

**Lois A. Pessolano Ehrmann  
Curriculum Vita**

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Websites: [www.individualandfamilychoices.com](http://www.individualandfamilychoices.com)  
[www.etherapywithlois.com](http://www.etherapywithlois.com)

**OBJECTIVES:**

I remain committed to:

- Provide direct clinical care for children, adolescents, adults, and families who have experienced traumas of some type as I manage and further develop an innovative trauma informed outpatient therapy center in central PA
- Teach and train graduate students as well as post-degree professional counselors to be the next generation of clinicians and human services professionals
- Provide clinical supervision to those committed professional helpers striving for licensure and or certification and clinical consultation to those committed professionals striving to improve their skill levels in EMDR, IFS and Attachment Focused Therapies
- Do more research and publish articles and books

**EDUCATION:**

Graduation: 05/2007	Pennsylvania State University (PSU) 201 Old Main University Park, Pennsylvania 16803 Counselor Education & Supervision Specialty Track: Rehabilitation and Human Services Focused Minor: Human Development & Family Studies	PhD
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*Dissertation Topic: Characteristic Predictors of  
Parental Stress in Special Needs Children Adopted  
Out of the U.S. Foster Care System*

Summer 2003	PSU Schreyer Institute for Excellence in College Teaching Certificate
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PSU/ Information Technology Services

05/1986	West Virginia University P.O. Box 6201 Morgantown, WV 26506 Counseling	MA
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05/1980	Rutgers University New Brunswick, New Jersey Major: Psychology; Focused Minor: Religion	BA
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## EXPERIENCES:

### Empirical Research:

- October 2012-July 2014: *Development of an adherence Measure for the Internal Family Systems Model of Psychotherapy*; Center for Self Leadership Ad Hoc Committee: I was the lead investigator on the development and testing of this tool to be used to validate IFS therapy. I coordinated the team, consulted with statistics and research experts, submitted the IRB Proposal, trained the participants by developing a training PPT, set up the experimental conditions, coordinated the materials to be distributed and collected the data. This tool was found to have both sufficient validity and reliability in September of 2014.
- Spring 2012-2013: *Outcomes Measurement* at CHOICES.
- Spring 2007-Spring 2008: *Field Test: The Self Led Parenting Therapy Group Process*  
This study was an in-house field testing procedure at Counseling Alternatives Group and is not associated with PSU. Principle Investigator: Lois Pessolano Ehrmann PhD
- Spring 2006-Spring 2007: *Dissertation Study Through Psychdata.com*
  - Faculty Leader: Dr. James T. Herbert

### Literature Review Research

- 2005-Present: Through my Assistant Professorship at PSU I conduct literature reviews every six months on the following topics in order to keep educated and up to date on the following topics: FASDs; Clinical Supervision, Trauma and its Treatment, Attachment Issues, Body/Energy Psychology, Assessment Tools and their Parametric Properties.
- Summer 2004: *Pedagogy and Topic Areas for a Proposed Advanced Family Counseling Course for Students in Rehabilitation Services*  
Faculty Leader: Dr. James T. Herbert
- Spring 2004: *Best Practices in Group Counseling for the Criminal Justice Population and Young Adult Heroin IV Users*  
Faculty Leader: Dr. James T. Herbert
- Spring 2004: *Newest and Best Practices for Rehabilitation Case Managers Teaching Internship.* Faculty Leader: Dr. James T. Herbert
- Fall 2003: *Best Group Counseling Practices for Adopted and Foster Children*  
Faculty Instructor: Dr. Elizabeth Skowron
- Spring 2002: *Clinical Supervision Over the Internet*  
Faculty Leader: Dr. James T. Herbert
- Spring 2001: *New Doctoral Student Orientation Program*  
Faculty Leader: Dr. Spencer Niles

## Teaching/ Training:

In the Fall of 2008, I was appointed as an Assistant Professor, Part time, Non-Tenure Track for Graduate Students in the Department of Counselor Education, Counseling Psychology and Human and Rehabilitation Services through the Graduate School of the Pennsylvania State University

