# Jane M. Hart, Ed.D.

#### **EDUCATION**

- Ed.D. Psychological Education, Human Services and Applied Behavioral Sciences, University of Massachusetts, Amherst, MA 1988
- M.Ed. Counselor Education, St. Lawrence University, Canton, NY 1976
- B. S. Sociology. Member of *Alpha Kappa Delta*, National Sociology Honor Society. St. Lawrence University, Canton, NY 1975

# PROFESSIONAL EXPERIENCE

**TEACHING** 

Lecturer Rosemont College 2006-present Rosemont, PA

Teach Addiction Counseling Strategies and Techniques for Counseling Psychology Masters Program in the School of Graduate and Professional Studies.

**Teacher** The Psychosynthesis Center 1995-1999
For Spiritual Psychology

Design and teach in-depth theoretical and experiential training in Spiritual Psychology, focusing on individual vision, purpose and mission. Facilitate the development and application of independent final projects. Create and present graduate courses, community presentations and advanced seminars.

Associate Professor Chestnut Hill College 1992-1994
Philadelphia, PA

Taught Introductory and Advanced Counseling and Theory courses for Graduate Addictions Program in Graduate Division of Counseling Psychology and Human Services.

Teaching Associate University of Massachusetts 1983-1987 Amherst, MA

Taught undergraduate and advanced degree courses in Theories of Human Development, Instructional Skills, Dynamics of Human Behavior, and Educational Psychology.

Associate Professor College of St. Rose 1976-1979
Albany, NY

Taught graduate courses for School of Education Masters Degree Program in Human Development, and Human Relations Skills.

Teaching Assistant St. Lawrence University Canton, NY

1977-1982

1975-present

Co-taught graduate courses for School of Education in Techniques and Theories of Counseling, Group Counseling, and Counseling Practicum.

### COUNSELING

Psychotherapy Private Practice

Malvern, PA West Chester, PA Springfield, MA

Northampton, MA Canton, NY

Provide therapy for individuals, couples, families and therapy groups. Areas of expertise include addiction and codependency recovery, trauma, trauma, anxiety and depression, relationships, mind/body issues, assertiveness, stress management, life/work transitions.

Substance Abuse Clinician

Help Counseling

1990-1991

West Chester, PA

Elm Street Health and Human Services

1985-1987

Holyoke, MA

Multi-Service Health, Inc.

1984-1985

Northampton, MA

Provided individual and group out-patient assessment, diagnosis, and counseling with clients in early and ongoing addiction recovery, dual diagnosis, chronic relapse, and codependency. Trained and supervised graduate students in mental health and substance abuse counseling.

University Counselor

Clarkson University Potsdam, NY

1977-1982

Provided brief and long-term individual and group counseling with students, residential and university staff for social, emotional, sexual, academic and career problems. Conducted crisis intervention and psychiatric consultations. Developed and presented educational and intensive weekend retreats. Designed and provided human services training to Student Life staff. Established university and community alliance for rape prevention and campus security.

## TRAINING/CONSULTING

## **Educational Consulting**

1978-present

Create and deliver training models for state certification boards, professional agencies and community organizations for Substance Abuse Recovery, Counseling, Human Relations Skills, Stress Management and Integrated Health. Create and deliver numerous trainings on campus and community safety, and rape prevention for University administration and students, law enforcement officers and hospital personnel. Served as Senior Trainer and Board of Directors for peer crises counseling center.

University Staff Training

University of Massachusetts

1984-1988

# Amherst, MA Tufts University, Boston, MA

Created and conducted intensive short and long term trainings for administrative and residential staff. Trained and supervised residential staff trainers in leadership and human relations skills delivery in year-long program in Advanced Instructional and Group Leadership. Designed and implemented first objectives/goals and evaluative annual

review for residential and housing departments. Created and presented training models in communication skills, conflict resolution, and peer counseling. In 1985/1986 functioned as live-in Resident Director to coordinate housing, residential programming, counseling, crisis intervention, and in-service training for resident managers.

Non-Profit Consulting

Citizens Against Violent Acts, Canton, NY 1979-1982

Founded multi-county non-profit organization to provide rape victim advocacy and community safety awareness. Consulted with and trained county wide medical personnel, law enforcement, and court professionals on establishing and implementing crime of rape policies and procedures.

#### **ADMINISTRATIVE**

Director

The Healing Bridge Project Malvern, PA

1998-present

Founded and direct an incorporated non-profit research and service organization to explore the human experience of integrative healing and provide World Wide Web education and resources. Coordinate volunteer service board, funding, community education, workshops and fundraisers. Write and research for website education and professional journals. Develop alliances with organizations to provide informed, integrated and holistic resources which promote whole person healing.

