

## CURRICULUM VITAE

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and  
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### Education:

1996 PhD Temple University Graduate School of Education  
Psychoeducational Processes  
Dissertation Advisor: Dr. Mel Silberman

1978 MSW University of Pennsylvania School of Social Work

1976 BA George Washington University

### Training:

1978-1981 Family Institute of Philadelphia, Philadelphia, PA

1994 EMDR Level I

1998 EMDR Level II

### License & Certification:

PA Licensed Clinical Social Worker #CW012242  
Board Certified Clinical Social Worker #28588  
EMDR Certification  
Family Institute of Philadelphia  
American Association of Marriage & Family Therapy

### Professional Boards & Associations:

2005-present A Chance To Heal Foundation  
Co-chair of Professional Advisory Council  
An organization established to prevent the incidence and reduce the impact of eating disorders, and promote the importance of positive body image by educating and influencing parents, young people, educators and healthcare professionals.

### Professional Positions:

2006-present [www.SelfMatters.org](http://www.SelfMatters.org) Co-Founded  
A Website Dedicated to Strengthening Healthy Self-Esteem

- 2004-present Inside/Outside Self-Discovery Program: An Eating Disorder Prevention Program  
Project Director and Co-Founder
- 1986-present Private Practice, Philadelphia, PA  
Provide Individual, Couple, Family and Group Psychotherapy  
Lead Weekend Workshops and Provide Educational Seminars  
Expertise in Trauma, Eating Disorders, and Self-Esteem Issues
- 1986-1993 Clinical Consultant, Renfrew Center, Philadelphia, PA  
Lead Group Therapy & Supervised Staff on Trauma and Sexuality Issues
- 1980-1986 Staff, Family Service of Philadelphia, Philadelphia, PA  
Provided psychotherapy to a wide range of clients.  
Led group therapy and professional seminars

#### **Research Funding Information:**

- 1985 Principal Investigator  
*Project RAP (clinical program for male spouse abusers)*  
William Penn Foundation
- 2004-2007 Principal Investigator  
Inside Outside/Self Discovery Program  
A self-esteem based eating disorder curriculum for middle school girls  
Miles Family Foundation

#### **Newspapers , Magazines & Blogs**

- Dec 2011 Huffington Post  
Step Into the New Year by Activating the Voice of Your Inner Coach  
[http://www.huffingtonpost.com/jane-shure/new-year-inner-coach\\_b\\_1145913.html](http://www.huffingtonpost.com/jane-shure/new-year-inner-coach_b_1145913.html)
- Dec 2011 Main Line Times  
Therapists tell how to conquer eating disorders  
[http://www.mainlinemedianews.com/articles/2011/11/22/main\\_line\\_times/life/doc4ecc6cee09874858716127.txt](http://www.mainlinemedianews.com/articles/2011/11/22/main_line_times/life/doc4ecc6cee09874858716127.txt)
- Dec 2011 Jewish Exponent  
Experts Gather to Combat Rise in Eating Disorders Among Teens  
[http://file:///C:/Users/Jane/AppData/Local/Temp/Experts\\_Gather\\_to\\_Combat\\_Rise\\_in%5B1%5D-2.htm](http://file:///C:/Users/Jane/AppData/Local/Temp/Experts_Gather_to_Combat_Rise_in%5B1%5D-2.htm)
- Dec 2011 Times Examiner  
More Disease & Illness  
[http://m.examiner.com/exPhiladelphia/db\\_130909/contentdetail.htm?contentguid=4F13uqq&detailindex=0&pn=0&ps=3&full=true#display](http://m.examiner.com/exPhiladelphia/db_130909/contentdetail.htm?contentguid=4F13uqq&detailindex=0&pn=0&ps=3&full=true#display)
- Dec 2011 Huffington Post  
Peggy Orenstein on Girls Trying to Look Grown Up and Adults Trying to Look Girlish  
[http://www.huffingtonpost.com/jane-shure/peggy-orenstein-on-girls-\\_b\\_1117834.html](http://www.huffingtonpost.com/jane-shure/peggy-orenstein-on-girls-_b_1117834.html)
- Oct 2011 Huffington Post  
Leadership Advice: Just Be Yourself

[http://www.huffingtonpost.com/jane-shure/leadership-advice\\_b\\_1029695.html](http://www.huffingtonpost.com/jane-shure/leadership-advice_b_1029695.html)

