
SUMMARY

- I am a Licensed Mental Health Counselor. I work with adults, families, children and adolescents. I treat a wide variety of mental health issues, including anxiety, depression, trauma, medical issues, addictive disorders, bipolar disorder, and personality disorders. My practice is informed by the theories and techniques of person-centered, solution-focused, Gestalt, transpersonal, and Buddhist psychotherapy.
- I've also taught adults and children in college, corporate, elementary school, and after-school environments; have written professionally for more than 20 years; and am an award-winning photographer and digital artist.

EDUCATION

Focusing, New England Focusing Institute, Lexington, MA (06/2007, 09/2008).

M.Ed., Counseling Psychology, Cambridge College (06/2002-06/2005).

Gestalt Therapy, Gestalt Institute of New England (09/2003-05/2005).

Basic and Parent/Child Mediation, North Shore Community Mediation Program (09/2003).

PhD Candidate, English, State University of NY at Albany (ABD, 09/1991-05/1995).

MA, Creative Writing, magna cum laude, Boston University (05/1983).

BA, English, summa cum laude, State University of NY at Buffalo (06/1973).

Engineering Program, Cornell University (09/1969-06/1970).

MENTAL HEALTH COUNSELING

Behavioral Solutions, P.C., Burlington, MA (02/2008 to present)

Work with adult, child, and adolescent clients and with families with a large range of presenting problems.

Psychotherapist, private practice, Danvers, MA (12/2003-present).

Work with adult, child, and adolescent clients and with families, focusing largely on clients with artistic gifts and adults seeking means to discover/recover their creative selves.

Psychotherapist, Health & Education Services, Inc., Gloucester, MA (06/2005-present).

Provide individual and group therapy, including ongoing treatment planning and insurance interface, in the mental health and substance abuse programs. Counsel adults, families, and adolescents, both individually and in groups.

Group Therapist, Arbour Counseling, Woburn, MA (07/2005-07/2006).

Provided group therapy in the intensive outpatient relapse prevention program. Ran a three-hour combined process/psychoed group for adults and teenagers who have recently detoxed from drugs or alcohol.

Psychotherapist, Arbour Counseling, Woburn, MA (09/2004-05/2005).

Worked in the school program, outpatient clinic, and substance abuse treatment programs counseling children, adolescents, and adults with issues ranging from adjustment disorders to psychotic disorders, including ongoing treatment planning and insurance interface. (Intern, then fee-for-service employee.)

TEACHING

College:

Writing Lab Instructor, Endicott College (2004) and University at Albany (1994).
Senior Seminar Literature Review, Endicott College (2003).
Postmodern Heuristics, University at Albany (1995).
Science Fiction, University at Albany (1993-1994).
Reading Literature, University at Albany (1991-1992).
Creative Writing, University at Albany (1992), Salem State College (1990), Boston University (1980-1981).
English Composition, Salem State College (1990) and Boston University (1989).
Technical Writing, Middlesex Community College (1985).

Other Teaching:

Storytelling/Art workshops, Albany area (1991-1994).
Children's Creative Writing Workshops, Genet Middle School (1992).
Children's Art Workshops, The Brooklyn Museum (1978-79).
Children's Woodworking Classes, The Hudson Guild, NYC (1978-79).

PUBLICATIONS

LensWork Extended, Flower Mandalas portfolio and audio interview (2007).
Reconceptions, memoir on a near-death experience, in *The Patient's Voice* (F. A. Davis, 1996).
Monique, the first hypertext novel on the Internet, World Wide Web and CD-ROM (1995).
Tawny Port, short story, *The Little Magazine* (1992).
Technical manuals, marketing documents, help files, specifications, InnoCentive (2002-2004), Lotus Development Corporation (1986-1991, 1995-1999), Atex (1984-1986), and Digital Equipment Corporation (1981-1984).
Lotus 1-2-3 for Windows at Work, Lotus 1-2-3 for DOS at Work, The Lotus Guide to 1-2-3 Release 3, how-to manuals for the popular spreadsheet (Addison-Wesley, 1989-1991).
What Folk Music Is All About, a history of American folk music (Simon & Schuster, 1979).
News articles, features, and reviews, for various Manhattan newspapers and trade magazines (1975-1991).

AWARDS

Massachusetts Cultural Council grant in Photography (2007).
Teaching fellowship, University at Albany (1991-1994).
Creative writing fellowship, Boston University (1980-81).
Writing fellow, Millay Colony for the Arts (1979 and 1990) and Virginia Center for the Creative Arts (1979 and 1980).

RECENT EXHIBITIONS

"Modern Mandalas," J. David Broudo Gallery of Art (Beverly, MA: 2008).
Two-person show, Griffin Museum of Photography (Winchester, MA: 2008).
"Uncommon Denominator," Trustman Gallery of Art (Boston, MA: 2008).
"Digital '07: Pattern-Finding," New York Hall of Science (Queens, NY: 2007).
"Insight," Arsenal Center for the Arts (Watertown, MA:2007).
"Journeying Within Mind and Matter," Gallery 181 (Lawrence, MA:2006).
"Mandalas: Maps of Conscious Order," MATV Gallery (Malden, MA:2006).