- Spring 2013: Assistant Professor, Part Time, Non-Tenure: The Pennsylvania State University. Teaching *CN ED 530 Family Counseling* for graduate students
- Spring 2010: Assistant Professor, Part Time, Non-Tenure: The Pennsylvania State University. Teaching *CN ED/ CN PSYCH Clinical Supervision Practicum* for doctoral students.
- Fall 2009: Assistant Professor, Part Time, Non-Tenure: The Pennsylvania State University. Taught the course *CN ED Clinical Supervision Procedures* to the Doctoral Level Counseling Psychology and Counselor Education Students.
- Spring 2009: Assistant Professor, Part Time, Non-Tenure: The Pennsylvania State University. Provision of group clinical supervision to a section of the *Masters Degree Counseling Practicum* course and Individual Supervision of Clinical Supervision to Doctoral Students
- Fall 2008: Assistant Professor, Part Time, Non-Tenure: The Pennsylvania State University. Provided instruction to Masters Degree Counselors in Training in the course *Counselor Education 506: Principles of Individual Counseling*.
- Spring 2008: Assistant Professor, Part Time, Non-Tenure: The Pennsylvania State University. Provision of instruction to Masters Degree Counselors in Training in the course: *Counselor Education 595: Counseling Practicum*.
- Fall 2007: Assistant Professor, Part Time non-tenure: The Pennsylvania State University Provision of instruction to students in the undergraduate Rehabilitation and Human Services major course *Rehabilitation 425: Tests and Assessments*.
- Fall 2005: Instructor: *Rehabilitation 413W: Case Recording and Case Management* The Pennsylvania State University/ Rehabilitation Services.
- Dec. 2005-Spring 2006: Instructor: World Campus, Continuing Education and Outreach for Masters level and post bachelor degree students for *Counselor Education:416: Interpersonal Relationships with Persons with Alcohol and Other Drug Problems*.
- Spring 2005: Supervised Teaching Experience: *Rehabilitation 412: Rehabilitation Settings and Programs*, The Pennsylvania State University.
- June 2004-Dec. 2004: Developed the course *Counselor Education 416: Interpersonal Relationships with Persons with Alcohol and other Drug Problems*, World Campus Distance Education, The Pennsylvania State University.

- Spring 2004: Teaching Internship: *Rehabilitation 413W: Case Recording and Case Management*, Rehabilitation Services, The Pennsylvania State University.
- Spring 2000- Present: Professional Presenter: *Classroom presentations to students in the Counselor Education Program regarding professional issues*. The Pennsylvania State University.
- Spring 1991-Summer 2002: Professional Trainer: half and full day training programs on *adolescent dual diagnosis issues, attachment and family issues, ethics, case-management and assessment* to area professionals as well as supervision of others' training via the Addiction Treatment and Training Consortium of Central PA (ATTCCP).
- Fall 1991- Present: *Individual and group clinical supervision and training* to Bachelor and Masters degree candidates in Counselor Education, Human Services and Social Work as well as professionals pursuing licensing and certification.

#### **Recent Presentations:**

- February 2018: Program Assistant at the annual *Somatic IFS Training Retreat* in Costa Rica
- September 2016 –July 2017: *Use of Sensorimotor Techniques in the treatment of Traumatized Individuals*; Monthly 2 hour professional outreach presentations.
- Fall 2016: IFS Conference in Providence, RI on the *Use of IFS with Attachment Challenged Children*
- September 2016: Two breakout trainings at the National Attach Conference in St. Louis, Missouri centered around *Treatment Strategies with Traumatized Children with Attachment Struggles & Evidence Based Treatment for Traumatized Adopted and Foster Youth*
- October 2015: IFS Conference in Providence, RI: Pre-conference full day training on *IFS Strategies with Families affected by Attachment Wounds*.
- November 2015: IFS Conference in Providence, RI: *Use of IFS with Traumatized Children and Families*.
- October 2015: Bethany Children's Services, Lancaster, PA: *Internal Family Systems Therapy with Children and Families who are Traumatized*.
- September 2015: Three breakout trainings at the National ATTACH Conference in Minneapolis, Minnesota: *IFS with Attachment Problems; Fetal Alcohol Spectrum Disorders and Neurofeedback for Traumatized Children*.

