

Curriculum Vitae

Dr. Shari Geller

Ph.D., C. Psych.

A. Date Curriculum Vitae is Prepared: 2013 / 01 / 13

B. Biographical Information

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1. EDUCATION

Degrees

- 1995 - 2001 Doctor of Philosophy Degree (Ph.D.), Clinical Psychology, York University, Toronto, Ontario, Canada. Supervisor: Dr. Leslie Greenberg
- 1993 - 1995 Master of Arts Degree (M.A.), Clinical Psychology, York University, Toronto, Ontario, Canada. Supervisor: Dr. Stephen Fleming
- 1986 - 1991 B.A. (Honours) in Psychology – cum laude; York University, Toronto, Ontario, Canada. Supervisor: Dr. Jennifer Connolly
- 1991 Teaching English as a Second Language – Royal Society of Arts E.S.L. Teaching Certificate International TESOL Training. Bangkok, Thailand.

Post-Graduate Specialty Professional Training

- 2012-2013 Eye Movement Desensitization Response (EMDR) Canadian Basic Training. Conducted by Barbara Horne, Niagara Stress and Trauma Clinic, Toronto, Ontario, Canada.
- 2010-2012, 1997-2000 Emotion Focused Therapy (EFT) Training - Levels 1 – 3. Conducted by Dr. Leslie Greenberg, York University Psychology Clinic, Toronto, Ontario, Canada.
- 2004, 2012 Health Rhythms (HR) Basic and Advanced Facilitator Training. Conducted by Dr. Barry Bittman, Remo/Health Rhythms, Valencia California, U.S.A.
- 2005 Rhythm Facilitation to Optimize Human Potential. Conducted by Arthur Hull. Intensive Drum Circle Facilitation Training at Village Music, Oahu, Hawaii.
- 2002 Mindfulness Based Stress Reduction (MBSR) Professional Training. Conducted by Dr. Jon Kabat-Zinn and Dr. Saki Santorelli. Omega Center, Rhineback, New York, U.S.A.

2002 Emotion Focused Therapy (EFT) for Couples. Conducted by Dr. Leslie Greenberg, York University Psychology Clinic, Toronto, Ontario, Canada.

Qualifications, Certifications and Licenses

2002 Registered Clinical Psychologist, Ontario College of Psychologists, Toronto, Ontario, Canada. (Certificate - no. 3828)
Liability Insurance - McFarlan Rowlands (policy # 551330359)

Other Professional Training Received

2012 Wired for Love: A Psychobiological Approach to Couple's Therapy (PACT). Conducted by Stan Tatkin. Two-day training at Leading Edge Seminars, Toronto, Ontario, Canada.

2012 What Therapists Need to Know About the Polyvagal Theory: The Missing Link Between Love, Social Behaviour, and Health. Conducted by Stephen Porges. Two-day training at Leading Edge Seminars, Toronto, Ontario, Canada.

2012 Motivational Interviewing. Conducted by Dr. Hal Arkowitz. One-day training at Society for Exploration in Psychotherapy Integration (SEPI), Chicago, Illinois, U.S.A.

2012 Developmental Contemplative Science. Conducted by Jon Kabat-Zinn and Richie Davidson. Two-day training at University of Toronto, Ontario, Canada.

2012 Mind and Life XXV meeting, Contemplative Practice and Health: Laboratory Findings and Real World Challenges. Conducted by Dalai Lama, Richie Davidson, et al. One-day meeting. Rockefeller University, NYC.

2012 Child Development and Learning Conference. Conducted by Dr. Gabor Mate and Dr. Gordon Neufeld. Two-day workshop at KMT the Learning Group, Toronto, Ontario, Canada.

2011 Dialectical Behavior Therapy (DBT) Skills Training. Conducted by Shelley McMain. One-day workshop at Hincks Dellcrest, Toronto, Ontario, Canada.

2011 The Neuroscience of Psychotherapy: Healing the Social Brain. Conducted by Lou Cozolino. Two-day training at Leading Edge Seminars, Toronto, Ontario, Canada.

2010 Cultivating Compassionate Presence in End of Life Care. Conducted by Frank Ostenski. Six-day training and retreat at the Metta Institute, Mill Valley, California, U.S.A.

2009 Awakening to Mindfulness Conference. Conducted by Jack Kornfield, Stephen Hayes, Rick Hanson and Tara Brach. Four-day training at FACES in San Diego, California, U.S.A.

2008 Mindfulness and Compassion Training. Conducted by Sharon Salzberg. Two-day workshop at Gitche M'Qua, Toronto, Ontario, Canada.

2008 Compassionate Care in End of Life Training. Conducted by Roshi Joan Halifax. Two-day workshop and retreat at Gitche M'Qua, Toronto, Ontario, Canada

2007 Mindfulness and the Brain. Conducted by Daniel Siegel. One-day workshop at Mount Sinai Hospital, Toronto, Ontario, Canada.