- July 2011      Huffington Post  
Betty Ford Inspires Resilient Leadership  
[http://www.huffingtonpost.com/jane-shure/betty-ford-inspires-resil\\_b\\_894238.html](http://www.huffingtonpost.com/jane-shure/betty-ford-inspires-resil_b_894238.html)
- July 2011      Huffington Post  
What If There Was No Pressure?  
[http://www.huffingtonpost.com/jane-shure/womens-world-cup-2011\\_b\\_897904.html](http://www.huffingtonpost.com/jane-shure/womens-world-cup-2011_b_897904.html)
- Feb 2011      Huffington Post  
Advancing Eating Disorders as a Public Health Concern  
[http://www.huffingtonpost.com/jane-shure/advancing-eating-disorder\\_b\\_827071.html](http://www.huffingtonpost.com/jane-shure/advancing-eating-disorder_b_827071.html)
- Feb 2011      Huffington Post  
Why You Shouldn't Follow Amy Chua's Parenting Advice  
[http://www.huffingtonpost.com/jane-shure/why-you-shouldnt-follow-a\\_b\\_816543.html](http://www.huffingtonpost.com/jane-shure/why-you-shouldnt-follow-a_b_816543.html)
- Jan 2011      Huffington Post  
Black Swan & the Harm in Perfectionism  
[http://www.huffingtonpost.com/jane-shure/natalie-portmans-black-sw\\_b\\_807152.html](http://www.huffingtonpost.com/jane-shure/natalie-portmans-black-sw_b_807152.html)
- Dec 2010      Banishing Body-Shame  
<http://blogs.psychcentral.com/weightless/2010/12/banishing-body-shame-an-extreme-form-of-negative-body-image/>
- Dec 2010      Quietening the Inner Critic, Building Emotional Resilience  
<http://blogs.psychcentral.com/weightless/2010/12/quieting-the-inner-critic-building-emotional-resilience/>
- Nov 2010      Huffington Post  
What Makes Body Acceptance Risky Business
- Nov 2010      Power, Ambition, Money, Failure: The 21st Century Taboos  
[http://www.huffingtonpost.com/kathryn-kolbert/power-ambition-money-fail\\_b\\_780623.html](http://www.huffingtonpost.com/kathryn-kolbert/power-ambition-money-fail_b_780623.html)
- Oct 2010      Huffington Post  
Talking Back to the Critical Voice Inside
- Sept 2010      Huffington Post  
Lessons from My Life as a Fat Kid
- Aug 2010      Good Housekeeping  
How to Stop Beating Yourself up, Putting Yourself Down, & Selling Yourself Short
- Aug 2010      Huffington Post  
Reflections on the Doctor Patient Hierarchy in Psychotherapy

June 2010      Huffington Post  
American Liberty: Gratitude For The Freedoms We Take For Granted

June 2010      Huffington Post  
Shaping Anxiety for the Sexes: Spanx for Men

April 2010      Philadelphia Inquirer  
Living a play in an unintentional way

April 2010      Huffington Post  
The Dieting Dilemma: Oprah Finally Gets It

March 2010      Huffington Post  
Don't Hesitate To Tell Your Daughter She's Beautiful

Feb 2010        Huffington Post  
Tigers Gives A Shout Out For Realness & Psychotherapy

Jan 2010        Huffington Post  
Yet Again The Media Sells Us Ridiculous Standards of Beauty

Nov 2009        Huffington Post  
Palin's Magnetic Field

Nov 2009        Family Circle  
Like Mother Like Daughter  
[http://achancetoheal.org/downloads/FamilyCircle\\_091101.pdf](http://achancetoheal.org/downloads/FamilyCircle_091101.pdf)

Oct 2009        Huffington Post  
The Hypocrisy of David Letterman

Sept 2009       Huffington Post  
Women's Dislike of Michelle Obama Reveals Middle School Mentality

July 2009        Huffington Post  
To Regulate or Not Regulate Yoga Teacher Training

July 2009        Huffington Post  
Palin Leaves the Pool

June 2009        O The Oprah Magazine  
The End of Empty Nest Syndrome

June 2009        Huffington Post  
Lessons Learned from Michael Jackson

May 2009        Huffington Post  
The Women Who Are There For Us When Our Mothers Are Gone