- November 2014: *Using the Internal Family Systems Model of Therapy with Children and Families*: IFS Yearly Conference Pre Conference: This was a day long training that occurred in Providence, Rhode Island just before the national conference.
- October 2014- Present: *Assessing Trauma in Families Series*: This is a series consisting of four full day trainings focusing on effective assessment of family members and whole families who have been traumatized in order to focus and delineate effective treatment planning. These trainings are held at CHOICES yearly.
- September 2014 - Present: *The Lunch with Dr. Lois Series*: CHOICES State College, PA: These are free monthly brief 2 hour casual trainings for professionals interested in networking with other professionals while eating lunch and earning up to 2 continuing education hours per training if desired. Topics include: Most recent research on FASDs, Trauma and Sexual Assault, Brain Based Treatment Modalities, Clinician Self Care and Burnout Prevention etc.
- April 2014: *Fetal Alcohol Spectrum Disorders: Most Updated Information*: Full day presentation to over 200 parents, professionals and policy makers in Maryland.
- April 2014: *Adult Sexual Survivors' Body, Mind, and Spirit Issues: Concerns Secondary to their History of Sexual Assault*: 120 minute presentation to the health services personnel of the Pennsylvania State University.
- March 2014: *Trauma through the Lens of Development Part 1: Children & Trauma through the Lens of Development Part 2: Adolescents*; 90 minute webinars for Sympatico Managed Care Program.
- October 2013: Internal Family Systems National Conference in Providence, RI. Co-presented the following: *The Use of IFS with Children and Families: Where the Internal Family and the External Family Meet; Update on the Development of an Adherence Measure for Internal Family Systems Therapy*.
- September 2013: *Testing and Measurement in Family Therapy*  
Held at CHOICES; State College, PA
- September 2013: National ATTACH Conference in San Antonio, TX: Presented Three Trainings: *Attachment Focused Family Therapy: Best Practices; Building Skills of the Attachment Continuum, Panel Discussion: Recent Research and Best Practices in Attachment Focused Therapy*.
- January 2013: *IFS and EMDR: The Internal Family Systems Interweave* in Altoona, PA. This was a two day 12 hour training on the integration of these two models of therapy for professional healers who work with traumatized clients.
- October 2012: Internal Family Systems National Conference in Providence, RI. Presented *Using IFS with Children and Families*.

- September 2012: National ATTACH Conference in Baltimore, MD. Presented *Trauma through the Lens of Development*.
- Fall 2011: National ATTACH Conference in Nebraska. Conducted two trainings On assisting parents of traumatized children and the use of EMDR and IFS to assist parents of traumatized and attachment challenged children.
- Fall 2011: Internal Family Systems National Conference in Boston, MA. Presented *Raising the Self Led Human Services Agency*
- Fall 2011- Present: *Healing Trauma in Families*: A series of seven day long workshops centered around the provision of trauma informed care to the populations of children, adolescents, adults and families held at CHOICES in State College, PA. Trainings are all approved for licensure CEUs.
- Fall 2011-Present: *Internal Family Systems: A Conceptual Overview*: One day trainings across Pennsylvania and West Virginia approved for licensure credits.
- Spring 2010-Present: *Clinical Supervision Series*: A series of six day long workshops centered around the provision of quality clinical supervision for post-degree helping professionals held at CHOICES; State College, PA. All trainings are approved for licensure CEUS.
- 04/2010- Present: *Introduction to the Internal Family Systems Model of Therapy*: A 20 CEU weekend experiential training in this model of therapy done at least once a year in Altoona PA.
- 11/2009: *Fetal Alcohol Spectrum Disorders in Traumatized Children* at the Institute for Children and Families in Lancaster, PA.
- 06/2009: *Fetal Alcohol Spectrum Disorders in Foster and Adopted Children* at the State Wide Adoption Network in Lancaster, PA.
- 05/2009: *Effective Strategies to Relieve End of School Year Stress and Anxiety* for student peer mediators at State College Area School District.
- 04/2009: *Neurofeedback: What is it and how does it work?* To Perry County, PA Student Assistance Program members.
- 09/2008: *Attachment Issues with Children who have Fetal Alcohol Spectrum Disorders* at the National ATTACH Conference, Charlotte, North Carolina.
- 05/2008 - Present: *Positive Discipline: Working with Foster Children who have Been Traumatized*. Centre County Children and Youth Services. This is a presentation that I do every three months for the Foster Care Training Program.

