

KATHRYN C. SHAFER Ph.D., LCSW, ACSW, CAP, CPT

Licensed Clinical Social Worker

Certified Addiction Professional

Certified Play Therapist; Registered Yoga Teacher

Limitless Potentials, Inc.

At the Palm Beach Holistic Center

675 West Indiantown Road, Suite 100

Jupiter, FL 33458

Office: 561-799-6789 email: kathy@drshafer.org

www.yoga-fun.com, www.funtherapist.com

Summary of Credentials

Dr. Kathryn Shafer is known for her work as a psychotherapist, teacher, educator on mindbody wellness, conducting interventions and assessments for alcohol and drug addiction, yoga instructor, and as an author and researcher on these and related topics. Dr. Shafer completed her doctorate designing a substance abuse training during the collapse of the former Soviet Union. More recently, her international and training efforts include a study abroad program for students in Costa Rica, teaching yoga therapy for older adults, persons in treatment for addiction, and for corporate executives. For over 25 years she provides services as a clinician, professor, administrator, and consultant. At over 40 conferences internationally, Dr. Shafer has given presentations as a key note, guest lecturer, and has been a guest on numerous radio and television programs to discuss topics pertaining to health, substance abuse, trauma, aging, depression, relationships, teens, using stress reduction practices such as mental imagery, dreamwork, and yoga. Dr. Shafer provides private consultation with individuals, couples, families, and groups. She provides expert testimony for court cases involving competency in aging, child custody in family disputes, addiction arrests, domestic violence, and teen conduct issues.

Currently, she is private practice as a psychodynamic psychotherapist, interventionist, and yoga instructor at the Palm Beach Holistic Center in Jupiter, Florida. Her diverse expertise spans all age groups and includes working with teens, adults, and families impacted by alcohol and drug abuse, eating disorders, aging, trauma, relationship conflicts, anxiety, depression, stress management, and chronic illness. She is a Registered Yoga Therapist; and incorporates nutrition and exercise into her work as a mindbody psychotherapist. She has a bimonthly women's group for professional women.

Dr. Shafer has numerous publications about her work including a book about mental imagery in the treatment of diseases such as asthma. She serves as the Board President of Gratitude House, a non profit substance abuse treatment center for women in West Palm Beach. She volunteers at this facility bringing yoga as an integrative aspect of their addiction treatment.

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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

Academic Appointments

- 2001-2005 Assistant Professor, School of Social Work
University of South Florida, Tampa
- 2001-2004 Research Director, International Traumatology
Institute
- Courses: International Perspectives in Addiction
Treatment: Exploring What Works Across
Cultures
#SOW 4930/6931, Study Abroad Program
Costa Rica, Summer 2004
#SOW 6362, Individual, Family, and Group
Treatment II: A Psychosocial Perspective
Fall 2004
Substance Abuse and the Older Adult,
#SOW 4930-901/6931-901, Fall 2003
Individual Growth and Development Theory
#SOW 6114-Spring 2003, Spring 2004
Spirituality in Social Work Practice
#SOW 4930-901/6931-901-Fall 2002, Fall 2004
Human Behavior and the Social Environment II
#SOW 3102-Fall 2001, Spring 2002, Fall 2002,
Fall 2003, Spring 2004, Fall 2004

Academic Appointments-continued

2001-2005 Assistant Professor, School of Social Work
University of South Florida, Tampa-continued
Courses: Introduction to Addictive Behavior
#SOW 6931-Spring 2002
Introduction to Social Work
#SOW 3302-Fall 2001

2000-2003 Adjunct Faculty - Masters of Substance Abuse
Counseling and Education
Distance Learning Program
Nova South Eastern University
North Miami, FL
Course: Personality Theory
Fall & Winter 2000, 2001, Spring & Fall 2003

1995-2000 Adjunct Faculty - Undergraduate School of Social
Work
FLORIDA ATLANTIC UNIVERSITY, Boca Raton, FL
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 #SWK 239-01
Spring 1998
Social Work Practice II #SWK 312-02, XT-81
Spring 1998

1999 Adjunct Professor - Department of Psychology
LYNN UNIVERSITY Boca Raton, Florida
Course: Introduction to Psychology #PSY 150

1997-1998 Substitute Assistant Professor - Department
Sociology/Social Work
Lehman College, The City University of
Bronx, New York

Research Fellowship Award 1997
Courses: Social Welfare Institutions #SWK239-01, XH81
Fall 1997, Spring 1998

Professional Activities

2006-2007 Lady of America Fitness, Palm Beach Gardens, Yoga Instructor.