- 2006 Being with Dying Training. Conducted by Roshi Joan Halifax. Two-day workshop at Gitche M'Qua, Toronto, Canada.
- 2006 Soundwork Series. Conducted by Gary Diggins. Six-week workshop in Toronto, Ontario, Canada.
- 2005 Exceptional Cancer Patients Workshop. Conducted by Dr. Barry Bittman. Three-day training at Mind Body Wellness Center, Meadville, Pennsylvania, U.S.A.
- 2004 Supportive and Expressive Groups for Cancer patients. Two-day training Conducted through OCAP, Toronto, Ontario, Canada.
- 2004 Drumming as a Healing Tool. Conducted by Gary Diggins and Doug Sole. Three-day retreat at Soul Drums, Ecology Retreat Center, Hockley Valley, Ontario, Canada.
- 2004 Healing Journey Program, Professional Training. Conducted by Dr. Alistair Cunningham. Ontario Cancer Institute, Princess Margaret Hospital, Toronto, Ontario, Canada.
- 2003 Healing the Inner Core series – Level 1 - CranioSacral Therapy. Conducted by Dr. Cathy Hornby. Two-day workshop and retreat, Ontario, Canada.
- 2002 The Courage to Love. Conducted by Dr. Stephen Gilligan. Two-day workshop, Toronto, Ontario, Canada.
- 2002 Barbara Wand Seminar in Professional Ethics, Standards and Conducts. Conducted by Dr. Rick Morris. One-day workshop at Ontario Psychological Association, Toronto, Ontario, Canada.
- 2000 Drumming as a Healing Tool. Conducted by Gary Diggins and Doug Sole. Three-day retreat at Soul Drums, Ecology Retreat Center, Hockley Valley, Ontario, Canada.
- 1999 Focusing Workshop. Conducted by Dr. Eugene Gendlin. One-day training, Ontario, Canada.
- 1997-2000 Client-Centered and Process Experiential Therapy Training. Conducted by Dr. Leslie Greenberg, Robert Elliott, and Jeanne Watson. Weekly four year training at York University and Ontario Institute for Studies in Education.
- 1997 CranioSacral Therapy, Level 2. Conducted by Robert Harris. Four-day training at Upledger Institute, Toronto, Ontario, Canada.
- 1996 CranioSacral Therapy, Level 1. Conducted by Robert Harris. Four-day training at Upledger Institute, Toronto, Ontario, Canada.
- 1996 Visual Imagery as a Therapeutic Tool. Conducted by Dr. Andrew Shaul. One-day training at York University, Toronto, Ontario, Canada.

2. EMPLOYMENT

Current Appointments and Employment

CLINICAL

- 2000-present **Clinical Psychologist**, Private Practice. Services provided include individual and couple's counselling; group facilitation, supervision, MVA and medical/rehabilitation assessment and treatment.
- 2003-present **Education Director**, Private Practice. Program Developer of the Therapeutic Rhythm and Mindfulness (TRM™) program, an integration of group drumming, mindfulness, and emotional reflection (www.sharigeller.ca).

UNIVERSITY

- 2003 – present **Teaching Faculty**. Department of Health Psychology, York University, Toronto, Ontario, Canada.
- 2011 – present **Teaching Faculty**. Faculty of Social Work. Interprofessional Certificate in Applied Mindfulness Meditation: Psychotherapy or Education, University of Toronto, Ontario, Canada.

RESEARCH

- 2010-present **Grant in Preparation**. A Novel Therapeutic Rhythm and Mindfulness (TRM™) Program for Breast Cancer Survivors: A Pilot Study. Collaboration with University Health Network (UHN) and Thunder Bay Regional Health Services. (P.I. - Dr. Norma D'Agostino; Elicsr Psychosocial Oncology at UHN. Collaborators: Dr. Scott Sellick, Director of Psychosocial Oncology and Trina Diner Manager of Palliative Care and Telemedicine; Thunder Bay Regional Health Services)

Previous Appointments and Employment

CLINICAL

- 1996 – 2010 **Clinical Psychologist**: Andrew Shaul and Associates, Psychological Services, Toronto, Ontario, Canada. Services included Rehabilitation Assessments and Counselling, Stress and Pain-Management, Workshops, Supervision, Counselling.
- 2000 **Psychotherapist**: Active Rehabilitation Services, Toronto, Ontario, Canada. Services included Diagnostic Assessment and Psychotherapy.
- 1996-1999 **Psychotherapist**: Sport's Medicine and Rehabilitation Clinic, Toronto, Ontario, Canada. Services included Assessment, Diagnostic Clarification, Treatment Planning, and Psychotherapy.
- 1996 – 1997 **Clinical Intern**. Whitby Mental Health Centre, Whitby, Ontario. Services included Individual Psychotherapy, Group Psychotherapy, Initial Intake Assessment, Psychological Assessment for Diagnostic Clarification, Treatment Planning, Treatment Monitoring, Case Conferences.

1995 – 1996 **Clinical Intern.** Counselling and Development Centre, York University, Toronto, Ontario, Canada. Services included Individual Psychotherapy, Group Psychotherapy, Intake Assessments, Peer Supervision, Referrals.

RESEARCH

2009 - 2011 **Research Coordinator**, Clinical Evaluation of Therapeutic Rhythm and Mindfulness Program for People Living with Cancer.

2008-2009 **Research Coordinator**, York University: Development and Validation of a Measure of Therapeutic Presence.

1998, 1993-1995 **Research Assistant/Psychotherapist**, York University, Depression Project, Dr. Les Greenberg, Psychotherapy Process and Outcome Research

1997-1998 **Research Assistant/Psychotherapist**, Ontario Institute for Studies in Education, Depression Project, Dr. Jeanne Watson, Psychotherapy Process and Outcome Research

1993-1995 **Research Assistant**, York University, Dr. Stephen Fleming, Bereaved Families of Ontario, Research with Mutual Help Groups for Bereaved Parents

1989-1990 **Research Assistant**, Sunnybrook Medical Centre, Drs. Jennifer Connolly and Peter Marton, Peer Interactions and Depressed Adolescents

UNIVERSITY

2010 – 2013 **Teaching Faculty**, Faculty of Social Work, Interprofessional Certificate in Applied Mindfulness Meditation, University of Toronto, Ontario, Canada.