Director

H & H Associates A.W.A.R.E. Associates 1991-present 1994-2000

Founded and direct group practice of psychotherapy, coaching and educational services for mental health issues, addictions recovery, and mind/body conditions. Founded and direct a consulting company offering professional trainings for addiction professionals, courses and retreats in personal and spiritual development.

Clinical Director

Hairston House Multi-Service Health, Inc. Northampton, MA 1987-1989

Directed treatment and aftercare program for recovering male alcoholics/addicts in 6 month residential treatment facility. Supervised clinicians, support staff, and graduate interns; maintained client caseload. Initiated and facilitated weekly staff "sober system" meetings. Designed and coordinated in-service training and initiated dual-diagnosis treatment program.

# Student Development Center Clarkson University Potsdam, NY

1980-1982

First co-director appointed to university counseling center. Expanded university support services for women students, staff and faculty. Supervised graduate counseling interns. Advised and consulted with campus-wide academic and administrative committees.

## SELECTED PUBLICATIONS

Hart, Jane M. (Spring, 2004) The Spiritual Path to Life, Career and Self Change, *Career Planning and Adult Development Journal*, Vol. 20, No. 1, pp. 99-107.

Hart, Jane M. (Winter, 2002) Global Healing Stories, *Progressive Health*, pp. 8 & 18.

Hart, Jane M. (Sept. 2002) One Woman's Journey of Healing: Her Contribution to a Research Project on Changing Notions of Healing, *International Journal of Healing and Caring*, Vol. 2, No. 3, www.ijhc.org.

Hart, Jane M. (Oct. 2004) The Spiritual Nature of Healing, The Forge Institute, p. 3-5.

Hart, Jane M. (Sept. 2005) Elements of Courage, (July 2004) The Spirit Of Humor www.thehealingbridge.org/writings/html

Hart, Jane M. (2004) Unity—The Invisible Presence, Introduction in Conley, C., *Unity Symbols*, Chapel Hill, NC, High Brow Pencil Press.

Hart, Jane M. (Jan. 2005) Our Sacred Places, (Nov. 2004) Thresholds of Trust and True Freedom, (Sept. 2004) Fallibility, Forgiveness and Freedom, (Nov. 2002) Back Porch Blessings, (May 2002) A Natural Discipline, (Dec. 2001) A New Age Matures, (Sept. 2001) A Reunion of Spirit and Science, (July 2001) On The Path - Finding Our Way, (Jan. 2001)The Flow of Recreation, (Dec. 2000) Meditating In The New Year, (Nov. 2000) A Communal Spirit, (Sept. 2000) Awakening to a Vital Spirituality, *Yoga Living Journal*.

Journal and Newspaper Interviews for: Alternative Medicine, July/August 2002. Main Line Times, June 26, 2003. Suburban and Wayne Times, July 15, 2004. Daily Local News, May 30, 2003.

#### SELECTED PROFESSIONAL PRESENTATIONS

- "The Healing Bridge." Radio Interview on CVUE-FM, Sechelt, BC, Canada, July 2006.
- "Spirituality in Clinical Practice." Panel presentation for Idealist Youth Conference University of Pennsylvania, Philadelphia, PA, Spring 2005.
- "Integrative Health." Radio Interview on WCHE, West Chester, PA, February 2005.
- "Recovery and Healing: A Partnership of Wholeness." Three day CAC certification training, DADAMH Summer Institute, University of Delaware, Newark, DE, July 2004.

Team Building Day for Dansko, Inc., Hart/Katz & Associates, Unionville, PA, June 2003.

"A Vision for Healing Mind, Heart & Spirit." Managing Huntington's Disease Conference. Philadelphia, PA, October 2002.

- "Surrender to Healing." Radio Interview on WVUD-FM, University of Delaware, August 2002.
- "Healing Workshop." Springhaven Wellness Center, Malvern, PA, March 2002.
- "Surrendering to A New Vision of Self." Women and Spirituality Conference, Minnesota State University, Mankato, October 2001.
- "A Millennium Retreat, The Journey from Loneliness to Connection." Institute for Staged Recovery, Cape May Point, NJ, September 1999.

The First Annual Conference on Authentic Process Therapy, Institute for Staged Recovery, Cape May Point, September 17-19, 1999.

