

PAMELA G. CAPPETTA, Ed.D.

CURRICULUM VITAE

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LICENSURE

Licensed Professional Counselor, State of Virginia, Specialty in
Marriage and Family Counseling. 1985-Present.

Licensed Marriage and Family Therapist, State of Virginia, 1998-Present.

CERTIFICATIONS

National Board of Certified Counselors

Certificate of Completion: Mindfulness for Professionals, Duke Integrative Medicine

Certified Holotropic Breathwork Practitioner

Certificate in Chemical Dependency, Old Dominion University.

EDUCATION

Doctorate of Education in Professional Counseling. College of William and Mary. School
of Education. Williamsburg, Virginia. May 1990.

Certificate of Advanced Graduate Studies in Counseling. College of William and Mary.
School of Education. Williamsburg, Virginia. May 1985.

Master of Education in Counseling. College of William and Mary. School of Education.
Williamsburg, Virginia. December 1980.

Bachelor of Science in English. Shippensburg University. School of Education.
Shippensburg, Pennsylvania. August 1971.

HONORS

Who's Who of American Women

Who's Who in Medicine and Healthcare

Who's Who in the South and Southwest

Who's Who in the World

PROFESSIONAL MEMBERSHIPS

American Academy of Pain Management

American Pain Society (1985-1998)

EMDR International Association

PROFESSIONAL WORK EXPERIENCE:

January 1995-Present. Owner and Private Practitioner, "Pamela Cappetta, Ed.D., PC." Williamsburg, Virginia.

Fall 2013-Present. Stress Management and Mindfulness Coach, Shire HAE P2P Health Program.

January 2013-Present. Wellness Expert. RheumatoidArthritis.com.

September 2000-Present. Therapist/PRN, Williamsburg Place/The William J. Farley Center (Addictions Treatment Facility), Williamsburg, Virginia.

January 1999-2003. Faculty. Asheville Body/Mind Clinic. Asheville, North Carolina.

September 1993-September 2000. Allied Health Professional, Williamsburg Place/ The William J. Farley Center, Williamsburg, Virginia.

October 1988-December 1994. Co-owner and private practitioner, Family Living Institute (private mental health counseling center), Williamsburg, Virginia.

July 1992-April 1994. Medical Family Therapist, Norge Family Practice, Williamsburg, Virginia.

Fall 1990-Summer 1994. Clinical Assistant Professor, Department of Oral and Maxillofacial Surgery, Medical College Of Virginia, Virginia Commonwealth University, School of Dentistry, Richmond, Virginia. Part-time.

June 1985-October 1988. Clinical Associate and private practitioner, Family Living Institute, Williamsburg, Virginia. Part-time.

June 1984-June 1988. Family Therapist, Temporomandibular Joint and Facial Pain Research Center and Clinical Instructor, Department of Oral and Maxillofacial Surgery, Medical College of Virginia, Virginia Commonwealth University, School of Dentistry, Richmond, Virginia. Half-time.

June 1984-June 1987. Coordinator, Clinical Supervisor, and Family Therapist, Family Counseling Center, Peninsula Area Cooperative Educational Services (PACES), School of Education, College of William and Mary, Williamsburg, Virginia. Half-time.

August 1982-June 1984. Clinical Instructor, Department of Oral and Maxillofacial Surgery, Medical College of Virginia, Virginia Commonwealth University, School of Dentistry, Richmond, Virginia. Part-time.

May 1981-June 1984. Social Worker and Family Therapist, York-Poquoson Social Services, Grafton, Virginia. Full-time.

October 1981-June 1984. Family Therapy Consultant, Temporomandibular Joint and Facial Pain Center, Medical College of Virginia, Virginia Commonwealth University, School of Dentistry, Richmond, Virginia. Part-time.

December 1980-April 1981. Volunteer Family Counselor, 9th District Court Juvenile Court Service Unit, Williamsburg, Virginia. Part-time.

May 1980-November 1980. Student Family Counselor, 9th District Court Juvenile Court Service Unit, Williamsburg, Virginia. Part-time.

March-April 1980. Neurolinguistic Programming (NLP) Counselor, Dissertation Study, College of William and Mary, Williamsburg, Virginia. Part-time.

PRESENTATIONS

Cappetta, P.G.: "Mindfulness as Self-Care." School of Education, College of William and Mary, Williamsburg, Virginia. January 25, 2014.

Cappetta, P.G.: "Mindfulness as Self-Care." A Women's Quest Wellness Symposium, Williamsburg, Virginia. November 9, 2013.

Cappetta, P.G.: "Mindfulness and Recovery." Fall Professionals Weekend, The Farley Center, Williamsburg, Virginia. October 18, 2013.

Cappetta, P.G.: "Mindfulness: Self-Care and Its Application into Practice." The Farley Center, Williamsburg, Virginia. 8-week group for Professionals. September 11 - October 30, 2013.

Cappetta, P.G.: "Mindfulness Meditation, Self-Care and Addictions/Pain Recovery." NASW Spring Social Work Conference, Charleston, West Virginia. April 27, 2012.

Cappetta, P.G.: "An Afternoon of Mindfulness Meditation." Charleston, South Carolina. April 6, 2012.

