

2018 USABP Biennial Conference: The Science of Connection: Honoring Our Somatic Intelligence

Breakout Session Speaker Biographies in Alpha Order

Carmen Joanne Ablack currently teaches at the Gestalt Centre London, UK. She is President of the European Association for Body Psychotherapy, based in the Netherlands. Carmen's interests include research in Adult Education, Quantitative Social Research and Qualitative Social Research. Her publications include 'Body psychotherapy, trauma and the Black woman client' and a chapter in "Contemporary Body Psychotherapy: the Chiron Approach". She is currently working on a chapter on difference, diversity and intersectional considerations in relation to bereavement through substance and alcohol misuse.

Ronald A. Alexander, PhD, SEP, is a licensed psychotherapist, SEP (Somatic Experiencing®) practitioner, leadership coach, and clinical trainer in the fields of Somatic Trauma Healing Therapies, Ericksonian Hypnosis, Mindfulness Meditation, Transformational Leadership, and Core Creativity. As the Executive Director of the OpenMind Training® Institute he draws upon his extensive background as an early pioneer in Holistic Health, Behavioral Medicine, Positive and Somatic Psychology, Gestalt Therapy, Somatic Experiencing, Self Psychology, Ericksonian Mind Body Healing Therapies and the Eastern Wisdom Traditions. Alexander received his certificate of training as a SEP (somatic experiencing practitioner) from the Somatic Experiencing Trauma Institute from Boulder Colorado. He consulted with and received treatment from Milton H Erickson MD. He also personally trained with Ernest Rossi, and Steven Gilligan in Ericksonian Hypnotherapy as well as with Daniel P. Brown of the Harvard Medical Cambridge Hospital professional training's seminars in hypnosis and hypno-analysis. He was trained and certified by the Los Angeles Gestalt Therapy Institute and with Erving and Miriam Polster Ph.D. of the Gestalt Training Center of La Jolla. He also received training and supervision in Somatic Experiencing Therapies, Contemporary Gestalt and Family Therapies, Psychoanalytic Self-Psychology, Relational and Object Relations Therapies. He is a lifetime associate member of the American Psychological Association and clinical member of the California Association of Marriage and Family Therapists. Alexander is the author of *Wise Mind Open Mind: Finding Purpose and Meaning in Times of Crisis, Loss and Change*, (New Harbinger Publications, 2009). He has two CD series "Wise Mind-Open Heart" and "Mindful Meditations for Creative Transformation," and he is the co-author of *Mindfulness, Trauma, & Trance: A Mindfulness-Based Psychotherapeutic Approach*, Chapter 33 in the Wiley Blackwell Handbook on Mindfulness, 2014

Rachel Allyn, PhD, E-RYT-500: I have worked in the field of psychology for over 18 years, providing services to diverse clientele in a broad range of settings in the United States. I received an undergraduate degree from Williams College in Massachusetts and my PhD from the California School of Professional Psychology (CSPP) in San Francisco. I then spent years in the rocky mountain West focusing on psychotherapy, diagnostic testing, teaching as a professor, and becoming certified as a yoga instructor at the 500-hour level. Like many people I was drawn to yoga as a way to stretch tight muscles but continued because of the introspection and serenity it provided my busy mind. I now live in Minneapolis where I've had my private practice for the past 8 years. My specialty areas include relationship & intimacy issues, anxiety, depression, stress management, trauma & loss, and emotional eating/body image issues. I blend Western and Eastern philosophy with my primary modalities being yoga therapeutics and Buddhist Psychology. Utilizing my experience as a psychologist, yoga teacher and lifelong athlete, I created YogaPsych®, a mind-body therapy modality for clients to use their body, breath and subtle-body energy as a tool for healing. My clinical work is based on research from neuropsychology, trauma based yoga and somatic experiencing which point to the way the body stores emotions and other traumatic experiences, which get stuck within an individual unless they have a safe way to be discharged from the body.

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Sean Baker MFT, SEP is co-owner and CEO at The New Beginnings Center in Camarillo, California. Certified in Somatic Experiencing, Cortical Field Re-education, and Gestalt therapy, Sean combines body-mind approaches to resolve clients' distress related to trauma, eating disorders, and medical conditions. As professor at Pepperdine University and Director at New Beginnings, he has trained clinicians in Gestalt therapy, trauma treatment, and LGBT+ client concerns for over 20 years. Sean presents at national conferences on somatic approaches to trauma treatment and transgender health care issues. Sean advocates for transgender mental health care and works with LGBT+ clients at the Santa Paula PRIDE Clinic.

Daniel Ballin, LCSW, is the Director of Clinical Services at Covenant House in Hollywood, CA, where he supervises a team of clinicians and provides individual and group therapy to the homeless youth population. Daniel holds Masters degrees in Social Work and in Public Administration from the University of Southern California, and has taught at the California State University, Northridge School of Social Work as an adjunct faculty member. Currently Daniel is enrolled at Pacifica Graduate Institute pursuing his Ph.D. in the field of Depth Psychology with a Specialization in Somatic Studies. Daniel is interested in researching the use of digital storytelling in the creation of one's trauma narrative.

Joan Beckett, LMHC has a B.S.Ch.E. in Chemical Engineering from Tufts University, an M.B.A. with a concentration in Manufacturing Management from Rensselaer Polytechnic Institute, and an M.A. in Holistic Counseling and a Certificate of Advanced Graduate Study in Mental Health from Salve Regina University. She has studied the Enneagram extensively with a number of different teachers, most recently with Helen Palmer and Russ Hudson. She began her career in the pharmaceutical sector. She is the former Controller of the Worldwide Engineering Division of Pfizer. She completed the Guided Self Healing Training Program in 2001 and then went on to qualify herself as a GSH Trainer. She has also presented workshops at the Association for Comprehensive Energy Psychology, International Society for the Study of Subtle Energy and Energy Medicine, University of Guelph (Ontario, Canada) Sexuality Conference, New England Holistic Counselors Association and New England Chapter of the American Holistic Nurses Association. She currently maintains a private practice in North Kingstown, RI.

Judith Blackstone, PhD, developed the Realization Process, an embodied approach to personal and relational healing and nondual spiritual awakening, and offers it in workshops and teacher trainings worldwide. She has been a psychotherapist in private practice for over forty years. She is author of *The Empathic Ground*, *The Intimate Life*, *The Enlightenment Process*, *Belonging Here* and the upcoming *Trauma and the Unbound Body*.

Mădălina Borteș, B.A., works at the intersection of embodiment, depth psychological inquiry, and performance art to explore embodied connection and social activism. She received her Bachelors of Art in Philosophy and Political Science from George Washington University and is currently a student in the MA/PhD Depth Psychology with an emphasis in Somatic Studies program at Pacifica Graduate Institute. Mădălina teaches meditation, hatha and vinyasa yoga, and leads intuitive movement workshops.

Ellen Byrne is a body therapist and Somatic Experiencing Practitioner with over 25 years of hands on experience. Her early career in massage therapy focused on recovery and rehabilitation of head and neck injuries. She has practiced trauma aware, attuned touch based on the principles of Somatic Experiencing since 2004. Her studies include the Somatic Practice work of Kathy Kain, cranial sacral therapy, visceral manipulation, and Body-Mind Centering. In 2016, she completed the NeuroAffective Relational Model (NARM) training in developmental trauma. Ellen uses a unique blend of manual therapy and attuned touch

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to help create an environment of safety and discovery for her clients. Her work is deeply grounded in an understanding of the nervous system and regulation, providing stabilization and education as a foundation for trauma resolution, attachment re-patterning and an embodied sense of self confidence. Ellen is active in the Somatic Experiencing community as an approved provider of personal sessions and consults to students in training and is a NARM Lead Teaching Team Assistant.