April 2009       Huffington Post  
The "I'm Right, You're Wrong" Dynamic

Feb 2009        The Washington Post  
An Innocent Word Can Be a Heavy Burden

Dec 2008	Huffington Post The Tyranny of Perfection
Nov 2008	MetroKids Body Wise
Oct 2008	Family Circle Why Kids Are So Competitive -- and How Parents Can Teach Fairness
Sept/Oct	The Power of Shame Yoga Living
July 2008	Philadelphia Inquirer
May 2008	Huffington Post Propaganda Within the Mind
Feb 2008	Huffington Post Comparing Ourselves to Others
Dec 2007	Huffington Post Musings from Two Therapists
May 2007	Main Line Today Inside Out
May 2000	Top Docs for Women
Jan 1990	Behavior Today Eating Disorders Linked to Sexual Abuse
1981-present	Philadelphia Inquirer Professional comments and interviews

**Radio and Television:**

Dec 2011	<a href="http://abclocal.go.com/wpvi/story?section=news/health&amp;id=8457405&amp;rss=rss-ipad-wpvi-article-8457405">http://abclocal.go.com/wpvi/story?section=news/health&amp;id=8457405&amp;rss=rss-ipad-wpvi-article-8457405</a> ABC News
March 2011	Relationship we have with our Bodies as we Age WHYY Voices in the Family
Feb 2010	Plastic Surgery Obsessions CBS 3 Talk Philly
March 2009	Eating Disorders WHYY Voices in the Family
May 2007	CN8 Newsmakers Philadelphia, PA
March 2007	Sexualization of Girls

WHYY Voices in the Family

May 2006      When Adult Children Come Home To Live  
WHYY Radio Times

**Publications:**

*Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter*, co-editor with Margo Maine & Bill Davis, 2009, NY: Routledge.

“Shame, Compassion, and the Journey to Health,” with Beth Weinstock in *Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter*, co-editor with Margo Maine & Bill Davis, 2009, NY: Routledge.

*Inside/Outside Self-Discovery for Teens: Strategies to Promote Resilience, Relationships, & Positive Body Image* with Helene Walker and Sarah Barrett, Santa Cruz: ToucanEd, 2009.

*The Role of Shame in Eating Disorders*, Eating Disorders Today, Spring 2005, Vol 3 #2

*The Body As A Shame Container*, with Beth Weinstock The Renfrew Center CD volume 1: Fostering Body Mind Integration 2005

*The Body As A Shame Container*, with Beth Weinstock, The Renfrew Center Working Papers 2002

*Shame in the Treatment of Eating Disorders*, The Renfrew Center Perspective, Spring 1989

**Presentations:**

Dec 2011      Healing from Eating Disorders  
Kaiserman Jewish Y

Nov 2011      Calm Your Inner Critic & Quiet Your Anxious Mind  
Kripalu Center

Oct 2011      Calm Your Inner Critic  
The Athena Leadership Lab at Barnard College

Oct 2011      Calm Your Inner Critic  
ING

Sept 2011      Calm Your Inner Critic  
Drexel University Nurse Educators

Sept 2011      Talk Back at Theater  
Sylvia Act II Theater

July 2011      Calm Your Inner Critic  
Federally Employed Women’s 2011 National Training Program

May 2011      Working with Shame Dynamics in the Therapeutic Relationship  
MEDA, Inc.

April 2011	Calm Your Inner Critic The Athena Leadership Lab at Barnard College
March 2011	Talk Back after Theater Pride of Parnell Street ACT II Theater
Mar 2011	Calm the Inner Critic & Quiet the Anxious Mind Association of Women in Psychology
Feb 2011	ParentTalk Springside School
Feb 2011	Calm Your Inner Critic & Quiet Your Anxious Mind St Raphaela Retreat Center
Nov 2010	Healing From an Eating Disorder Jewish Community Center of South Jersey
Nov 2010	The Subtle Dynamics of Shame in the Treatment Relationship Renfrew Center 20 <sup>th</sup> Annual Conference
Oct 2010	Calm Your Inner Critic & Calm Your Anxious Mind Kripalu Center for Yoga & Health
Oct 2010	How the Quest for Being a “Perfect” Parent Harms Teens A Chance to Heal BodyTalk III
Oct 2010	NEDA – National Eating Disorders Association Inside/Outside Self-Discovery for Teens: Creative Curriculum for Eating Disorder Prevention
Sept 2010	Calm Your Inner Critic The Athena Leadership Lab at Barnard College
June 2010	Facilitator Training for ParentTalk A Chance to Heal
June 2010	ParentTalk Morgan Lewis / A Chance to Heal
June 2010	Calm Your Inner Critic Athena Center for Leadership Studies @Barnard College
April 2010	Discussion about play <i>Fat Pig</i> by Neil Labrute Theatre Horizon
April 2010	Body Image & Self-Esteem in Teens Stern High School
April 2010	Expanding Our View of Body Image Germantown Friends’ School Essentially English Program
April 2010	Training on Body Image Issues in College Students for Peer Awareness Facilitators Haverford College