Cappetta, P.G.: "Mindfulness Meditation, Self-Care and Recovery." Lawyers Helping Lawyers, Washington DC Bar Association, Washington, D.C. February 15, 2012.

Cappetta, P.G.: "Non-Pharmacological Management of Pain." Psychiatry Grand Rounds, Eastern Virginia Medical School, Norfolk, Virginia. April 14, 2004.

Cappetta, P.G.: "The Transpersonal Perspective: Holotropic Breathwork as Complimentary Medicine." Psychiatry Grand Rounds, Eastern Virginia Medical School, Norfolk, Virginia. December 11, 2003.

Cappetta, P.G.: In-service: Psychotherapy with the Pain Management Patient. Williamsburg Place/The William J. Farley Center, Williamsburg, Virginia. October 14, 2003.

Cappetta, P.G.: "Mindfulness Meditation Series." Sponsored by Sentara Living Well, Williamsburg Community Hospital, Williamsburg, Virginia. March 21 & March 28, 2002.

Cappetta, P.G.: "Mindfulness Meditation: Coping With Holiday Stress." Sponsored by Williamsburg Community Hospital's "Sentara Living Well" program, Williamsburg, Virginia. December 4, 2001.

Cappetta, P.G.: In-service: Psychotherapy with the Pain Management Patient. Williamsburg Place/The William J. Farley Center, Williamsburg, Virginia. April 10, 2001.

Cappetta, P.G.: "I Can Cope-Emotions." Sponsored by the American Cancer Society and Williamsburg Community Hospital, Williamsburg, Virginia. March 20, 2001.

Cappetta, P.G.: "Nurturing Yourself: Emotional Healing & Spiritual Growth Following Cancer." First Anniversary Program of the Award Winning Phillip West Memorial Cancer Resource Center, Williamsburg, Virginia. March 16, 2000.

Cappetta, P.G.: "Nurturing Yourself: Emotional Healing & Spiritual Growth Following Breast Cancer." Virginia Breast Cancer Foundation Alternative Therapies Conference, Virginia Beach, Virginia. April 17, 1999.

Cappetta, P.G.: "Self-Care: Relaxation and Guided Imagery." Breast Cancer Awareness Support Group, Williamsburg, Virginia. February 7 & March 26, 1998.

Cappetta, P.G.: Stress Workshop: R&R Stress Management Program for the Colonial Williamsburg Foundation, Williamsburg, Virginia. October 3, 10, 24, 31 & November 7, 1997.

Cappetta, P.G.: "Self-Reflection, Self Disclosure and the Paradigm Clash." Association for Holotropic Breathwork International, Byfield, Massachusetts. August 9, 1997.

Cappetta, P.G.: "The Healing Aspects of Holotropic Breathwork." Graduate Seminar, School of Education, College of William and Mary, Williamsburg, Virginia. April 24, 1997.

Cappetta, P.G.: "Wellness in Our Lives." Virginia Breast Cancer Foundation Annual Meeting, Richmond, Virginia. June 1, 1996.

Cappetta, P.G.: "Discovering Your Inner Child." Williamsburg Community Hospital Lecture Series, Williamsburg, Virginia. November 9, 1994.

Cappetta, P.G.: "Coping With Stress and Change In The Work Environment." Brief course at Chesapeake Corporation, West Point, Virginia. October 6,13,20,27, 1994.

Cappetta, P.G.: "Coping Strategies for Treating Chronic Pain Patients." CEU course at Williamsburg Community Hospital, Williamsburg, Virginia. April 24, 1994.

Cappetta, P.G.: "Logic and Emotions: Creating Balance Between Mind and Body." Norge Family Practice, Williamsburg, Virginia. March 5, 1994.

Cappetta, P.G.: "Logic and Emotions: Creating Balance Between Mind and Body." Williamsburg Community Hospital Lecture Series, Williamsburg, Virginia. January 10, 1994.

Cappetta, P.G.: "Coping with Disabilities." Williamsburg Regional Library, Williamsburg, Virginia. October 16, 1993.

Cappetta, P.G.: "Helping the Therapist Cope with Treating Incest Survivors." Peninsula Hospital, Hampton, Virginia. October 12, 1993.

Cappetta, P.G.: "Stress and Change." Williamsburg Community Hospital Health Fair at the Naval Weapons Station, Newport News, Virginia. March 4, 1993.

Cappetta, P.G.: "Coping with Chronic Disease," Williamsburg Diabetic Support Group, Williamsburg, Virginia. March 4, 1993.

Cappetta, P.G.: "Headaches, Chronic Pain, and Psychotherapy." Clinician Breakfast for Mental Health Professionals, Charter Westbrook Hospital, Richmond, Virginia. January 27, 1993.

Cappetta, P.G.: "Coping with Cancer Utilizing Relaxation and Imagery." Williamsburg Cancer Support Group, Williamsburg, Virginia. January 27, 1993.

Cappetta, P.G.: "Communication, Relaxation, and Your Patients"; "Family Systems Perspective and Patient Management"; "Stress Management: An Experiential Approach." Medical College of Virginia, Virginia Commonwealth University, School of Dentistry, Richmond, Virginia. Fall Behavioral Medicine Series, 1992.

Cappetta, P.G.: "Grief From the Perspective of the Patient." Cancer Support Group, Williamsburg, Virginia. October 28, 1992.

