

Education

NEW YORK UNIVERSITY, New York, NY

Ph.D. in Research and Theory Development in Nursing

Dissertation:

Relationship between a Mother's Ego Strength, Sophistication of Body Concept, and Accuracy of Her Perception of Her Child's Developmental Behavior

NEW YORK UNIVERSITY, New York, NY

A.M. in Parent Child Nursing/Curriculum Development and Instruction

ST. JOHN'S UNIVERSITY, Brooklyn, NY

B.S. with a Major in Nursing with a Minor in Philosophy

ST. MARY'S HOSPITAL SCHOOL OF NURSING, Brooklyn, NY

Registered Nurse Diploma

Honors

New York University Founders Day Award for Excellence in Scholarly Achievement

New York University Distinguished Alumni Award

College of Mount Saint Vincent Honorary Doctor of Humane Letters

Sigma Theta Tau, National Nursing Honor Society, Eta Sigma Chapter Leadership Award

Lawrence Home Care of Westchester, 75th Anniversary Award for Leadership

Federal Grant Full Tuition Scholarships for Master and Doctorate Programs

Catholic Hospitals of Brooklyn Full Tuition Scholarship for Baccalaureate Study

Kappa Delta Pi, National Education Honor Society

Pi Lambda Theta, Honor Society for Women in Education

Licensure

Licensed Marriage and Family Therapist, New York State

Certified Family Therapist, National Credentialing Academy for Certified Family Therapists

Board Certified Clinical Specialist in Psychiatric Mental Health, American Nurses Association

Registered Professional Nurse, New York State

Certified Somatic Experiencing Touch Training for Psychotherapists, Foundation for Human Enrichment

Certified Somatic Experiencing Practitioner, Foundation for Human Enrichment

Certified Counselor, National Council on Alcoholism and other Addictions

Certified Sex Educator and Counselor, American Association of Sex Educators, Counselors, and Therapists

Certified Core Energetics Teacher and Supervisor, Institute for Core Energetics

Certified Core Energetics Therapist, Institute for Core Energetics

Certified Biodynamic Craniosacral Therapist

Institute Training

International Advanced Training Program in Schema Therapy

Biodynamic Craniosacral Training with Franklyn Sills

Foundation for Human Enrichment, Touch Training for Psychotherapists

Foundation for Human Enrichment, Training in Somatic Experiencing

Center for Family Learning, Clinical Associate Advanced Training Program

Nathan Ackerman Institute, Family Therapy Program

Dr. Ray Castellino, Pre and Perinatal Trauma Program

National Council on Alcoholism and Other Drug Addictions, Alcoholism and Other Drug Addictions Counseling

Foundation for Human Potential, Mythology and World Religions, Jean Houston, Director

Institute for Core Energetics, Advanced Training in Teaching Core Energetics,

Clinical Experience

Private Practice, Bronxville, NY (1975 to present)

Psychotherapist - Individual, Couples, and Family Therapy

Foundation for Human Enrichment, Boulder, CO (1993 to present)

Somatic Experiencing Trauma Therapist

Individual and Group Consultant, US, , Hong Kong

Assistant Faculty to All Three Levels of Training

Center for Family Learning (1978 to 1990)

Staff Family Therapist, Faculty, and Supervisor

Cornell New York Hospital, White Plains, NY (1984 to 1988)

Clinical Supervisor and Instructor

Academic Affiliations

The Chicago School of Professional Psychology, Doctoral Committee, Impact of Informed Touch on Bulimia
Santa Barbara Graduate Institute, Santa Barbara, CA

Visiting Research Faculty and Chair, Doctoral Dissertation in Somatic Psychology in a Qualitative Study on Mind/Body Aspects of Couples Conflict

College of Mount Saint Vincent, Riverdale, NY

Tenured Full Professor/Founding Director, Nursing Program

- Secured grants from US Public Health Services Bureau of Health Resources to develop an innovative baccalaureate nursing program. Designed a health-oriented curriculum focused on individual, family, and community health from conception through death, which stressed evidence-based practice, nursing identity, counseling, nursing theory, and research.
- Collaborated with the Manhattan College School of Business to develop and implement a combined Nursing/Business Masters Program for nursing administrators, gerontology clinical specialists, and mental health clinical specialists.
- Directed a project to develop a systematic interdisciplinary summer program to facilitate college achievement of academically disadvantaged students, funded by the College of Mount Saint Vincent Faculty Affairs Committee.