March 2010	Calm Your Inner Critic & Quiet Your Anxious Mind Selfmatters Philadelphia
Jan 2010	Calm Your Inner Critic & Quiet Your Anxious Mind Selfmatters Philadelphia
Jan 2010	Helping Teens Navigate the Body Image Conundrum Mishkan Shalom Synagogue
Dec 2009	Strengthening Self-Esteem, Resilience & Body Image in Adolescents Lorman Educational Services Teleconference/Webinar
Dec 2009	Strengthening Self-Esteem & Body-Esteem in our Youth with Media Literacy 7 <sup>th</sup> Annual Women's Way Women & Influence Conference Confident Girls, Courageous Women
	How to Best Empower Developing Girls 7 <sup>th</sup> Annual Women's Way Women & Influence Conference Confident Girls, Courageous Women
Nov 2009	Wired For Connection: How Empathy, Shame & Vulnerability Affect Helping & Healing 19 <sup>th</sup> Annual Renfrew Center Foundation Conference for Professionals
Oct 2009	Quiet Your Inner Critic & Calm Your Anxious Mind Kripalu Center, Stockbridge, MA
Oct 2009	ParentTalk A Chance to Heal Foundation
June 2009	Eating Disorders for Graduate Students Chestnut Hill College
June 2009	Zaftig Women in a Barbie Doll Culture Renfrew Center Conference
May 2009	ParentTalk Saligman Middle School
April 2009	ParentTalk Springside School
February 2009	BodyTalk II Educating Teens & Tweens in a Body Conscious World A Chance to Heal Foundation and Germantown Friends School
February 2009	Promoting Positive Body Image & Self-Esteem in 6 <sup>th</sup> Graders Germantown Friends School
December 2008	ParentTalk A Chance to Heal Foundation
November 2008	Calming the Inner Critic 18 <sup>th</sup> Annual Renfrew Center Foundation Conference for Professionals
October 2008	Calm Your Inner Critic Kripalu Center, Stockbridge, MA

October 2008 The Connection Between a Healthy Mind and a Healthy Body  
Cigna Foundation Thought Leadership Forum on Mind/Body Wellness

October 2008 Empowering Couples to Manage the Impact of Eating Disorders  
Council for Relationships Treating Couples Conference

May 2008 Eating Disorders 101 for Physicians  
Chestnut Hill Hospital

February 2008 Calm Your Inner Critic  
Transformations Holistic Learning Center

February 2008 ParentTalk  
A Chance to Heal Foundation

January 2008 ParentTalk  
A Chance to Heal Foundation

December 2007 Eating Disorders 101 for Nursing Students  
Abington Memorial Hospital Dixon School of Nursing

November 2007 Accumulated Wisdom and the Treatment of Eating Disorders  
The Renfrew Center Annual Conference

November 2007 Calming Your Inner Critic  
Kripalu Center, Stockbridge, MA

October 2007 Calming Your Inner Critic  
Transformations Learning Center, Voorhees, NJ

April, 2007 Your Body/Your Self: Making Peace with Food, Body Image and Weight  
Bryn Mawr, PA

February 2007 Calming Your Inner Critic  
Bryn Mawr, PA

February 2007 *No Body's Perfect: Our Relationship to Self-Esteem, Body Image & Disordered Eating*  
Aetna Women Executives

January 2007 *Shifting Perspectives on Body Image and Self-Esteem*  
Moderate Panel for Shifting Perspectives on Women's Body Image  
Gershman Y, Philadelphia

November 2006 Calming Your Inner Critic  
Kripalu Center, Stockbridge, MA

October 2006 Calm Your Inner Critic  
Family Institute of Philadelphia

October 2006 Decoding the Language of Eating Disorders  
Grand Rounds for Abington Hospital, Abington, PA

June 2-4, 2006 Your Body/Your Self: Getting Free From Struggles With Food, Body Image & Weight  
Kripalu Center, Stockbridge, MA

