KATHRYN SHAFER Ph.D., LCSW, ACSW, CAP, E-RYT500, EMDR Certified and EMDRIA Approved Consultant and Trainer, Certified in Brainspotting and Approved Consultant, I AM™ Yoga Nidra Certified, Gottman Level 3 Couples Therapist, & Yoga Fun™ Therapist

Summary of Credentials

For over four decades, Dr. Kathryn Shafer has been known for her work as a licensed psychotherapist, certified addiction professional, certified EMDR Practitioner and EMDRIA-Approved consultant, Certified Brainspotting therapist and Consultant, author, professor, and corporate consultant providing wellness retreats. At her private practice in Jupiter, Florida, she integrates The FUN™ Program, her cognitive behavioral program with the individual, relationship, and family, and group therapy to help persons and families impacted by addiction, trauma, domestic violence, eating disorders, suicide, chronic health, family drama, and stress related disorders (immune disorders, inflammation). The various formats she uses with her clients, can including 3-hour and weekend intensives to facilitate healing beyond the traditional 50-minute session. Additionally, she is certified trauma expert, a certified yoga therapist, and certified in LifeForce™ Yoga and in the I AM™ Yoga Nidra method. Dr. Kathy conducts monthly group psychotherapy sessions for women, men, and a co-ed recovery for behavioral addictions (alcohol, drugs, gambling, codependency, eating disorders), and Yoga Nidra classes live and virtually. Dr. Kathy is a Level 3 Gottman Method Couples Therapist and uses this approach in her work with couples and relationship issues. Her diverse expertise integrates conventional psychotherapy with mindfulness, somatic, and self-regulation practices such as yoga nidra, mental imagery, dream analysis and breathwork. Dr. Kathy is the author of **Fun™ Program**: A comprehensive lifestyle management guide based on her first book: ***Asthma Free in 21 Days: The Breakthrough Mindbody Healing Program*** **(2000)** outlining her integrative self-healing journey from asthma and trauma (hit by a drunk driver while running). Her 2nd book ***Falling Awake: The Fun ™ Guide to Integrating EMDR, Brainspotting, and Yoga Nidra for Trauma and Selfl-Regulation*** **(2025)** going beyond that journey, reinventing her life after Stage 3 Breast Cancer, and as she gracefully ages.

Dr. Shafer has presented at over 40 conferences internationally including as a key-note speaker, and has appeared on numerous radio and television programs to discuss diverse topics pertaining to mental health: relationships, substance abuse, and healing from chronic health conditions (asthma, cancer, PTSD). She conducts corporate workshops, and provides supervision and consultation for therapists seeking licensure or advanced clinical application of various therapies to obtain certification in EMDR, and Brainspotting.

When she graduated from New York University (MSW/BSW), Dr. Kathy was among a team of professionals creating the first residential treatment center for addiction in New York City called Stuyvesant Square at Beth Israel Medical Center. After her residency in Manhattan, she completed her doctorate at Barry University in Miami, Florida designing an international substance abuse training during the collapse of the Soviet Union, in Russia and the Ukraine. Her additional consulting abroad includes a Spanish immersion and addiction program in Costa Rica, and integrating somatic therapies at an addiction center in Nicaragua (restorative yoga for adults). She completed her Asthanga Yoga Teacher Training in Mysore, India.

Retained or court appointed, Dr. Shafer is also a forensic psychotherapist and trained in Family Supreme Court Mediation. As such she is qualified to provide expert testimony and conduct evaluations on competency, aging, legal issues pertaining to arrests under the influence, child custody, parental alienation. She provides interventions for families attempting to admit a loved one in addiction treatment and can assist with initiating the Marchman and Baker Acts, and provides mandated DUI therapy for probation requirements. Her professional experiences and personal journey lay the foundation for her ability to relate to and address a myriad of concerns impacting all age groups in diverse settings.

KATHRYN C. SHAFER Ph.D., ACSW, LCSW, CAP, E-RYT500
Limitless Potentials.
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Jupiter, FL 33477
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EDUCATION
Ph.D. 1994 - Barry University, Miami, FL
Dissertation: International Substance Abuse Curricula: Experiences Training Professionals in Russia & The Ukraine

M.S.W. 1983 - New York University, New York, NY
Internships: Long Island College Hospital, Alcoholism Outpatient Program, Brooklyn, NY;
City University of New York, Office of Student Affairs
Resident Fellowship Awards, 1981-1983

B.S.W. 1981 - New York University, New York, NY
Internships: E. Bronx Council on Aging;
Brookdale Hospital, Brooklyn, NY

STATE AND NATIONAL CERTIFICATIONS (CURRENT)
-I AM Workshop Leader Certification. A 20 hour live on-line curriculum taught by Dr. Kamini Desai 5/30-6/2/2025.
-I AM Yoga Therapy I: Touch Free Certification. A 40-hour curriculum from 3/26/-3/30/25 taught live by Dr. Kamini Desai with I Am Education in Ocala, Florida.
-Certified Court Appointed Family Mediator for the Supreme Court of Florida #43193F, Awarded December 13, 2024.
-Certified Rollologist #401 5/8/2024
-Certified Brainspotting Consultant 1/23/2024
-Certified Brainspotting Therapist 6/20/22
-Amrit I AM Yoga Nidra™ Approved Facilitator, July 22, 2021, Yoga Nidra III, 2025
-EMDRIA Approved Consultant and Trainer, June, 2020
-EMDRIA Certified Therapist (EMDR), November 30, 2017
-International Association of Yoga Therapists Certified Yoga Therapist (E-RYT500). Awarded August 1, 2016-current.
-EMDR Therapy Basic Training Level 1 & 2, 2015.
-American Institute for Mental Imagery, New York City (two year training intensive), 1995
-Certified Yoga Instructor-500RYT; Yoga Alliance, April, 2010.
-Alcohol, Tobacco, and Other Drugs Certification, by The National Association of Social Workers, 2000
-Certified Child Psychotherapist, Play Therapy Therapist, and
Certified Play Therapy Supervisor by The International Board
Examiners of Certified Play Therapists, 1998.
-Certified Alcohol and Drug Counselor, 1991
-Certified Practitioner of Eriksonian Hypnosis, 1991
-Licensed Clinical Social Worker (Florida), LCSW# 2276, April 18, 1989

PROFESSIONAL ACTIVITIES
-Certified Addiction Professional (Florida), 1989
-Academy of Certified Social Workers, 1987
-Certified Alcoholism Counselor (New York), 1985
-Certified Master Social Worker (New York), 1983

1988-current LIMITLESS POTENTIALS, Jupiter, Florida
Private Practice, Psychotherapist (addiction/mental health/trauma), Interventionist, Certified EMDR practitioner and EMDRIA-Approved Consultant, Certified Brainspotting Clinician and Approved

Consultant, and Certified I Am Yoga Nidra practitioner. She created and owns the trademark to YogaFun™ and the FUN™ program, her cognitive behavioral – talk therapy approach she integrates with the individual, family, couples, and group therapies offered at her private practice. In addition to the psychotherapy services she offers, she is an educator, author, presenter at conferences, and Life Coach.. She is a consultant to private agencies for staff development, and continuing education for licensure. As a Qualified Supervisor in the State of Florida she provides consultation and education for psychotherapists seeking licensure, and for therapists completing their EMDR and Brainspotting basic training, and continuing on for certification.

2020-2022 Futures Residential Treatment Center. Tequesta, Florida. Per Diem therapist. Provide private individual EMDR sessions for adult residential clients with complex trauma and addiction, and pain control. Conduct didactic lectures and experiential group activities for adults in residential addiction and mental health treatment. Topics include mindfulness, relapse prevention, family dynamics, psychoeducation, and EMDR for pain.

2003-2022 Genesis Treatment Center, Lake Worth, FL
Continuing Education for Staff, Consultant.

2011-2015 Sandy Pines Psychiatric Hospital. Tequesta,
Florida. Movement-Yoga Therapist for Children and teens with special needs.

2007-2014 Jupiter High School, Adult Continuing Education, Yoga Instructor.

2011- 2015 Centro de Especialades en Adicciones (CEA),
Nicaragua. Addiction Treatment, Consultant.

2008-2011 SYNERGY GROUP SERVICES, Palm Beach Gardens,
Florida; Eating Disorder Specialist and Consultant.

2006-2010 Hanley Center, Inc., West Palm Beach. Instructor, Addiction Professional Training Program; Yoga Instructor-Older Adult Program & Butterfly House.

2003-2015 Gratitude House, West Palm Beach, FL, Advisor to Board, Past Board President, past Yoga Instructor.

PROFESSIONAL ACTIVITIES (CONTINUED)
1999-2001 BEHAVIORAL HEALTH OF THE PALM BEACHES
Lake Worth, Florida, Director of Social Work Interns.