New York University, New York, NY

Tenured Associate Professor, Master and Doctoral Program

Dean's Council, Steinhardt School of Culture, Education, and Human Development

Co-Director, Graduate Program

- Instrumental in developing a Masters Program in the Group Care and Education of Infants and Toddlers, funded through grants from the Lilly Foundation and the National Institute on Mental Health. Designed and evaluated core curricula for early childhood, nursing, nutrition, and psychology majors.

Albert Einstein College of Medicine, Bronx, NY

Faculty and Steering Committee, Gerontology and Neurology Project

- Played a key role in the design of an interdisciplinary curriculum in geriatrics and gerontology for medical and nursing students.
- Co-researcher on a project funded by the National Institute on Aging and the National Institute of Health on characterization of treatment of agitation in dementia patients.

Consulting Experience

Albert Einstein College of Medicine, Consultant on Joint Clinical Education Programs
Albert Einstein College of Medicine, Curriculum Consultant Geriatrics
Albert Einstein College of Medicine, Dementia Project, Resnick Gerontology Center
Albert Einstein College of Medicine, Teaching-Nursing Home
American Association of Nurse Practitioners, Consultant on Family Assessment and Intervention
Berkeley Institute, Family Consultant to Administration, Faculty, Parents
C.W. Post Department of Nursing, Faculty Consultant on Family
Calvary Hospital, Consultant to Multiple Disciplines on Working with Dying Patients and Their Families
Center for Family Learning, Curriculum Consultant
Center for Family Learning, Curriculum Consultant Training Program in Couples and Family Therapy
Center for Professional Ethics, Manhattan College, Health Care and Ethics
Conde Nast Publications, Consultant Men's Health
Cornell University School of Nursing, Consultant on Family Intervention
Cornell University, School of Nursing, Family Consultant
Farmingdale School District, Curriculum Consultant Sex Education in Schools
Foundation for Human Enrichment, Curriculum Committee for Trauma Training Program/Manual
Lawrence Hospital, Consultant Staff Relations
Lehman College, City University of New York, Curriculum Consultant Graduate Program
Marist College, Consultant Strategic Planning for Health Programs
New York City Department of Education Bureau of Health and Physical Education, Community Family Living
New York City Department of Education, Citywide Health Advisory Council
New York City Department of Education, Consultant to Peer Group Program for High School Students
New York Foundling Hospital, Staff Interpersonal Relations
New York Foundling Hospital, Consultant Family Intervention
Our Lady of Mercy Medical Center, Consultant Staff Relations and Community Health Care
Pace University, Curriculum Consultant
Putnam School District, Consultant Impact of Illness/Hospitalization on School Aged Children
University of Alabama School of Nursing, Faculty and Student Consultant
University of Vermont Medical Center, Curriculum Consultant Heart-Lung Program
US Association for Body Psychotherapy, Development of 5- and 10-year Strategic
Westchester Medical Center, Nursing Service and Education Advisory Council

Professional Affiliations

Fellow, American Academy of Nursing
International Society for Schema Therapy
Clinical Member, American Association of Marriage and Family Therapy
Non-Governmental Associate Delegate, United Nations
Governing Board, Lawrence Hospital Center
Founding Chair, Lawrence Home Care of Westchester Fund Board
Vice Chair, Lawrence Community Health Services
Chair, Home Nursing Association of Westchester Fund Board
Governing Board, Our Lady of Mercy Medical Center
Hospital Board, Westchester Medical Center
Founding Vice President, US Association for Body Psychotherapy
Board Member, US Association for Body Psychotherapy

Co-Editor, Journal of the US Association for Body Psychotherapy
International Advisory Panel, International Journal of Body Movement and Dance in Psychotherapy
Advisory Board, Journal of Professional Nursing, American Association of Colleges of Nursing
Editorial Board, Journal of Professional Nursing
Education Work Group, National Commission on Nursing Implementation Project
President, Deans and Directors of Nursing Service and Education of Greater New York
Professional Advisory Council on Continuing Education, Cornell New York Hospital
Board of Consultants, Center for Professional Ethics, Manhattan College/College of Mount Saint Vincent
Institutional Review Board, Manhattan College
Steering Committee and Research Evaluation Committee, Albert Einstein College of Medicine
Board of Directors, Dominican Sisters Family Health Services
Advisory Board, Calvary Hospital
Governmental Committee for Maternal-Child Health, American Association of Colleges of Nursing
Executive Board, Hudson Valley Nursing Research and Education Advisory Council

Research Presentations

Qualitative Research in Body Psychotherapy, USABP Conference, Berkeley, CA, June 2000.