Bridget Carlson is an Archetypal Coach, activist, and artist. She travels internationally to teach creative self-expression and empowerment through archetypal embodiment workshops, dream incubation ceremonies, grief circles, and individual coaching sessions. She has also been invited to present a talk on Archetypal Activism at the UN University for Peace in Costa Rica.

Maryanne Comaroto is a certified Open Floor International Therapy in Motion practitioner and doctoral candidate in Somatic Studies at Pacifica Graduate Institute. Her dissertation research investigated the traumatogenic effects of female sexual objectification.

Janet A. Courtney, PhD, LCSW is Founder of FirstPlay Therapy® and an Adjunct Professor at Barry University School of Social Work, Miami Shores, FL. She is a Registered Play Therapy-Supervisor, a TEDx Speaker, current Chair of the Association for Play Therapy Ethics and Practice Committee, and past president of the Florida Association for Play Therapy. She is co-editor of *Touch in Child Counseling and Play Therapy: An Ethical and Clinical Guide*. New York, NY: Routledge, and her research into practitioner experiences of touch is published in the *American Journal of Art Therapy* and the *International Journal of Play Therapy*. Her new model of FirstPlay Kinesthetic Storytelling® can be found in her children's book, *The Magic Rainbow*©.

Kyle Davies is a chartered psychologist, therapist, coach, trainer, and creator of Energy-Flow Coaching™. Kyle began his career as an organisational psychologist in management consulting, he then moved into healthcare and was involved with pioneering a new treatment approach for chronic fatigue and pain syndromes, anxiety, depression, and other stress related symptoms and conditions. Kyle is an Associate Fellow of the British Psychological Society, and author of the recently published book, 'The Intelligent Body' (WW Norton & Co). He has worked with thousands of clients in over 10 different countries, and has presented at workshops, seminars, and conferences in the UK, USA, New Zealand, and Europe. Kyle has been a regular contributor to ITV Wales News, and is host of the podcast 'Unleashing Potentials'. As well as being a Chartered Occupational Psychologist, Kyle has a diploma and advanced diploma in Ericksonian hypno-psychotherapy; CBT practitioner certification; NLP practitioner and master practitioner certifications, Thought Field Therapy (TFT & EFT) certification; as well as having attended trainings in REBT, humanistic counselling, and psychodynamic psychotherapy.

Jeanne Denney is a transpersonal and somatic therapist, a hospice worker, healer, teacher and founder of Pilgrim SoULL (School of Unusual Life Learning). Jeanne has spent years at bedsides, contributed pioneering ideas to somatic psychology, death and grief work, and has helped create the Art of Dying projects in New York City. She is the author of "The Effects of Compassionate Presence on the Dying".

Stacy Reuille-Dupont, PhD is a licensed clinical and somatic psychologist and addiction counselor. As a student of somatic psychology and the effects of trauma, she explores how we develop relationship with ourselves, others, spaces, and create a sense of balance in our lives using movement and mindfulness following a disruptive life event. Her current integrated care clinical practice blends her training as an exercise scientist and somatic psychologist to create individualized programs that include exercise, diet,

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and positive coping skills to address a variety of mental and physical health concerns. Stacy is a graduate of the Hakomi Comprehensive Training Program, trained in EMDR, skilled in Solution Focused Therapy, Motivational Interviewing, Cognitive Behavioral and Dialectic Behavioral Therapy methods among others. Stacy has worked in a variety of mental health clinical capacities and integrated care settings over the last 9 years.

Shirley Bar-Dvir, MA, LMFT, Hakomi Therapist and Teacher and Licensed Marriage and Family Therapist. Shirley earned a BA in Social Work from Haifa University in Israel and an MA in Transpersonal Counseling Psychology from John F. Kennedy University. Shirley currently teaches as adjunct faculty at California Institute of Integral Studies. In addition, she teaches annual workshops at Shiluv Campus in Israel. Shirley has been practicing psychotherapy since 1997 in agencies and private practice, seeing families, children, couples and individuals. She has training in psychodynamic work, attachment, EMDR, Sensorimotor Trauma Therapy, the Enneagram, family therapy and CranioSacral Therapy. Her spiritual practice and meditation support how she holds her work and her teaching. She has a private practice at Anam Cara, a holistic healing center in Berkeley, CA.

Carolyn Bucey Eberle, MA, LPC, is the founder of Mind Energy Body School of Transformation. Eberle is a pioneer and innovator who has traveled the world for over 30 years researching and studying body-centered psychotherapy, meditation, and energy healing. She has taught her integrative Transformational Life-Skills Certification in Boulder, CO for the past eight years and offers an array of online and weekend training such as 5 Integrative keys for healing trauma and preventing re-wounding, Mind-body clinical interventions for insecure adult attachment patterns, Transforming chronic illness, and Heal your nervous system and limbic reactivity; heal your life! How anxiety can become a gateway to spiritual awakening! Eberle supervises clinicians and works with groups, couples and adults in her private practice.

Dr. Leslie Ellis is a teacher, writer and therapist who has a lifelong personal and professional interest in working with dreams. She has a PhD in Clinical Psychology from the Chicago School of Professional Psychology, with a specialization in somatic approaches to therapy. Her dissertation on using focusing-oriented therapy to treat PTSD for refugees with recurrent nightmares won the Ernest Hartmann award from the International Association for the Study of Dreams in 2015. She has a Masters from Pacific Graduate Institute and has worked as a therapist in private practice in Vancouver, BC for 20 years. Her approach to therapy combines Jungian and focusing-oriented techniques to treat individuals suffering from depression, anxiety and the effects of trauma. She is adjunct faculty at Adler University and a Certifying Coordinator with The Focusing Institute. She runs a Vancouver-based certification program for therapists who want to incorporate focusing-oriented therapy techniques into their practice. The program is specifically geared toward teaching somatic approaches to working with PTSD and complex trauma. She has presented and taught focusing-oriented dreamwork locally and internationally, and has numerous publication credits, including book chapters on dreamwork in *Working with Dreams and PTSD Nightmares* and *Advances in Focusing Oriented Therapy* and an article based on her dissertation in *Dreaming*.

Brian Falk is a doctor of Chinese medicine with a clinical practice in Carpinteria, California. He holds a Master's degree in Somatic Depth Psychology from Pacifica Graduate Institute, where he is now writing a doctoral dissertation on the psychology of scent.

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Jennifer Frank Tantia, Ph.D., BC-DMT, LCAT is a somatic psychologist and dance/movement therapist in private practice in Manhattan. In addition to practice, she has been a research advisor for dance/movement therapy and somatic psychology graduate students for the past nine years and currently teaches Research and Evaluation at Lesley University. Currently, she is the chairperson for the ADTA Research and Practice committee and is associate editor of *Body, Movement and Dance in Psychotherapy* journal. Dr. Tantia's publication topics include: dance/movement therapy for treating trauma, embodied research methodologies, clinical intuition, and understanding qualitative research. She is a co-editor with Helen Payne, Sabine Koch and Thomas Fuchs, for the forthcoming publication, "Embodied Perspectives in Psychotherapy," with expected availability in 2018.