2001 – 2013 **Teaching Faculty**, Department of Health Psychology, York University, Toronto, Ontario, Canada.

1996 – 1997 **Course Director**, Department of Psychology, York University, Toronto, Ontario, Canada.

1994-2001 **Teaching Assistant and Lecturer**, Department of Psychology, York University, Toronto, Ontario, Canada.

OTHER

2008-2011 **Clinical Program Developer** for Programs on Healing and Dying, Gitche M'Qua, Toronto, Ontario, Canada.

3. HONOURS AND CAREER AWARDS

Distinctions and Research Awards

Received

2001	Faculty of Graduate Studies Ph.D. Completion Fund
2000	Faculty of Graduate Studies, Bursary
2000	Faculty of Graduate Studies, Research Costs Fund
1999	Faculty of Graduate Studies, Bursary
1999	Faculty of Graduate Studies, Travel Fund
1999	Research Travel Cost Fund – Graduate Students Association
1998	Faculty of Graduate Studies Research and Travel Cost Fund
1997	Faculty of Graduate Studies Bursary
1996	Scholarship for Academic Excellence – York University
1995	Research Cost Fund – York University
1994	York Scholarship - York University
1991	Graduated Cum Laude – York University
1989-1990	Dean's Honour Roll, placed in top eight percentile – York University
1988	Dean's Honour Roll – University of Western Ontario

Professional Associations

2002 – present	Member , College of Psychologists (CPO) Member , Ontario Psychological Association (OPA) Member , Society for Psychotherapy Research (SPR) Member , Society for the Exploration of Psychotherapy Integration (SEPI)
2006 - present	Member , Gitche M'Qua Education Center for Healing and Dying
2009 - present	Member , Mindfulness Toronto
2011 – present	Member , Emotion Focused Therapy (EFT) Institute

Administrative Activities

INTERNATIONAL

2005 -2008 **Board member** - World Association for Person Centered & Experiential Psychotherapy & Counseling (WAPCEPC), United Kingdom.

LOCAL

2006 – 2012 **Board member** - Gitche M'qua Centre for Healing and Dying, Toronto, Ontario, Canada.

2009 - 2013 **Co-Founder and Steering Committee Member**, Mindfulness Toronto, Toronto, Ontario, Canada.

Peer Review Activities

MANUSCRIPT REVIEWS

- British Journal of Guidance and Counselling
- Journal of Psychotherapy Integration
- Person Centered and Experiential Psychotherapies
- Psychotherapy Research

BOOK REVIEWS

- Handbook of Person Centered Therapy

C. Academic History

Research Interests

Dr. Shari Geller is a clinical psychologist with a primary research interest in both (a) Therapeutic Presence as a core foundational principle in effective therapy and (b) Rhythm and Mindfulness as healing modalities, with a particular focus on the neurophysiological benefits of group drumming and rhythm based technologies.

Dr. Geller developed the Therapeutic Rhythm and Mindfulness Program (TRM™), which is a comprehensive and novel approach combining three evidenced based techniques: Mindfulness, Group Drumming, and Emotional Expression and Reflection. She is currently working with a research team from Toronto General Hospital and Thunder Bay Regional Health Services to explore the fidelity of a TRM training program that can be scaled nationally to train health professionals to facilitate TRM™ with cancer survivors. This study will provide the groundwork for a future RCT exploring the effectiveness of TRM™ in enhancing group cohesion and positive mood states and decreasing negative mood disturbance in cancer survivors.

D. Publications

1. MOST SIGNIFICANT PUBLICATIONS

Principal Author. Geller, S. M. & Greenberg, L. S. (2012). *Therapeutic Presence: A Mindful Approach to Effective Therapy*. Washington: American Psychological Association.

The therapeutic relationship is essential to positive outcomes of psychotherapy. In this book, Shari Geller and Leslie Greenberg argue that therapeutic presence is the fundamental underlying quality of the therapeutic relationship and, hence, effective therapy.

Therapeutic presence is the state of having one's whole self in the encounter with a client by being completely in the moment on a multiplicity of levels — physically, emotionally, cognitively, and spiritually. Present therapists become aware of both their own experience and that of their client through bodily sensations and emotions, and this awareness helps them to connect deeply with the client. Therapeutic presence is not a replacement for technique, but rather a foundational therapeutic stance that supports deep listening and understanding of the client in the moment.

Geller and Greenberg present their empirically based model of therapeutic presence that integrates three aspects of the concept:

- how present therapists prepare for presence both pre-session and in general life
- what activities therapists engage in when being therapeutically present
- what in-session presence feels like

The authors also provide a therapeutic presence theory of relationship based on research and clinical wisdom. Importantly, because presence is a learnable state that can be cultivated with practice and commitment, the authors infuse the book with practical, experiential exercises for cultivating presence.