1999-2000 WESTERN COUNTY MENTAL HEALTH CENTER
Belle Glade, Florida, Consultant PANDA Program

1998-1999 COMPREHENSIVE ALCOHOLISM REHABILITATION (CARP)
PROGRAMS, INC. West Palm Beach, FL, Assistant Clinical Director, Quality Assurance Director.

1995-1998 COLUMBIA HOSPITAL, West Palm Beach, FL. Consultant, and Director of Social Work

1990-1995 CREATIVE POTENTIALS, INC., Lake Park, Florida. President, Non-Profit Mental Health Center.

1991 PALM BEACH INSTITUTE ADDICTION CENTER, West Palm Beach, FL. Specialist for Imagery and Relaxation Techniques.

1988-1990 CENTER FOR FAMILY SERVICES. West Palm Beach, Florida Contract Clinician.

1988 JUVENILE DETENTION CENTER. Palm Beach County, FL, Evaluator for Addictions.

1984-1988 BETH ISRAEL MEDICAL CENTER, New York, NY. Stuyvesant Square Chemical Dependency Program-Aftercare Supervisor (Trainer and Director of Fifty Evening Support Groups and Staff).

1985-1987 NEW YORK UNIVERSITY, New York, NY. Student Housing Department-Consultant and Residence Director.

1984 ST. VINCENT'S HOSPITAL, New York, NY. Alcoholism Counselor-Psychiatric Department.

1984 CITY HOSPITAL AT ELMHURST, Queens, NY. Social Worker-Alcoholism Outpatient Clinic

1981-1982 ADVOCATES FOR CHILDREN, INC. Long Island City, New York-Consultant and Researcher for attorney.

POST GRADUATE TRAINING

Attachment-Focused EMDR Workshop and Consultation with Dr. Laura Parnell: Healing Relational Trauma and Adults Abused in Childhood. Live 15 hour Webinar: August 20-22. 2025.

POST GRADUATE TRAININGS (CONTINUED)

Brainspotting Master Class with Dr. David Grand March 7-9, 2025. An interactive live webinar (22 hours) doing case consultation and role play of sessions with clients.

Yoga Nidra for Kids/Pre-Teens/and Teens: Certified Facilitator led by Dr. Kamini Desai at I AM Education. This interactive live webinar included 35 verified curriculum hours during 1/30-2/08/2025.

Brainspotting Phase 5: An interactive live webinar (22 hours) with Dr. David Grand on New Advanced Frames incorporating the Neuroexperiential Model of Brainspotting. February 2-4. 2025.

Brainspotting Step-by-Step with Dr. David Grand: Integrating the Neuroexperiential Model for Rapid Trauma Healing. An 8 hour live interactive webinar completed October 29, 2024.

Florida Supreme Court Certified Family Mediation Training with Kevin C. Lunsford. A live 5-day on-line course April 10-14, 2024.

EMDR 2.0: Enhancing EMDR Therapy. Live 8 Hour Webinar with Ad De Jongh, Ph.D. and Suzy Matthussen, Ph.D. March 29, 2024.

Navigating Choice Points in EMDR Therapy-2024 Insights from Experts. A live 2-day webinar with Roger Solomon, Ph.D. and Doleres Mosquera, MA, March 15-16, 2024.

Brainspotting Phase 3-refresher. A Live 3-Day Zoom Training course learning advanced methods of the Neuroexperiential Model with founder Dr. David Grand, March 1-3, 2024.

Learning to Feel Good Sharing Positive Emotion: The Positive Affect Tolerance Protocol. A 3-hour live webinar conducted by Andrew Leeds, Ph.D completed November 18, 2023.

Polyvagal Informed Therapy Master Class with Deb Dana, LCSW: with special Guest Stephen Porges, Ph.D. A 5-hour self-study course completed October 26, 2023.

EMDR 2.0: An Enhanced Version of EMDR Therapy. A 6-hour on demand webinar taught by Ad de Jongh, Ph.D. and Suzy Matthijssen, Ph.D. completed August 29, 2023.

Deeper EMDR and Ego State Interventions: An Advanced live 12-hour Course taught by Robin Shapiro August 19-20, 2023.

EMDR Therapy to Treat Substance Abuse and Addiction with Michael Hause. Live on-line 6-hour webinar 10/28/22. Sponsored by EMDR Advanced Continuing Education Provider.

Treating Adult Clients of Emotionally Immature Parents: How your clients can reclaim their lives from the toxic legacy of controlling, rejecting, or self-involved parents. Self-Study with Lindsay Gibson completed 6-hour on line course March 28, 2022.

POST GRADUATE TRAININGS (CONTINUED)

Integrating Ego State Interventions Into Your Clinical Practice. Live on-line 12 Hour webinar February 25-26, 2022 presented by Robin Shapiro, LCSW.

Brainspotting for Addictions-"BSP Narrative Therapy with the 2 BSP Crocodile Set-Ups". October 14-16, 2022. Live webinar with Dr. Roby Abeles and Mariya Javed-Payne.

EMDR & Parts Work for Treating Complex Trauma: Somatic Techniques to Decrease Defensiveness and Facilitate Trauma Processing. Live 8 hour webinar with Dr. Arielle Schwartz. February 14, 2022.

Brainspotting Phase 4. A 3 Day Live Zoom Training course learning advanced set ups (Dreamspotting, Body Spotting, Expansion Model Z-Axis) with founder Dr. David Grand, December 3-5, 2021.

I AM Yoga Nidra™ Advanced Live Zoom Training Course with Dr. Kamini Desai and John Vosler. This 50 hour training curriculum course took place 10/4-10/2021.

Brainspotting Phase 3. A 3 Day Live Zoom Training course learning advanced set ups with founder Dr. David Grand, August 13-15, 2021.

I AM Yoga Nidra™ Professional Training live online Zoom with John Vosler. This 100 hour curriculum course took place 7/12-7/18/21.

I AM Yoga Nidra™ Online Immersion Course with Dr. Kamini Desai. www.amrityoga.org Completed 6/21/21.

Brainspotting Phase 2. A 3 Day Live zoom training course learning advanced set ups. Led by Chris Ranck, Ph.D. & Cynthia Schwartzberg, LCSW, May 14-16, 2021.

Easy Ego State Interventions. A 2 Day Live Online Workshop with Robin Shapiro, MSW, LICSW, February 14-15, 2021.

Brainspotting Phase 1 Foundational Training. Completed 3 day zoom training course in the fundamentals of Brain Spotting and how to use with diverse clients and settings. Led by Lisa Larson, LMFT, January 29-31, 2021.

iRest® Level 1 Yoga Nidra Meditation Training. Completed the 27.5 hour teacher training led by Dr. Richard Miller & Stephanie Lopez. Completed December 12, 2020.

Gottman Level 3 Advanced Practicum Training. A 3-day workshop held in Miami Lakes, FL sponsored by National Marriage Seminars. Led by Dr, Vagdevi Meunier, March 6-8, 2020.

Asheville Yoga Center 5-Day Yoga Nidra Intensive: Reduce Pain, Trauma and Stress led by Indu Arora, February 26-March 1, 2020.

POST GRADUATE TRAININGS (CONTINUED)

Gottman Method Level 2 Couples Therapy Clinical Training. A 3-day workshop held in Miami, FL sponsored by National Marriage Seminars. Led by Dr. William Bumberg & Dr. Don Allen, December 13-15, 2019.

Gottman Method Level 1 Couples Therapy Clinical Training. A 12 credit hour course held in Orlando, FL sponsored by National Marriage Seminars. Led by Chris Cambas, LMFT, CGT, Juner 21-22, 2019.

EMDR and the Treatment of Substance and Behavioral Addictions led by Hope Payson, LCSW and Kate Becker, LCSW sponsored by Windermere Counseling and St. Luke's Community Center. This 13 hour EMDRIA approved training was in Orlando, FL, 2/1 & 2/1/2019.

Mindful Resilience For Trauma Recovery Yoga Teacher Training. A 15 hour training led by the Veterans Yoga Project at the Veterans Hospital in St. Louis, MO. October 5-7, 2018.

Internal Family Systems (IFS). A Two Day Live Intensive Webinar with Richard Schwartz, Ph.D. by PESI. August 29-30, 2018.

Psychology of the Chakras: A live 7-Day Intensive with Anodea Judith, Ph.D. & Selene Vega, Ph.D., LMT. Kripalu Center for Yoga and Health. Stockbridge, MA. August 3-10, 2018.

EMDR-R-TEP/G-TEP Training with Elan Shapiro & Reg Morrow in Naples, FL. January 12—13, 2018.

Himalayan Institute Faculty: Kathryn Templeton, Ayurvedic Practitioner. Utilizing yoga practices according to temperament (mood imbalance), and adjust for seasonal and stage of life changes. January – September, 2016, Certified Ayurvedic Yoga Specialist (120 hours completed).