April 2006 Decoding the Language of Eating Disorders

Grand Rounds for Holy Redeemer Hospital, Huntington Valley, PA

- November 2005 Body Image and Self-Esteem  
Germantown Friends School Upper School Students
- Sept 2005 Clinical Treatment with Eating Disorders and Trauma  
PA Society for Clinical Social Workers Coffee & Conversation
- May 2005 How the Media Influences Self-Esteem and Body-Esteem  
Agnes Irwin School Middle School Students
- April 2005 Working with Countertransference in Treatment  
The Third Edna S. Tuttleman Symposium on Jewish Women  
Jewish Family & Children's Services of Greater Philadelphia
- April 2005 Challenges to Feeling Good About Ourselves & Our Bodies  
Germantown Friends School Middle School Assembly
- November 2004 Notes of a Mid Life Feminist Therapist: How Practicing Therapy Changes the Therapist  
The Renfrew Annual Conference
- November 2002 The Power of Positive Experience for Healing  
The Renfrew Center Annual Conference
- October 2002 Mothers & Daughters: How Messages About Body Image Are Transmitted  
The Integrity of the Body, The First Edna S. Tuttleman Symposium on Jewish Women  
Jewish Family & Children's Services of Greater Philadelphia
- June 2001 Working with Trauma in Eating Disorder Treatment  
In-service Training Program for the Renfrew Center, Philadelphia
- November 1999 Transforming the Negative Power of Shame  
The Renfrew Center Annual Conference
- August 1999 Transforming Eating Obsessions: Healing the Wounds  
Kripalu Center, Stockbridge, MA
- November 1998 Feminist-Oriented Therapy in the 1990's: Reminders of What Heals & Nurtures Growth  
The Renfrew Center Annual Conference
- July 1998 June Getting Free from the Shadow of Shame  
The Omega Institute, Rhinebeck, NY
- July 1993-  
July 1997 Overcoming Eating Obsessions: Healing the Wounds  
The Omega Institute, Rhinebeck, NY
- May 1998 Zaftig Women in a Barbie Doll Culture  
Food, Body Image and Judaism Conference Philadelphia, PA
- August 1998 Transforming Eating Obsessions: Healing the Wounds  
Kripalu Center, Stockbridge, MA
- Winter 1997 Getting Free From the Shadow of Shame  
One Day Workshop, Orianna Center, Philadelphia, PA
- November 1997 Eating Disorders: Critical Strategies for Prevention & Intervention

Staff Training for Montgomery County, PA Intermediate Unit

- November 1997 Eat Your Heart Out: Disordered Eating, Shame Theory and Treatment Strategies  
Professional Psychotherapy Seminars, Foundation of NYSPA, Binghamton, NY
- November 1996 Body Image, the Media and Women's Struggle for Self-Esteem  
Har Zion Temple, Penn Valley, PA
- November 1995 Eat Your Heart Out: Shame, Trauma and Eating Disorders  
4th Annual Conference on Advances in Treating Survivors of Sexual Abuse  
Albuquerque, New Mexico
- November 1994 Eat Your Heart Out: Shame, Trauma and Eating Disorders  
3<sup>rd</sup> Annual Conference on Advances in Treating Survivors of Sexual Abuse  
Baltimore, MD
- May 1994 Eating Disorders: Abuse and Shame: Exploring the Connections  
Renfrew Foundation Seminar Series, Chicago, Illinois
- May 1994 Overcoming Eating Obsessions: Healing the Wounds  
A Weekend Workshop for Women, Bryn Mawr, PA
- 1994 Your Heart Out: Treating Women with Eating Disorders  
Bryn Mawr College Graduate School of Social Work and Social Research
- 1994 Eat Your Heart Out  
St. Cloud State University Educational Conferences  
St. Cloud, MN
- June 1993 Eating Disorders: Abuse and Shame: Exploring the Connections  
Renfrew Foundation Seminar Series, Boston, MA
- April 1993 Team Building and Staff Training around Issues of Sexual Abuse  
The Renfrew Center Coconut Creek, Florida
- February 1993 Abused Women in the Jewish Community  
Keynote Address for Hadassah Conference Philadelphia, PA
- November 1992 Eat Your Heart Out: Shame, Eating Disorders & Family Taught Abuse  
In-Service Training for Jewish Family & Children's Services
- November 1992 Eat Your Heart Out: Eating Disorders, Shame and Family Taught Abuse  
The Renfrew Center Annual Conference

**School Consultations:**

1994-present: Lectures and workshops with students, faculty, administrators, and parents on a wide range of issues including girls' development, parenting skills, promoting self-esteem and body-esteem, eating disorder prevention, and media literacy: the impact of the culture on children's development.

**Representative School Consultations:**

Agnes Irwin School\*  
Springside School\*  
Friends Select School  
Baldwin School\*  
Episcopal Academy  
Germantown Friends School\*  
Abington Friends School  
Germantown Academy

\* indicates more than one consultation