2. PEER-REVIEWED PUBLICATIONS

Journal Articles

1. **Principal Author. Geller, S., M.,** Pos. A. W., & Colosimo, K. (2012). Therapeutic presence: A common factor in the provision of effective psychotherapy. *Society for Psychotherapy Integration, 47*, Psychotherapy Bulletin, 6-13.
2. **Principal Author. Geller, S. M. & Greenberg, L. S., & Watson, J. C.** (2010). Therapist and client perceptions of therapeutic presence: The development of a measure. *Journal of Psychotherapy Research, 20(5)*, 599-610.
3. **Principal Author. Geller, S. M (2009).** De ontwikkeling van therapeutische presentie: therapeutisch drummen en mindfulness-oefeningen (Cultivation of Therapeutic Presence: Therapeutic Drumming and Mindfulness Practices). *Dutch Tijdschrift Clientgerichte Psychotherapie (Journal for Client-Centered Psychotherapy), 47, 273-287.*
4. **Principal Author. Geller, S. M. & Greenberg, L.S.** (2005). La Presence therapeutique: L'expérience de la presence vécue par des thérapeutes dans la rencontre psychothérapeutique. *ACP pratique et recherché, 1, 45-66.*
5. **Co-Author. Watson, J. C & Geller, S. M.** (2005). An examination of the relations among empathy, unconditional acceptance, positive regard, and congruence in both cognitive-behavioral and process-experiential psychotherapy. *Journal of Psychotherapy Research, 15 (1-2), 25-33.*
6. **Principal Author. Geller, S. M.** (2004). Becoming whole: A collaboration between experiential psychotherapies and mindfulness meditation. *Journal of Person-Centered and Experiential Psychotherapies, 2, pp258-273.*
7. **Principal Author. Geller, S. M. & Greenberg, L. S.** (2002). Therapeutic Presence: Therapists' Experience of Presence in the Psychotherapy Encounter. *Journal of Person-Centered and Experiential Psychotherapies 1, 71-86.*
8. **Co-Author. Connolly, J. A., Geller, S., Marton, P., & Kutcher, S.** (1992). Peer responses to social interaction with depressed adolescents. *Journal of Clinical Child Psychology, 21, 365-370.*

Book Chapters

1. **Principal Author. Geller, S. M.** (2012). Therapeutic Presence as a Foundation for Relational Depth. In Knox, R., Murphy, D., Wiggins, S., & Cooper, M. (Eds.). (In press). *Relational depth: Contemporary perspectives*. Basingstoke: Palgrave
2. **Principal Author. Geller, S. M.** (2012). Therapeutic Presence: An Essential Way of Being. In Cooper, M., Schmid, P. F., O'Hara, M., & Bohart, A. C. (Eds.). (In press). *The Handbook of Person-Centred Psychotherapy and Counselling* (2nd ed.). Basingstoke: Palgrave.
3. **Principal Author. Geller, S. M.** (2009). Cultivation of Therapeutic Presence: Therapeutic Drumming and Mindfulness Practices. In A. Feitosa (Ed.) *Humanismo nos Tempos de Hoje (Humanism for the Times of Today)*. In Press.
4. **Co-Author.** Greenberg, L. & **Geller, S.** (2001). Congruence & Therapeutic Presence. In G. Wyatt & P. Saunders (Eds.), *Rogers' therapeutic conditions: Evolution, theory and practice. Vol 1 Congruence*.pp 131-149. Ross-on Wye. Herefordshire: PCCS Books.

3. NON-PEER-REVIEWED PUBLICATIONS

1. **Principal Author. Geller, S. M.** (Spring, 2002). Therapeutic Presence and the Naturopathic Doctor: Bringing one's whole self into the encounter with the patient. *Newsletter of the Ontario Association of Naturopathic Doctors Pulse*, 26, 1-9.
2. **Principal Author. Geller, S. M.** (2006). The Power of Drumming: Healing Through Sound and Rhythm. *Newsletter for the Wellspring Cancer Support*, Toronto, Ontario, Canada.

4. MEDIA

1. **Principal Author. Geller, S. M.** (2012). *Cultivating Presence: Mindfulness Practices for Opening to the Moment. Guided Meditation and Music*. [CD]. Acton, Ontario, Canada: Acton Escarpment Sound Studios.

5. SUBMITTED MANUSCRIPTS

1. **Principal Author. Geller, S. M., & Porges, S.** (2012). Creating Safety: Therapeutic Presence and the Polyvagal Theory. (in submission). *Professional Psychology: Research and Practice*.

E. Presentations and Special Lectures

Presentations at Scientific and Professional Meetings (Abstracts and Other Papers)