Cappetta, P.G.: "The Journey to Find Your Inner Child." Williamsburg, Virginia. June 16, 1992.

Cappetta, P.G.: "The Psychological Components of Temporomandibular Disorders." Williamsburg, Virginia. February 12, 1992.

Boll-Cappetta, P.G. (Presenter), Matthews, C.O., and Auberbach, S.M.: "Interactional Characteristics of Facial Pain Patients and Their Spouses: Assessment of Self-Report and

Behavioral Observation Measures of Cohesion, Adaptability, and Marital Satisfaction.” The American Pain Society, Tenth General Meeting, New Orleans, Louisiana. November 7-11, 1991. (Poster Session).

Cappetta, P.G.: “Relaxation, Communication, and Pain Control.” I Can Cope: Program for the American Cancer Society and Williamsburg Community Hospital, Williamsburg, Virginia. Spring and Fall Series, 1991.

Cappetta, P.G.: “Ways of Coping with Stress in the Lab.” Williamsburg Community Hospital, Williamsburg, Virginia. Summer 1991.

Boll, P.G.: “Dealing with Anger,” April 1991; “Headaches,” October 1990 and “Coping with Chronic Illness and Pain,” May 1990. Williamsburg Community Hospital and Family Living Institute Community Lecture Series, Williamsburg, Virginia.

Boll, P.G.: “How to Survive Residency: Suggestions for Maintaining Sanity, Self-esteem, and Sexuality”;

“The Doctor-Patient Relationship”; “Managing Chronic Pain: A Psychological Perspective”; “Psychological Components of Orthognathic Surgery: An Interdisciplinary Approach.” Weekly Orthognathic Conference. Medical College of Virginia, Virginia Commonwealth University, School of Dentistry, Richmond, Virginia. Spring 1991.

Boll, P.G., Halyo, P., Boll, P.G. and Heck, D.: “Empowerment Coping with Stress in the Work Environment.” Colonial Williamsburg Foundation, Williamsburg, Virginia. March 13, 22, 1991.

Boll, P.G., Halyo, P., Boll, P.G. and Beffa, C.: “Visualization, Relaxation, and Meditation.” Colonial Williamsburg Foundation, Williamsburg, Virginia. April 9, 25, 1991.

Boll, P.G.: “Surviving and Coping with Stress.” Walnut Hills Baptist Church, Williamsburg, Virginia. January 1991.

Boll, P.G.: “Coping with Chronic Illness: A Family Perspective.” National Diabetes Month. Riverside Hospital, Newport News, Virginia. November 1990.

Boll, P.G.: “Coping with Stress on the Job: Relaxation and Visualization as a Tool.” Williamsburg Obstetrics and Gynecology, Williamsburg, Virginia. Fall 1990.

Boll, P.G.: “Structural Family Therapy: The Basics” (including videotapes of actual family sessions). Extensive lectures for students, staff and faculty, School of Education, College of William and Mary, Williamsburg, Virginia. 1984-1989.

Boll, P.G. (Presenter), Laskin, D.M., and Mercuri, L.G.: "Strategies for Improving the Acceptance of Psychological Therapy by Chronic Facial Pain Patients." The American Pain Society General Meeting, Washington, D.C. November 6-9, 1986. (Poster Session).

Boll, P.G.: "The Role of the Family in the Treatment of Chronic Pain." Lectures to the first and third year dental students. Medical College Of Virginia, Virginia Commonwealth University, School of Dentistry, Richmond, Virginia. Fall 1986.

Boll, P.G.: Workshop: "Structural Family Therapy and Psychosomatics." Sponsored by the Lynchburg Mental Health Association, Lynchburg, Virginia. March 7, 1986.

Boll, P.G.: "Structural Family Therapy in the Treatment of Chronic Pain and Chronic Illness." Virginia Counseling Association Annual Meeting, Richmond, Virginia. November 15, 1985.

Boll, P.G.: "The Superwoman Syndrome: The Conflict Between Career and Family." The Fall Forum, Sponsored by Family Living Institute, Williamsburg Public Library, Williamsburg, Virginia. November 12, 1985.

Boll, P.G.: "The Roles of the Family Therapist in the Treatment of Chronic Pain." The American Pain Society General Meeting, Dallas, Texas. October 16-19, 1985.

Boll, P.G.: "Pain Symptom and Pain Patient: How to Connect the Two." Middle Atlantic Division,

American Association for Marriage and Family Therapy 8th Annual Fall Regional Retreat, Berkeley Springs, West Virginia. November 2-4, 1984.

Boll, P.G.: "Coping with Chronic Pain." Community Arthritis Forum, Newport News, Virginia. May 12, 1984.

Boll, P.G.: "Effects of Chronic Illness on the Family: A Family Systems View." Cardiovascular Risk Reduction Project Policy Group. Medical College of Virginia, Virginia Commonwealth University, Richmond Virginia. May 8, 1984.

Boll, P.G.: "An Insider's Non-surgical View of Orthognathic Surgery: Interactional Viewpoint." Oral Surgery Resident Conference, Department of Oral and Maxillofacial Surgery, Medical College of Virginia, Virginia Commonwealth University, School of Dentistry, Richmond, Virginia. March 23, 1984.