Research Possibilities in Core Energetics Conference, June 1997.

Impact of Death on the Family System, American Orthopsychiatry Association Convention, Washington, DC, March 1987.

Impact of Death on the Family System, Annual Nursing Research Conference, Albert Einstein College of Medicine and Montefiore Medical Center, April 1987.

Impact of Death on the Family System, 2nd Annual Nursing Research Day, Exploration of Alternative Nursing Methodologies in Research Design V.A. Hospital, Northport, NY, March 1986.

Critique of Research Document "Essentials of University Education for Nursing" funded by PEW Foundation, American Association of Colleges of Nursing, March, 1987.

Changes in Attitudes of Nursing and Medical Students Following an Interdisciplinary Gerontology Project, Research Day, College of Mount Saint Vincent, Riverdale, NY, April, 1982.

Critique of Research Study by Lois Welches "Sexual Behavior of Adolescent Girls and Perceived Relationships with Parents," Sigma Theta Tau, Spring Research Day, New York University, New York, NY, March 1980.

The Family, Neglected Component in Health Care: A Unifying Focus for Nursing Research, Sigma Theta Tau, Boston University, Fourth Annual Research Day, Newton, MA, November 1977.

The Relationship Between a Mother's Ego Strength, Sophistication of Body Concept, and the Accuracy of Her Perception of Her Child's Developmental Behavior, Third Annual Council of Nurse Researchers Meeting, Hollywood, FL, August 1975.

The Relationship Between a Mother's Ego Strength, Sophistication of Body Concept, and the Accuracy of Her Perception of Her Child's Developmental Behavior, Sigma Theta Tau, Upsilon Chapter, New York University, New York, NY, March 1974.

PUBLICATIONS

Books

2x2 on the Ark: Decoding Your Love Map; Five Secrets for a Successful Relationship (in publication)

Book Chapters

Defining Moments Between Boundaries and Within Space (2013). In S. Prengel and L. Sommerstein,

Defining moments for Therapists

Couples and Body Therapy (2001). In B.J. Brothers (Ed.) *Grounding in Couples Core Energetic Therapy* (pp. 17-25). London, NY: The Haworth Press.

Nursing Strategies with Alcohol and Drug Problems in the Family (1992). In *Project SAEN, Substance Abuse Education in Nursing* (pp.1-43). Washington, DC: National Institute Drug and Alcohol Abuse.

Culture and Ethnicity (1985). In J. Haber (Ed.) *Comprehensive Psychiatric Nursing* (3rd ed., pp. 125-147.) New York: McGraw Hill.

A Family Systems Approach to Management and Administration (1982). In Olson and Markoff (Eds.) *Inventory of Marriage and Family Literature* (vol. 8, pp. 78-82). London: Sage Publications.

The Therapist and Burnout (1982). In Olson and Markoff (Eds.) *Inventory of Marriage and Family: Literature* (vol. 8, London: Sage Publications

Demystifying Adolescent Behavior (1982). In B. Spradley (Ed.) *Readings in Community Health* (2nd ed., pp. 289-293). Boston: Little, Brown and Co.

Family Assessment (1981). In J.A. Fox (Ed.) *Primary Health Care of the Young* (pp. 9-13). New York: McGraw. Hill Co.

Dynamics of Family Interaction: Confrontation with Cancer (1981). In R. Bouchard-Kurtz and N. Owens (Eds.) *Nursing Care of the Cancer Patient* (4th ed., pp. 9-13). St Louis: CV Mosby Co.

Demystifying Adolescent Behavior (1978). In B. Hafen (Ed.) *Adolescent Health* (pp. 103-109). Salt Lake City: Brighton Publishing.