- 04/2008: *Dual Diagnosis Treatment and Attachment Issues*: For Nursing students at the Pennsylvania State University. This is a presentation I do every semester for Nursing Students.
- 10/ 2007: *Parents of Attachment Challenged Adopted Children Share their Wisdom* National ATTACH Conference, Providence, Rhode Island.
- 04/2005: *Effective Use of Feedback in Clinical Supervision* PA Chemical Abuse Certification Board Spring Conference, Harrisburg, PA.
- 10/2004: *Family Therapy Techniques to Use with Chemically Dependent and Conduct Disordered Adolescents* PA Counseling Association Fall Conference, State College, PA.
- 10/2003: *Attachment Issues and Conscience Development* PA Counseling Association Fall Conference, State College, PA.
- 06/2002: *Substance Abuse, Mental Health & Rehabilitation Counselors* Penn State University, University Park, PA.
- 02/2002: *Distance Education for Rehabilitation Counselor Educators: A Model of a Course Over Three University Campus Communities* Association of Rehabilitation Counselor Educators, Tucson, Arizona.
- 10/2001: *Attachment and Conscience Development: Tools to Work Effectively with Youth Placed in Residential Care* Pyramid Health Services, Phillipsburg, PA.
- 06/2000: *Supporting the Parents of Special Needs and Attachment Disordered Adopted Children* Pennsylvania State Wide Adoption Conference, Harrisburg, PA.

### **Publications:**

- Ehrmann, Lois (2013). *Kids, parents, & everyone have parts: A book about Internal Family Systems for the young and young at heart. (Self-Published).*
- Ehrmann, Lois (2014). *Everyone has parts: The self-led parents' guide to understanding your own. (Self-Published).*
- Becker-Weidman, A., Ehrmann, L. & LeBow, D. (2012). *The Attachment Therapy Companion.* NY: Norton Publishing.
- National ATTACH Organization Professional Practice Manual on the appropriate ethical way to clinically treat attachment disorders in traumatized children. Spring 2009.
- Ehrmann, L., & Herbert, J. (2005). Family intervention training: A course proposal for rehabilitation counselor education. *Rehabilitation Education, 19, 235-244.*

- Ehrmann, L., & Parrillo, A. (2004). Attachment and conscience development. *Pennsylvania Counseling Association Journal*, 6, 41-46.

### **Clinical Practicum, Internship Experiences, and Specialized Training:**

- November 2016: *Refresher on Alpha/Theta Neurofeedback Training*; Bob Patterson PT  
Conducted at CHOICES in State College, PA
- January 2015: *Update and Refresher on Neurofeedback Therapy for Children and Adults with Complex Trauma* by Bob Patterson, Licensed Physical Therapist, State College, PA.
- March 2014: *Level 3 Training in Internal Family Systems Therapy*: Chicago, Illinois
- July 2012: *Alpha/Beta Neurofeedback training* by Bob Patterson PT in Chestertown, MD.
- June 2012 & November 2012: *Level 2 Training in Internal Family Systems Retreat Style*.  
Activities:  
The First week in Santa Barbara, CA focused on advanced skills and couples work.  
The Second week in Scottsdale, AZ focused on traumatized clients and spirituality issues.
- Feb. 2013: *Somatic IFS Retreat* in Costa Rica with Susan McConnell, IFS Lead Trainer  
Activities:  
Deepened my skill level in the use of Somatic IFS strategies in the healing of trauma located in the body.
- May 2011: *Clinical Hypnosis Intermediate Level*/American Society of Clinical Hypnosis (ASCH) Alexandria, Virginia  
Activities:  
Took part in four day intensive training on ideomotor trance inductions and hypnosis in the service of healing medical and psychological issues  
Engaged in onsite skill development and evaluation to move to the next level.
- Feb. 2011: *Somatic IFS Retreat* in Costa Rica with Susan McConnell, IFS Lead Trainer  
Activities:  
Learned the various tools of Somatic IFS in assisting in the healing of trauma located in the body.
- Dec. 2010: *Clinical Hypnosis Beginner Level*/ American Society of Clinical Hypnosis (ASCH) Tampa, Florida  
Activities:  
Took part in four day intensive training on induction and healing work through hypnosis  
Engaged in onsite skill development and evaluation to move to the next level
- October 2009- July 2010: *Level 1 Training in Internal Family Systems* in Chicago Illinois.  
Activities:  
Six weekends of 18 hours each of intensive training in this model which appears to be very useful to traumatized individuals.