Boll, P.G.: "Family Systems Approach to Changing Eating Behaviors." American Heart Association Middle Atlantic Regional Symposium on Diet and Cardiovascular Disease, Williamsburg, Virginia. March 16-17, 1984.

Boll, P.G. (Presenter), Mercuri, L.G., and DuVall, M.L.: "Objectifying the Subjective Report of Pain During Family Therapy Via the Visual Analogue Scale." The American Pain Society Fourth General Meeting, Chicago, Illinois. November 11-13, 1983.

Boll, P.G.: "Structural Family Therapy and the Psychosomatic Family: Chronic Pain as the Presenting Problem." The Virginia Counselors Association Convention, Lynchburg, Virginia. November 9 - 12, 1983.

Boll, P.G.: "Dynamics of Child Abuse and Neglect." York County and Poquoson Schools. April 19, 25, 26, 27, 1983.

Boll, P.G.: "The Effects of Chronic Illness on the Family." Peninsula Stroke Club, Newport News, Virginia. April 4, 1983.

Boll, P.G., DuVall, M.L.: "Family Dynamics When Chronic Pain is the Presenting Problem." York-Poquoson Social Services, Grafton, Virginia. October 20, 1982.

Boll, P.G., DuVall, M.L.: "Family Dynamics When Chronic Pain is the Presenting Problem." Southside Area Mental Health Center, Petersburg, Virginia. August 4, 1982, and Family Counseling Forum, Williamsburg, Virginia. April 15, 1982.

Boll, P.G., DuVall, M.L. And Mercuri, L.G.: "Multi-disciplinary Treatment of Chronic Degenerative Joint Disease: Surgery, Psychological Testing, and Family Therapy." Medical College of Virginia, Virginia Commonwealth University, Temporomandibular Joint and Facial Pain Center, School of Dentistry, Richmond, Virginia. June 30, 1982.

Boll, P.G.: "Introduction to Systems Theory and Family Therapy." Medical College of Virginia, Virginia Commonwealth University, Temporomandibular Joint and Facial Pain Center, School of Dentistry, Richmond, Virginia. June 23, 1982.

Boll, P.G.: "The Student from a Dysfunctional Family." Virginia Department of Education Annual Conference for Visiting Teachers, School Social Workers and School Psychologists, Hampton, Virginia. March 23, 1982.

Boll, P.G. and Hale, T.: "Incest: A Structural Family Therapy Approach." Regional Workshop for the State Department of Corrections Youth Division, Richmond, Virginia. June 26, 1981.

Boll, P.G., Crocket, W., Hale, T., Magri, M., Meixner, R., and Rheinhardt, L.: "Structural Family

Therapy: An Overview." Workshop for the State Department of Corrections Training Academy, Waynesboro, Virginia. December 4-5, 1980.

PRESENTATIONS (RETREATS)

East-West Retreat with Stanislav Grof and Jack Kornfield. Group co-facilitated with Jeff Zydel. Yucca Valley, California. November 3-9, 2001.

Holotropic Breathwork workshops. With guest co-facilitators. In association with the Asheville BodyMind Clinic. Williamsburg, Virginia. October 1996-2003.

East-West Retreat with Stanislav Grof and Jack Kornfield. Group co-facilitated with Ruby Webber. Byfield, Massachusetts. August 3-8, 1997.

Women's Retreat: Wild Mystic Woman. Led by Pamela Cappetta and Ruby Webber. Swoope, Virginia. June 10-12, 1994 and April 1-3, 1994.

Women's Retreat: Women's Relationships: Bonding and Self-discovery. Tappahannock, Virginia. April 22-24, 1994.

Women's Retreat: Anger as a Positive Path to Personal Power. Williamsburg, Virginia. January 21-22, 1994.

Change: Living in Transition. For Human Resources Division of the Colonial Williamsburg Foundation. Williamsburg, Virginia. October 22, 1993.

Women's Retreat: Empowerment: Journey to Self. Williamsburg, Virginia. September 17-18 and May 14-16, 1993.

Women's Retreat: Moving Toward Wholeness. Manteo, North Carolina. November 22-24, 1992.

Women's Retreat: Journey to Find Your Inner Child. Williamsburg, Virginia. July 18, 1992.

Letting Go of the Uncontrollable. For EAP staff of Colonial Williamsburg Foundation. Williamsburg, Virginia. June 12, 1992.

Women's Retreat: Anger and Self-growth. Williamsburg, Virginia. May 30, 1992.

Women's Retreat: Working through Anger. Williamsburg, Virginia. May 16, 1992.

Women's Retreat: Coming Together of Self. Corolla, North Carolina. April 12-14, 1992.

PUBLICATIONS

Cappetta, P.G.: "Mindfulness Meditation: Self-Care for Busy People." Behavioral Health Matters and The Health Journal, Williamsburg, Virginia. June & July 2013.

Cappetta, P.G.: "Mindfulness Meditations: WakingUp To Your Life." CD. 2011.

Brewerton, T.D., Eyerman, J.E., Cappetta, P. & Mithoefer, M. "Long-Term Abstinence Following Holotropic Breathwork as Adjunctive Treatment of Substance Use Disorders and Related Psychiatric Comorbidity." *International Journal of Mental Health & Addiction*. Springer Science, August 2011.