1. **Geller, S. M.** (2012). *Therapeutic Presence as Trans-theoretical Mechanism of Change*. Discussion presented to the Society for Exploration in Psychotherapy Integration (SEPI), Chicago.
2. **Geller, S. M.** (2011). *Therapeutic presence: A Measure and A New Relationship Theory*. Paper presented to the Society for Psychotherapy Research, Bern, Switzerland.
3. **Geller, S. M.** (2008). *Therapeutic Presence: Practices for Therapists, Clients and Everyday Life*. Keynote Paper and Presentation at the Person Centred and Experiential World Association Second Life Conference: Antwerp, Belgium.
4. **Geller, S. M.** (2007). *Integrating Traditional, Complementary and Alternative Medicine in Counselling and Psychotherapy - A Panel Discussion. Dialogue with the body in clinical practice*. 4th Critical Multicultural Counselling & Psychotherapy Conference. Ontario Institute for Studies in Education, University of Toronto, Ontario, Canada.
5. **Geller, S. M.** (2006). *Power of Presence*. Spiritual Discussion Series at Gitche M'qua, Toronto, Canada.
6. **Geller, S. M.** (2004). *Being a whole person: LGBT*. Mental Health Tune Up Event at Canadian Mental health Association, Toronto, Ontario, Canada.
7. **Geller, S.M., Schmid, P. F., & Wyatt, G.** (2003). *Therapeutic Presence: A precondition, meta-condition or fourth condition in person centered therapy?* World Association for Person Centered and Experiential Psychotherapies: Egmond aan Zee, Netherlands.
8. **Geller, S. M.** (2002). *Presence in Health Care*. Paper presented at Second Canadian Inter-Professional Conference on Spirituality, and Health-Care. Faculty of Medicine, University of Toronto, Ontario, Canada.
9. **Geller, S. M., & Greenberg, L.** (2000). *Presence: A working definition and a measure*. Paper presented to the Society for Psychotherapy Research, Chicago.
10. **Geller, S.M., Gruber, H., & Ederer, E.** (2000). *Therapeutic presence, creative field and reciprocity: Presence as the foundation and comprehensive expression of Rogers' basic conditions in the process of personal development*. Paper presented to the International Congress of Client-Centered and Experiential Psychotherapies, Chicago.
11. **Geller, S.M. & Greenberg, L.** (1999). *Therapist's experience of presence and the development of a measure*. Paper presented to the Society for Psychotherapy Research, Braga, Portugal.
12. **Geller, S.M., Greenberg, L., & Watson, J.** (1998). *Being in the here and now: Understanding therapists' presence and the development of a measure of presence*. Paper presented to the Society of Psychotherapy Research, Snowbird, Utah.
13. **Geller, S. M., & Fleming, S.** (1996). *The influence of a Mutual-Help Group on Parent's Adjustment to the Death of a Child*. Paper presented to the Canadian Psychological Association, Montreal, Canada.

Invited Lectures and Presentations

International

1. (2008). **Workshop Leader.** Mindfulness Meditation: A Practice of Presence and a Way to be with Pain (TRM™). Half-day workshop at the Person Centred and Experiential World Association Second Life Conference: Antwerp, Belgium.
2. (2008). **Workshop Leader.** Self-Care for the Health Care Practitioner: Rhythm and Meditation as Tools for Balance, Health and Well-Being (TRM™). Half-day workshop at the Person Centred and Experiential World Association Second Life Conference: Antwerp, Belgium.

Regional

1. 2012 (July 13-15) **Workshop/Retreat Leader.** Drumming and Mindfulness (TRM™) Workshop. Three-day Residential Retreat. Grail Springs Retreat Center, Bancroft, Ontario.
2. 2012 (June 22). **Workshop Leader.** Goal Celebration Day: Rhythm and Mindfulness (TRM™) Workshop. One-day workshop for Front Line Staff at North Bay Community Counseling Center, North Bay, Ontario.
3. 2012 (April 28). **Workshop Leader.** Family's Serve Too! Military Couple's Resilience. One-day workshop for Military Couples, Meaford Military Family Resource Center, Meaford, Ontario.
4. 2008 (Dec 5-6). **Workshop Co-Leader.** Self-Care for the Health Care Practitioner Retreat: Mindfulness through Rhythm, Photography and Meditation. Two-day workshop co-facilitated with Dr. Lee Freedman, Berkeley, Ontario, Canada.
5. 2007 (Dec 3). **Workshop Leader.** Self-Care for the Health Care Professional: Therapeutic Rhythm and Mindfulness (TRM™) Workshop. Half-day workshop for Front Line Workers at Halton Region, Regional Municipality of Halton, Burlington, Ontario, Canada.
6. 2007 (Dec 1). **Workshop Leader.** Self-Care for the Health Care Practitioner: Rhythm and Meditation as tools for Balance, Health and Well-being. One-day workshop for Health Care Professionals, Lily Oak, Berkeley, Ontario.
7. 2007 (Oct 23). **Workshop Leader.** Wellness Through Rhythm. One-day workshop for Palliative Care Network, Woodbridge, Ontario.
8. 2007. **Workshop Leader.** Self Care for the Health Care Practitioner: One-day workshop for York University Infant Mental Health Care Workers; Counselling and Development Center; Unionville, Ontario.
9. 2007 (March 24). **Workshop Leader.** Self Care for the Health Care Practitioner: Therapeutic Drumming and Mindfulness Workshop. One-day workshop for Health Care Professionals, Berkeley, Ontario.
10. 2007 (May11-13). **Workshop Co-Leader.** Sounding the Great Mother: A Music and Meditation Retreat. Three-day workshop/retreat in collaboration with Gary Diggins, Mysthaven Retreat Center, Stouffville, Ontario.

11. 2005 (July 25). **Workshop Leader.** Health Rhythms Workshop for Cancer Care. One-day workshop, Wellspring Cancer Support Network, Halton Peel, Ontario.
12. 2005 (May 9). **Workshop Leader.** Wellness Through Rhythm. Workshop, Palliative Care Network, Newmarket, Ontario, Canada.
13. 2004 (Dec 4). **Workshop Leader.** Moving Through Darkness: Rhythm and Meditation as tools for people suffering with Seasonal Affective Disorder. Berkeley, Ontario (Lily Oak).
14. 1999 **Workshop Leader.** Homophobia and same-sex abuse workshop. One-day workshop for Sexual Assault Workers at Durham Sexual Assault Center, Durham, Ontario.

