

CURRICULUM VITAE

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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 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 and Magazines:

- 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 Huffinton 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
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:

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:

- 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 *Fat Pig* 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
7th Annual Women's Way Women & Influence Conference Confident Girls, Courageous Women
- How to Best Empower Developing Girls
7th Annual Women's Way Women & Influence Conference Confident Girls, Courageous Women
- Nov 2009 Wired For Connection: How Empathy, Shame & Vulnerability Affect Helping & Healing
19th 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 th Graders Germantown Friends School
December 2008	ParentTalk A Chance to Heal Foundation
November 2008	Calming the Inner Critic 18 th 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
3rd 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*
- Friends Select School
- Baldwin School
- Episcopal Academy
- Germantown Friends School*
- Abington Friends School
- Germantown Academy

* indicates more than one consultation