Cappetta, P.G.: "Being With Yourself: A Guided Meditation and Relaxation." CD. 2004.

Cappetta, P.G.: "Encounters During Breathwork Sessions." *The Inner Door*, 15:3, 6-8, August 2003.

Cappetta, P.G.: "Self-Reflection, Self-Disclosure, and the Paradigm Clash." In: *Exploring Holotropic Breathwork: Selected Articles from a Decade of The Inner Door*, 148-150, 2003.

Cappetta, P.G.: "Curative Factors of Holotropic Breathwork." In: *Exploring Holotropic Breathwork: Selected Articles from a Decade of The Inner Door*, 292-296, 2003.

Cappetta, P.G.: Editorial: "The Heart-Mind." *Body, Mind and Spirit Expo: A Supplement to the Virginia Gazette*, October 20, 2001.

Cappetta, P.G.: Editorial: "Good Health More Than Physical." *Body, Mind and Spirit: A Supplement to The Virginia Gazette*, Autumn 2000.

Cappetta, P.G.: "Nurturing Yourself: Emotional and Spiritual Healing Following Breast Cancer." CD/Tape/Booklet. Live presentation recorded at the Virginia Breast Cancer Alternative Therapies Conference. Virginia Beach, Virginia. April 17, 1999.

Cappetta, P.G.: "The Curative Factors of Holotropic Breathwork: A Subjective Report." *The Inner Door*, 9:3, 1, August 1997.

Cappetta, P.G.: "Self-Reflection, Self-Disclosure and the Paradigm Clash." *The Inner Door*, 9:2,3, May 1997.

Cappetta, P.G.: "One Woman's Story: Women and Aids." *Virginia Counselors Journal*, Spring 1993.

Boll-Cappetta, P.G.: "Interactional Characteristics of Facial Pain Patients and Their Spouses: Assessment of Self-Report and Behavioral Observation Measures of Cohesion, Adaptability, and Marital Satisfaction." In: *The American Pain Society General Meeting*, New Orleans, Louisiana, November 7-10, 1991. (Abstract).

Boll, P.G.: *Interactional Characteristics of Facial Pain Patients and Their Spouses: Assessment of Self-Report and Behavioral Observation Measures of Cohesion, Adaptability, and Marital Satisfaction*. Dissertation, May 1990.

Boll, P.G. and Mercury, L.G.: "Family Therapy in Complex Temporomandibular Dysfunction: A Case Study in Collaboration." *Anesthesia Progress*, 35:2, 65-71, 1988.

Boll, P.G., Laskin, D.M., and Mercuri, L.G.: "Strategies for Improving the Acceptance of Psychological Therapy for Chronic Facial Pain Patients." In: *The American Pain Society General Meeting*, Washington, D. C. November 6-9, 1986. (Abstract).

Boll, P.G., Smith A.F., Laskin, D.M., and Silberg, J.L.: "Resistance of Chronic Facial Pain Patients to Accepting Psychological Interventions." In: *The American Pain Society Meeting*, Washington, D.C. November 6-9, 1986. (Abstract).

Boll, P.G.: "The Role of the Family Therapist in the Treatment of Chronic Pain." In: *The Pain Society General Meeting*, Dallas, Texas. October 16-29, 1985. (Abstract).

Boll, P.G., Alexander, J.M., and MckFlanary, C.: *Information for the Surgical Orthognathic Patient*. Medical College of Virginia, Virginia Commonwealth University, Richmond, Virginia. 1983.

Boll, P.G., Mercuri, L.G., and DuVall, M.L.: "Objectifying the Subjective Report of Pain During Family Therapy via the Visual Analogue Scale." In: *The American Pain Society Fourth General Meeting*, Chicago, Illinois. November 11-13, 1983. (Abstract).

Boll, P.G., DuVall, M.L., and Mercuri, L.G.: "Structural Family Therapy in a Multi-disciplinary Facial Pain Center: A Case Report." *Family Systems Medicine*, 1, 78-91, 1983.

RESEARCH PROJECTS

Boll, P.G., Auerbach, S.M., and Laskin, D.M. (Primary Investigator): An investigation of the congruence between self-report and behavioral observation methodologies for describing the spousal relationship of chronic facial pain patients. Temporomandibular Joint and Facial Pain Center, School of Dentistry,

Medical College of Virginia, Virginia Commonwealth University, Richmond, Virginia. July 1986-July 1987.

Boll, P.G., Auerbach, S. M., Laskin, D., Silberg, J., and Whitney, R.: Investigations into myofascial pain dysfunction (MPD) using marital and family assessment, group therapy, and family therapy.

Temporomandibular Joint and Facial Pain Center, School of Dentistry, Medical College of Virginia, Virginia Commonwealth University, Richmond, Virginia. May 1984-June 1987.

Boll, P.G. (Primary Researcher), Auerbach, S.M., Alexander, J. M., Mercuri, L.G., and Campbell, R.L.: Effects of post-surgical psychological intervention on adjustment to Orthognathic surgery. Department of Oral and Maxillofacial Surgery, Medical College of

Virginia, Virginia Commonwealth University, School of Dentistry, Richmond, Virginia.
July 1982-August 1985.

TRAININGS

(complete CEU certificates available on request)

"The Ethics of Caring." The Center for Transpersonal Resources. 6 CEUs. Albuquerque, New Mexico. August 25, 2007.