Local

1. 2012 (Sept 10-Oct 22) **Workshop Leader.** Therapeutic Rhythm and Mindfulness (TRM™) for Cancer Care. Six-week workshop, Wellspring Cancer Support Network, Westerkirk House, Sunnybrook Hospital, Toronto, Ontario, Canada.
2. 2012 (April 23-June 4). **Workshop Leader.** Drumming and Mindfulness (TRM™) for Cancer Care. Six-week workshop, Wellspring Cancer Support Network, Westerkirk House, Sunnybrook Hospital, Toronto, Ontario, Canada.
3. 2012 (April 5-19). **Workshop Leader.** Drumming into the Present Moment: Therapeutic Rhythm and Mindfulness (TRM™) Workshop for Living Well with Cancer. Three-week workshop, Wellspring Cancer Support Network, Westerkirk House, Sunnybrook Hospital, Toronto, Ontario, Canada.
4. 2011 (March 30). **Workshop Leader.** Mindfulness and Rhythm to Reduce Stress & Enhance Wellbeing. Two half-day workshops for Front Line Workers at Toronto Human Services & Justice Coordinating Committee, 4th Annual Conference: Perspectives on Stigma, Safety and Self-Care: Practical Approaches for Front-Line Workers and Consumers. Atlantis, Ontario Place, Toronto, Ontario.
5. 2011 (March 7-April 18). **Workshop Leader.** Therapeutic Rhythm and Mindfulness (TRM™) Workshop. Six-week workshop, Wellspring Cancer Support Network, Westerkirk House, Sunnybrook Hospital, Toronto, Ontario, Canada.
6. 2010 (June 6) **Workshop Leader.** Drumming and Mindfulness (TRM™). Celebration of National Cancer Survivorship Day, ELICSR, Toronto General Hospital, Toronto, Ontario, Canada.
7. 2009 (July 2-Aug 6). **Workshop Leader.** Drumming and Mindfulness (TRM™) for Cancer Care. Six- week workshop, Wellspring Cancer Support Network, Sunnybrook Hospital, Toronto, Ontario, Canada.

8. 2009 (June 1). **Workshop Leader.** Fun with the Drum. One-evening workshop, L'Chaim Cancer Support Group for Jewish Women, Toronto, Ontario, Canada.
9. 2009 (June 5). **Workshop Leader.** Self-Care for the Health Care Practitioner: Drumming and Mindfulness Workshop for Staff. Sunnybrook Hospital, Toronto, Ontario, Canada.
10. 2009 (May 21). **Workshop Leader.** Therapeutic Drumming and Mindfulness (TRM™): Practices in Being Present. One-evening workshop, Gitche M'Qua Center for Healing and Dying, Toronto, Ontario, Canada.
11. 2009 (May 14). **Workshop Leader.** Care for the Professional Caregiver Program: Rhythm and Mindfulness Workshop for Palliative Care Staff, Sunnybrook Discussion Series at Sunnybrook Hospital, Toronto, Ontario, Canada.
12. 2009 (May 6). **Workshop Leader.** Drumming through Grief. Evening workshop, Hazel Burns Hospice, Toronto, Ontario, Canada.
13. 2009 (March 6). **Workshop Leader.** Self-Care for the Health Care Practitioner: Therapeutic Drumming and Mindfulness (TRM™) for Balance, Health and Well-being. Workshop for Health Care Professionals, Women's College Hospital, Toronto, Ontario, Canada.
14. 2009 (Jan 21). **Workshop Leader.** Self-Care for the Health Care Practitioner: Rhythm and Meditation (TRM™) as Tools for Balance, Health and Well Being. One-day workshop, Spiritual and Religious Care Rounds for Ministry Staff, Sunnybrook Hospital, Toronto, Ontario.
15. 2008 (Oct 27-Dec 8). **Workshop Leader.** Rhythm and Mindfulness (TRM™) for Cancer Care. Six-week workshop, Wellspring Cancer Support Network, Sunnybrook Hospital, Toronto, Ontario, Canada.
16. 2008 (May 3). **Workshop Leader.** One Beat, One Moment: Meditation, Drumming & Well Being. Workshop at Gitche M'qua Center for Healing and Dying, Toronto, Ontario, Canada.
17. 2008 (March 3-June 9). **Workshop Leader.** Drumming and Mindfulness for Cancer Care. Six-week workshop, Wellspring Cancer Support Network, Toronto, Ontario, Canada.
18. 2008 (Jan 29). **Workshop Leader.** Self-Care for the Health Care Practitioner: Rhythm and Meditation as tools for Balance, Health and Well-being. Workshop for Health Care and Admin Staff, Discussion Series, Sunnybrook Hospital, Toronto, Ontario.
19. 2008 (Jan 9-Feb 13). **Workshop Leader.** Drumming and Mindfulness for Cancer Care. Six-week workshop, Wellspring Cancer Support Network, Sunnybrook Hospital, Toronto, Ontario, Canada.
20. 2007 (Nov 8 – Dec 13). **Workshop Leader.** Drumming and Mindfulness for Cancer Care. Six-week workshop, Wellspring Cancer Support Network, Sunnybrook Hospital, Toronto, Ontario, Canada.

