

Curriculum Vitae

Contact Information

Beverly Swann, Ph.D., MA

Licensed Marriage and Family Therapist (LMFT) and Integrative Life Coach

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Education and Licensing

December 2009 – present - California Board of Behavioral Sciences, Marriage and Family Therapist License #MFC-47971, current and in good standing, expires 9/30/19

June 2019 - Saybrook University, Ph.D. in Mind-Body Medicine, Specialization in Integrative Mental Health

March 2007 - John F. Kennedy University, MA in Counseling Psychology, Specialization in Somatic (Body Oriented) Psychology

June 1985 - Indiana University, BS in Personnel Management and Labor Relations

Experience

May 2015 – present – Cygnus Transformations, Concord, CA

Founded and launched integrative wellness services business to provide mind-body solutions for health and well-being, specializing in the treatment of trauma, mild traumatic brain injury, and compulsive eating. Current services include integrative wellness coaching, Tension and Trauma Releasing Exercises (TRE), expressive arts workshops, and iEMDR for headache treatment.

January 2010 – present – Private Practice, Concord, CA

Licensed Marriage and Family Therapist (LMFT) – Specializing in working with clients with many types of eating disorders and self-care dysfunction including: emotional eating, binge eating, not being able to follow medical advice about eating, and exercise resistance. Additionally, I focus on chronic trauma/PTSD, chronic pain and chronic illness, domestic violence, problem gambling, mild traumatic brain injury (MTBI), and emergency first responders. Supervise interns working in these specialties. I employ and supervise post-masters registered interns in private practice setting.

March 2018 – March 2019 – American Red Cross

Volunteer Mental Health Services Clinician – Provide assessment, referral, and brief counseling to victims and other Red Cross staff in emergency situations.

November 2011 – present – West Coast Post-Trauma Retreat (WCPR), Angwin, CA

Volunteer EMDR Clinician – Provide EMDR treatment at intensive treatment program for emergency first responders (police, fire, EMT, etc.) with PTSD.

August 2017 – December 2017 – Saybrook University

Teaching Fellow and Peer Mentor – Served in two separate yet related roles as a peer mentor to incoming students in the College of Integrative Mental Health (CIMHS) and as an instructor in the Graduate Colloquium class.

February 2010 – May 2015 – Casa Serena Eating Disorders Program, Concord, CA

Program Staff/Marriage and Family Therapist (MFT) Group Facilitator – Lead groups in Living Skills, Meals, and Body Image/Body Awareness in this intensive outpatient program (IOP) for eating disorders for adults. As part of staff, participate in collaborative treatment planning for clients in milieu setting. Clients typically stay in program 10-14 weeks. Also supervise interns working in teen program.

March 2008 – December 2009 – Touchstone Counseling Services, Inc., Pleasant Hill, CA

MFT Intern – Marriage and family therapy with adults, adolescents, and children in both individual and family sessions. Clinical focus on women who have experienced repeated trauma including childhood abuse and domestic violence. Most clients were either in recovery for substance abuse or were directly impacted by a family member's substance use. Also led a variety of groups on topics such as eating disorders and parenting skills.

August 2005 – June 2008 - New Pathways Counseling, Inc., A Program of Catholic Social Service Solano, Vallejo, CA - Experience included: MFT Trainee – August 2005 to May 2007; MFT Intern – May 2007 to June 2008

Clinic Therapist – Saw clients from diverse populations in clinic setting. Issues included trauma, depression, aging, addiction, grief, eating disorders, and victims of crime. Worked with clients individually, as families, and couples. For 1 ½ years, worked independently at off-site clinic as well as at main clinic.

School Counselor – Served as school counselor for approximately 400 students at a parochial school: grades preschool, kindergarten, and 1st through 8th grades. Counseled students on many issues including social skills, anger management, conflict resolution, grief, anxiety, abuse, academic problems, and behavioral issues. Also worked with teachers and parents to find additional resources and referrals.

Group Counseling – Facilitated groups on parenting skills in a court-ordered group.

Intakes – Conducted telephone and in-person intakes of both clinic clients and candidates for court-ordered programs on parenting, anger management, and domestic violence.