Yoga for Cancer Teacher Training with Tari Prinster (Y4C Method). At Kripalu Center for Yoga and Health. For certified yoga instructors to understand the unique challenges of teaching yoga for those touched by Cancer. July 10-15, 2016

EMDR Resourcing for advanced clinicians. A day long CE training with Philp Manfield at Hunter College, NY, NY April 9th, 2016.

DBT Basic Training-16 hours sponsored by Sandy Pines Hospital, Tequesta, FL (September 22-23, 2015).

EMDR Therapy Basic Training Level 1 & 2 (EMDRIA approved, 20 hours of didactic, 20 hours of practicum, and 10 hours of consultation completed). Sponsored by Hineni, New York, NY: June-October, 2015. Instructor: Gina Colelli, LCSW, EMDRIA Approved Trainer.

Relax and Renew Trainer. Successfully completed 25 hours of restorative yoga study, training, and supervision with Judith Lasater, Miami, FL. January 2014.

POST GRADUATE TRAININGS (CONTINUED)

Kripalu in the Schools Teacher Training, June 28-July 5, 2013; Kripalu Center for Yoga and Health, Lennox, MA.

Radiant Child Immersion Program Levels 1 & 2 (20 hours), April 12-14, 2013;& Level 3 May, 2013, Delray Beach, FL.

Yoga for Children with ADHD, Autism, and Differently-Abled Children by Radiant Child Yoga (20 hours) with Shakta Kaur Khalsa at Karma Kids Yoga, New York, NY: February 22-24, 2013.

Addictive Behaviors: Professional Specialty Training. An eight day course in yogic science for breaking addictive habits according to Yogi Bhajan. Hacienda De Guru Ram Das Ashram. Haceinda, New Mexico: March 16-24, 2012.

Treating the Addictions. A 14 hour continuing education course sponsored by The Harvard Medical School, Boston, MA: March 9-10, 2012.

The Joy of Living Meditation 4 Day Retreat. Tibetan Master Mingyur Rinpoche presents the key points of practice led by Tim Olmstead. Kripalu, Stockbridge, MA: March 4-7, 2011.

Radiant Health: A Weekend Retreat for Women, combined with a weeklong Restorative Yoga Teacher Training. Led by Master Kripalu Instructor Sudha Carolyn Lundeen. Kripalu, Stockbridge, MA: February 25-March 4, 2011.

LifeForce Yoga Practitioner-Level 2. Yoga for Depression.
Six day Training in Tuscon, AZ; May 12-18th, 2011.

International Symposium on Yoga Research. Presented by The Kripalu International Association of Yoga Therapy and Institute for Extraordinary Living. Kripalu, Stockbridge, MA: September 23-25, 2011.

Thai Yoga Bodywork Foundation Course led by Jonas Westring.
Kripalu, Stockbridge, MA: September 25-30, 2011.

LifeForce Yoga Practitioner-Level One. Yoga for Depression, led by founder Amy Weintraub. Six day training at Sivananda Ashram, Bahamas, April, 2010.

Yoga of Recovery, 10 day training (100 hours). Sivananda Ashram Nassau, Bahamas. Led by Durga Leela. January – February, 2010.

Yoga of the Heart Cardiac & Cancer Certification Training with Nischala Joy Devi at The Kripalu Center for Yoga & Health. Over 85 hours of training in the specific application of yoga for clients with cardiac, cancer and other life threatening diseases, specifically in applied Asana, Pranayama, Imagery, Meditation, Deep Relaxation Techniques, Teaching Methodology, and Anatomy & Physiology. July 30-August 9, 2009.

POST GRADUATE TRAININGS (CONTINUED)

EMDR and Somatic Psychotherapy. A 32 hour update for health Professionals. Kripalu, Lenox, MA: September 16-19, 2010.

IAYT Symposium on Yoga Research at the Himalayan Institute, Honesdale, PA. Presented by the International Association of Yoga Therapists, October 1-3, 2010.

Yoga for Depression: Lifeforce Yoga Healing Institute. A 40 hour certification program for Level One. Sponsored by Sivananda Ashram, Nassau, Bahamas. April 1-6, 2010.

Forrest Yoga: 35 Hours of Continuing Education for Yoga Teachers with Ana Forrest. Sponsored by Generations Yoga-Willmette, IL; September, 2009.

Yoga for Anxiety and Depression: Yoga as Medicine, 6 Hour Intensive. May 18, 2009, in conjunction with six day Yoga Journal Conference at the Hilton Midtown, New York City.

Meditation and Psychotherapy: Cultivating Compassion and Wisdom with His Holiness the 14th Dalai Lama, Tenzin Gyatso. Harvard Medical School Continuing Education, Boston, MA: May 1-2, 2009; Boston Park Plaza Hotel.

Buddhist Psychology for the West & the Art and Science of Meditation. Omega Institute for Holistic Studies. October 10-11, 2008; New York City.

Yoga Teacher Training – Completing 500 Hour Teacher Training. Completed 200 hour certification as required by Yoga Alliance.

Completed Levels 1-5 (plus retrains) with Yogafit. Also with 3 week intensive in Mysore, India (11/2008), Yoga for Prenatal and Postpartum Women, Yoga for Golf and Tennis, Yoga Lean, Yoga for Seniors (2004-2009).

Eye Movement Desensitization and Reprocessing (EMDR) - Level I (3-day intensive, Tampa, FL, 2002.

Brief Family Therapy Center, Milwaukee, Wisconsin Advanced Supervision Seminar in Solution-Focused Therapy (4-day intensive), 1999

National Association of Social Workers, Inc. Florida Chapter (16 hour) Clinical Supervision Course, West Palm Beach, 1999.

Harvard Medical School Clinical Training in Mind/Body Medicine (44-hour training course), 1997

Boston University Alcohol and Drug Curriculum Development Summer Institute, 1995

PROFESSIONAL MEMBERSHIPS

-EMDRIA-The International Association of Eye Movement Desensitization and Reprocessing. For licensed clinicians who have completed the required supervision and training to be recognized internationally.
-Yoga Alliance
-The Florida Mental Health Association
-Council on Social Work Education
-National Association of Social Workers
-The International Association of Yoga Therapists
-Journal of Social Work Practice in The Addictions, review board member, (2001-2008).
-Board President, Gratitude House 2006-2008. Board member (September 2001-2008).
-Member, Hanley-Hazelden Advisory Committee, Older Adult Prevention Program (September, 2002-2003).
-Director of Research, International Traumatology Institute, University of S. Florida (October, 2001-2005).
-Hanley Hazelden: Education Advisory Team (December, 1995-2005).
-Continuing Education Chair, Gulfstream Unit, National Association of Social Workers, Florida State Chapter (August, 1994 – March, 2000

MEDIA RECOGNITION

Cancer journey gave Jupiter therapist new perspective. An interview by Steve Dorfman about how Dr. Shafer coped with the Cancer journey and the impact on her practice and clients. The Palm Beach Post (10/22/19).

Spirituality and Addiction. Invited guest on Recovery hour WBZT AM 1230 Radio, July 23, 2005.

Natural Health, November/December, 2000.

Having FUN with Asthma; highlights the FUN program described in Dr. Shafer's book. Spirituality and Health, Fall, 2000.

Beyond Steroids: New Treatment for Asthma. An article written by Maya Muir about Dr. Shafer's personal story in her recovery from asthma, and the use of imagery as a clinician. Alternative and Complementary Therapies, October, 1998.

Women's Hidden Health Epidemic: Do you have asthma and not even know it? An interview written by Michael Castleman to include Dr. Easing Your Asthma: three effective ways to stop an attack and six powerful strategies to prevent one. An article to include
excerpts from Dr. Shafer's book and from her personal story and the use of alternative approaches such as imagery to heal her asthma. New Woman, September, 1997.

Imagery Helps Runner Go for Her Dream: Special feature on Channel 12 News in West Palm Beach, Florida to discuss how trauma and life threatening accident did not distract her from preparing for the New York Marathon (8/12/96).

ACADEMIC APPOINTMENTS

2014-2019 Adjunct Professor, Indian River State College, Stuart Campus.
Course: Group Dynamics, HUS 1200, Fall 2014, 2018, 2019

ACADEMIC APPOINTMENTS (CONTINUED)

Course: Introduction to Drugs of Abuse, HUS 1400, Spring 2019.
Course: Introduction to Techniques of Interviewing and Intervention, HUS 1540 207009, Fall 2016, 2017
Course: Family Relations, SYG1430 184825, Spring 2015
1995-2015 Adjunct Professor, Barry University, School of Social Work, Palm Beach Gardens Campus.
Course: Introduction to Trauma and Resiliency, SW569/W1 and SW 569/W2 Spring 2015.
Course: Field Education Skills Lab, SW537, Fall 2013
Course: Social Work Practice With the Addictions, SW 527, Spring, 2011
Course: Psychopathology SW651, Fall 1995, 1996, Spring 1996, 1997, Miami Gardens Campus.
Course: Social Work and Substance Abuse SW527, Spring and Fall, 1995; Spring, 1996, Miami Gardens Campus.

