# Education

**M.S.W.** **University of Vermont, 1995**. Graduate Teaching Fellowship. GPA: 3.8

**B.A.** **University of Massachusetts, 1985**. Major: English. Academic Honors: Phi Beta Kappa, Commonwealth Scholar, University Honors Program, Scholastic Achievement Award, Summa Cum Laude

# Experience

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| * Private Practice, Washington County: Providing counseling services to children, families, couples, groups, and individuals |  | 2008-Present |
| * Private Practice, Rutland Area: Providing counseling services to children, families, couples, groups, and individuals |  | 2004-2011 |
| * School Based Clinician, Washington County Mental Health: Initiated programs in four schools; provided counseling services, case management, and behavioral consultation for students K-12 in Washington West Supervisory Union |  | 1999-2004 |
| * Clinical Social Worker, Vermont Children’s Aid Society, Rutland, VT: Provided counseling and case management services to foster and adoptive families; co-founded and facilitated Inter-Racial Family Groups; founded Vermont Children’s Aid Office in Bennington, VT. |  | 1995-1999 |

# Publications/Presentations

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| * Co-authored Contesting Boundaries in Social Work Education, a monograph exploring “A Liberatory Approach to Cooperative Learning and Teaching” |  | 1999 |
| * Presentations for educators, providers, and parents on attachment disorder and attachment therapy |  | 1998-Present |
| * Presentations and workshops for educators, providers, and parents on the use of yoga in treating trauma, anxiety, and depression |  | 2010-Present |

# Research Experience

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| * Graduate Research and Teaching Assistant, University of Vermont |  | 1992-1994 |
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# Teaching Experience

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| * Upper Valley Teacher Training Program, Middle and High School English |  | 1990 |
| * Sexual Abuse Prevention Groups for children |  | 1996 |
| * Supervised MSW Intern from UVM |  | 1998-1999 |
| * Supervised MSW Intern from UVM |  | 2002-2003 |
| * Training Health Professionals and Yoga Teachers |  | 2017-Present |
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# Professional Development

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| * Training in Attachment Therapy with Dan Hughes |  | 1998-2000 |
| * Yoga Teacher Training, Kripalu |  | 2009 |
| * 220 CEUs specializing in trauma and attachment |  | As of 2019 |

# Affiliations/Memberships

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| * National Association of Social Workers |  | 1998-Present |
| * Yogis Alliance |  | 2015-Present |

# Interests

Gardening

Creative Writing

Drawing and Painting

Yoga

X-Country Skiing, Cycling, and Hiking

# Experience

Social Work Intern, Hospital Social Work, Gifford Medical Center, Randolph, Vermont

Social Work Intern, Parent/Child Center of Addison County, Middlebury, Vermont

Co-founded and served on the boards of: Yale Divinity School Daycare, 1986-87; Magic Mountain Daycare, South Royalton, VT, 1987-1991