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EDUCATION

1974 Certificate in Clinical Psychology and Community Mental Health from
Massachusetts General Hospital, Boston, MA.

1973 M.Ed., Northeastern University. Clinical and Community Counselling.

1969 M.A., Columbia University. English and Comparative Literature.

1968 B.A., Brandeis University, Magna Cum Laude, with Honors in English and
American Literature; Phi Beta Kappa, Wilson Fellow.

PROFESSIONAL EMPLOYMENT

1974 - present

Licensed Mental Health Counsellor, Private Practice. Working with individuals,
couples, and groups. Specialization in therapy with women; depression;
bereavement and chronic illness; couples therapy.

1994-95 Pastoral Counsellor, Episcopal Divinity School. 101 Brattle St., Cambridge,
MA.

Counselling graduate students and their families, including crisis intervention,
triage and referral, short-term counselling, and consultant to student
conferences and groups.

1978-present

Consultant. Including: Staff consultant and staff group facilitator for the **Hospice**
at Mission Hill, Boston, MA.; Consultant to Management on Gender Issues in the
Workplace, **Digital Equipment Corporation**, Maynard, MA.; Training/Staff
Development for **The Elizabeth Stone House, Therapeutic Residence for**
Women, Jamaica Plain, MA.

PUBLICATIONS

Books

Healing Through the Dark Emotions: The Wisdom of Grief, Fear and Despair.
(Shambhala), 2003.

A New Approach to Women and Therapy. (McGraw-Hill, 1983; Tenth Anniversary

Edition, Tab Books/McGraw Hill), 1993.

Selected Magazine Articles and Reviews

“Through a Glass, Darkly,” Interview by Barbara Platek in *The Sun Magazine*, January, 2008.

“The Wisdom of Dark Emotions” *Spirituality & Health* magazine, Dec., 2004.

“Befriending Our Fears: how to handle anxiety in the age of the Orange Alert”, *Psychotherapy Networker*, May, 2003.

“Healing Through the Dark Emotions in an Age of Global Threat,” *Tikkun*, March, 2003.

“The Wisdom in the Dark Emotions,” *Shambhala Sun*, January, 2003.

“The PMQ (Perpetual Moral Queasiness) Factor,” *Common Boundary*, Nov./Dec.1998.

“Befriending the Dark Emotions,” *Common Boundary*, May/June. 1998.

“‘Exceptional’ Mothering in a ‘Normal’ World,” in *Mothering Against the Odds: Diverse Voices of Contemporary Mothers*, edited by Cynthia Garcia Coll, Janet Surrey, and Kathy Weingarten, Guilford Press, 1998.

“Out of Bounds,” *Common Boundary*, July/Aug., 1995.

“On Being a Feminist and a Psychotherapist,” in *Feminist Foremothers in Women’s Studies, Psychology, and Mental Health*, edited by Phyllis Chesler, Esther D. Rothblum, and Ellen Cole, Haworth Press, 1995.

“On Professionalism,” in *When Boundaries Betray Us: Beyond Illusions in Therapy and Life*, by Carter Heyward, (Harper SanFrancisco), 1993.

“Feminist Therapy and Beyond: A Socio-Spiritual Model of Psychotherapy,” in *A New Creation: America’s Contemporary Spiritual Voices*, ed. by Roger S. Gottlieb, (Crossroad), 1990. Also in: *On Love and Violence*, Vol. II of International Congress on Mental health Care for Women, Netherlands, the Moon Foundation, 1990.

“Should Therapists Be Personal? Self-Disclosure and Therapeutic Distance in Feminist Therapy,” *Women and Therapy: A Feminist Quarterly*, Vol. 5, No 2-3, Summer/Fall, 1986.

“I Need Him/I Need Him Not: A Case History of Dependence,” *Ms. Magazine*, May, 1983.

Journal Editing

Editorial Board, *Women & Therapy: A Feminist Quarterly*, Haworth Press, 1983-1993.

PUBLIC SPEAKER AND WORKSHOP PRESENTER (SELECTED PRESENTATIONS)

Healing through the Dark Emotions—Psychotherapy Networker Symposium, Washington, D.C., March, 2004-2008

“The Wisdom of Dark Emotions”

Minnesota Coalition for Death Education and Support, St. Paul, MN, May 13, 2005

“Healing Through the Dark Emotions: Transforming Grief, Fear, and Despair into Gratitude, Joy, and Faith.” Kripalu Center for Yoga & Health, Lenox, MA, April 15-

17, 2005 **“Intimacy Means Risking Vulnerability”**

Theological Opportunities Program, Harvard Divinity School, Cambridge, MA, April 7, 2005 **“Healing Through the Dark Emotions: Transformation in an Age of Global Threat”**

Psychotherapy Networker Symposium, Washington, D.C., March 19, 2005

“Healing Through the Dark Emotions: the Wisdom of Grief, Fear, and Despair”

First Unitarian Church and Interfaith Spiritual Center, Portland, Oregon, October 1 & 2,

2004 **“Healing Through the Dark Emotions”**

Omega Institute, Rhinebeck, N.Y., July, 2004-2006

“The Power of Vulnerability,” Canadian Counselling Association, Winnipeg, Canada, May 28, 2004, Keynote Address.

“Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair”

Canadian Counselling Association, (2 hour breakout session).

“Healing Through the Dark Emotions in an Age of Global Threat”

Interfaith Marriage and Family Institute, University of Winnipeg, Winnipeg, Canada, May 29, 2004

“Healing Through the Dark Emotions” Psychotherapy Networker Symposium.

Washington, D.C., March 5, 2004

“Healing Through the Dark Emotions: Transforming Grief to Gratitude, Fear to Joy, and Despair to Faith” The National Institute for the Clinical Application of

Behavioral Medicine Conference on The Psychology of Health, Immunity & Disease, Hilton Head, South Carolina, Dec.11, 2003.

“Spiritual Healing through Grief” Motherless Daughters of New England. Lincoln, MA., October 26, 2003.

“Boundaries: Safety or Isolation?” New England Area Renal Social Workers Annual Meeting, Sturbridge, MA., June, 2003.

“Healing Through the Dark Emotions in an Age of Global Threat” Episcopal Divinity School, Cambridge, MA., April, 2003.

“Healing Through the Dark Emotions” New York Open Center, N.Y., N.Y., March 30,

2003 **“Women and Anger: Anger that Hurts, Anger that Heals”** Jewish Family and Children’s Service of Greater Boston, November, 1995.

“On Boundaries: Connection and Distance, Safety and Abuse in Psychotherapy”

Vermont Mental Health Counselor’s Association, September, 1995.

“Feminist Therapy, A Global Perspective: Healing Self/Society/Spirit/Earth.”

Interfaith Pastoral Institute, University of Winnipeg, Manitoba, June 16 &17, 1994.

“Feminist Therapy: Present Practice, Future Visions.” Dalhousie

University/Maritime School of Social Work, Halifax, Nova Scotia, October, 1993.

“Befriending the Dark Emotions” Interface, Watertown, MA., 1989-1993.

“Healing Through the Dark Emotions: Self/Society/Spirit”Interfaith Pastoral Institute, Winnipeg, Canada, Feb 23, 1991.

“Toward A New Model of Psychotherapy:Connecting the Personal and the Global”

Massachusetts School of Professional Psychology, May, 1991.

“Psychology, Spirituality, and Psychotherapy” Conference on Learning From Women, co-sponsored by Harvard Medical School Dept. of Continuing Ed., Dept. of Psychiatry at Cambridge Hospital, and the Stone Center for Developmental Services and Studies, April, 1991 **“The Role of Spirituality in Clinical Practice”** Conference on Learning From Women, Harvard Medical School Dept. of Continuing Ed., Dept of Psychiatry at Cambridge Hospital, May, 1990.

“Creating a Social/Spiritual Model for Feminist Therapy” International Congress on Women and Mental Health, Amsterdam, Netherlands, December, 1988, Keynote Address.

“The Diagnosis and Treatment of Women in the Mental Health System” University of Rhode Island, Women’s Studies Dept., Kingston, R.I., April, 1987.

“Understanding and Treating Women’s Problems” Human Resources Institute, Brookline, MA, June, 1985.

“Should Therapists be Personal? Self-Disclosure and Therapeutic Distance in Therapy”

Conference of the Association for Women in Psychology, March, 1985.

“The Feminist Therapeutic Relationship” Women’s Therapy Center Institute, N.Y., N.Y., January, 1984.

“Addressing Women’s Problems” Brookline Mental Health Center, MA., March, 1984.

“A New Approach to Women and Therapy” Conference of Wyoming Human Resources Confederation, Division of Community Programs, Public Assistance and Social Service, Caspar, Wyoming, September, 1983, Keynote Address.

Also: Various papers, workshops, and presentations in Departments of Psychology, Counselling, Women’s Studies, Social Work, and Theology, including: Wellesley College, Swarthmore College, University of Massachusetts/Boston and Amherst, University of Nebraska at Omaha, University of Connecticut/Storrs, Lesley University, Episcopal Divinity School, University of Winnipeg, Fort Hays State University.

OTHER WORK EXPERIENCE

1975-1976 Instructor: course: Counselling Women, at Goddard/Cambridge Graduate Program, Extention of Goddard College, Cambridge, MA.

1971-1972 Visiting Lecturer in English, Brandeis University, Waltham, MA.

1970-1971 Instructor in English, University of Massachusetts/Boston, MA.

1969-1970 Public Relations Representative, McLean Hospital, Belmont, MA.