- April 2009-Present: *Consultation of Consultation of EMDR Practices* in order to achieve the designation of Certified Consultant for EMDR via EMDRIA.
- Jan. 2008- Present: *Neurofeedback Training via EEG Spectrum Inc.*  
 Activities:  
 Took part in a four day intensive training to learn neurofeedback via EEG Spectrum Inc.  
 Engaged in regular consultation and supervision
- Jan. 2008- Present: *Consultation in Internal Family Systems Therapy*  
 Activities:  
 Take part in regular monthly clinical consultation regarding use of the model and techniques used in trauma resolution therapy.  
 Began formalized training Level 1 in IFS in October of 2009 in Chicago, IL
- Sept. 2007- March 2008: *School of Holistic Studies at St. Joseph Institute*  
 Activities:  
 Took part in two 12 week semesters studying Cranial Sacral Therapy and other body and energy therapies and how they may be integrated into a total therapeutic practice for clients' healing.  
 Presented some material to the class on basic counseling techniques and the use of EMDR as a strategy to resolve traumatic material locked into clients' brain structures.
- Sept. 2005- Feb. 2007 & ongoing: *Eye Movement Desensitization Reprocessing (EMDR)*  
 Activities:  
 Took part in an extensive training process in using EMDR, a treatment strategy that facilitates the integration of traumatic material in clients with PTSD.  
 Engaged in both individual and group clinical consultation in order to complete certification requirements.  
 Certification completed May 2007
- Jan. 2004-May 2004: Penn State University (PSU) *Doctoral Level Clinical Internship*  
 Supervisor: Dr. Jim Herbert, PhD- Professor/Counselor Education/Rehabilitation Services  
 Activities:  
 Facilitated group therapy for criminal justice population.  
 Developed a manualized eight week structured psycho-educational group format for mandated clients based on current best practices outcome study literature.  
 Developed a specialized group therapy track for young adult heroin IV users.  
 Wrote protocol policies regarding the best practices for criminal justice population.  
 Networked with other facilities and programs in order to clarify community needs/resources.  
 Assembled an updated and current video library.  
 Investigated and procured a collection of testing and assessment instruments for use with clients from various populations.

- Aug. 2003- Dec. 2003: (PSU) *Doctoral Level Practicum in Group Therapy*  
 Supervisor: Dr. Elizabeth Skowron, PhD-Professor/Counseling Psychology  
 Activities:  
 Co-facilitated a process group for graduate students.  
 Received focused clinical supervision regarding group therapy skills.
- Jan. 2003-May 2003: (PSU) *Doctoral Level Practicum in Clinical Supervision*  
 Supervisors: Brandon Hunt, PhD-Professor/ Counselor Education/Rehabilitation Services  
 Liza Conyers, PhD-Professor/ Counselor Education/Rehabilitation Services  
 Activities:  
 Provided clinical supervision to professional counselors in training.  
 Participated in both group and individual clinical supervision of my clinical supervision skills
- Aug. 2002-Dec. 2002: (PSU) *Doctoral Level Counseling Practicum*  
 Supervisors: Dr. Spencer Niles, EdD- Professor- Counselor Education  
 Activities:  
 Provided individual counseling services to adult clients.  
 Since I already possessed full license and certification I focused on vocational assessment and career development in these clients who had been selected due to struggles in these areas of their lives.
- July 1986 – Feb. 1987: *Post- Masters Voluntary Practicum/ Chemical Dependency*  
 Activities:  
 Worked specifically with chemically dependent adolescents, adults and their families on an outpatient basis.  
 Focused on the full development of counseling skills required for effective work with this population.
- Jan. 1986 – Jun. 1986: *West Virginia University Masters Degree Counseling Practicum*  
 Activities:  
 Worked with individuals and groups with various emotional and psychiatric disorders.  
 Conducted individual, family and group therapy in various settings.
- Sept. 1981- Jun. 1983: Training and supervision in William Glasser's *Choice Therapy*  
 Activities:  
 Worked with youth placed in residential care as well as their families, using Reality therapy.  
 Traveled to obtain specialized supervision and training in adolescent depression and suicidology, family systems, and the treatment of children from dysfunctional homes, as well as trauma resolution and effective strategies to work with sexual abuse.