Class Facilitation and Presentation Experience

- 2018 Vicarious Trauma and Self-Care – Lincoln Center
- 2016 EMDR For Eating Disorders: Not Just For Trauma Anymore – Casa Serena Lunch & Learn
- 2013 Obesity and the Bariatric Surgery Client – JFK University Continuing Education
- 2013 CBT Approaches for Eating Disorders – JFK University Continuing Education
- 2012 Eating Disorders for Therapists: How to Know It When You See It and What To Do - EBCAMFT Chapter meeting
- 2012 USABP Conference, Boulder, CO – presented Using Body-Oriented Therapy to Treat Obesity With Co-occurring Trauma
- 2011 Obesity and the Bariatric Surgery Client – JFK University Continuing Education
- 2011 Eating Disorders for Therapists: How to Know It When You See It and What To Do - Yolo-Solano CAMFT Chapter meeting
- 2011 Eating Disorders: Dual Diagnosis Issues – JFK University Continuing Education
- 2011 Eating Disorders Overview at Diablo Valley College Womens Studies class
- 2010 Eating Disorders for Therapists: How to Know It When You See It and What To Do at Touchstone Counseling Services, Inc.
- 2010 Panel discussion on Therapists and Technology at the Yolo-Solano CAMFT Chapter
- 2010 Presented “Technology Q&A For Therapists” at EB-CAMFT Coffee Talk
- 2009 Facilitated “Why Did I Eat That?” group on eating dysfunction
- 2009 Presented workshop on Stress Management at Anti-Stress Fest, Las Lomas High School
- 2007 Presented at 21st Annual Conference on Early Childhood Education – Presentation on The Impact of Divorce on Children
- 2006 Conflict Resolution workshops for all middle school classes at St. Dominic’s School.

Previous Work Experience

- May 1998 – ProBusiness Services, Inc. (ADP Systems), Pleasanton, CA
- June 2003 * Learning Consultant (Contract) 2002-2003
- * Training Project Consultant 2000-2002
- * Database Analyst/Trainer 1998-2000

- May 1997 – Human Resource MicroSystems, San Francisco, CA
- May 1998 * Training/Support Specialist

Certifications

- 2016 Tension and Trauma Releasing Exercises (TRE) Facilitator
- 2015 Integrative Wellness Coaching Certificate – Saybrook University

Additional Training Received

- 2019 FRSN Clinician Training – First Responders Support Network (Mark Kamena, PhD, Emily Brucia, PhD, Danielle Cottonham, PhD, Lewis Engel, PhD, Philip Manfield, PhD) (6 CEUs)
- 2019 Ego-State Therapy Interventions to Prepare Dysregulated, Dissociated, & Attachment-Wounded Clients for EMDR – Shirley Jean Schmidt, MA, LPC (6 CEUs)
- 2019 Working with Freeze – Bay Area Psychotherapy Institute (BAPTI) – Katie Keech MFT (3 CEUs)
- 2018 Money, Finances, and Problem Gambling – California Council on Problem Gambling (1 CEU)
- 2018 Effects of Problem Gambling on the Family - California Council on Problem Gambling (1 CEU)
- 2018 Daily Fantasy Sports: Overview and Treatment - California Council on Problem Gambling (1 CEU)
- 2018 Dealing With Emotions and Stress - California Council on Problem Gambling (1 CEU)
- 2018 Interpersonal Violence and Problem Gambling - California Council on Problem Gambling (1 CEU)
- 2018 Learn By Example: Statistics and Data Science in R – Udemy.com
- 2018 EMDR and Internal Family Systems – Bi-Annual Clinicians Training, FRSN – Bart Ruben, PhD (6 CEUs)
- 2017 Motivational Interviewing: Introduction and Application – Zur Institute (3 CEUs)
- 2017 Spiritual Assessment as a Treatment Tool – California Council on Problem Gambling (1 CEU)
- 2017 PTSD and Disordered Gambling – California Council on Problem Gambling (1 CEU)
- 2017 Law and Ethics with an LGBTQ Focus Parts One and Two – Jeanne Courtney, MFT (6 CEUs)
- 2017 FRSN Train The Trainer on PTSD Presentations – Bi-Annual Clinicians Training FRSN – Joel Fay, PhD (6 CEUs)
- 2016 EMDR Protocol for Recent Critical Incidents (EMDR-PRECI) and EMDR Integrative Group Protocol – Ignacio Jarero, PhD, EdD (7 CEUs)
- 2016 EMDR Treatment of OCD and Spectrum Disorders – Priscilla Marquis, PhD (6 CEUs)
- 2016 Mindfulness and Neuroplasticity in the Treatment of Trauma – Janina Fischer, PhD (6 CEUs)
- 2016 Military OneSource Provider Administrative Training (.5 CEU)
- 2016 Pathological Gambling and Substance Abuse – Quantum Units Education (2 CEUs)
- 2016 How to Work Financially With the Problem Gambler – Quantum Units Education (3 CEUs)
- 2016 The Impact of Deployment and Combat Stress on families and Children, Part II: Enhancing Resiliens (1.75 CEUs)
- 2015 Advanced Topics in Clinical Supervision – Zur Institute (6 CEUs)
- 2015 Bi-Annual Clinician Training – First Responder Support Network, Joel Fay, PsyD et al. (6.0 CEUs)
- 2015 Gambling Problems: An Introduction for Behavioral Health Providers – Quantum Units Education (1CEU)
- 2015 Pathological Gambling and Alcohol Use Disorder – Quantum Units Education (1 CEU)