"Music and Transcendence: The Practice of Holotropic Breathwork." Grof Transpersonal Training. 44 CEUs. Taos, New Mexico. August 12-17, 2007.

"Substance Abuse in Mental Health Patients." Sentara Healthcare. 3 CEUs. Williamsburg, Virginia. May 11, 2007.

"Legal Issues of Behavioral Health in Virginia." MEDS-PDN. 6 CEUs. Richmond, Virginia. April 25, 2007.

2006 EMDR International Association Conference. Philadelphia, Pennsylvania. September 8-10, 2006.

"Nature's Way of Self-Healing - From Neuroscience to Clinical Practice." With David Servan Schreiber. 1.5 CEUs. September 9, 2006.

"Treating Complex PTSD with EMDR." With Denise Gelinis. 4.5 CEUs. September 9, 2006.

"EMDR Applied to Reprocess the Addiction Memory in Alcohol Addicted In-Patients - Outcome and Follow-Up Data of a Clinical Study." With Michael Hase. 1.5 CEUs. September 8, 2006.

"A Trauma-Informed Treatment Model for Practice and Consultation." With Ricky Greenwald. 3 CEUs. September 8, 2006.

"EMDR Update: Theory, Research and Practice." With Francine Shapiro. 1.5 CEUs. September 8, 2006.

"SWCH BBE Phase 1: Physician Behaviors for Error Prevention." Sentara Healthcare. Williamsburg, Virginia. 1 CEU. June 16, 2006.

"Silently Seduced: When Parents Make Their Children Partners - Understanding Covert Incest." CE-Credit.com. 5 CEUs. June 5, 2006.

"Dealing with the Effects of Trauma: A Self-Help Guide." CE-Credit.com. 2 CEUs. June 5, 2006.

"Ecstatic Remembrance." With Jai Uttal. Grof Transpersonal Training. 42 CEUs. Petaluma, California. October 29-November 3, 2005.

"Psychopharmacology and Psychotherapy: Ethical Considerations." Cross Country Education. 6 CEUs. Norfolk, Virginia. August 26, 2005.

"EMDR in Children and Adolescent Psychotherapy." CE-Credit.com. 7 CEUs. June 12, 2005.

"Confidentiality of Mental Health Information: Ethical, Legal and Policy Issues." CE-Credit.com. 1 CEU. June 12, 2005.

"Coping with Grief in a 'Get Over It & Move On!' World." CMI Education Institute. 6 CEUs. Norfolk, Virginia. February 2, 2005.

"Breakthroughs in Healing Trauma." With Belleruth Naparstek. Association for Humanistic Psychology. 9 CEUs. November 20-21, 2005.

"10 Ways Practitioners Can Avoid Frequent Ethical Pitfalls." CE-Credit.com. 1 CEU. June 12, 2005.

"Rebirth of the Spirit, Recovery from Addiction." Legacy of Addictions Conference. 11.5 CEUs. Richmond, Virginia. November 12-13, 2004.

"The Schizophrenia Puzzle: It's Cause, Course & Clinical Management." With Jean S. Gearon, Ph.D. Richmond, Virginia. September 30, 2004.

2003 EMDR International Association Conference. Denver, Colorado. September 18 -21, 2003:

"Utilizing EMDR Techniques in Trauma and Abuse Recovery Groups." With Carole Lovell and Cathy Langford. One and one half hour seminar.

"Accessing and Repairing Preverbal Trauma/Neglect." With M. Kathryn O'Shea. One and one half hour seminar.

"Adaptive Information Processing and Case Conceptualization." With Francine Shapiro. One and one half hour seminar.

"EMDR Masters Series - II." With Andrew Leeds. One and one half hour seminar.
"Treating Headaches with EMDR." With Steven Marcus. One and one half hour seminar.

"Brain SPECT Imaging in PTSD and EMDR." With Daniel Amen. One and one half hour seminar.

"EMDR, the Emerging Science of Trauma, and Application to the Treatment of Children." With Robert H. Tinker. Six hour seminar.

Academy for Eating Disorder 2003 Conference. 11.5 CEUs, Denver, Colorado. May 29-31, 2003.

"EMDR: Level II." 17 hour seminar, EMDR Institute, Research Triangle Park, NC. April 25 - 27, 2003.

"The Adventure of Self-Discovery, A Holotropic Breathwork Experience." Reston, Virginia. Advanced Group Supervision. November 15-17, 2002.

International Conference on Eating Disorders. Sponsored by the Academy for Eating Disorders. 20.5 CEUs, Boston, Mass. April 26-28, 2002.

"Cocaine and Crack." Six hour seminar, Old Dominion University, Norfolk, Virginia. February 16, 2002.

"Ecstatic Rememberance." With Tav Sparks and Jai Uttal. Grof Transpersonal Training, Yucca Valley, California. November 11-17, 2001.

"Alcohol Dependency and the Family" with Robert Ackerman. Six hour seminar, Eastern Virginia Medical School's Annual Leroy W. David Memorial Alcoholism Conference. October 5, 2001.

"EMDR: Level I." 17 hour seminar, EMDR Institute, Bethesda, Maryland. March 30 - April 1, 2001.