## **Paid Employment/Professional Consultation:**

Sept. 2013-Present     **E-Counseling and Consultation Services:** This is an internet based private practice specializing in working with adults and professional healers working within the context of Internal Family Systems therapy, attachment theory and trauma resolution.

Spring 2009-Present: **Wise Heart Leadership Initiative (WHLI):** This is a collaboration of myself and Bruce Hersey MSW, LCSW with the mission of promoting training and consultation in the use of Internal Family Systems both inside and outside of the therapy room. We consult with other professional agencies businesses and provide trainings in IFS across the states of PA, WV and NJ.

Jan.2009-Present:     ***The Individual and Family CHOICES\* Program: The Center for Holistic Options and Integrated Counseling for Empowering Selves***  
*Position: Executive Director & Director of Clinical Services and Owner*  
 2214 North Atherton Street, Suite 4; State College, PA 16803

Start up and management of a holistic integrated counseling services for traumatized individuals and families. The program integrates traditional counseling practices (i.e. individual, couples and family work, CBT, problem solving strategies) with cutting edge counseling strategies (EMDR, Neurofeedback, Internal Family Systems) as well as holistic practices (Massage Therapy, Energy Therapy, Reike, Mindfulness processes).

Jan. 2006- Dec. of 2008:     ***Counseling Alternatives Group***     *Position: Clinical Director*  
 444 East College Avenue, Suite 460  
 State College, PA 16801  
 (814) 231-0940

Oversee incoming referrals and matched them to counselor competencies and specialties.  
 Provide individual clinical supervision to professional counselors within the agency pursuing licensure and certification.  
 Review and supervise the provision of all clinical treatment to clientele.  
 Conduct regular chart review for quality assurance within the agency.  
 Conduct performance evaluations on agency consultants and staff.  
 Develop policies and procedures for the clinical as well as administrative tasks of the agency.  
 Oversee state and county inspections on a yearly basis.  
 Work with the facility director in the management of the agency.

Sept. 1992- Dec. 2009:     ***Counseling Alternatives Group***     *Position: Professional Counselor*  
 444 East College Avenue, Suite 460  
 State College, PA 16801  
 (814) 231-0940

Provided comprehensive assessment and treatment of children, adolescents, adults and families using the modalities of individual, couple, family, and group counseling. Specializations included: acting out behaviors, family conflict, communication problems, substance abuse, depression, codependency, dysfunctional family issues, sexual abuse and other trauma/abuse issues, parent/child attachment issues. Administrative duties: developed, documented and implemented policies and procedures, obtained and maintained facility licensure, developed and wrote proposals and contracts between the agency and various funding sources, facilitated professional networking meetings and developed and coordinated the quality assurance activities.

Jan. 1991 – June 1995: **Lois A. Ehrmann MA, CAC** *Position: Private Practice Clinician*  
139 Goddard Circle  
PA Furnace, PA 16865  
(814) 238-8384

Specializations same as above.  
This practice merged with Counseling Alternatives Group in September of 1992.

Oct. 1992 - Dec. 1995: **Catholic Social Services** *Position: Outpatient Therapist*  
Hamilton Street  
State College, PA 16801  
(814) 238-4937

Worked with chemically dependent individuals and women involved with Children and Youth Service due to neglect and abuse of their children.  
Worked with adults struggling with mood disorders and other psychiatric issues.