Gary Jobe Ferguson is a somatic practitioner and performance coach who has been assisting people in their physical healing and the actualization of their creative potential since healing himself from cancer in 1993. At the time Gary was diagnosed with cancer he was a principal trumpet player in a symphony. Early challenges in his healing process – metastasis and a failure to respond to conventional treatment – drove him to seek a variety of healing paths in order to reclaim his health and wellness, ultimately requiring him to let go of being a musician and to honor the creative expressions that were yearning to be a part of his life. As he embodied the transformation of becoming a healer, guide, and teacher to others, his body "miraculously" started to respond to treatment. By creating a new relationship to life and using adjunctive cancer treatments to support his body in the healing process, he not only responded to conventional treatment, but was cancer free in 12 weeks. Gary is certified in a variety of healing modalities—specializing in mind-body medicine and applied kinesiology. He is a dynamic public speaker and trainer, and teaches classes and workshops on the themes of health and wellness, performance enhancement, personal growth, and self-transformation. He is the creator of the *Pathways to Performance Mastery Program—Performance Skills for the 21st Century Musician* and teaches at music conservatories and music schools around the United States

Aaron Freedman AMFT is an Alumni of the Somatic Psychology Program at the California Institute of Integral Studies. He is also a Research Assistant at the Osher Center for Integrative Medicine doing research on cultural differences in Interoceptive Awareness. He is currently practicing as a Clinical Counselor at the Dore Street Urgent Care Clinic in San Francisco.

Siegmar Gerken, PH.D., ECP, HP (Psychotherapy) studied psychology, education and anthropology. He is on the faculty of JFK University Somatic Psychology, at the Esalen Institute, Big Sur, California, Behavioral Therapy Training Institute Hamburg and teaches at universities and private institutes worldwide on the interconnectedness of psychosomatic processes as they manifest on the levels of body, emotions, mind, will and consciousness. His research in energy field documentation with Prof. F. Popp on psycho-emotional states opened new horizons to scientists and practitioners. He is co-founder of the Scientific Committee of the EABP. Dr. Gerken is a lecturer, therapist, trainer and supervisor.

Dr. Mardi Crane-Godreau received her PhD from Dartmouth College, where she was chosen by the school's faculty to deliver the Class Day address for her graduating class. She is an assistant professor in the department of microbiology and immunology. She is a dynamic thought leader who has gathered like-minded scholars into collaborations, research and initiatives in fields ranging from immunology to somatic practices that challenge Cartesian paradigms. She leads a guest editorial team at *Frontiers in Neuroscience* for the research topic '*Somatic and Bodymind Approach to Resilience.*' Since 2013, she and Peter Payne have pursued clinical research and addressed theoretical issues involved in the scientific investigation of somatic practices. Recent publications include proposed language and conceptual

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frameworks for elucidating mechanisms of somatic approaches to improving health and general well-being. Dr. Crane-Godreau and her team are especially interested in finding ways to share video and other digital media to educate and empower individuals and families with access to enjoyable and effective, evidence-based solutions to health challenges. One current project, (in conjunction with Dartmouth's Digital Arts, Innovation and Leadership (DALI) Lab, involves the development of an app to improve somatic awareness and self-regulation in children with autistic spectrum disorder. Other initiatives include education and pragmatic training for leaders who work with traumatized populations within their communities. She also works with first responders such as flight attendants.

Steuart Gold MFT is the Clinic Directorate the Center for Somatic Psychotherapy and a Professor at the California Institute of Integral Studies, San Francisco. Steuart's somatic psychotherapy private practice consists of working with individuals, couples, and youth and families. As Clinic Director with California Institute of Integral Studies' Center for Somatic Psychotherapy (CSP), Steuart provides clinical supervision, oversees program development and financial operations, and designs and implements the training curriculum. Steuart has participated in CSP's outreach programs with the public school district, underrepresented youth and families, and homeless and incarcerated populations.

Andrew Hahn Psy.D. is a licensed clinical psychologist and founder of Life Centered Therapy (formerly Guided Self Healing), an energy psychospiritual mindbody framework for healing our deepest trauma. He also teaches workshops nationally on the Enneagram and the Essence Process (which he developed). He received his B.A. from Harvard University and his Doctorate in Clinical Psychology from Hahnemann University. He had been a faculty member in the graduate counseling programs at Lesley College and Northeastern University.

Claire Haiman, PsyD is a clinical psychologist and Somatic Experiencing Practitioner. She integrates a variety of mindfulness-based approaches in her work which is experiential, body-focused, and based in the belief that we all have the ability to heal. Dr Haiman is the Director of the Mental Health Service of Columbia University Medical Center, which serves the needs of all the students enrolled on the medical center campus. In her capacity there she created a postdoctoral training fellowship in trauma, somatic psychotherapy, and social justice and is very pleased to have been able to work with Dr McGriggs as the inaugural fellow. Dr Haiman is also Assistant Clinical Professor in Medical Psychology, Dept of Psychiatry, Columbia University Medical Center and Visiting Faculty at the National Institute of the Psychotherapies where she teaches a class on integrating psychoanalysis and neuroscience.

Ruth Anne Hammond, author of *Respecting Babies: A New Look at Magda Gerber's RIE Approach* (Zero to Three 2009), is a RIE® Associate and Mentor, having studied under its founder, Magda Gerber. She was President of Resources for Infant Educators® from 2005 to 2011, and continues to be an active member of the Board of Directors and RIE® Mentor. Currently lecturing and teaching in the U.S. and abroad on the topic of infant and toddler care and education, she was faculty in the Human Development Department at Pacific Oaks College & Children's School, as well as leading its Infant/Toddler-Parent Program for 17 years. A lifelong learner, Hammond participates in a study group on affective neuroscience with Dr. Allan N. Schore of the UCLA David Geffen School of Medicine. As a former professional dancer, she continues to express her love of movement in her work with infants and toddlers, as well as salsa dancing with her husband and grown children whenever possible.

Sage Hayes, CMT, SEP offers a unique integrated approach to therapeutic change and transformation. Offering Somatic Experiencing (SE), craniosacral therapy and

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massage, Sage facilitates thoughtful reflection and embodied change particular to each client's intentions. Somatic Experiencing, craniosacral therapy and intuition are favorite modalities in my practice. They identify places within the body-mind relationship that are stuck in habits which are not serving you and then gently restore them back into coherence with a greater sense of health, choice and peace. Current professional development interests facilitating workshops which thoughtfully heal collective trauma, foster relational trust and connections, reduce fear and increase peace. With each client, Sage brings a holistic perspective which can explore multigenerational trauma inheritance, cultural contexts and practices, and ongoing adaptation to oppression and an unsteady world. Social and systemic inequality, prejudice, and discrimination produce stress, a physiological state of threat and danger, and an ongoing hypervigilance or disassociation for those in non-dominant groups. As we work to create a more just world on the outside through policy, education, and mass change, Sage believes we must each simultaneously do our inner work to clear internalized social trauma.

*Larry Hedges, Ph.D., Psy.D., ABPP., began seeing patients in 1966 and completed his training in child psychoanalysis in 1973. Since that time his primary occupation has been training and supervising psychoanalysts and psychotherapists individually and in groups on their most difficult cases. He was the Founding Director of the Newport Psychoanalytic Institute in 1983 where he continues to serve as supervising and training analyst. Throughout his career Dr. Hedges has provided continuing education courses for psychotherapists throughout the United States and abroad. He has consulted or served as expert witness on more than 400 complaints against psychotherapists in 20 states and has published 19 books on various topics of interest to psychoanalysts and psychoanalytic psychotherapists, three of which have received the Gradiva award. During the 1909 centennial celebrations of The International Psychoanalytic Association his 1992 book, *Interpreting the Countertransference*, was named one of the key contributions in the relational track during the first century of psychoanalysis. In 2015 Dr. Hedges was distinguished by being awarded honorary membership in the American Psychoanalytic Association for his many contributions to psychoanalysis through the years.*

Jana Hendricks is a doctoral candidate in Depth Psychology, Somatic Studies Specialization, at Pacifica Graduate Institute. Her presentation today is based upon her dissertation research. Jana also has a M.A. in Theology and Peace & Conflict Studies, and is a certified massage therapist.