Course: Clinical Practice with Individuals and Families II SW621,Team Teacher: Summer 1991, Miami Gardens Campus.

2001-2005 Assistant Professor, University of South Florida, School of Social Work, Tampa.
Course: SOW 4930-901/6931-901, Fall 2003, Individual Growth and Development Theory
Course: SOW 6114-Spring 2003, Spring 2004, Spirituality in Social Work Practice
Course: SOW 3102-Fall 2001, Spring 2002, Fall 2002, Fall 2003, Spring 2004, Fall 2004, Introduction to Addictive Behavior
Course: SOW 6931-Spring 2002, Introduction to Social Work
Course: International Perspectives in Addiction Treatment: Exploring What Works Across Cultures SOW 4930/6931, Study Abroad Program, Costa Rica, Summer 2004
Course: SOW 6362, Individual, Family, and Group, Treatment II: A Psychosocial Perspective Substance Abuse and the Older Adult,
Fall 2000-2003 Adjunct Faculty, Nova Southeastern University, North Miami, FL Masters of Substance Abuse Counseling and Education, Distance Learning Program.
Course: Personality Theory Fall & Winter 2000, 2001, Spring & Fall 2003

1995-2000 Adjunct Faculty, Florida Atlantic University Undergraduate School of Social Work
Courses: Research Methods in Social Work

SOW 4403-Fall 2000; Social Work and Substance Abuse

SOW 4700-Spring 1995, 1996, 1999; Fall 1998; Summer & Spring 2000; Social Welfare Policy SOW 3232, Spring 2000; Human Behavior and the Social Environment I; SOW 4101-Fall 1999 Issues in Counseling Women; SOW 4357-Summer 1998 Social Welfare Institutions, SOW 239-01-Spring 1998, Spring 1999

ACADEMIC APPOINTMENTS (CONTINUED)
1997-1998, Substitute Assistant Professor, Lehman College, The City University of NY Bronx, New York, - Department Sociology/Social Work, Research Fellowship Award 1997-98. Courses: Social Welfare Institutions SWK239-01, XH81
Courses: Social Work Practice I SWK311-02, XT-81

1993-2001 Adjunct Faculty, PALM BEACH COMMUNITY COLLEGE, /Adult Continuing Education Department, West Palm Beach, FL
Courses: Interpreting the DSM-IV, Spring 1998
Mind/Body Medicine and the Relaxation Response; Spring 1998
Psychopharmacology and the DSM-IV: Clinical Challenges for the Non-Psychiatrist. Stress Management and Illness, Summer 1996, Spring 1997.
Chemical Dependency and the Law, Summer 1996.

1993-2001 Adjunct Faculty, PALM BEACH COMMUNITY COLLEGE, /Adult Continuing Education Department, West Palm Beach, FL
Courses: Relapse Prevention, Spring 1996.
Group Treatment for Substance Abusers, Spring 1993.

RESEARCH/DEMONSTRATION/PROJECT FUNDING
2003-2004 Type: Collaborative Research Grant
$ 8,500 Source: University of S. Florida
Purpose: Evaluation of Rape Crisis Program in Clearwater, Florida

2002-2004 Type: Researcher
$ 5000 Source: Hanley-Hazelden
Purpose: Evaluate substance abuse prevention project aimed at older adults.

1997-1998 Type: Research Fellow Recipient
$ 5000 Source: New York State Addiction Center (OASAP)
Purpose: Evaluate Effectiveness of Integrating Substance Abuse Content in the Social Work Curriculum

PUBLICATIONS
BOOKS
Shafer, K. (January, 2025). Falling Awake: The Fun™ Guide to EMDR, Brainspotting, and Yoga Nidra for Trauma and Self-Regulation. Singing Dragon Publisher.

Shafer, K. & Greenfield, F. (2000, 2002). Asthma Free in 21 Days: The Breakthrough Mindbody Healing Program, Harper-Collins Publisher, March 2000; paperback St. Marten's Press, 2002.

CHAPTERS IN BOOKS
Shafer, K. & Smock, S.(2014). Language of Solutions: Working with Mandated Substance Abusing Clients. Chapter in Clinical Work with Substance Abusing Clients-2nd Edition, NY: Guilford Press. Edited by Lala Ashenberg Straussner.
CHAPTERS IN BOOKS-Continued
Shafer, K., (2010). Dis-ease Free: First Session
Exercise. In Nelson, T.S. (Ed). Doing Something Different: Solution Focused Brief Therapy Practices (29-33). NY:

Routledge.

Berg,I. & Shafer, K. (August, 2004). Language of Solutions: Working with Mandated Substance Abusing Clients. Chapter in Clinical Work with Substance Abusing Clients-2nd Edition, NY: Guilford Press. Edited by Lala Ashenberg Straussner.

Shafer, K. (2002).Russia. In Substance Abuse: A Global View,
A. Cherry, M. Dillon, & D. Rugh, Editors; Westport, CT:
Greenwood Press.

Kagan, H. & Shafer, K. (2001). Russian Substance Abusers in Transition: New Country, Old Problems. Chapter co-authored in Ethnocultural Factors in Substance Abuse Treatment, L. Straussner, Editor; NY: Guilford Press, 2001.

REFEREED JOURNAL PUBLICATIONS

Shafer, K. (2005). The Disease Concept and Solution Focused Therapy: Difference in Action. In Education and Training in Solution-Focused Brief Therapy & The Journal of Family Psychotherapy, co published simultaneously, Nelson, T. S (Ed.). Special issue on clinical exercises. NY: Haworth Press.

Shafer, K (2005). The Disease Concept and SFT: Difference in Action. Journal of Family Psychotherapy: The Official Journal of the International Family Therapy Association, 16 (1-2), 75-78.

Shafer, K. (Fall/Winter, 2004). Book Review: The Tobacco Dependence Treatment Handbook. Written by David Abrams, Raymond Niaura, Richard Brown, Karen Emmons, Michael Goldstein, and Peter Monti. Journal of Social Work Practice in the Addictions,
4 (3),115-116.

Shafer, K. (October-December, 2004). Trauma and the substance abusing older adult: Innovative Questions for Accurate Assessment. Journal of Loss and Trauma, 9(2), 345-356.

Shafer, K, Kiebzak, L, Dwoskin, J. (Fall, 2003) Coaching: A New Role for Addiction Social Workers? A Dialogue for Special Topics. Journal in Social Work Practice in the Addictions, 3(2), 105-112.

NON-REFEREED PUBLICATIONS

Shafer, K. (May/June, 2008). The Role of the Mind, Nutrition, And Fun! Boynton Beach: The Solution News.

Shafer, K. (Aril, 2008). Learn Ageless Living: Strike a Pose. Metro Woman Directory of the Palm Beaches.

NON-REFEREED PUBLICATIONS (Continued)

Waters, P. & Shafer, K. (July, 2005). Spirituality in Addiction Treatment and Recover (A two-part series). Southern Coast Beacon. A publication of The Addiction Technology Transfer Center Network, www.scattc.org.

Shafer, K. (8/16/2004). Mental imagery and healing. Retrieved from http://healing.about.com

Rank, M.; Gentry, E.; Baggerly, J.; Foijt, D.; Rodiguez, L.;Tabler, R.; Shafer, K.; Krahl, J.; Meyers, C. (Summer, 2003). Bioterrorism and Trauma Preparedness Training: Training Manual.

University of South Florida-The Global Center for Traumatology. Funding for preparing the training manual made possible by a grant from the United States Department of the Army.

Shafer, K. (November-December, 2001). 911 Wake Up Call: Imagine the Unthinkable: a Mindbody Approach for Healing. Invited to write about the traumatic event of September 11th. NASW Florida Chapter Newsletter.

Castex, G.; Freedberg, S; Holody, R.; Phillips, N.; Shafer, K. (1998). Report of the Project: Integrating Substance Abuse Content Into the Social Work Curriculum in the Lehman College Baccalaureate Social Work Program. Prepared for the New York State Addiction Technology Transfer Center.

Shafer, K. (1994). A Study of the Effectiveness of Alcohol and Drug Abuse Training for Professionals in Russia and the Ukraine. (Doctoral Dissertation, Barry University, Florida, 1994).

Journal & Book Reviewer/Referee *Journal on Social Work in the Addictions* (2001-2011).
Field Reviewer for the TIP Substance Abuse Treatment and Trauma. Center for Substance Abuse Treatment (CSAT), March, 2004.