21. 2007 (Feb 7). **Workshop Leader.** Healing Rhythms for Youth with Cancer. Sponsored by the Oncology Program at Sick Children's Hospital in Partnership with Princess Margaret Hospital and Gilda's Club Greater Toronto, S.T.E.P, Gilda's Club, Toronto, Ontario, Canada.
22. 2007 **Workshop Leader.** Open to the moment: Drumming and mindfulness Workshop. Wonderworks, Juicy Fridays, Toronto, Ontario, Canada.
23. 2007 (June 29). **Workshop Leader.** Supporting the Caregiver: Health Rhythms Workshop for Hospital Staff. Sunnybrook Hospital Discussion Series, Sunnybrook Hospital, Toronto, Ontario, Canada.
24. 2007 (May 3-June 7). **Workshop Leader.** Drumming and Mindfulness for Cancer Care. Six-week workshop, Wellspring Cancer Support Network, Sunnybrook Hospital, Toronto, Ontario, Canada.
25. 2007 (March 8). **Workshop Leader.** Power of Presence: Gitche M'qua Center for Healing and Dying, Toronto, Ontario, Canada.
26. 2007 (Feb 19). **Workshop Leader.** Self Care for the Teacher: Rhythm and Mindfulness Workshop, Hillcrest Progressive Jewish Day School, Toronto, Ontario, Canada.
27. 2007 (February 9). **Workshop Leader.** Self Care for the Volunteer. Health Rhythms Workshop for Volunteers at Wellspring Cancer Care Center, Toronto, Ontario, Canada.
28. 2007 (Sept, 2007). **Workshop Leader.** Power of Presence and Intention Through Sound and Meditation. Workshop, Holistic World Expo, Toronto, Ontario, Canada.
29. 2007 (July 12-July 19). **Workshop Leader.** Rhythm and Mindfulness for Cancer Care. Two-week workshop, Wellspring Cancer Support Network, Sunnybrook Hospital, Toronto, Ontario, Canada.
30. 2007 (March 23). **Workshop Co-Leader.** Spring Equinox Ceremony: Drumming and Meditation. Evening workshop for Creating Realities co-facilitated with Ora Goldin, Union Yoga Center, Toronto, Ontario.
31. 2006 (June 28-July 5). **Workshop Leader.** Health Rhythms Workshop. Two-week workshop, Wellspring Cancer Support Network, Sunnybrook, Toronto, Ontario, Canada.
32. 2006 (Jan 21). **Workshop Co-Leader.** Thriving Through Transitions: A Workshop Combining Meditation, Drumming and Image Making with Photography. One-day workshop in collaboration with Dr. Lee Freedman, Gitche M'Qua Center, Toronto, Ontario.
33. 2006 (Nov 29). **Workshop Leader.** The Power of Presence: Mindfulness Meditation and the Present Moment. Workshop and Spiritual Discussion Series, Gitche M'Qua, Toronto, Ontario.
34. 2005 (Sept 26-Nov 28). **Workshop Leader.** Health Rhythms Workshop for Cancer Care. Six-week workshop, Wellspring Cancer Support Network, Sunnybrook, Toronto, Ontario, Canada.

35. 2005 (Aug 12). **Workshop Leader.** Drumming into the Present Moment. Workshop, Gitche M'Qua, Center for Healing and Dying, Toronto, Ontario, Canada.
36. 2005 (May 13-June 17). **Workshop Leader.** Health Rhythms Workshop for Cancer Care. Six-week workshop, Wellspring Cancer Support Network, Odette House, Toronto, Ontario, Canada.
37. 2005 (March 4 and 18). **Workshop Leader.** Rhythm and Mindfulness for Cancer Care. Two-week workshop, Wellspring Cancer Support Network, Sunnybrook Hospital, Toronto, Ontario, Canada.
38. 2005 (Jan 18-March 7). **Workshop Leader.** Rhythm and Mindfulness for Cancer Care. Six-week workshop, Wellspring Cancer Support Network, Odette House, Toronto, Ontario, Canada.
39. 2004 (Dec 15). **Workshop Leader.** Health Rhythms Workshop for Healing Journey Staff. Wellspring, Odette House, Toronto, Ontario, Canada.
40. 2004. **Workshop Leader.** Health Rhythms: Stress Management Workshop for Health Care Professionals. One-day workshop at All Systems Go and Back on Track, St. John's Rehabilitation Hospital, Toronto, Ontario.
41. 1999. **Workshop Co-Leader.** Stress-Management and Balancing Work and Family Workshops. One-day workshop Co-facilitated with Dr. Andrew Shaul for Workers at Royal Bank. Royal Bank Visa Center, Toronto, Ontario, Canada.

Other Lectures and Presentations

1. 2012 (Nov 5th-Dec 10th). **Workshop Leader.** Cultivating Therapeutic Presence and Self Care: A Therapeutic Rhythm and Mindfulness (TRM™) Workshop for Health Professionals and Educators. Six-week workshop and Full Day Retreat, Private Studio, Toronto, Ontario, Canada.
2. 2012 (Jan 12-Feb 16). **Workshop Leader.** Cultivating Therapeutic Presence and Self Care: A Therapeutic Rhythm and Mindfulness (TRM™) Workshops for Health Professionals and Educators. Six-week workshop and Full Day Retreat, Private Studio, Toronto, Ontario, Canada.
3. 2010 (Oct 18-Nov 22). **Workshop Leader.** Women's Rhythm and Mindfulness (TRM™) Workshop: Reduce Stress and Increase Wellness. Six-week workshop and Full Day Retreat, Private Studio, Toronto, Ontario, Canada.
4. 2010 (June 11). **Workshop Leader.** Cultivating Therapeutic Presence with Rhythm, Mindfulness and Visualization (TRM™) for Health Care Professionals. One-day workshop, Private Studio, Toronto, Ontario.
5. 2009 (May 23). **Workshop Leader.** Mindfulness, Rhythm and Meditation (TRM™) as Tools for Cultivating Therapeutic Presence. One-day workshop for Health Care Professionals, Private Studio, Toronto, Ontario, Canada.