Julie Carmen Hoffman, MA, LMFT, C-IAYT, ERYT-500, YTRX is a licensed Marriage and Family Therapist and a certified Yoga Therapist. She is Founder and Director of Yoga Therapy for Mental Health clinical practicum in co-operation with Venice Family Clinic. Julie is Associate Director of Mental Health at Loyola Marymount University Yoga Therapy Rx and teaches 'Healthy Families in a Toxic World' for the LMU 'Yoga, Mindfulness and Social Change' certificate program. Julie had rigorous training and experience as a drama therapist at Cell Block Theater (1975-1979) with ex-convicts in New York City, run by a godfather of drama therapy, Ray Gordon. Julie designed and implemented the yoga therapy and drama therapy departments at Passages dual diagnosis residential treatment center in Malibu 2001-2003 and she taught yoga at Monte Nido Eating Disorder Center for four years, contributing a chapter to the book, 'Yoga and Eating Disorders' (Routeledge, 2016). Julie developed Suzanne Somers' Yoga for Hormones protocol and has been her private instructor since 2002. Julie taught at Exhale Center for Sacred Movement 2001-2013. She currently has private psychotherapy and yoga therapy practices and is Founder of Yoga Talks.

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Steve Hoskinson, MA, MAT, is Founder, Co-CEO and Chief Compassion Officer (CCO) of Organic Intelligence® and the 501(c)(3) nonprofit Organic Intelligence Outreach Institute. Steve developed the Human Empowerment And Resiliency Training (HEARTraining®) based on Organic Intelligence, a positive psychology, fractal method known for its implicit exposure approach to trauma. As a leader in the Somatic Psychology field, Steve has mentored and trained thousands of professionals in North America, Europe, Asia, and the Middle East in the art of the compassionate treatment of trauma. Steve was Professional Training Faculty for the Somatic Experiencing® Trauma Institute for 17 years and is currently Adjunct Faculty for JFK University's Somatic Psychology program. Steve is a founding member of the Northern California Society for Integrative Mental Health and the International Transformational Resilience Coalition and served on the Global Training and Education Council for the Somatic Experiencing Trauma Institute.

Sarah Imhoff-Jones is currently a Ph.D. candidate at Pacifica Graduate Institute. Her current research *Metamorphosis* is a somatic depth psychological embodiment practice that connects many areas of her background, including recently becoming a certified yoga therapist in 2017, owning and operating a somatic education studio for 15 years, and prior to that completing her MFA and BFA in Dance. Much gratitude to PGI and organizations like USABP for fostering an atmosphere of integration, for "Integration is my Inspiration."

Anne Isaacs, MSW, LCSW is a certified biodynamic analyst and trainer. Anne feels it's a privilege to be moved by the depth in her students and clients. She is very skilled in perceiving how your body holds patterns of protection and limitation. She will help you find new ways to function with more vitality. She is touched by the wonder of what happens when both she and her clients and students surrender to the process of contact and change. Anne has been a therapist and teacher for 35 years. She is grateful to her many teachers, including, Lisbeth Marcher, Mariana Bentzen, Merete Brantbjerg, Mary Main, Eric Hesse, Diana Fosha, Julie Henderson, Tony Richardson, Bairo Tulku, for the profound wisdom they have shared with her. She is thankful for her smart and loving husband, Joel, daughter, Vida, and the many friends who are such a rich part of her life.

Rae Johnson, PhD, RSMT is a queer-identified scholar working at the intersection of somatic studies and social justice. Key themes in their work include the embodied experience of oppression, somatic approaches to research, and the poetic body. **Rae** was born on the Canadian prairies to a family descended from working class Scottish and American immigrants. Relocating to Toronto as a young adult, they undertook training in Gestalt therapy and dance movement therapy before establishing a practice working with members of the LGBTQ community. They completed an undergraduate degree at the *University of Waterloo*, a master's degree at *Lesley University*, and MA and PhD degrees in education at the *University of Toronto*. During their studies, Rae carried out research on 1) the effects of dance movement therapy on post-traumatic stress, 2) the professional knowledge of somatic educators, 3) arts-based somatic literacy, and 4) the embodied experience of oppression. Following an academic appointment directing the body psychotherapy track in somatic counseling at *Naropa University*, Dr. Johnson went on to chair the somatic psychology doctoral program at the *Santa Barbara Graduate Institute* and the *Chicago School of Professional Psychology*. They currently head the somatic studies specialization in the depth psychology doctoral program at *Pacifica Graduate Institute*.

Alexandra Katehakis, Ph.D., LMFT is Founder and Clinical Director of the Center for Healthy Sex in Los Angeles. She is a Clinical Sexologist, Certified Sex Addiction Therapist/Supervisor and AASECT Certified Sex Therapist/Supervisor specializing in the treatment of sexual disorders. Dr. Katehakis is a Senior Fellow at The Meadows, faculty for the International Institute of Trauma and Addiction Professionals,

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and the 2012 Carnes Award recipient. She is author of *Sexual Reflections: A Workbook for Designing and Celebrating Your Sexual Health Plan* (2018), *Sex Addiction As Affect Dysregulation: A Neurobiologically Informed Holistic Treatment*, (2016), co-author of the award winning *Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence* (2014), contributing author to *Making Advances: A Comprehensive Guide for Treating Female Sex and Love Addicts*, in M. Ferree (Ed.), (2012), and author of *Erotic Intelligence: Igniting Hot Healthy Sex While in Recovery From Sex Addiction* (2010).

Deidra Keating, MA currently works as a guidance counsellor in two elementary schools in the Vancouver, BC area. In her endeavor to integrate her professional identity as a school counsellor with her personal passion, attention to the body, she engages somatic practices with her students, incorporating sensory awareness and body-based activities within the school counselling practice. In addition to her work in the education system, she is also involved in the community as a group facilitator, primarily in the fields of body connection and self-empowerment for women and girls. She has collaborated with many different organizations as a facilitator and presenter, bringing the messages of body awareness and connection to a variety of audiences.

Cynthia Kerson, PhD, QEEGD, BCN, BCB is currently the founder and director of education for APEd (Applied Psychophysiology Education) and professor at Saybrook University, Dept. of Psychophysiology. She is BCIA certified in biofeedback and neurofeedback, holds certification as a diplomate in QEEG and mentors for both.

Alice K. Ladas, licensed psychologist NM, NY, Certified Bioenergetic Analyst, Diplomate Sexual Therapy, Humanist Celebrant, Co- author NY Times best seller, "The G Spot and Other Discoveries About Human Sexuality" and "Women and Bioenergetic Analysis." Alice helped to found the Institute for Bioenergetic Analysis and was on the Boards of IIBA, SSSS, ASSECT and USABP where she initiated the research awards. A Smith College Medalist, Alice's professional career focused on helping women use their bodies as they wish. She is the author of four articles in peer reviewed professional journals about how to help mothers breastfeed. They were based on her doctoral thesis done with 1100 members of the La Leche League. This cooperative effort played a small part in restoring the option to breastfeed in the United States. Alice also taught the first Lamaze class in the USA. Her hobbies include yoga, playing tennis, piano and writing lyrics for musical theatre. She is a mother, grandmother and a widow.