Dec. 1988 – Dec. 1991: **L.T. Clayton and Counseling Associates** *Position: Counselor*  
230 S. Fraser Street  
State College, PA 16801

This practice no longer exists  
Worked with chemically dependent teenagers and adults as well as family members with codependency or ACOA issues, sexual and/or physical abuse issues, and trauma. Utilized individual, family, and group counseling.  
Began the Centre County Parents Resource and Support Group, Adolescent Sobriety Group, Young Women's Empowerment Group and the Children of Alcoholics 8-week Structured Group Experience.

July 1986 – Dec. 1988: **Western District Guidance Center** *Position: Outpatient Counselor*  
2121 7<sup>th</sup> Street  
Parkersburg, West Virginia 26101  
(304) 485-1721

Treated substance abusing and dually diagnosed adults, adolescents, and families. Developed a school based substance abuse prevention program for grades 6-12. Worked with local school district and state programs to establish one of the first student assistance programs in WV.



Volunteer Researcher on Ad Hoc Committee for Center for Self Leadership (10/2012-7/2014)  
 National ATTACH Board Member (2011-Present)  
 EMDRIA Regional Meeting Coordinator (2/2008- Present)  
 The Addiction Treatment & Training Consortium of Central PA-Board Member (1/1991-6/2002)  
 ATTACH of Central Pennsylvania Board Member (10/2003 – 2005)  
 Took part in lobbying efforts to support passage of professional counselor licensure in PA

#### **LICENSES/CERTIFICATIONS AND SPECIAL TRAINING:**

- PA Licensed Professional Counselor (LPC) # PC001027
- NJ Licensed Professional Counselor (LPC) # 37PC00517200
- National Certified Counselor (NCC) NBCC #225370
- Approved Clinical Supervisor (ACS)/CEE # ACS00382
- Registered Attachment Focused Therapist, (ATTACH) # RC-05-004
- Certified Attachment Focused Family Therapist & Approved Consultant
- Certified Therapist in EMDR (EMDRIA) & Approved Consultant
- Certified Internal Family Systems Therapist (Center for Self Leadership) #CSL-0189
- Distanced Counselor Certification (DCC)
- Certified Trauma Treatment Specialist (CTTS) Association of Traumatic Stress Specialists

#### **PROFESSIONAL AFFILIATIONS:**

- American Counseling Association (ACA)
- PA Counseling Association (PCA)
- Association for the Training and Treatment of Attachment Disorders In Children (ATTACH)
- American Association of Counselor Educators and Supervisors (ACES)
- Chi Sigma Iota Honor Society for Counselors and Counselor Educators (CSI)
- EMDR International Association (EMDRIA)
- Association of Traumatic Stress Specialists (ATSS)

#### **SPECIAL RECOGNITION AND AWARDS:**

- Oct. 2013: *Acknowledgement of Significant Contributions Award* by the Foundation for Self Leadership
  - For leadership in heading a committee attempting to developing an adherence measure for sessions involving the Internal Family Systems Model of Psychotherapy
- Mar. 1995: *Jefferson Community Star Award*
  - For the development and implementation of grassroots efforts in my community to improve conditions and life for all youth.
- Oct. 1995: *PA Governor's Award*
  - For community service in facilitation of The Parents Support Groups, Teenage Support Groups and community leadership.
- Feb. 2001: *Rho Alpha Mu Chapter of Chi Sigma Iota*

- Inducted into the counselor Education Honor Society for maintenance of an excellent grade point average.
- Jan. 2002: *The Rose Drexel Award in Education*
  - For fulfilling requirements for outstanding graduate student.
- Feb. 2002: *The David and Pamela Monk Professional Development Award*
  - I presented at the National Conference of Rehab. Educators in Tucson, AZ
- July 2002: *The Doris M. Niebel Scholarship in Education Award*
  - For fulfilling requirements for outstanding graduate student.

## REFERENCES:

James T. Herbert PhD, LPC, CRC  
The Pennsylvania State University  
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University Park, PA 16802  
(814) 863-3421  
[jth4@psu.edu](mailto:jth4@psu.edu)

Bruce Hersey MSW, LCSW  
Heartspace Wellness Alliance  
217 Union Street  
Altoona, PA 16602  
(814) 944-3852  
[brucehersey@gmail.com](mailto:brucehersey@gmail.com)

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1528 Martin Street  
State College, PA 16801 (814) 234- 4841