CONFERENCE PROCEEDINGS

Shafer, K. (June 19-21, 2025). Invited as a keynote speaker to present: The Power of Qualitative Research: Making the Invisible Visible and an after session: Falling Awake: The Fun™ Guide to Integrating EMDR, Brainspotting, and Yoga Nidra for Trauma, Addiction, and Self-Regulation. At the International Association of Yoga Therapists Symposium on Yoga Therapy and Research. Atlanta, GA.

Shafer, K. (October 14-16, 2024). Abstract accepted: YogaFun™ Nidra Tools for Addiction Recovery on and off the Mat. Poster presentation for the International Association of Yoga Therapy: Symposium for Yoga Research at Kripalu in Lenox, MA. A qualitative research design was conducted to inquire about the benefits of yoga nidra for persons in treatment for addiction.

Shafer, K. (June 14, 2024). Falling Awake: The Integrative FUN™ Therapy Approach for Trauma and Addiction. Abstract accepted to present at the NASW-Florida Annual State Conference. Orlando, Florida: June 13-15, 2024.

CONFERENCE PROCEEDINGS (CONTINUED)

Shafer, K. (2022). Falling Awake: Integrating EMDR and Yoga Nidra. Abstract accepted to present at The International Association of Symposium of Yoga Therapy Research at Lincolnshire, IL June 9-12, 2022.

Shafer, K. (2021). Tools For Transformation: Integrating EMDR and Yoga Nidra. Abstract accepted to present at the 2021Virtual International Global Therapy Day. August 13-15, 2021.

Shafer, K. (2021). Living in the Post Traumatic Body: Integrating EMDR and Yoga Nidra. Abstract accepted to present at the 2021 Virtual International EMDR Canada Conference. April 16th-17th, 2021.

Shafer, K. & Tebb, S (2014). Integrating Yoga into Social Work Practice. Abstract accepted as a workshop co lead with Susan Tebb, St. Louis University, and Janet McGeachy, Canadian Society for

Social work, for the 9th North American Conference on Spirituality and Social Work at St. Thomas University, Fredericton, New Brunswick, CA; June 25-28, 2014.

Riding the Waves of Change: Integrative Mindbodyspirit Approaches for Older Adults with Addictions. Abstract accepted as a workshop co-lead with Susan Tebb, Saint Louis University; at the 39th AGHE Annual Meeting & Educational Conference Waves of Change: Charting the Course for Gerontology and Geriatrics Education: St. Petersburg, FL; February 28-March 3, 2013.

Integrative Mindbody Approaches for Older Adults and Families Dealing with Substance Abuse. Abstract accepted as a skills workshop in Aging and Gerontology (Gero-Ed) track for the Annual Program Meeting (APM) at the Council on Social Work Education (CSWE). Co-lead with Susan Tebb, Saint Louis University in Washington, DC (November 9-12, 2012).

Shafer, K. (2012). The Use of Yoga for Transforming Trauma. A Workshop Presentation accepted for The Conference on Trauma through the Life Cycle: A Strengths-Based Perspective. Co-sponsored by the NYU Silver School of Social Work & Hebrew University Jerusalem, January 9, 2012.

Shafer, K. (2007). Yoga Therapy and Mental Imagery: Healing Mindbody Dis-Ease in Aging and Addiction. Article published in the proceedings of the first conference on Yoga Therapy sponsored by the International Association of Yoga Therapists, January 18-21, 2007; Los Angeles, CA.

Trauma Free in 21 Days: Mindbody Healing for Dual Disorders. Abstract accepted to present at the NASW statewide conference June 10-12, 2004 Deerfield Beach, FL.

Self -Care During Challenging Times: The FUN Guide to Mindbody Wellness. Abstract accepted to present at the Florida Atlantic University Christine E. Lynn College of Nursing International Arts in Healing Conference, April 18, 2004.

CONFERENCE PROCEEDINGS (CONTINUED)

Aging and Addiction: Helping Older Adults Recover or Prevent Late-Onset Addiction. Abstract accepted as a paper to present at the Second National Gerontological Social Work Conference held in conjunction with the Council on Social Work Education Annual Program and the University of South Carolina Technology Conference (NGSWC #9040). Paper presented in Anaheim, CA (February 27-March 1, 2004).

Shafer, K. & Dolan, Y. (Nov. 2, 2003). Still Ageless After All These Years: Harm Reduction with Older Adults. A Solution-focused Substance Abuse Prevention Scale for Older Adults (SSAPS). Presented at the Conference on Solution Focused Practices, Loma Linda University, CA.

Trauma and the Substance Abusing Older Adult. Invited to present paper at National Aging and Addiction Conference sponsored by The Hanley Center, West Palm Beach, Florida (January 28-29, 2005).

Trauma and the Substance Abusing Older Adult: International Perspectives on Assessment. Abstract accepted to present at the International Encounter of Social Work (September 22-27, 2003); Havana, Cuba.

Still Ageless After all These Years: Harm Reduction with Older Adults. Abstract accepted to present scale at the Solution Focused Brief Therapy Conference (November 2, 2003); Loma Linda University, CA.

Dis-ease Free in 21 Days: The FUN Guide to Mindbody Wellness. Abstract accepted to present at the Society for Spirituality and Social Work: Eighth Annual Conference. The University of Texas at Austin, June 19-22, 2003.

Trauma and Addiction: A Hidden Epidemic in Older Adults. Abstract accepted to present at National Association of Social Workers Conference June 12-14, 2003, Orlando, Florida.

The Interplay of Addiction and Psychiatric Disorders in Older Adults: Implications for Social Workers. Abstract accepted for the 35th National Association of Social Workers Annual Addictions Institute at Fordham University (May 21, 2003); New York City, New York.

Trauma and the Substance Abusing Older Adult: Innovative Questions for Accurate Assessment. Abstract accepted to present at the 49th Annual Program Meeting of the Council on Social Work Education (February 27-March 2, 2003); Atlanta, Georgia.

Disease Free in 21 Days: The Mindbody Approach for Health and Well Being. Abstract accepted to present at the National Association of Social Workers statewide conference (June, 2002); Orlando, Florida.

Women and Substance Abuse. Abstract accepted for the 34th Annual Addictions Institute at Fordham University (May 22, 2002); New York, New York.

CONFERENCE PROCEEDINGS (CONTINUED)

Motivational Interviewing: An Innovative Approach with Substance Abusing Women. Abstract accepted for the NASW Annual Addiction Institute (May 16, 2001), New York City.

Compassion Fatigue: Helping the Healing Ear Maintain balance in Mind, Body, and Spirit. Abstract accepted for the 34th Annual Addictions Institute at Fordham University (May 22, 2002); New York, New York.

Beginning With the End in Mind. Abstract accepted for the 33rd Annual Addictions Institute at Fordham University (May 16, 2001); New York, New York.

Turning Play into Healing: Mind Medicine for Children. Abstract accepted to present at the International Child and Play Therapy Conference (June 19-21, 2000); Dublin, Ireland.

Leadership in the Corporate World: A Mindbody Perspective. Abstract accepted to present at the Social Work Leadership in Health Care (May 31-June 3, 2000); Orlando, Florida.

Healing Through the Mind of the Addict: An Innovative Approach for Sober Living. Abstract accepted to present at the 32nd Annual NAW Addiction Institute (May 12, 2000); New York City Chapter, New York.

Mindbody Techniques in the Treatment of Substance Abusers. National Association of Social Work Addiction Institute (May, 1999); New York City Chapter, New York.

Imagination: Creative Curriculum Development in the Age of Health Care Reform. Abstract accepted to present at the 28th International Conference of Social Welfare (July, 1998); Jerusalem, Israel.

Imagery: Healing Through the Mind of the Child. Abstract accepted to present at The 1998 World Congress on Child and Play Therapy (April, 1998); Honolulu, Hawaii.

International Substance Abuse Curricula: Challenges for Social Work Educators in Russia. Abstract accepted to present at the 3rd Conference of Caribbean and International Social Work Educators Effecting Change and Social Transformation for the 1997); Trinidad.

PRESENTATIONS/WORKSHOPS-CONDUCTED/Assisted

EMDR Training: Integrating EMDR into your Clinical Practice, a 5-day live EMDRIA approved EMDR training led by Roy Keissling. Assisted trainer as a coach for trainees to learn basics of EMDR and as an EMDRIA approved Consultant to help participants complete basic training requirement December 2022 hosted by Futures Treatment Center, Tequesta, Florida.

Brainspotting Phase 1-A Three Day on line live webinar led by Deb Antioni and Sue Pinco to learn the basics of Brainspotting. Assisted trainers as a coach. September 21-23, 2022.

PRESENTATIONS/WORKSHOPS-CONDUCTED/Assisted-Continued

EMDR Training: Integrating EMDR into your Clinical Practice, a 2 part on line EMDRIA approved EMDR webinar led by Roy Keissling. Assisted trainer as a coach for trainees to learn basics of EMDR and as an EMDRIA approved Consultant to help participants complete basic training requirements. May/June, 2022.