Dr. Aline LaPierre is the creator of NeuroAffective Touch[®] and director of The NeuroAffective Touch[®] Institute. She teaches NeuroAffective Touch[®], a body-focused and neurologically informed psychotherapy that uses somatic therapy and body-centered approaches as vital psychobiological interventions. Dr. Aline LaPierre is past faculty in the somatic doctoral program at Santa Barbara Graduate Institute (2000-2010), a clinician, author, artist, consultant, speaker, and teacher. She is currently Vice-President of the United States Association for Body Psychotherapy (USABP) and Deputy Editor of the International Body Psychotherapy Journal (IBPJ). Aline LaPierre is the co-author of the bestselling *Healing Developmental Trauma: How Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship*, a groundbreaking book in developmental psychology now available in ten languages.

Jill Getto Lee (Studio City, California) is the mother of twin boys and is a RIE[®] Associate who specializes in multiples. She holds a master's degree from Pacific Oaks College in Human Development Specializing in Early Childhood, and a Bachelor of Science Degree in Psychology from Central Michigan University. She currently teaches Parent-Infant GuidanceTM Classes at the Los Angeles RIE[®] Center and at BINI Birth

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Center in Sherman Oaks. She instructs the RIE® Before Baby™, Nurturing Nanny™ and Foundations™ Courses at the Los Angeles RIE® Center and serves on the RIE® Board of Directors. Jill is a registered consultant for the County of Los Angeles and also serves on California Safe Schools' Los Angeles Unified School District Integrated Pest Management team, fighting for the safety and health of all students, staff and the environment.

Dawn Marie Loerch, M.A., Ph.D. is a psychotherapist in private practice in Seattle Washington. She received a master's degree in Existential-Phenomenological Psychology from Seattle University in 1996. She is a longtime practitioner of Iyengar yoga, Buddhist practices, and holistic health. She is currently a doctoral candidate at Pacifica Graduate Institute in the Depth Psychology with an emphasis in Somatic Studies program. Her care for individual healing and how that relates to issues of social justice, human rights, and mother earth have been guiding forces throughout her life.

Frederic Lowen, son of Alexander Lowen, M.D., is a Bioenergetic psychotherapist (CBT); Executive Director of The Alexander Lowen Foundation; the manager of Lowen copyrights. With extensive experience in Bioenergetics, Bioenergetic therapy, workshop and training groups since 1966, Fred seeks to expand the visibility, appreciation, and use of Bioenergetics.

Mark Ludwig, LCSW: I have been in practicing and teaching psychotherapy for nearly four decades. In that time, I have been a continuous learner investigating an expanding understanding of the complexities of the human lifespan and the problems of living an embodied life. As a psychotherapist, I expect to be shape-shifted by each client. Every client is unique; personal history, narrative, and idioms are all individual, and clients must be met on their own terms. The personality, culture, and experience of the client bring them to seek diverse methods to achieve diverse goals in the framework of therapy. The therapy relationship provides the foundational human environment for transformation and growth. In my work, I mix the basics of information, insight, support, and connection to align with each client's goals.

Much human suffering arises in relational failures; early and recent, small and large. Relationships are the "scene of the crime" but also the occasion for healing. Such is our human dilemma. Relational somatic psychotherapy supports and challenges relational patterns and internalized and embodied self-beliefs generated by our relational experiences

Darcy Lubbers, MFT, ATR-BC maintains a private practice in Santa Monica, California, and consults for PCH Treatment Center. Her training includes: somatic experiencing (SE), focusing, structural bodywork (Hellerwork), art therapy, voice dialogue, hypnosis, meditation, and yoga therapy. She completed her PhD dissertation research at The Chicago School for Professional Psychology. Publishing credits include *Adult art psychotherapy: Issues and applications*.

Joann Lutz, MSW, LICSW, E-RYT, C-IAYT has been training mental health professionals internationally for the past seven years, including courses in Florence, Italy, in conjunction with the International Association for Psychosynthesis; Amsterdam, Holland; Nassau, Bahamas and Grass Valley, Ca., for the Sivananda Yoga Vedanta Centers, and for PESI, Inc., around the U.S. She taught an early-morning trauma-sensitive yoga class at the 2016 USABP conference in Providence, R.I. Her book, "Trauma Healing in the Yoga Zone," will be published in 2018 by Handspring Publishing. She authored a paper, *Classical Yoga Postures as Psychotherapeutic Interventions for Autonomic Nervous System Regulation*, for inclusion in the volume, *Proceedings of the Yoga and Psyche Conference (2016)*, published by Cambridge

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Scholars; and a continuing education course, *Bringing Yoga into Social Work Practice*, published by the National Association of Social Workers, Ma. Chapter, in 2014.

Mica McGriggs earned a Ph.D. in counseling psychology from Brigham Young University, and completed her pre-doctoral internship in Health Service Psychology at the University of Washington. Her research background focused on multicultural competence in psychotherapy, and therapeutic outcome of Black university students. While she holds primary certification in Rational Emotive Behavior Therapy, she primarily works with patients from an integrative cognitive-behavioral lens, with an emphasis on adapting treatment for the intersections of cultural identity. Her appointment as a Postdoctoral Fellow with SHS focuses on intersectional somatic psychotherapy and social justice. Since joining the CUMC community Dr. McGriggs has enjoyed working with students from a variety of backgrounds. A particularly rewarding experience has been starting a process oriented psychotherapy group for women of color called Mosaic. Her motto in life is “Be tough on institutions of oppression, and tender on people.”

Cacky Mellor, M.Ed., Cacky has a highly interdisciplinary background that informs her approach to working with individuals and communities that have experienced trauma. Cacky studied art therapy and holistic psychology in undergrad at Lesley University. She received her Masters of Education in art based activism and social entrepreneurship from Lesley's Graduate School of Arts and Social Sciences. Cacky is currently pursuing her PhD in Depth Psychology with an emphasis in Somatic Studies at Pacifica Graduate Institute. Her current work is centered around the impact of language on body, identity, and social agency.

Shelby Messenger, MA, E-RYT-200 is a yoga teacher, recovery advocate, and a grief recovery specialist who has a background in education. She holds two 200-hour certifications in Self Awakening and Restorative yoga and has an interest in the integration of somatics into the field of recovery from addiction. She is currently a student at Pacifica Graduate Institute pursuing an MA-PhD in Depth Psychology with a specialization in Somatic Studies. Shelby is interested in alternative recovery support programs and in supporting women to find personal empowerment in their recovery journey. She is a student of the Enneagram who has also studied Positive Psychology, Emotional Freedom Technique (EFT), and Mindfulness and Meditation—all of which have supported her in her own recovery journey. She enjoys reading non-fiction, gardening, and living the rural life with her husband and five children.

Jill Miller, C-IAYT, ERYT is the co-founder of Tune Up Fitness Worldwide and creator of the self-care fitness formats Yoga Tune Up® and The Roll Model® Method. With more than 30 years of study in anatomy and movement, she is a pioneer in forging relevant links between the worlds of fitness, yoga, massage, athletics and pain management. She is known as the Teacher's Teacher and has trained thousands of movement educators, clinicians, and manual therapists to incorporate her paradigm shifting self-care fitness programming into athletic and medical facility programs internationally. She has crafted original programs for 24 Hour Fitness, Equinox, YogaWorks, and numerous professional sports teams. She and her team of 500+ trainers help you to live better in your body with an emphasis on proprioception, mobility, breath mechanics and recovery.

Lisa Dale Miller, LMFT, LPCC, SEP is a Somatic Experiencing® Practitioner (SEP). Her office is located in Los Gatos, CA. In 2014 Lisa authored *Effortless Mindfulness: Genuine mental health through awakened presence*, a highly regarded textbook on Buddhist psychology for mental health professionals. Lisa has been an outpatient clinician for the Veterans Administration San Jose and a teacher of Mindfulness-

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based Interventions. She presents at conferences and trains clinicians in the clinical applications of mindfulness and Buddhist psychology. Lisa is a dharma teacher and has been a yogic and Buddhist meditation practitioner for over four decades. Her newest project is the [Groundless Ground Podcast](#). From 1982-2006, Lisa produced and exhibited provocative artwork focusing on social, political and spiritual themes. In January 2000, Lisa created and implemented a music therapy project in Kosovo for CRS. That experience led her to pursue a Masters in Counseling Psychology.