- 2015 Problem Gamblers and Their Finances: A Guide for Treatment Professionals – CE4Less.com (3 CEUs)
- 2015 Digital and Social Media Ethics for Psychotherapists: Clinical and Ethical Considerations – Zur Institute (8 CEUs)
- 2015 Trauma Releasing Exercises® Certification Module 2 – Brooke Deputy
- 2015 Trauma Releasing Exercises® Certification Module 1 – David Berceci, PhD
- 2015 The Impact of Deployment and Combat Stress on Families and Children, PartI: Families and Deployment – Relias Learning (2.75 CEUs)
- 2015 Military OneSource Provider Administrative Overview I – Relias Learning (.5 CEUs)
- 2014 Understanding and Using Acceptance and Commitment Therapy (ACT) in the Treatment of Eating Disorders – Eating Recovery Center of California (2.0 CEUs)
- 2014 Bi-Annual Clinician Training – First Responder Support Network, Joel Fay, PsyD et al. (6.0 CEUs)
- 2014 DSM-5 Training – Summit Professional Education (6.0 CEUs)
- 2014 15-Hour Clinical Supervision Training – JFK University (15.0 CEUs)
- 2014 Military OneSource ValueOptions Provider Orientation – Relias Learning (2.0 CEUs)
- 2014 Military Cultural Competence – Relias Learning (1.25 CEUs)
- 2014 DSM-5 Brief Overview – Relias Learning (.25 CEU)
- 2014 Build and Expand Your Private Practice – Fran Wickner, PhD (2 CEUs)
- 2013 First Responder Support Network – Joel Fay, PsyD et al. - Motivational Interviewing and EMDR for First Responders Update (6 CEUs)
- 2013 Problem and Pathological Gambling – ce4less.com (5 CEUs)
- 2013 Treating Headaches with EMDR – Steven Marcus, PhD (13 CEUs)
- 2013 The Therapist’s Will – Ann Steiner, PhD (6 CEUs)
- 2013 First Responder Support Network Bi-Annual Clinician’s Training – Mark Kamena, PhD (6 CEUs)
- 2013 The Relationship Model: A New Paradigm for Understanding Addiction and Recovery – Daniel Linder, MFT (1 CEU)
- 2013 Psychopharmacology & Women - Larry McReynolds, MD, PhD (1 CEU)
- 2013 Medical & Physiological Aspects of Eating Disorders – Tony Paulson, PhD (10 CEUs)
- 2013 Using EMDR AIP Methods to Treat Complex PTSD – Jim Knipe, PhD (6 CEUs)
- 2012 EMDR – Treating Depression With EMDR – EMDRIA (6 CEUs)
- 2012 Food, Stress, & The Brain – INR Seminars (6 CEUs)
- 2012 United States Association of Body Psychotherapy (USABP) Conference (16.5 CEUs)
- 2012 Clinical Supervision – Gerry Grossman Seminars (6 CEUs)
- 2012 Eating Disorder Recovery Services Annual Conference – EDRS (19.5 CEUs)
- 2012 Create The Life You Desire – Integrative Counseling Associates (6 CEUs)
- 2011 Informed Consent – CAMFT (2 CEUs)
- 2011 Conversations in recovery: How do people recover from trauma and eating disorders – APTED (9 CEUs)
- 2011 Motivation, learning and chronic pain: The role of the brain in chronic pain disorders – Howard Fields, PhD and Lorimer Moseley, PhD
- 2011 Yoga for Clients With Eating Disorders – Catherine Debon, MFT (10 CEUs)
- 2011 Law & Ethics (6 CEUs)
- 2011 California Problem Gambling: Treatment Services Program Training (30 CEUs)
- 2011 Behavior Support Plans (BSP) – Joyce Caldiera, MFT, and Elaine Kratsas, MFT Intern (1