Annual Staff DCF Staff development & Training Update (17 Hours): Medical Errors, HIV/Aids Update, Critical Incident Debriefing, Ethics, HIPPA, Domestic Violence, Control of Aggression, Affirmative Duty Requirements and Protections of Chapter 415, F.S and Title V of the American Disability Act, Client Rights, Grievance Reporting, Incident Reporting. Genesis House Recovery Residence, Inc., May 19-20, 2022; Lake Worth, Florida.

EMDR Training: Integrating EMDR into your Clinical Practice, a 5-day Intensive. EMDRIA approved EMDR training course led by Carole Lovell. Assisted trainer as a coach for trainees to learn basics of EMDR and an EMDRIA approved Consultant to help participants complete basic training requirements. Miami Beach, FL. June 6-11, 2021

Annual Staff DCF Staff development & Training Update (17 Hours): Medical Errors, HIV/Aids Update, Critical Incident Debriefing, Ethics, HIPPA, Domestic Violence, Control of Aggression, Affirmative Duty Requirements and Protections of Chapter 415, F.S and Title V of the American Disability Act, Client Rights, Grievance Reporting, Incident Reporting. Genesis House Recovery Residence, Inc., June 3-4, 2021; Lake Worth, Florida.

Mindfulness in Recovery Treatment: The FUN™ Way For Recovery. Invited to conduct a two hour online CEU presentation co-led with Dr. Susan Tebb. Sponsored by Futures Recovery Health Center. March 26, 2021.

Celebrate Social Workers with Integrative and Complementary Approaches for Behavioral Health. Invited as Key-Note Speaker via Zoom celebrating Social Work Month. Sponsored by NASW Palm Beach Unit. March 5, 2021.

How to Motivate Unmotivated & Entitled Teens. Followed by Stress Management Tools for Middle Schoolers. One hour presentation to parents, and one hour presentation to 80 middle school children held at The Pine School in Hobe Sound, FL on November 19, 2019.

Relationships in Addicted Families: When Normal People are Impacted by Abnormal Situations. Sponsored by the Florida Chapter of NASW. This 1 CEU Workshop was held at Boca Raton Regional Hospital on November 18, 2019.

EMDR Training: Integrating EMDR into your Clinical Practice, a 5-day Intensive. EMDRIA approved EMDR training course led by Carole Lovell. Assisted trainer as a coach for trainees to learn basics of EMDR and an approved Consultant in Training to help participants complete basic training requirements. Miami, FL. November 11-15, 2019

PRESENTATIONS/WORKSHOPS CONDUCTED/Asssisted (CONTINUED)

Integrative and Complementary Approaches for Behavioral Health: Utilizing Talk, Movement, YogaFun™ , & EMDR Related Therapies. A three day comprehensive workshop hosted by Futures of Palm Beach, Jupiter, Florida (16 CE's approved #20-663241). October 11-3, 2019.

Transformations in Addiction and Trauma Treatment: EMDR Related, Yoga, and Mental Imagery. A 3 hour staff training at Futures of Palm Beach August 28th, 2019, Tequesta, FL.

Becoming Your Own Loving Parent With Yoga Nidra (1.5 hours). Experiential and didactic class for yoga students, teachers, and health care professionals on the importance of relaxation as self-care. Stillwaters Yoga, May 11, 2019; Maumee, Ohio.

Annual Staff DCF Staff development & Training Update (20 Hours): Medical Errors, HIV/Aids Update, Empowering Clients, Ethics, HIPPA, Domestic Violence, Control of Aggression, Affirmative Duty Requirements and Protections of Chapter 415, F.S and Title V of the American Disability Act, Client Rights, Grievance Reporting, Incident Reporting. Genesis House Recovery Residence, Inc., April 18 & 19th, 2019; Lake Worth, Florida.

EMDR Training: Integrating EMDR into your Clinical Practice, a 40 hour EMDRIA approved EMDR training course led by Roy Kiessling, LISW. Assisted trainer as a coach for trainees to learn basics of EMDR and an approved Consultant in Training to help participants complete basic training requirements. Faulk Center for Counseling, Boca Raton , FL. Part 1 February 8-10, & Part 2, March 22-24, 2019.

EMDR, Ayurveda, Yoga, and Somatic Therapies: A Tool Box Sampler for Clinical Practice. Hosted by Treasure Coast NASW/Florida Chapter at Allegro Senior Living, Stuart, FL, 2018.

Ethics, Domestic Violence, HIV/Aids update, Bullying, Empowerment Counseling, Anger Management, Americans with Disabilities in Substance Treatment: DCF Clinical Update

training (20 hours) for clinicians. Annual Staff development workshop for Genesis, West Palm Beach, FL (April 12-13th, 2018).

The Opiate Crisis in Palm Beach County: Task Force Presentation. The Breakers in Palm Beach, FL. Moments of Chance Conference, October 4, 2017.

LifeForce Yoga for Depression and Anxiety & Life Force Yoga Practitioner Training: Yoga for Mood Management. Assisted Amy Weintraub at Kripalu Center for Yoga & Health, Stockbridge, MA: July 1-8, 2016.

The Power of Persuasion: How to get the family on board with health and fitness goals. For Palm Beach County Employees enrolled in health incentive program. Sponsored by Karelia Corporation: August 19-20, 2013.

Yoga for Mood Management: LifeForce Yoga™ Practitioner Training with Amy Weintraub. Workshop facilitator at 30 hour Yoga Retreat in Nassau, Bahamas: February 7-11, 2013.

PRESENTATIONS/WORKSHOPS CONDUCTED/Assisted-CONTINUED

YogaFun™ for Mood Management: Somatic Therapeutics for for Addiction Professionals. Invited to present at the ICRC Conference in Minneapolis, MN (October 12-13, 2012).

Yoga Therapeutics with Substance Abusing Older Adults. Invited to present at Montreal Symposium on Therapeutic Yoga. October 20-21, 2012.

Advanced Counselling I. Addictions Training Institute at Palm Partners. A 10-hour Certified Addiction Professional training course. Delray Beach, FL (May 29, 31 & June 2nd, 2012).

Freud Gets of the Couch and on to the Mat. A two hour Virtual Yoga Conference presentation sponsored by YogaHub.com. February 8, 2012 (3:00-5:15PM).

Lifeforce Yoga Meets The Hungry Ghost: Mood Management and Addiction. Weekend Workshop co lead with Amy Weintraub at Kripalu Center for Yoga and Health. Stockbridge, MA; May 18th-20th, 2012.

Application Skills III. Addictions Training Institute at Palm Partners. A 10-hour Certified Addiction Professional training course. Delray Beach, FL (May 8, 10, 12, 2012).

Yoga for Depression Level One Training Course. A 6-Day intensive for mental health professionals. Training assistant for Amy Weintraub, Sivananda, Bahamas (April 6-12, 2012).

Ethics II. Addictions Training Institute at Palm Partners. A 10-hour Certified Addiction Professional training course. Delray Beach, FL (February 21, 23, & 25th, 2012).

Lifeforce Yoga Meets The Hungry Ghost: Mood Management and Addiction. Weekend Workshop co lead with Amy Weintraub at Kripalu Center for Yoga and Health. Stockbridge, MA; May 27th-30th, 2011.

Yoga for Depression Level One Training Course. A 6-Day intensive for mental health professionals. Training assistant for Amy Weintraub, Sivananda, Bahamas (March-April, 2010).

Ethics, Domestic Violence, HIV/Aids update, medications, supportive counseling, Anger Management, Grievances, HIV/ Aids Update: DCF Clinical Update training (20& 16 hours).

Staff development and training workshop. Genesis Treatment Center, Lake Worth, FL (April, 2011 & May/June, 2010).

Counseling 1-3: Skills, Theories, and Practice. Faculty of Addiction Professional Training Series at Hanley Center, West Palm Beach, FL. Three 16 hour courses. May-July, 2010.

Clinical Supervision-16 Hour course as required by Chapter 491 for Licensed Clinicians in Florida to be Qualified Supervisors. The Palm Beach Holistic Center June 5-6, 2009.

PRESENTATIONS/WORKSHOPS CONDUCTED (CONTINUED)

Application to Practice II. Faculty of Addiction Professional Training Series at Hanley Center, West Palm Beach, FL. A 16 hour course on assessment for Individuals, and interventions with Families (October 16-17, 2009).

Ethics, Domestic Violence, HIV/Aids update, intervention, supportive counseling, Anger Management, Americans with Disabilities in Substance Treatment: DCF Clinical Update training (16 hours) for clinicians. Staff development workshop for Genesis, West Palm Beach, FL (May 8-9, 2009).

Holistic Medicine for the 21st Century: The MindBody Connection: A 6 hour seminar on alternative and traditional approaches for physical and mental health. The Jupiter Resort (March 21, 2009).