Elizabeth Eowyn Nelson, Ph.D. has been on the faculty of Pacifica Graduate Institute since 2003 and also serves as Pacifica's Dissertation Policy Director. She specializes in scholarly writing, research process and strategy, methodology, and dissertation development and also teaches courses in dream, imagery, and cultural studies. Her own research interests include personal and cultural expressions of the shadow, gender, and power, with a particular devotion to dangerous women in text, film, and life. Dr. Nelson is the author of two books, *The Art of Inquiry: A Depth Psychological Perspective*, coauthored with Joseph Coppin, which is now in its third edition (Spring Publications, 2017). Her second book is *Psyche's Knife: Archetypal Explorations of Love and Power* (Chiron, 2012). She has also published numerous papers in international scholarly journals and contributed chapters to books on a variety of subjects including feminism, film, dream, and research. Dr. Nelson is a member of the International Association of Jungian Studies, on the board of the Jungian Society for Scholarly Studies and serves as General Editor of the *Journal of Jungian Scholarly Studies*. Teaching is Dr. Nelson's second career. Her first is in technology, where she primarily worked with Silicon Valley startups for 18 years. As a professional writer, editor, and depth psychologist, she continues to consult with startups as well as coaching individual authors across a variety of genres and styles.

Peter Payne, PhD is a researcher, teacher, and somatic educator/therapist, who has devoted his career to healing stress and trauma from the combined perspectives of neuroscience and traditional Asian bodymind disciplines. Peter is co-investigator of Flight Attendant Health Studies at Dartmouth, a three-phase controlled clinical trial studying the health effects of Qigong on people with pulmonary dysfunction. He is the lead author of several recent peer-reviewed research and theoretical publications addressing issues involved in the scientific investigation of somatic practices. Through his collaborations at the Geisel School of Medicine at Dartmouth, Peter continues his keen focus on research aimed at uncovering important links between neuroscience and bodymind practices. His theories and innovative teaching methods make the bodymind disciplines understandable and accessible to Westerners, and establish a framework for investigating them in the context of stress, trauma, and well-being. Peter is a teacher and practitioner of mindfulness meditation, Qigong, and Tai Chi, a Registered Somatic Movement Educator and Therapist, and a certified practitioner of Somatic Experiencing trauma therapy and of the Alexander Technique of postural re-education. He has taught anatomy and neurophysiology at college level, and has maintained a lifelong interest in neurophysiology and neuropsychology, believing that these fields are the key to translating the traditional Asian bodymind practices into a biomedical framework. He holds a BA in psychology from Harvard University.

David Philips, MEd, CCEP, BBA holds a Master's in Education with a focus on Adult Learning and Development from Cleveland State University, an Advanced Practitioner certification from the Institute of Core Energetics, New York City, and a Bachelor of Business Administration from Marshall University. David is a current faculty member of the Institute of Core Energetics, NYC. He runs his private Core Energetics practice in Cleveland, OH and has a specialty in working with members of the LGBTQ community. In addition, David has a consulting practice where he works as an advisor with businesses and non-profits on organizational development, operational effectiveness, technology deployment, and

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employee engagement. David is the primary facilitator and creator of a retreat called *Live Life Fully* which is offered twice a year at Easton Mountain retreat center, as well as, other collaborative workshops taught throughout the country including *Who Am I – A Discovery Workshop*, *Finding Your Superhero*, *The Language of the Body – A Tension and Trauma Release Workshop*, *The 3 Faces of Me*, and *The Anatomy of Love*. In 2017, David achieved Amazon #1 Best Selling Author Status as a co-author in the book, *Your Shift Matters: Breakdown to Breakthroughs*.

Jessica Pink, MA, currently inhabits both the role of academic and artist, and is engaged in a process of balancing those roles in a professional capacity; until pursuing her current research (focused on integrating fragmented perspectives of performer health), those roles had been held separately. Embodying the academic, Jessica is pursuing her doctorate in Depth Psychology and Somatics from Pacifica Graduate Institute. Following a belief that important learning occurs outside of traditional classroom settings, Jessica first entered the world of somatics in search of an embodied knowledge, which eventually led her to become a Guild Certified Feldenkrais Practitioner^{CM}. However, Jessica's interest in movement and body originated from childhood experiences as a dancer and singer, her earliest embodiment as artist. Jessica pursued performance through college and worked professionally as a union (AEA) stage manager for several years post-graduation. Though her participation in the performance world has changed over the years, the role of artist is still ever present. Jessica hopes to continue working with performers in the future, addressing health and wellness from an integrative point of view.

Betsy Polatin is an internationally recognized teacher, has a BA in Dance, and an MFA in Theater Education, and is currently a Master Lecturer at Boston University's College of Fine Arts, teaching the Alexander Technique. Her background includes forty years of movement education and performance, as well as training in music, dance, yoga, meditation, and the healing arts. Some teaching experience includes; Berklee College of Music, Muscular Therapy Institute, New England Conservatory, Tanglewood Music Festival, and Opera Institute of Boston. She has taught Master Classes for the Psychotherapy Networker, Performing Arts Medicine Association, International Trauma Conference, Pittsburgh Symphony Orchestra, Saint Francis Friary, Children's Hospital, Boston Ballet, Sports Medicine Clinics, Cambridge Choir of England, Northeastern Society for Group Psychotherapy, and American Red Cross, in the United States, Europe, Australia, India, Japan, and Korea. Betsy completed an around the world tour, where she has presented her unique combination of work, *The Actor's Secret*, which blends the Alexander Technique with Carl Stough's Breathing Coordination principles and Peter Levine's Somatic Experiencing theory of trauma. This work helps people recognize that they have habitual patterns that are charged with unconscious commitment, and excess tension. Once these patterns are brought to awareness, depth of change can happen on many levels, as the life force resumes. Her work is greatly influenced by the teachings of spiritual, and meditation, masters. Betsy's book, *The Actor's Secret*, featured on ABC TV and Fox news, has received rave reviews, and is now a recommended textbook in many performing arts schools. As a breathing and movement specialist, she has had numerous articles published in the Huffington Post. She maintains a private practice in Brookline, MA and the Berkshires.

Thomas Pope, M.A., LMFT is a Co-Founder and Clinical Director of the Lomi Psychotherapy Clinic in Santa Rosa, CA, and also maintains a private practice in body psychotherapy. He has been on the faculty of the Lomi School for over 35 years, and was a co-founder of the Tomales School of Psychotherapy. He was Co-Director of Training at Student Psychological Services at Santa Rosa Junior College for ten years. He has taught workshops and trainings in Somatic Psychotherapy both in the United States and Europe. He has been a student of mindfulness meditation for over thirty years, and leads weekly meditation classes. His work focuses on attachment and trauma wounds, and helping people find creative solutions

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for opening to well-being and connection. In his studies he has been very interested in different meditation practices and therapy processes that use the bodily experience as a vehicle for awareness and transformation.

Rebecca Pottenger, MA, MFT is a licensed psychotherapist, co-founder and facilitator of “Practicing Wholeness: A Jungian Learning Circle,” and adjunct faculty member in the Masters in Counseling Psychology program at Pacifica Graduate Institute.