- CEU)
- 2011 EMDR: Theory and Techniques of Eye Movement Desensitization and Reprocessing, Parts I and II – Philip Mansfield, PhD (50 CEUs)
 - 2011 Treatment Issues in Eating Disorders: Anorexia & Bulimia – Tony Paulson, PhD (10 CEUs)
 - 2010 Psychopharmacology Topics; Etiology of Autoimmune Illnesses – Larry McReynolds, MD, PhD (2 CEUs)
 - 2010 Problem Gambling Cultural Competency – CA Office of Problem Gambling (5 CEUs)
 - 2010 USABP Conference – Unraveling Trauma: Body, Mind, and Science (20 CEUs)
 - 2010 LGBT Sensitivities – Dr. Beth Halbert (1 CEU)
 - 2010 Dialectical Behavior Therapy – Joyce Caldeira, MFT (1 CEU)
 - 2010 The Practice of Drawing as Meditation – Robert Dvorak
 - 2010 The Court-Involved Therapist – Mike Carolla, MFT (1 CEU)
 - 2010 Understanding Your Professional Orientation – Mike Carolla, MFT (1 CEU)
 - 2010 The Use of Myth, Metaphor, and Image in Resolving Weight and Food Issues – Shoshana Kobrin, MFT (2 CEUs)
 - 2010 Helping The Child “Wired Differently” – MarRem Remington, MFT, and Jim Otis, DC, DACNB
 - 2010 Domestic Violence Services – Mary Stein, MA, Tri-Valley Haven (2 CEUs)
 - 2009 Yes, We Can!: Finding Solutions to the Everyday Challenges of Growing Up with ADHD – Blake Taylor
 - 2009 Working Along The Stress Continuum in Somatic Therapy – Bill Bowen
 - 2009 Psychopharmacology: Antidepressants and Sexual Desire; Care and Feeding of Psychiatrists; Psychologizing the Neurologic; – Larry McReynolds, MD (3 CEUs)
 - 2009 Managed Health Care: What You Need To Know (1 CEU)
 - 2008 Practice Management – Mary Kay Wright (1 CEU)
 - 2008 Say What? Language, Clarity and Bridge-Building in Couples Work – Michael Gelbart, LCSW (2 CEUs)
 - 2008 Case Presentations on Ethical Decision Making and Organic Dementia; Psychopharmacology and Weight Gain; Depression: Sorting Out Supplements and Meds – Larry McReynolds, MD (3 CEUs)
 - 2008 Obesity: A Scientific Update – Institute For Natural Resources (INR) (6 CEUs)
 - 2008 Law and Ethics: Risk Management – Mike Carolla, MFT, and Bronwyn Warren, MFT
 - 2008 Building Mutuality & Deep Intimacy: A Somatic Approach For Working With Couples – Bill Bowen
 - 2007 First Annual International Somatic Experiencing Conference – three-day conference on multiple areas about trauma, somatic psychotherapy, and Somatic Experiencing – Peter Levine, Bessel van der Kolk, Stephen, Porges, et. al.
 - 2007 Trauma & the Body: A Sensorimotor Approach to Psychotherapy – Pat Ogden
 - 2006 Body Image and Eating Disorders Symposium – Summit Eating Disorders Outreach Program – two-day conference on eating disorder topics
 - 2006 A Comprehensive Understanding of Attachment and What To Do When Attachment is Broken – Stephen Raburn (4 CEUs)

Activities

2010 – present – Created peer-led consultation group in East Bay

Professional Memberships

Member – EMDR International Association (EMDRIA)

Member – First Responders Support Network (FRSN)

Member – Association of Psychological Science (APS)