Treatment Knowledge III. Faculty of Addiction Professional Training Series at Hanley Center, West Palm Beach, FL. Provided 16 hour course On Group Therapy (January, 2009).

Treatment Knowledge III. Faculty of Addiction Professional Training Series at Hanley Center, West Palm Beach, FL. Provided a 16 hour course instruction On Physical Aspects, Pharmacology, History of Addiction, Models of Treatment, Types of Service (June 27-28, 2008).

Holistic Healing in Addiction. Invited to lecture for the Professional Luncheon Series at Hanley Center, West Palm Beach, FL (March 7, 2008).

Yoga at Work. Guest lecturer at retreat for The Palm Beach Gardens Hospital Administration and Department Heads about the benefits of yoga at work. (February 22, 2008).

Ethics, Domestic Violence, and HIV/Aids in Substance Treatment: An update (3 hours) for clinicians. Invited for staff development workshop at Genesis House, W. Palm Beach, FL (February 15, 2007).

Doing the Right Thing: Ethical and Moral Issues in Substance Treatment. Ethics update (2 hours) for clinicians. Invited to conduct staff development workshop for Genesis House, W. Palm Beach, FL (October 20, 2006).

Understanding the Cutting Edge: Self-Mutilation. Invited to conduct staff development workshop (2 hours) for Genesis House, W.Palm Beach, FL (November 3, 2006).

Transference: Understanding When it is About Me and Not You. Invited to conduct staff development workshop (2 hours) for Genesis House, W. Palm Beach, FL (November 10, 2006).

Golfun on the Green. Two hour workshop for golfers on the benefits of yoga for the game. Admiral's Cove, November 15, 2006 7-9AM. Sponsored by the Wellness Spa.

PRESENTATIONS/WORKSHOPS CONDUCTED (CONTINUED)

Yoga for Ageless Boomers. Abstract accepted for the National Aging and Addiction Conference. April 28-29, 2006. Marriott, West Palm Beach, FL. Sponsored by the Hanley Center.

Clinical Supervision: 16 Hour Course as Required for Qualified Supervisor in Florida. March 2 & 3, 2006 Sponsored by Genesis House, at Limitless Potentials, Inc.

Spirituality, Mental Imagery, Yoga & Clinical Practice: Ageless Living in Addiction Treatment. The 37th Annual Addictions Institute of the New York City Chapter of the National Association of Social Workers, May 25, 2005 Fordham University, Lincoln Center Campus.

Substance Abuse Prevention and Older Adults: Examining What Works. The 37th Annual Addictions Institute of the New York City Chapter of the National Association of Social Workers, May 25, 2005 Fordham University, Lincoln Center Campus.

The Fun™ Guide to Wellness at Work (keynote address), and Substance Abuse and Trauma (afternoon workshop). The Southeast Region of the National Rehabilitation Association (SERNA)May 16, 2005, Tampa, FL.

Treatment Planning for the Substance Abuse Counselor: Domestic Violence, Ethics, Anger Management, Involuntary Clients (Marchman/Baker Act), Trauma, Confidentiality.
Invited to conduct 16 Hour training for substance abuse
Professionals as required by Florida Statute 65-D. April 22-23, 2005 at Genesis House, Lake Worth, Florida.

International Substance Abuse: Training for Clinicians. Invited to conduct a 45hour training for professionals June 19-July 10, 2004 at ACERPA in San Jose Costa Rica.

Communication with Children & Adolescents: A Solution Focused Approach. Invited to teach an 8 hour course at the Children's Services Council (May 19, 2004); West Palm Beach, Florida.

Mental Imagery: Healing Trauma in Addiction. Invited as guest speaker at a luncheon for professionals sponsored by Hanley-Hazelden, W. Palm Beach, FL (May 7, 2004).

Eating Disorders: A Solution Focused Approach for Intervening with Teens. Invited to teach an 8-hour course. Children's Services Council (March 17, 2004); West Palm Beach, Florida.

Helping Children Cope from Trauma. Invited to teach 8 hour course. Children's Services Council (January 28, 2004); West Palm Beach, Florida.

Setting Goals for the New Year: The FUN Guide to Mindbody Wellness. Invited to present at a luncheon for the Hispanic Professional Women's Association (HPWA), December 5, 2003 at Columbia Restaurant, Ybor City, FL.

PRESENTATIONS/WORKSHOPS CONDUCTED (CONTINUED)

The Addiction Counseling Process: Application to Practice for Licensed and new professionals. Invited to teach a 30 hour course at Hanley-Hazelden, W. Palm Beach, FL (October-November, 2003); Fort Lauderdale, Florida.

Trauma, Aging, and Substance Abuse. Invited to teach an 8-hour course at Shands HealthCare (November 14, 2003). Sponsored by the Florida Chapter of the National Association of Social Workers, Gainesville, FL.

Clinical Supervision-16 Hour course Clinicians in Florida. Hanley-Hazelden, W. Palm Beach, FL (October 17-18, 2003). Raising Healthy Children in Trouble Times. Invited as keynote speaker for the Children's Services Council annual conference (8 hours), West Palm Beach, FL (September 18, 2003).

Bioterrorism and Trauma Preparedness Training (8 hours). Conducted at the University of South Florida, Tampa and Lakeland Campus (August 20 & September 17, 2003). Training sponsored from grant funding by the US department of the Army.

Domestic Violence Update (3 hours). Invited for staff in-service at Wellness Resources, Inc.; Delray, FL (July 24, 2003).

Wellness at Work. Inservice (one hour) for admission staff at Hanley-Hazelden (July 16, 2003).

Creating Cooperation in the Workplace. Invited to conduct annual staff development workshop (8 hours) for Gratitude House, W. Palm Beach, FL (June 27, 2003).

Ethics update (3 hours) for clinicians. Invited to conduct staff development workshop for Genesis House, W. Palm Beach, FL (June 26, 2003).

Screening, Assessment, and Treatment Planning. Invited to teach a 45 hour course for the addiction certification program at Hanley-Hazelden (April-June, 2003); West Palm Beach, Florida.

Spiritual Diversity in Social Work Practice. Invited to present at the National Association of Social Workers Sarasota-Manatee Unit Meeting, Manatee Glens Hospital (February 3, 2003); Bradenton, Florida.

Substance Abuse in the Family: Healing Begins at Home. Invited to teach an 8 hour course. Children's Services Council (January 30, 2003); West Palm Beach, Florida.

Case Management. Invited to teach a 16 hour Addiction Professional Training Program. Sponsored by Hanley-Hazelden (January 17-18, 2003); Ft. Lauderdale, Florida.

Eating Disorders from a Family Perspective. Invited to teach an 8 hour course. Children's Services Council (December 19, 2002); West Palm Beach, Florida.

PRESENTATIONS/WORKSHOPS CONDUCTED (CONTINUED)

Avoiding Burnout: An interactive guide for direct service staff. Invited to a regional training conference sponsored by the U.S. Department of Housing and Urban Development (December 11, 2002); San Antonio, Texas.

The FUN™ Guide for Mindbody Wellness. Invited to conduct in service for staff at the Veterans Administration Medical Center (October 18, 2002); Bay Pines, Florida.

Assessing and Treating Post-Traumatic Stress in Oncology: A Guide for Clinical Social Workers. Abstract selected to present at the Florida Society of Oncology Social Workers Annual Conference; (October 17, 2002); Tampa, Florida.

Avoiding Burnout: An Interactive Guide for Direct-Service Staff. Invited to present at HOPE VI Regional Case Management Training Conference. Sponsored by U.S. Department of Housing and Urban Development; (September 25, 2002); Tampa, Florida.

Older Adult and Substance Abuse Treatment. Invited to present to Experts in San Jose, Costa Rica for international collaboration and Research: Encuentro Atencion Integral Centro. Sponsored by Centro PASO A PASO; (August 12, 2002).

Screening, Assessment, and Treatment Planning. Invited to teach 45 hour course for addiction certification at Hanley-Hazelden (July-September, 2002); West Palm Beach, Florida.

The Addiction Counseling Process: Counseling Theories and Practice for Licensed and new professionals. Invited to teach 45 hour course for the Broward Sheriff's Office. Sponsored by Hanley-Hazelden (June-September, 2001); Fort Lauderdale, FL.

Social Work Administration: Creating and Implementing a Healing Vision. Invited to present at the National Society for Social Work Leaders in Health Care Conference (April, 2001). San Antonio, Texas.

The Addiction Counseling Process: Counseling Theories and Practice for Licensed and new professionals. Invited to teach two 45 hour courses for addiction certification for Hanley-Hazelden (July-September, 2001); Nova University, North Miami Beach, Florida, and Hanley-Hazelden, West Palm Beach, Florida.

Sexual Abuse and Trauma. Invited to train staff (April 4, 2001). Gratitude House, West Palm Beach, FL.