2006-2007 Hanley Center, Inc., West Palm Beach
Yoga Instructor-Older Adult Program,
Butterfly House

2003-2006 GENESIS HOUSE
Lake Worth, Florida
Consultant

2003-2008 Gratitude House
West Palm Beach, FL
Board President, Yoga Instructor

1999-2001 BEHAVIORAL HEALTH OF THE PALM BEACHES
Lake Worth, Florida
Consultant

1999-2000 WESTERN COUNTY MENTAL HEALTH CENTER
Belle Glade, Florida
CONSULTANT

1998-1999 COMPREHENSIVE ALCOHOLISM REHABILITATION
PROGRAMS, INC.
West Palm Beach, FL
Assistant Clinical Director

1995-1998 COLUMBIA HOSPITAL, West Palm Beach, FL
Consulting Director of Social Work

1990-1995 CREATIVE POTENTIALS, INC.
Lake Park, Florida
President

1991 PALM BEACH INSTITUTE, West Palm Beach, FL
Specialist Imagery and Relaxation Techniques

1988-1999 CENTER FOR FAMILY SERVICES
West Palm Beach, Florida
Contract Clinician

1988 JUVENILE DETENTION CENTER
Palm Beach County, FL

Professional Activities

1985-1987 NEW YORK UNIVERSITY
Student Housing Department-Consultant

1984-1988 BETH ISRAEL MEDICAL CENTER
New York, New York
Stuyvesant Square Chemical Dependency
Program-Aftercare Supervisor

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

1984 CITY HOSPITAL AT ELMHURST, New York
Social Worker-Alcoholism Outpatient Clinic

1981-1982 ADVOCATES FOR CHILDREN, INC.
Long Island City, New York
Research Assistant

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. & 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., (accepted 2008). Dis-ease Free: First Session Exercise. Chapter in 101 Solution Focused Practices. Taylor & Francis.

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.

Refereed Journal Publications-continued

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. in Metro Woman Directory of the Palm Beaches.

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.; Rodriguez, 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). Dissertation Abstracts International.

Journal & Book Reviewer/Referee

Journal on Social Work in the Addictions (Current)
Field Reviewer for the TIP Substance Abuse Treatment and Trauma.
Center for Substance Abuse Treatment (CSAT), March, 2004.

Conference Proceedings

- 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.
- 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 Solution Focused Brief Therapy Association First Conference on Solution Focused Practices, Loma Linda University, CA.
- 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.

Refereed Papers/Invited Papers

- o 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).
- o 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).
- o 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.
- o 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.

Refereed Papers/Invited Papers-Continued

- oDis-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.
- o 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.
- o 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.
- o 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.
- o 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.
- o Women and Substance Abuse. Abstract accepted for the 34th Annual Addictions Institute at Fordham University (May 22, 2002); New York, New York.
- o 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.
- o Beginning With the End in Mind. Abstract accepted for the 33rd Annual Addictions Institute at Fordham University (May 16, 2001); New York, New York.
- o 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.
- o 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.
- o Healing Through the Mind of the Addict: An Innovative Approach for Sober Living. Abstract accepted to present at the 32nd Annual NASW Addiction Institute (May 12, 2000); New York City Chapter, New York.
- o Mindbody Approach. Invited to present at the Child Welfare League of America Skillenium 2000 (October, 1999); Miami, Florida.

Refereed Papers/Invited Papers-Continued

- o Mindbody Techniques in the Treatment of Substance Abusers. National Association of Social Work Addiction Institute (May, 1999); New York City Chapter, New York.
- o 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.
- o 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.
- o 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 21st Century: Challenges for Social Work Education (July, 1997); Trinidad.
- o 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.
- o Substance Abuse Treatment Across Cultures: Training Clinicians in the Former Soviet Union. Abstract accepted to present at the Council on Social Work Education 43rd Annual Program Meeting, International Issues Symposium (March 1997); Chicago, Illinois.
- o 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.

PRESENTATIONS/WORKSHOPS

- o Treatment Knowledge III. Faculty of Addiction Professional Training Series at Hanley Center, West Palm Beach, FL. Provided 16 hour course instruction On Physical Aspects, Pharmacology, History of Addiction, Models of Treatment, Types of Service (June 27-28, 2008).
- o Holistic Healing in Addiction. Invited hour lecture for the Professional Luncheon Series at Hanley Center, West Palm Beach, FL (March 7, 2008).
- o Yoga at Work. Invited lecture and teach Palm Beach Gardens Hospital Administration and Department Heads about the benefits of incorporating at work. Palm Beach Gardens (February 22, 2008).