- "The Soul of Healing." Keynote Speech, Medicine for the New Millennium Conference, Delaware Valley Wellness Network, Bryn Mawr, PA September 1999.
- "The Many Faces of Spirituality." National Association of Alcohol and Drug Abuse Counselors National Conference, Philadelphia, PA, May 1999.
- "Awakening to Your Intuition." Reach to Recovery Conference, American Cancer Society, Hershey, PA, April 1999.
- "Architecture of the Soul." Three day CAC certification training, 27<sup>th</sup> DADAMH Summer Institute, University of Delaware, Newark, DE, July 1998.
- "Wise Use of the Will." Workshop, Malvern, PA, September 1998.
- "Spirituality in Clinical Practice." Panel presentation for Citizen's' Alliance for Progressive Health Awareness, Wayne, PA, December 1997.

Radio Interview on WCHE, Random Acts of Kindness Week, West Chester, PA, February 1995.

- "Reclaiming Your Intuition." Northwestern Institute, Philadelphia, PA, October 1995.
- "Deepening Spiritual Awareness." Pennsylvania and Delaware Departments of Health, Office of Drug and Alcohol Programs, 2 day CAC certification trainings, May 1998, 2000, 2004
- "Opening to a Vital Spirituality." Pennsylvania Department of Health, Office of Drug and Alcohol Programs, Lake Harmony, PA, 2 and 3 day CAC certification trainings 1995-1999.
- "The Dance of Spirituality." 10 week Women's Psycho-educational Group, 1994-1999.
- "Surrendering to Sobriety." Western Massachusetts Conference on Substance Abuse in the 1990's, Chicopee, MA May 1990.
- "Surrendering to a New Life: A Process Model of Recovery." National Association of Alcohol and Drug Abuse Counselors, Boston, MA, June 1990.
- "Working with Defenses." Northeast Regional Employees Assistance Professionals Association, Springfield, MA, April 1989.
- "Adult Developmental Change." National Student Development Conference, New Haven, CT, April 1986.
- "Rape Counseling." In-Service Training for Professional Staff of St. Lawrence County Community Services, Fall 1981.

- "Victim or Victor: Dealing with Harassment and Sexual Assault." Fifth Annual Conference for Educational Office Personnel, St. Lawrence/Lewis Counties, Potsdam, NY, Fall 1981.
- "Fantasy Door Approach." American Personnel and Guidance Association, St. Louis, MO, March 1981.
- "Common Sense Self Defense." Guest Speaker for first of seven Educational Television series for PBS, Spring 1981.
- "Dealing with Personal Crisis." Region III Counselors Conference, Saranac Lake, NY, Spring 1980.
- "Fantasy Relaxation Technique." European Branch of American Personnel and Guidance Association, Munich, Germany, September 1979.
- "FRT: Fantasy Relaxation Technique." First American Conference on the Fantasy-Imaging Process, Chicago, IL, October 1978.

#### ADDITIONAL PROFESSIONAL TRAINING AND CERTIFICATION

Certified Therapist in EMDR, EMDRIA, since July 2007
National Certified Counselor, NBCC, since 1995
Licensed Professional Counselor, Pennsylvania. 2002 to present
Psychological Trauma Conference, Bessel van de Kolk, MD. June 2006
EMDR Training, Level Two, Francine Shapiro, PhD, 2000.
EMDR Training, Level One, Steve Silver, PhD. 1999.
Authentic Process Therapy, Institute for Staged Recovery.1999
Forgiveness and Energy Training, Institute for Advanced Clinical Training. 1999
Counseling the Sex Addict 7 day Intensive Training, Patrick Carnes, PhD. 1998
Psyche and Cosmos 5 day training, Stan Grof, MD and Rick Tarnas, PhD. 1998
Holotropic Breathwork 8 day Intensive, Stan Grof, MD & Jack Kornfield PhD. 1997
Spirituality and Healing in Medicine, Harvard Medical School Annual Conference. 1998
Psychosynthesis Training Program. Cher Franklin, PhD and John Franklin, PhD, 1992-1995

American Hypnotherapy Institute Certification. 1994 Ericksonian Hypnosis Training. Institute for Advanced Clinical Training, Inc. 1993 Harvard University. Clinical Development Institute. 1984 and 1985 Person Centered Approach 12 day Intensives with Dr. Carl Rogers. 1978 & 1980 Consulting Internship with Dr. Martin Seldman and Ridge Consultants. 1975-1977

## PROFESSIONAL ORGANIZATIONS

National Board of Certified Counselors
EMDR International Association
Association for the Advancement of Psychosynthesis
Institute of Noetic Sciences
Association for Humanistic Psychology
Association for Transpersonal Psychology

# CONTACT INFORMATION

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