits, Dr. Gerard Lawson by the Virginia Counselors Association	June 2012
Food for Thought: How Nutrients Affect Mental Health & The Brain 6 Hours of CE Credit by Institute for Brain Potential	April 2012
Developmental Needs Meeting Strategy (Module 2 - Ego State Therapy Basics) Home Study Course offered by DNMS Institute, LLC	January 2012
Developing an Evidenced-Base Model for Concussed Military Personnel with PTSD: The Application of Psychophysiological Assessment & EEG/QEEG  1.5 Hours of CE Credit by Association for Applied Psychophysiology and Biofeedback	April 2011

Family Networks in the Brain January 2011 One-day training with Dr. Angelo Bolea, PhD, by The Center for Family Process Introduction to Jungian Authentic Movement October 2010 6 hours of experiential work with Simona Aronow, MA, ADTR, NCTMB Beginner & Intermediate QEEG Neurofeedback & LORETA Workshop **July 2010** 24 Hours of CE Credit by the Biofeedback Training Institute Neurofeedback Mentoring (including LENS, neurofeedback & QEEG) October 2009 to Present On-going phone/in-person mentoring by Jay Gunkelman, Len Ochs, Dr. Joel Lubar, PhD, Dr. Glenn Weiner, PhD, BCIA-EEG, AND Steve Stockdale, PhD Neurons & Neurotransmitters for Biofeedback and Neurofeedback Professionals November 2009 1.5 Hours of CE Credit by Association for Applied Psychophysiology and Biofeedback Psychopharmacological Considerations: Effects of Prescribed & Non-Prescribed Drugs on EEG October 2009 2 Hours of CE Credit by Behavioral Medicine Research Foundation Blast Injuries: TBI, PTSD, and Pain November 2008 12 Hours of CE Credit by Association for Applied Psychophysiology and Biofeedback TTouch for You May 2008 Two-day course by Linda Tellington-Jones **EMDR Basic Training** December 2007 20 Hours of CE Credit by The EMDR Institute Inc. Sex Counseling 101: An Introduction September 2007 6 Hours of CE Credit presented by Dr. Judith Seifer Neurosocial Disorders: Developing a Comprehensive Treatment Plan **July 2007** 6.5 Hours of CE Credit provided by Cross Country Education Advanced BioExplorer Workshop January 2006 One-day neurofeedback software workshop presented by Peter VanDeusen Training for Social and Behavioral Investigators and Study Coordinators October 2006 University of Virginia IRB Social & Behavioral Sciences Dept. The Science and Clinical Applications of Meditation November 2005 Three-day series of dialogues between scientists and the Dalai Lama Health Information Portability and Accountability Act Training September 2005 University of Virginia IRB Social & Behavioral Sciences Dept. Neurofeedback in a Clinical Practice June 2004 28 Hours of CE Credit presented by EEG Spectrum International Anatomy & Physiology for Behavioral Clinicians Winter 2004-05 45 Hours of CE Credit by Behavioral Medicine Research Foundation Treating Adolescents with Oppositional Defiance & Conduct Disorder December 2002 One-day seminar by American Healthcare Institute **Nonviolent Crisis Intervention Training** September 2002 One-day seminar by Crisis Prevention Institute

#### **BCIA-approved Neurofeedback Mentor**

**Since 2012** 

Approved to provide 25 hours of mentoring to BCN certification candidate. Responsibilities included review of personal neurofeedback sessions, client sessions, and case presentations, as well as to directly observe the candidate's technical expertise, proficiency in placements of electrodes, and client preparation/orientation to neurofeedback procedures.

#### Expert Mentor Volunteer - Commonwealth Governor's School Program

2011-present

Provide oversight to year-long final project for Commonwealth Governor's School high school students. Responsibilities included review of student proposal, to review and evaluate final product, to watch and evaluate student presentation, and to act as a resource/adviser to the student.

Compassionate Clown Volunteer - University of Virginia Children's Hospital

2012 to 2013

#### Internship Supervisor - The Virginia Governor's School Program

Spring 2009

Provided volunteer mentorship to high school senior Governor's School student to give her real-world experience in psychology and assisted her with a related research project.

### Social Skills Group with Horses - People Places, Inc. & Ride with Pride

Summer 2008

Volunteer. 8 weeks, meeting once a week for 2 hours. Population was 8-12 year old foster children with anger management issues. Held at Ride with Pride, a therapeutic horse riding center, where the children learn skills with horses that can be applied in their lives.

## Brain Injury Support Group - Virginia Center for Neurofeedback

2007-2008

Co-facilitator. 1 year, meeting once a month for 3 hours. Members were encouraged to share their experiences and struggles related to their brain injury, creating a community of support and acceptance. Therapeutic touch skills were taught to the members to perform on themselves as well as with a friend/relative who attended the group.

#### Red Cross Disaster Mental Health Volunteer

2007-2013

Have taken specific Red Cross training courses to aid in mental health needs after disasters. Sit on Red Cross Disaster Mental Health advisory committee for Virginia Mountain Region.

#### Assertiveness Training Group - Focus Women's Center

Fall 2006

Designer and co-facilitator. 8 weeks, meeting once a week for 1.5 hours. Discussion centered on defining and practicing assertiveness skills for women.

#### **PRESENTATIONS**

"Neurofeedback Treatment for Traumatic Brain Injury" - March 2014

The Brain Injury Association of Virginia's 13th Annual Conference

- "Incorporating Neurofeedback and Heart Rate Variability Training into a Mental Health Counseling Practice" Virginia Counselors Association Convention, November 2013
- "Neurofeedback for Reactive Attachment Disorder" People Places, Inc, April 2012
- "Maintaining a Healthy Brain" Charlottesville Senior Center, September 2011
- "Neurofeedback treatment for ADHD" James Madison University, Harrisonburg ADHD Advocacy Group, April 2010
- "Neurofeedback treatment for brain injury" Woodrow Wilson Rehabilitation Center, Staunton/ Augusta Brain Injury Support Group, October 2009 and at Charlottesville Brain Injury Support Group, September 2011 and at Central Virginia Brain Injury Support Group, October 2011
- "Introduction to neurofeedback" Mary Baldwin College, Department of Sociology and Social Work, Child Welfare Services Class, March 2009
- "Clinical applications of neurofeedback" Virginia Association for Counselor Education and Supervision Conference, February 2006
- "Don't forget about me, counselors: A plea from the brain" Virginia Counselors Association Convention, November 2006
- "Supervision through the eyes of beginning counselors" With M. Paylo, R. Caldwell, W. Meehan and L. Rammson, Virginia Counselors Association Convention, November 2006

# PROFESSIONAL MEMBERSHIPS

Mid-Atlantic Society for Biofeedback and Behavioral Medicine	2013 to present
Board of Directors Member at Large	2014 to present
Communications & Membership Committee Chair	2015 to present
Program Committee Member	2015 to present
International Society for Neurofeedback and Research	2005 to present
Virginia Counselors Association	2005 to 2013
JCA Chapter Secretary	2007 to 2008
Association for Applied Psychophysiology & Biofeedback	2005 to 2011
American Counseling Association	2005 to 2008
Counselor Education Student Organization	2005 to 2007
Psi Chi	Inducted 2000
Psi Chi Chapter 813 Secretary	2001 to 2002
Phi Kappa Phi	Inducted 2000