PRESENTATIONS/WORKSHOPS-Continued

- Ethics, Domestic Violence, and HIV/Aids in Substance Treatment: An update (3 hours) for clinicians. Invited to conduct staff development workshop for 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. Admirial's Cove, November 15, 2006 7-9AM. Sponsored by the Wellness Spa.
- 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.
- Understanding What's Eating You: The Psychodynamics of Eating Disorders. Invited to present a workshop at the South Florida Conference on Mental Health. Sponsored by the Ruth Rales Jewish Family Service, Boca Raton, FL April 6,2006.
- Clinical Supervision: 16 Hour Course as Required for Qualified Supervisor in Florida. March 2 & 3,2006 Sponsored by Genesis House, at Limitless Potentials, Inc.
- Clinical Supervision: 16 Hour Course as Required for Qualified Supervisor in Florida. June 11 & 12, 2005 Sponsored by Genesis House, Lake Worth FL.
- 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.

PRESENTATIONS/WORKSHOPS-Continued

- 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 45 hour training for professionals June 19-July 10, 2004 at ACERPA in San Jose Costa Rica.
- 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, Florida.
- How to Communicate in Times of Grief, Disaster, and Highly Stressful Situations. Invited to teach an 8 hour course at The Children's Services Council, June 2, 2004).
- 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.
- 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.
- 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.

PRESENTATIONS/WORKSHOPS-Continued

- Clinical Supervision-16 Hour course required for Licensed Clinicians in Florida to be Qualified Supervisors as required by Chapter 491. Conducted at 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 made possible from grant funding by the US department of the Army.
- Domestic Violence Update (3 hours). Invited to conduct staff inservice 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.
- 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.

PRESENTATIONS/WORKSHOPS-Continued

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

o 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.

- o 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.
- o Sexual Abuse and Trauma. Invited to train staff (April 4, 2001). Gratitude House, West Palm Beach, FL.
- o Engaging the Creative Process with Teens. Invited to teach a 6 hour course for health care professionals (March 28, 2001); West Palm Beach, Florida.
- o Solutions 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-Continued

- o 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.
- o 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.
- o 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.
- o 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.
- o 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.
- o 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.
- o 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.

- o 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.
- o 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.
- o 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-Continued

- o 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.
- o 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.
- o Solutions for Substance Abusers. Invited to teach 8 hour course for addiction certification program at Hanley-Hazelden (May, 1998); West Palm Beach, Florida.
- o 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.
- o 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.
- o 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.
- o Psychopharmacology: An Update for Clinicians. Invited to teach 6-hour course. Palm Beach Community College (October, 1997); West Palm Beach, Florida.
- o Lights, Camera, Action: Setting the Stage for Clinical Social Work Practice. National Association of Social Workers Annual

- Conference (September, 1997); Miami, Florida.
- o Domestic Violence. Invited to address Social Work Alumni at the Florida Atlantic University Social Work Alumni Association (September, 1997); Boca Raton, Florida.
 - o 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.
 - o 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.
 - o Solution Focused Methods for Family Based Interventions. Invited to train staff for the Charlee Program-Homes for Children (June, 1997); Coral Gables, Florida.

PRESENTATIONS/WORKSHOPS-Continued

- o 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.
- o MindBody Medicine: An Introduction to Cognitive Behavioral Therapy. Conducted two seminars for Columbia Hospital Mental Health Services staff to integrate into treatment services. Co-lead by the Medical Director (June, 1997; May, 1997); West Palm Beach, Florida.
- o What You Need to Know About the Substance Abusing Batterer. Day long workshop for clinicians, Columbia Hospital (April, 1997); West Palm Beach, Florida.
- o Imagination: An Innovative Application of Cognitive Restructuring for Substance Abusers. Abstract selected for Barry University's Alumni Conference (April, 1997); Miami, Florida.
- o Brief Therapy with the Substance Abusing Adolescent. Invited for 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.
- o Global Diversity: Cultural and Ethnic Challenges in Psycho-Social and Clinical Practice. Panel presentation and discussion at day long 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.
- o 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.