Serge Prengel is in private practice in New York City. He is trained in Focusing, Core Energetics and Somatic Experiencing. He was also deeply influenced by Yvonne Agazarian’s Systems Centered Therapy. Serge is the editor of “Relational Implicit & Somatic Mindfulness” (<http://relationalimplicit.com>), formerly known as “Somatic. Perspectives on Psychotherapy”.

Cynthia Price, PhD MA LMT is a Research Associate Professor at the University of Washington in Seattle. A NIH-funded researcher, and on the Advisory Council of the National Center for Complementary and Integrative Health at NIH, her clinical expertise is in body-oriented therapy. She studies Mindful Awareness in Body-oriented Therapy (MABT), an approach she developed to facilitate body/interoceptive awareness and related skills for self-care and emotion regulation. Cynthia has clinical and research expertise working with people who are disconnected from their bodies due to trauma, chemical dependency, chronic pain or other life stressors. Director of the non-profit Center for Mindful Body Awareness she is involved in training clinicians in the MABT approach and implementing programs, particularly for underserved populations, to help make somatic awareness more available to more people.

Marjorie L. Rand, Ph.D. is on the Board of directors of the Integrative Body Psychotherapy International Association and is the Co-Director of Pacific North West and Berlin Institutes of Integrative Body Psychotherapy. "Body, Self and Soul: Sustaining Integration," published in 1985 and co-authored with Dr. Jack Lee Rosenberg, is a systematized accounting of the Integrative Body Psychotherapy and was listed one of the best books of the 80's by American Healers. From the interest stimulated by this book, the first IBP Training Institute was born. Marjorie has been deeply influenced by Gestalt Therapy, Sensory Awareness, Neo-Reichian Therapy, Object Relations and Self Psychology. She has studied dance and movement, Feldenkrais, meditation and Zen as well as developmental psychology, neurology, anatomy and physiology. At present she is traveling around the world giving workshops, teaching and supervising others in the skills of Integrative Body Psychotherapy.

Stella Resnick, PhD is a clinical psychologist, and AASECT-certified sex therapist and supervisor in private practice in Beverly Hills, CA. She trains, mentors, and supervises therapists in her “full-spectrum” approach to Embodied Relational Sex Therapy™ (ERST), a neurobiological-embodied Gestalt integration of couples and sex therapy. Her books are *The Pleasure Zone: Why We Resist Good Feelings and How to Let Go and Be Happy*, *The Heart of Desire: Keys to the Pleasures of Love*, and most recently, *Body-to-Body Intimacy: Transformation through Love, Sex, and Neurobiology*. Stella leads two workshops a year at Esalen Institute in Big Sur, CA, a spring training in ERST for healing professionals and co-leads with husband Alan Kishbaugh a summer couples workshop on Embodying Your Love: Explorations in Intimacy for Couples

Susan Richter MFT, CEDS, SEP is co-owner and Clinical Director at The New Beginnings Center in Camarillo, California. Trained in EMDR, Somatic Experiencing, and Feldenkrais Method, Susan has over

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30 years' experience providing individual and group psychotherapy treatment to those with eating disorders, trauma, anxiety and depression. Susan is an IAEDP Approved Supervisor and oversees the Center's therapeutic movement programs. Susan presents at national conferences on eating disorder treatment and has served on the faculty of the Rosewood Institute. As the founding President of the Central Coast chapter of IAEDP, she remains active in training local professionals.

Karen Roller, PhD, MFT, is currently Secretary of the United States Association of Body Psychotherapy. She is an Assistant Professor at Palo Alto University, and Clinical Coordinator at Family Connections, a parent-involvement preschool system serving 100 migrant families with parent support and crisis stabilization. As a certified Clinical Traumatologist and Compassion Fatigue Therapist, Karen has published on trauma training in counselor education programs to reduce risk of Compassion Fatigue in counselors. In collaboration with Global Trauma Research, she performs annual trauma training and outcome research in Haiti. She is a Fellow of the American Academy of Experts in Traumatic Stress, and a Diplomate in the National Center for Crisis Management.

Gina Ross, MFCC is Founder and President of the International Trauma-Healing Institutes (ITI- USA, and ITI-Israel). A senior international SE trainer, Gina adds her vast cross-cultural experience to her expertise on individual and collective trauma and conflict resolution. She conducts workshops worldwide. She authored a series of books for 10 social sectors called: *Beyond the Trauma Vortex into the Healing Vortex* with specific information for each sector. She specializes in trauma therapy and cross-cultural therapy in seven languages for a clientele from 50 different countries. She is a sought-after trauma expert for radio and television and international conferences.

Sarah Schlote, MA, RP, CCC, SEP is a Registered Psychotherapist in private practice in Guelph, Ontario, Canada, and founder of EQUUSOMA™. An experienced speaker and trainer, she is a Somatic Experiencing® Practitioner who has also completed training in somatic touch work, attachment rupture and repair work for early developmental trauma, EMDR, and parts work for structural dissociation, among other approaches. Her passion about horses, horsemanship, and trauma-informed equine-assisted practice fuels her desire to shift existing paradigms so that the principles of safety, consent, choice, voice, empowerment, trust, collaboration and compassion are applied to the animals as well as to human participants.

Arielle Schwartz, PhD is a licensed clinical psychologist, EMDR Therapy consultant, and certified yoga instructor with a private practice in Boulder, Colorado. She earned her Doctorate in Clinical Psychology at Fielding Graduate University and holds a Master's degree in Somatic Psychology through Naropa University. She is the author of two books *The Complex PTSD Workbook: A Mind-Body Approach to Emotional Control and Becoming Whole* (Althea Press, 2017) and *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (W. W. Norton, in Press). She is a core teacher with The Maiburger Institute offering Advanced Workshops on topics of EMDR Therapy, Somatic Psychology, Attachment Trauma, and Chronic Pain. Her psychotherapy practice specializes in PTSD, Complex PTSD, grief and loss, resilience, and therapeutic yoga.

Homayoun Shahri, Ph.D., M.A., CBT, LMFT, received his PhD in electrical engineering from Lehigh University in 1990, and his MA in clinical and somatic psychology from Santa Barbara Graduate Institute in 2012. He is a licensed marriage and family therapist, and has a private practice in Irvine, CA, USA. Homayoun is a Certified Bioenergetic Therapist (CBT), and is a member of the International Institute of Bioenergetic Analysis (IIBA). Homayoun is a member of the United States Association of Body

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Psychotherapy (USABP), and is on the peer review board of the IBPJ.

Morgan Shepherd, MA, LMFTi, Somatic Psychotherapist and Tennis Coach. Morgan holds a Master's Degrees in Counseling Psychology with a Concentration in Somatic Psychology and in Exercise and Sport Studies. His work focuses on the underlying principles that support health, development, and performance. Over the last five years he has studied and worked with Bonnie Bainbridge Cohen, integrating and applying principles from embodied anatomy and embryology into somatic psychotherapy and tennis. Other major influences include Somatic Experiencing, Psycho-Physical Therapy and Integrated Body Psychotherapy.

Theresa Silow, Ph.D., LPCC, SEP, is Professor and Core Faculty in the Somatic Psychology Program at California Institute of Integral Studies. Theresa also teaches somatic psychology as adjunct faculty at Steinbeis Hochschule, Germany. Her private somatic psychotherapy practice in Santa Rosa is informed by somatic, developmental, attachment, psychoanalytic, and trauma theories and practices. Theresa's research interests are in understanding developmental movements as ground for psychological organization, self-regulation, and trauma negotiation. Her personal practice is centered around regenerative developmental movement practices as a way of deepening embodied consciousness.

Sharon Stanley, PhD. is a psychotherapist and educator of the neuro-foundations of relational trauma and relational body-centered practices. Sharon has taught for over forty years in the US, Canada and Europe and has a private practice on Bainbridge Island, Washington and is the author of *Relational and Body-Based Practices for Healing Trauma: Lifting the Burdens of the Past*.