6. 2009 (April 6-May 11). **Workshop Leader.** Women's Rhythm and Mindfulness (TRM™) Workshop: Increasing Health, Balance and Connection. Six-week workshop and Full Day Retreat, Private Studio, Toronto, Ontario, Canada.
7. 2008 (March 29). **Workshop Leader.** Self-Care for the Health Care Practitioner: Rhythm and Meditation (TRM™) as tools for Balance, Health and Well-being. One-day workshop for Health Care Professionals, Private Studio, Toronto, Ontario.
8. 2008 (March 17-April 28). **Workshop Leader.** Women's Therapeutic Rhythm and Mindfulness (TRM™) Workshop: Reduce Stress and Increase Wellness. Six-week workshop and Full Day Retreat, Private Studio, Toronto, Ontario, Canada.
9. 2007 (March 24). **Workshop Leader.** Self Care for the Health Care Practitioner: Rhythm and Mindfulness (TRM™) Tools for Wellbeing. One-day workshop for Health Professionals, Private Studio, Toronto, Ontario
10. 2007 (Oct 15-Nov 26). **Workshop Leader.** Women's Rhythm and Mindfulness (TRM™) Workshop: Reduce Stress and Increase Wellness. Six-week workshop and Full Day Retreat, Private Studio, Toronto, Ontario, Canada.
11. 2007 (Jan 29-March 5). **Workshop Leader.** Women's Rhythm and Mindfulness (TRM™) Workshop: Reduce Stress and Increase Wellness. Six-week workshop and Full Day Retreat, Private Studio, Toronto, Ontario, Canada.
12. 2006 (Nov 13-Dec 11). **Workshop Leader.** Women's Rhythm and Mindfulness (TRM™) Workshop: Reduce Stress and Increase Wellness. Five-week workshop and Full Day Retreat, Private Studio, Toronto, Ontario, Canada.

F. Teaching and Supervision

GRADUATE Students – Ph.D. Committee Member

2008-2011 Jamal Granick, Ph.D. Dissertation: *Transpersonal Presence in Psychotherapy: What Do Clients Experience?* Institute of Transpersonal Psychology, Palo Alto, California, U. S. A.

UNDERGRADUATE Students – Course Director and Course Design

2011 Julia Marinos, Independent study (HHpsych 4890.3B): *Training in psychosocial group Interventions for Cancer survivors.* York University, Toronto, Ontario, Canada

2011 Julia Marinos, Independent study (HHpsych 4890.3A): *Alternative Group Psychosocial Intervention For Cancer Patients.* York University, Toronto, Ontario, Canada

2010 Jessica Campoli, Independent Study (psych 3890.3B): *Psychological and neurological benefits of rhythm and music.* York University, Toronto, Ontario, Canada

2010 Jessica Campoli, Independent Study (psych 3890.3A): *Using Drumming, Music, and Meditation to Cultivate Therapeutic Presence.* York University, Toronto, Ontario, Canada

2010 Shira Slutsky, Independent Study (psych 4890.3A): *How We Know What We Know: the Therapeutic Effect of Presence in Teaching*. York University, Toronto, Ontario, Canada

Post Graduate

Clinical Supervision for Licensure with the Ontario College of Psychologists

2012 – present **Secondary Supervisor**, Esther Benhiby
2007-2008 **Secondary Supervisor** – Dr. Jacqueline Brunshaw
2004-2005 **Primary Supervisor** – Dr. Yifaht Korman

Other Clinical Supervision

2012 – present **Primary Supervisor**, Svetlana Lilova, M.A., private practice, Toronto, Ontario, Canada
2010 – present **Primary Supervisor**, Terry Bujokas, private practice, Hanover and Toronto, Ontario, Canada
2009 – present **Primary Supervisor**, Linda Zarytski, M.A., private practice, Hanover, Ontario, Canada
2008 – present **Primary Supervisor**, Pauline Coogan, M.A., Shaul Psychological Services, Toronto, Ontario, Canada
2008 – present **Primary Supervisor**, Catharine Crawford, M.A., private Practice, Port Elgin, Ontario, Canada
2008 – present **Primary Supervisor**, Esther Benhiby, M.A., Shaul Psychological Services, Toronto, Ontario, Canada
2007 – present **Primary Supervisor**, Annabelle Garland, M.A., private Practice, Owen Sound, Ontario, Canada
2007 – present **Primary Supervisor**, Julia Balaisis, Ph.D., private practice, Toronto, Ontario, Canada
2007 – present **Primary Supervisor**, Ilicia Simmons, M.A., Shaul Psychological Services, Toronto, Ontario, Canada
2004 – present **Primary Supervisor**, Elizabeth McKinlay, M.A., private Practice, Owen Sound, Ontario, Canada
2008 – 2012 **Primary Supervisor**, Linda Thomas, M.A., Shaul Psychological Services, Toronto, Ontario, Canada
2010 – 2011 **Primary Supervisor**, Lesley Marple, M.A., Shaul Psychological Services, Toronto, Ontario, Canada
2006 – 2008 **Primary Supervisor**, Julia Gelfand, M.A., Shaul Psychological Services, Toronto, Ontario, Canada
2006 – 2007 **Primary Supervisor**, Maxine Endman, Ph.D., Shaul Psychological Services, Toronto, Ontario,
2006 – 2007 **Primary Supervisor**, Vivian Hochmanovich, M.A., Shaul Psychological Services, Toronto, Canada