"Ecstatic Rememberance." Advanced Group Supervision, Grof Transpersonal Training, Santa Fe, New Mexico. October 22-27, 2000.

"The Treatment of Sexual Addiction." Three hour seminar, Del Amo Hospital. Williamsburg, Virginia. September 18, 2000.

"Creative Approaches to Short-Term Treatment of Personality Disorders." 12 hour seminar, Old Dominion University, Norfolk, Virginia. April 28-29, 2000.

"Mental Health and the Law in Virginia." Six hour seminar, Medical Education Services, Inc., Richmond, Virginia. March 16, 2000.

"Strategic Treatment of Anxiety, Panic Attacks and Obsessive Compulsive Disorder." Six hour seminar, Norfolk State University, Norfolk, Virginia. April 24, 1999.

"Life, Death and Dying." One day seminar, Eastern Virginia Medical School, Norfolk, Virginia. June 29, 1999.

"The Heart of the Practice: Advanced Training for Practitioners." Grof Transpersonal Training, Paulden, Arizona. November 17-22, 1998.

"Sexual Addiction." Six hour seminar, Old Dominion University, Norfolk, Virginia. October 31, 1998.

"Stress and Disease." Six hour seminar, Holiday Inn Central, Richmond, Virginia. September 17, 1998.

"Panic and Anxiety Disorders." Three hour seminar, Radisson Hotel, Hampton, Virginia. August 7, 1998.

"Case Management IV: Recovery Process and Relapse Prevention." Ten hour seminar, Old Dominion University, Norfolk, Virginia. March 13-14, 1998.

"Dual Diagnosis." Six hour seminar, Old Dominion University, Norfolk, Virginia. March 7, 1998.

"Case Management III: Group Counseling Skills With Chemically Dependent Clients." Ten hour seminar, Old Dominion University, Norfolk, Virginia. February 13-14, 1998.

"Case Management II: Designing and Implementing Effective Treatment Plans." Ten hour seminar, Old Dominion University, Norfolk, Virginia. January 16-17, 1998.

"Case Management I: Assessment & Intake." Ten hour seminar, Old Dominion University, Norfolk, Virginia. December 12-13, 1997.

"Ethics and Professional Identity." Ten hour seminar, Old Dominion University, Norfolk, Virginia. November 7-8, 1997.

"Biopsychosocial Assessment of Chemical Dependency." Ten hour seminar, Old Dominion University, Norfolk, Virginia. October 24-25, 1997.

"Dynamics of Human Behavior." Ten hour seminar, Old Dominion University, Norfolk, Virginia. September 19-20, 1997.

“Forgiveness and the Family: Issues In Therapy.” One day seminar, Regent University, Norfolk, Virginia. March 15, 1997.

“Breast Cancer: How Can We Help?” With Larry LeShan, Ph.D. One day seminar, Options Health Care, INC., Norfolk, Virginia. March 14, 1997.

“Breaking the ‘Myths’ About Spirituality and Alcoholism.” With Father Leo Booth. One day seminar, Eastern Virginia Medical School, Norfolk, Virginia. September 27, 1996.

“Closing Certification Intensive.” With Stanislav Grof and Tav Sparks. Grof Transpersonal Training, Wilsonville, Oregon. August 24-September 6, 1996.

“Addiction, Attachment and Spirituality.” With Tav Sparks. Grof Transpersonal Training, Denmark. March 30-April 4, 1996.

“The Legal Aspects of Counseling.” One day seminar, ACA, Richmond, Virginia. May 17, 1996. “The Second Decade of AIDS Teleconference.” One day seminar, Hampton, Virginia. September 20, 1995

“Culture and Consciousness.” With Stanislav Grof. Grof Transpersonal Training, Pocket Ranch, Geyserville, California. July 23-28, 1995.

“Abnormal Psychology and the Architecture of Psychopathology.” With Stanislav Grof. Grof Transpersonal Training. Pocket Ranch, Geyserville, California. May 21-26, 1995.

“Short Term Treatment of Common Psychiatric Disorders.” One day seminar, The Sheppard and Enoch Pratt Hospital, Williamsburg, Virginia. May 13, 1995.

“The Dance of Addictions: A Transpersonal Approach.” With Tav Sparks. One day seminar, Common Boundary Conference, Crystal City, Virginia. November 12, 1994.

“Guided Imagery for Healing.” With Belleruth Naparstek. Half-day seminar, Common Boundary Conference, Crystal City, Virginia. November 11, 1994.

“Brief Therapy: Self-Relations.” With Stephen Gilligan. Three day intensive. Norfolk, Virginia. November 3-5, 1994.

“Spiritual Emergence.” With Stanislav Grof. Grof Transpersonal Training. Pocket Ranch, Geyserville, California. September 18-23, 1994.

“The Practice of Holotropic Breathwork.” With Stanislav Grof. Grof Transpersonal Training, Pocket Ranch, Geyserville, California. September 11-16, 1994.

“Celebrating Successes: An Introduction to Solution Focused Therapy in a Managed Care Environment.” With John Bistline from MCC Behavioral Care. July 26, 1994.

“Frozen in Time: Possibility Therapy with Adults Sexually Abused as Children.” With Bill O’Hanlon. Chapel Hill, North Carolina. May 23, 1994.