Tina Stromsted, Ph.D., MFT, LPCC, BC-DMT, RSME/T is a Jungian psychoanalyst, Board Certified Dance therapist, and Somatics therapist and educator. She was co-founder and faculty member of the Authentic Movement Institute in Berkeley (1993-2004) and a founding faculty member of the Women's Spirituality Program at the California Institute of Integral Studies, and core faculty in the Somatics Psychotherapy program. Currently she teaches at the C.G. Jung Institute of San Francisco, the Depth Psychology/Somatics Doctoral program at Pacifica Graduate Institute, and at the Marion Woodman Foundation. With 40 years of clinical experience and a background in dance and theater, she teaches at universities and healing centers internationally. Dr. Stromsted is the developer of Dreamdancing®, Embodied Alchemy®, and Soul's Body Center®. Her numerous articles and book chapters explore the integration of body, brain, psyche, soul, and relationship in healing and transformation. Her work supports participants in listening for the soul's call, and working with obstacles to its fulfillment ~ a process that can assist in re-inhabiting the body, reclaiming instinctual wisdom, and nourishing an authentic sense of self. Her private practice is in San Francisco.

Terry Marks-Tarlow, PhD, is a clinical psychologist in private practice in Santa Monica, California. Author, editor, and illustrator of numerous books, including *Play and Creativity in Psychotherapy* (Norton, 2018), *Truly Mindful Coloring* (PESI, 2016), *Awakening Clinical Intuition* (Norton, 2014), *Clinical Intuition in Psychotherapy* (Norton, 2012), and *Psyche's Veil* (Routledge, 2008), Dr. Marks-Tarlow conducts workshops and trainings internationally and nationally. She is teaching faculty at the Insight Center, Los Angeles; visiting professor at the Italian Università Niccolò Cusano, London; and research associate at the Institute for Fractal Research, Kassel Germany. Dr. Marks-Tarlow sits on the Executive Board of the Los Angeles County Psychological Association, where as community outreach co-chair, she co-founded and curates the yearly exhibition of psychotherapist art, "Mirrors of the Mind: The

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Psychotherapist as Artist.” She tries to walk her talk by drawing, dancing, skiing, rock climbing, writing librettos, and doing yoga as often as possible.

Chris Walling, PsyD, MBA, SEP, C-IAYT, an award-winning researcher and licensed clinical psychologist, has been an active leader in healthcare for nearly two decades. His work integrates the developmental, biological, and somatic aspects of the lifespan. His work in academic medicine has included the administration of multidisciplinary leadership teams in hematology-oncology, physical medicine and rehabilitation, and geriatric psychiatry. Dr. Walling is the President of the United States Association for Body Psychotherapy, the hub of somatic psychology. His clinical focus in the behavioral sciences has examined the intersections of neuropsychotherapy, affect regulation, and body psychology. He is a Somatic Experiencing Practitioner, an Emotionally Focused Therapist (EFT for individuals and couples), an Accelerated Experiential Dynamic Psychotherapist (AEDP), and a neuro-therapist (neurofeedback practitioner). Dr. Walling’s service in geriatric psychiatry began as the Executive Administrator for the UCLA Longevity Center and Division of Geriatric Psychiatry in 2010. It was there through his work with world class physician researchers he began to explore the applications of yoga therapy in mental health. He currently serves as Chairman of the Education Advisory Committee for the Alzheimer’s Research and Prevention Foundation where cutting-edge research in the applications of yoga therapy is leading the field of geriatric integrative medicine. He is a certified yoga therapist through the International Association of Yoga Therapists.

Holly Watson, MS, ANP-BC is an adult nurse practitioner currently working in acute pain management in Seattle, Washington. She is an MA-PhD student in the Somatic Studies specialization in the Depth Psychology program at Pacifica Graduate Institute. She is interested in research strategies that might help improve the understanding and utilization of somatic therapies to support patients experiencing pain and intends to offer somatically enriched continuing education to health care providers.

Joe Weldon, Licensed Psychologist and Co-Director of the The Somatic Therapy Center is a gifted teacher with over 40 years of experience. He has presented workshops at Esalen Institute, Omega Institute, Kripalu, USABP and the Psychotherapy Networker Conference. Joe also taught at the School of Social Work -University of Pennsylvania . In his Philadelphia based practice, Joe has brought this dynamic bodymind therapy to a variety of populations, including PTSD, multiple sclerosis and sexual abuse survivors.

Noël Wight: Co-Director of The Somatic Therapy Center and Master Somatic Therapist, maintains a private practice in the Philadelphia area , while also presenting workshops and training practitioners of Transformative Touch. For over 30 years she has guided people to connect to the resources of their body to heal from both physical and emotional pain. Her deep respect for the resiliency of the human spirit guides her work.

Brandon WilliamsCraig, Ph.D. is co-founder and CEO of the San Francisco Bay Area nonprofit Association Building Community, or ABC (ABCglobal.net). He is a post-doctoral fellow, fieldwork supervisor, and instructor for all levels of graduate students at Pacifica Graduate Institute in the Depth Psychology Somatics Specialization, as well as Communications Director for the Ragged Wing Ensemble theater company and The Flight Deck in Downtown Oakland, CA. He has extensive experience with private and public institutions, accepts executive positions corp-to-corp and as a contractor or employee, offers leadership and facilitation training, and has worked in the study of peace and conflict since 1998, as well as providing curriculum development, conflict education, and community mediation

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services. His academic teaching and research focus on the embodied (somatic) psychology of belief, the narrative (mythological) construction of culture, and The Myth of Peace. Brandon Sensei is a 5th degree black belt in aikido and Founder/Chief Instructor of Free Aiki Dojo and Golden Bears Aikido at UC Berkeley. His students learn to Embody Nonviolence through somatic conflict resolution, a pairing of traditional aikido, professional theater techniques, and real-time facilitation that results in Conflict Done Well. His body-based facilitation method, called Martial Nonviolence, is the heart of the internationally funded Peace Practices curriculum being offered by ABC and practiced by students from 4 to 84 years of age. Brandon resides in California and consults nationally and internationally.

Karyne Wilner, PhD is a licensed psychologist who practices in Rhode Island and co-directs the Core Energetics Academy. An adjunct professor at Salve Regina University in the Holistic Counseling Department, she teaches mental health professionals and students. In the past, she was Assistant Director of The Institute of Core Energetics, Associate Director of Core Energetics in Australia, and Senior Director of Core Energetics in Brazil. Her current interest is writing about what the body communicates about the personality and its connection to sexuality and love.

Hiroki Yamaji is a professor and the director of the Research Division of the National Center for University Entrance Examinations, Japan. He received a B.L. (Bachelor of Law) and an M.A. in Education from the University of Tokyo, and a Ph.D. in somatic psychology from the Chicago School of Professional Psychology.

Alycia Scott Zollinger is an energy healer, teacher, and performing artist known for her powerful ability to manifest and facilitate sacred space for personal change and creative growth. She has studied the interconnection between mind, body, and spirit for the last twenty years as a movement practitioner and experiential researcher of body-psychotherapy. In her workshops and private practice, Alycia offers compassionate guidance to those who wish to release old limiting patterns and become more empowered through intentional bodymind movement, breath, and ritual. Alycia holds a Masters of Art from the School of the Art Institute of Chicago and is a Certified Yoga Teacher with over 2,000 hours of training. She has taught yoga, movement integration, and cathartic practices since 1999. She is currently in the last year of the Certification program at the Seattle School of Body-Psychotherapy. She lives in Seattle with her husband and their six-year old son.