Engaging the Creative Process with Teens. Invited to teach a 6 hour course for health care professionals (March 28, 2001); West Palm Beach, Florida.

Solution Focused Methods with the Mandated Client. Invited to teach a 6 hour course for health care professionals working with criminal justice clients. Children's Services Council (February 21, 2001); West Palm Beach, Florida.

PRESENTATIONS/WORKSHOPS CONDUCTED (CONTINUED)

The Addiction Counseling Process: Client Confidentiality, Cultural Awareness, Counseling, Ethics/Rules and Regulations, Dual Disorders, and Confidentiality for the Chemical Dependency Counselor. Invited to teach two 45 hour courses for the addiction certification program at

Hanley-Hazelden (July-September, 2000); Nova University, North Miami Beach, Florida, and Hanley-Hazelden, W. Palm Beach, Florida.

Strategic Leadership and Planning. Invited to teach a 6 hour course for health care professionals in the corporate world from a mindbody perspective. Children's Services Council (June 7, 2000); West Palm Beach, Florida.

Healing in the World of Imagination. Invited to teach a 6 hour course for health care professionals on intervention with children and adolescents from a mindbody perspective. Children's Services Council (April 12, 2000); West Palm Beach, Florida.

Identification and Interventions with Substance Abusing Adolescents and Parents. Invited to teach a 6 hour course for health care professionals on intervention from a behavioral-cognitive model. Children's Services Council (February 23, 2000); West Palm Beach, Florida.

Healing Family Problems Through Effective Communication. Invited to teach professionals on intervention from a systemic model. Children's Services Council (October, 1999); West Palm Beach, Florida.

Strengthening Communication with Children and Adolescents. Invited to teach a 6 hour course for health care professionals on intervention from a systemic model. Children's Services Council (October, 1999); West Palm Beach, Florida.

The Addiction Counseling Process: Client Confidentiality, Cultural Awareness, Dual Disorders, and Competency for the Chemical Dependency Counselor Invited to teach a 16 hour course for the addiction certification program at Hanley-Hazelden (July, 1999-November, 1999); West Palm Beach, Florida.

Culture-Bound Syndromes: International Perspectives on Health and Wellness. Invited to teach 6 hour course for health care professionals on diversity issues. Children's Services Council (June, 1999); West Palm Beach, Florida.

Domestic Violence & HIV-Aids Update. Invited to teach a 6 hour course for addiction certification program at Hanley-Hazelden (February, 1999); West Palm Beach, Florida.

Solution-Focused Methods for the Problem Focused Clinician. Invited to conduct an introductory 6-hour course for mental health care providers. Children's Services Council (February, 1999); West Palm Beach, Florida.

PRESENTATIONS/WORKSHOPS CONDUCTED (CONTINUED)

Psychopharmacology and the DSM-IV: Clinical Challenges for the Non-Psychiatrist. Invited to conduct 6-hour course for updates on medications and review of diagnostic criteria for mental health care. Children's Services Council (October, 1998; November, 1997); West Palm Beach, Florida.

Integrating the Creative Process in Adolescents Invited to teach a 6-hour course on specific cognitive techniques of imagery, play in work with teenagers. Children's Services Council (September, 1998; January, 1998); West Palm Beach, Florida.

Solutions for Substance Abusers. Invited to teach 8 hour course for addiction certification program at Hanley-Hazelden (May, 1998); West Palm Beach, Florida.

Shafer, K. & Kagan, H. (1998). Russian Substance Abusers in Transition: New Country, Old Problems. Paper presented and published in the proceedings of the International Social Work Conference-Florence, Italy, March 14-16, 1998, New York
University Ehrenkranz School of Social Work.

Mind-Body Medicine in Substance Abuse Treatment. 11-hour course for licensed professionals for certification. Hanley-Hazelden Addiction Professional Training Institute (April 24-25, 1998); West Palm Beach, Florida.

Early Interventions and Challenges with Adolescent Substance Use. Invited to address clinicians on specific skills to utilize with teens. A 6-hour course for the Children's Services Council (December, 1997); West Palm Beach, Florida.

Guided Imagery, Meditation and Hypnosis: Theory and Demonstration Exercises. Invited as guest lecturer for medical students to define techniques in mind-body medicine. Columbia University Medical Center (October, 1997); New York, New York.

Psychopharmacology: An Update for Clinicians. Invited to teach 6-hour course. Palm Beach Community College (October, 1997); West Palm Beach, Florida.

Lights, Camera, Action: Setting the Stage for Clinical Social Work Practice. National Association of Social Workers Annual Conference (September, 1997); Miami, Florida.

Domestic Violence. Invited to address Social Work Alumni at the Florida Atlantic University Social Work Alumni Association (September, 1997); Boca Raton, Florida.

Separation Anxiety: The Child's Response to Change & School; Invited to speak to Palm Beach County Guidance Counselors preparing for the school year (August, 1997); Sponsored by Columbia Hospital.

Clinical Challenges of the Substance Abusing Batterer. Day long workshop for clinicians on substance abuse assessment and interventions with domestic violence. Co-sponsored by Columbia Hospital (July, 1997); West Palm Beach, Florida.

PRESENTATIONS/WORKSHOPS CONDUCTED (CONTINUED)

Solution Focused Methods for Family Based Interventions. Invited to train staff for the Charlee Program-Homes for Children (June, 1997); Coral Gables, Florida.

A Guide to Brief Psychotherapy with Persons with Dual Disorders; Fourth Annual Conference on Co-Occurring Mental & Substance Related Disorders. Florida Alcohol & Drug Abuse Association (June, 1997); Orlando, Florida.

What You Need to Know About the Substance Abusing Batterer. Day long workshop for clinicians, Columbia Hospital (April, 1997); West Palm Beach, Florida.

Imagination: An Innovative Application of Cognitive Restructuring for Substance Abusers. Abstract selected for Barry University's Alumni Conference (April, 1997); Miami, Florida.

Brief Therapy with the Substance Abusing Adolescent. Invited to teach a seminar for Palm Beach County School Psychologists on identifying substance, and early intervention skills. Co-sponsored by Columbia Hospital (March, 1997); West Palm Beach, Florida.

Substance Abuse Treatment Across Cultures: Training Clinicians in the Former Soviet Union. Abstract accepted for the Council on Social Work Education 43rd Annual Program
Meeting, International Issues Symposium (March 1997); Chicago, Illinois.

International Substance Abuse Curricula: Experiences Training Professionals in Russia & the Ukraine. Abstract accepted to present at the 41st International Council on Alcohol and

Addictions (ICAA 1997) International Institute on the Prevention and Treatment of Dependencies, New Developments-New Opportunities (May, 1997); Cairo, Egypt.

Global Diversity: Cultural and Ethnic Challenges in Psycho-Social and Clinical Practice. Panel presentation and discussion at daylong seminar honoring Social Work Month. Co-sponsored by NASW and Columbia Hospital to celebrate social work's commitment to Ethnic and Racial Harmony (March, 1997); West Palm Beach, Florida.

Brief Therapy with Substance Abusers. Invited to teach an 11 hour course for licensed professionals interested in obtaining the new certification LCAP (Licensed Certified Addiction Professional). Sponsored by Hanley-Hazelden Addiction Professional Training Institute (December 20-21, 1996); West Palm Beach, Florida.

Helping Substance Abusers with Relationship-building Through Group Work. Invited to present for the Association for the Advancement of Social Work with Groups. Beulah Rothman Center for Group Work Studies 13th Annual Conference; Barry University (November, 1996); Miami, Florida.

Accepting the Perianesthesia Challenge: Identification and Intervention Strategies for the Impaired Nurse. Sponsored by Hanley-Hazelden (September, 1996); West Palm Beach, Florida.

PRESENTATIONS/WORKSHOPS CONDUCTED (CONTINUED)

Integrating Brief and Short-Term Psychotherapy into your Practice. An invitational workshop for health professionals.Hanley-Hazelden (June, 1996); West Palm Beach, Florida.

Brief/Short-Term Psychotherapy in Mental Health Care. Invited to conduct four, six-hour training sessions for mental health clinicians at New Horizons Community Mental Health Center (January-February, 1996); Fort Pierce, Florida.

Fear of Flying: A Crash Course For a Safe Landing Continuing Education Program for Employees; Palm Beach Gardens Medical Center (August, 1993); West Palm Beach, Florida.

Substance Abuse Research (October, 1992); Training in the Ukraine & St. Petersburg, Russia.

Stress Management Training. Invited for 45 hours by Soviet Center for Better Health (May, 1991); Moscow, Russia.

The Social Worker's Role in the Diagnosis and Treatment of Chemical Dependency. Abstract accepted to present at The National Association of Social Work's Meeting of The Professions (September, 1987); New Orleans, Louisiana.

PROFESSIONAL REFERENCES Available Upon Request