Family Therapy a Therapeutic Vehicle for All Families (1975). In *Building for the Future* (pp.23-32). Kansas City: American Nurses Association.

Nurses and Patients in Crisis (1971). In *Social Revolution: Nursing Evolution* (pp 26-38) New York: Kellogg Foundation Press.

The Effect of Pregnancy and Childbirth on Family Psychodynamics (1971). In *Monographs on Current Concepts in Clinical Nursing* . New York: Kellogg Foundation Press.

Two Points of View: Dropouts as Teachers and Dropouts as Students. In *Education Synopsis* (pp. 82-89). New York: New York University Press.

Articles

The Crowded Therapy Room, *Somatic Psychotherapy Today*, (Winter, 2012) 2 (3), pp 30-34

We've Come Full Circle, *Somatic Psychotherapy Today*, (Spring, 2012), 2 (2), pp. 15-18

Interview With Peter Levine, PhD, winner of USABP Lifetime Achievement Award, *Keeping in Touch*, 10/10

What it Takes to be a Board Member (2008). *Keeping in Touch*, 32, pp. 1, 9, 12 (cover story).

Body Psychotherapists Responding to Global Crises (2007). *Keeping in Touch*, 29, pp. 1, 8, 11 (cover story).

Grounding in Couples Core Energetic Therapy (2001). *Journal of Couples Therapy*, 10(2), 10-17.

Couples Energetic Fields (2000). *Energy and Consciousness*, 9, 34-39.

The Family Energetic Field (1999). *Energy and Consciousness*, 7, 25- 34.

Reflections on Altruism and the Practice of Nursing (1987). *Journal of Professional Nursing* 3(1), 1-2.

Culture and Depression: Interface of the Individual, Family, and Community (1984). *The Family*, 11(1),

Culture, Family Values, and the Individual (1983). *The Family* 10(2), 128-138.

The Middle Phase of Therapy: An Exploration of the Depth Dimension (1982). *The Family*, 10(1), 40-48.

The Therapist and Burnout (1981). *The Family*, 9(1), 25-30.

Humanistic Nursing in a Technological Society (1980). *The Journal of the New York State Nurses Association*, 11(1), 17-22.

Demystifying Adolescent Behavior (1976). *Social Work in Health Care, Journal of Medical and Psychiatric Social Work*

Demystifying Adolescent Behavior (1976). *Journal of the American Dental Assistants Association*, 45(2), 16-20.

Demystifying Adolescent Behavior (1975). *American Journal of Nursing*, 75(10), 1724-1728.

Counseling Adolescents (1973). *New York State School Nurse Teachers Journal*.

Book Reviews

Book Review of P. Levine's *In an Unspoken Voice, how the Body Releases Trauma and Restores Goodness*, (2010) *Keeping in Touch*, October, 2010

Book review of T. Moore's *Care of the Soul: a Guide for Cultivating Depth and Sacredness in Everyday Life* (1983). *Addictions Nursing Network*, 5(2), 67.

Best Books of the Year, Pediatrics. *American Journal of nursing*

Book review of *Child Health Maintenance* (1980). *American Journal of Nursing*, 80(6), 1201.

Book review of *Current Practices in Pediatric Nursing* (1976). *Nursing Outlook*, 24(2), 81.

Book review of *Comprehensive Pediatric Nursing* (1975). *Nursing Outlook*, 23(11),

Proceedings

Biological Couples Therapy (2005). *The Body of Life: Body Psychotherapy in the Real World Proceedings of the United States Association for Body Psychotherapy 4th National Conference*.

Creative Approaches to Teaching Science of Unitary Human Beings (1984). *A Futuristic View of Human Development and Theory, Proceedings of the National Rogerian Conference*.

Dynamics of Family interaction: Confrontation with Cancer (1977). *American Cancer Society, Proceedings of the Third Annual Conference on Cancer Nursing*.

Outreach: the Non-traditional Family Network (1977). *The Spirit of Families in 76, Proceedings of the Ninth Annual Clinical Sessions, NYU School of Education, Health, Nursing and Arts Professions*.

New Health Practitioners in the Institutional Setting: an Introduction (1975). *The Bronx Health Manpower Consortium, Proceedings of the Symposium on New Health Practitioners in Primary Care*.