- o 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.
- o Accepting the Perianesthesia Challenge: Identification and Intervention Strategies for the Impaired Nurse. Sponsored by Hanley-Hazelden (September, 1996); West Palm Beach, Florida.
- o Integrating Brief and Short-Term Psychotherapy into your Practice. An invitational workshop health professionals, Hanley-Hazelden (June, 1996); West Palm Beach, Florida.

PRESENTATIONS/WORKSHOPS-Continued

- o 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.
- o 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.
- o Substance Abuse Research (October, 1992); Training in the Ukraine & St. Petersburg, Russia.
- o Stress Management Training. Invited for 45 hours by Soviet Center for Better Health (May, 1991); Moscow, Russia.

POST GRADUATE TRAINING

- o Reiki Level I (8 hour intensive), October 10-11, 2006.
- o Yoga Teacher Training Completed 200 hour certification as required by Yoga Alliance. Completed Levels 1-4 (plus retrains) with Yogafit, Yoga for Prenatal and Postpartum Women, Yoga for Golf and Tennis, Yoga Lean, Yoga for Seniors (2004-2006).
- o Eye Movement Desensitization and Reprocessing (EMDR) - Level I (3-day intensive), 2002
- o Brief Family Therapy Center, Milwaukee, Wisconsin Advanced Supervision Seminar in Solution-Focused Therapy (4-day intensive), 1999
- o National Association of Social Workers, Inc. Florida Chapter (16 hour) Clinical Supervision Course, 1999
- o Harvard Medical School Clinical Training in Mind/Body Medicine (44-hour training course), 1997
- o Boston University Alcohol and Drug Curriculum Development Summer Institute, 1995

- o American Institute for Mental Imagery, New York City (two year training intensive), 1995

STATE AND NATIONAL CERTIFICATIONS

- o Alcohol, Tobacco, and Other Drugs Certification, by The National Association of Social Workers, 2000.
- o Certified Child Psychotherapist, Play Therapy Therapist, and Certified Play Therapy Supervisor by The International Board Examiners of Certified Play Therapists, 1998
- o National Certified Alcohol and Drug Counselor, 1991
- o Certified Practitioner of Eriksonian Hypnosis, 1991
- o Licensed Clinical Social Worker (Florida), 1989
- o Certified Addiction Professional (Florida), 1989
- o Academy of Certified Social Workers, 1987
- o Certified Alcoholism Counselor (New York), 1985
- o Certified Social Worker (New York), 1983

PROFESSIONAL MEMBERSHIPS

- o National Association of Social Workers
- o The Gerontological Society of America
- o Florida Society of Oncology Social Workers
- o The American Orthopsychiatric Association
- o The International Society for Child and Play Therapy
- o Florida Alcohol and Drug Abuse Association
- o National Association of Alcohol and Drug Abuse Counselors
- o The International Association of Yoga Therapists
- o The National Council on Strength and Fitness
- o The United States Association for Body Psychotherapy

PROFESSIONAL LEADERSHIP ACTIVITIES

- o Board President, Gratitude House 2006-2008. Board member September 2001-present.
- o Member, Hanley-Hazelden Advisory Committee, Older Adult Prevention Program (September, 2002-current).

- o Director of Research, International Traumatology Institute, University of S. Florida (October, 2001-current).
- o Journal of Social Work Practice in The Addictions, review board member, (2001-current).
- o Hanley Hazelden: Education Advisory Team (December, 1995-2005).
- o Continuing Education Chair, Gulfstream Unit, National Association of Social Workers, Florida State Chapter (August, 1994 March, 2000).
- o Committee on Nominations and Leadership Identification, National Association of Social Workers, Florida State Chapter (1988-1989).

MEDIA RECOGNITION

- o Spirituality and Addiction. Invited guest on Recovery hour WBZT AM 1230 Radio, July 23, 2005.
- o 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. Natural Health, November/December, 2000.
- o Having FUN with Asthma; highlights the FUN program described in Dr. Shafer's book. Spirituality and Health, Fall, 2000.
- o Beyond Steroids: New Treatment for Asthma. An article written by Maya Muir to include Dr. Shafer's personal story in her recovery from asthma, and the use of imagery as a clinician. Alternative and Complementary Therapies, October, 1998.

MEDIA RECOGNITION

- o Women's Hidden Health Epidemic: Do you have asthma and not even know it? An interview written by Michael Castleman to include Dr. Shafer's use of alternative approaches such as imagery to heal her asthma. New Woman, September, 1997.
- o 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).

PROFESSIONAL REFERENCES Available Upon Request