“Frontiers of Science and the Cosmic Game.” With Stanislav Grof. Grof Transpersonal Training, Saint Helena, California. February 13 - 18, 1994.

“Non-ordinary States of Consciousness: Implications for Psychology & Psychotherapy.” With Stanislav Grof. Grof Transpersonal Training, Saint Helena, California. February 6-11, 1994.

“Brief Therapy: Divorce Busting and Beyond.” With Michelle Weiner-Davis. Richmond, Virginia. November 19, 1993.

“Brief Therapy: A Solution-Focused Approach to Therapy and Prevention.” With Scott Miller. Hampton, Virginia. August 26-27, 1993.

“Trancework: Application of Clinical Hypnosis in Brief, Solution-Focused Psychotherapy.” With Michael Yapko. Washington, D.C. June 25-26, 1993.

"Death and Dying." With Bernie Siegel. Philadelphia, Pennsylvania. September 11, 1992.

Phase I: An Introduction to the Exceptional Cancer Patient (ECaP) Group Model. With Linda Mooser. Philadelphia, Pennsylvania. September 12-14, 1992.

Therapy Skills - Strategic Therapy Workshop. With Cloe’ Madanes. Williamsburg, Virginia. August 1- 2, 1992.

Assessment and Treatment of Pain. With Dennis Turk. VA Medical Center, Richmond, Virginia. May 1, 1992.

Guided Imagery: Healing From Within and Death Imagery. With A. Shiek. American Imagery Institute, Richmond, Virginia. April 11-12, 1992.

DSM III-R. With Scott Hinkle. Sponsored by AACD, Norfolk, Virginia. March 6-7, 1992.

Substance Abuse Training. With Fred Levy. Williamsburg, Virginia. January 25 and February 8, 1991.

“Healing Traumas with Ericksonian Psychotherapy.” With Stephen G. Gilligan. Richmond, Virginia. September 7-8, 1990.

“The Healing Self: Advances in Ericksonian Hypnosis and Psychotherapy.” With Stephen G. Gilligan. New Orleans, Louisiana. November 9-13, 1988.

Family Therapy Videotape Supervision Group. With Stephen Greenstein, Family Therapist. Williamsburg, Virginia. Bimonthly, March 1982-June 1987.

Licensed Professional Counselor Clinical Supervisor. With Mary Quinn Sale, Family Therapist, Family Resources, Inc. Williamsburg, Virginia. August 1982-August 1984.

Family Therapy Intern Group. With Mary Quinn Sale, Family Therapist. York-Poquoson Social Services, Grafton, Virginia. December 1983-June 1984. One day per week.

Family Therapy Topical Supervision Group. With Mary Quinn Sale, Family Therapist. York-Poquoson Social Services, Grafton, Virginia. September 1982-June 1984. Two days per week.

“Forming the New Family: Working with Foster, Adoptive, and Blended Families.” Workshop with Mary Quinn Sale, Family Therapist, Norfolk, Virginia. March 29, 1984.

“Working with Difficult Adolescents.” Workshop with Marianne Walters, Family Therapist, Virginia Beach, Virginia. October 28-29, 1983.

Family Therapy Intern Group. With Thomas Kunzig, Family Therapist. York-Poquoson Social Services, Grafton, Virginia. December 1982-May 1983. One day per week.

“The Dilemma of Women in the Family.” Workshop with Marianne Walters, Peggy Papp, Olga Silverstein, Richmond, Virginia. February 3-4, 1983.

“Focus for Change: The Therapist and the System.” Conference with Virginia Satir and Harry Aponte, Family Therapists. McLean, Virginia. October 12-14, 1982.

“Healing Interaction: The Physiology and the Human Interaction.” Conference with Aaron Katcher, Ronald Liebman, James Lynch, and others. University of Pennsylvania, Philadelphia, Pennsylvania. March 27-28, 1982.

“The Couple: Reflections of the Past, Architect of the Future.” Workshop with William Silvers, Family Therapist, Philadelphia Child Guidance Clinic. Virginia Society of Clinical Social Workers, Richmond, Virginia. January 29, 1982.

Advanced Structural Family Therapy Workshop. With Jamshed Morenas, Family Therapist, Philadelphia Child Guidance Clinic. College of William and Mary, Williamsburg, Virginia. September 26-27, 1980.

Philadelphia Child Guidance Clinic, Philadelphia, Pennsylvania “Adolescents in Family Therapy.” Workshop with Carl Whitaker and Kenneth Covelman. February 3-4, 1983.

“Children of Separation and Divorce: Towards A Framework of Intervention.” First Regional Conference of the Families of Divorce Project. With Marla Issacs, Braulio Montaivo, David Abelsohn, and Jenny Simons. June 12-13, 1981.

“Use of Self in Therapy.” Workshop with Salvador Minuchin and Charles Fishman. May 14-15, 1981.

“Psychosomatic Illness in Context: The Family Therapy Approach.” Workshop with Ronald Liebman, Charles Fishman, Gordan Hodas, Kenneth Covelman and John Sargent. April 9-10, 1981.

“An Alphabet of Skills.” Workshop with Charles Fishman and Jody Cox. March 5-6, 1981.

“Basic Structural Concepts and the Initial Interview.” Workshop with Stephen Greenstein and Virginia Goldner. October 31-November 2, 1979.