**Deloria Berks, LCSW-R, CASAC Certified**

Office: 646-494-3134 / Cell: 845-558-8928

www.stresstoserenity.com

***EDUCATION***

**Master of Social Work Fordham Univ. 2008 (3.95 GPA)**

**Master of Business Admin Kennedy Western Univ. 2005**

**Bachelor of Arts Baruch College, 2001**

 **Rugers Univ, Theater**

***Specialized Training / PRESENTATONS***

**Fordham University**

* Presented Workshop:  *“Techniques for Generating a Committed Recovery with Meditation and Hypnosis”,* 42nd Annual Addictions Institute Conference; Fordham University, 2009 and 2010.

**Jewish Board of Family & Children Services**

* Therapeutic Crisis Intervention Training for Family Care Providers
* Therapeutic Crisis Intervention Training
* Extensive CBT training through Martha K. Selig

**Minuchin Family Therapy,** Dan Minuchin, Ph.D. (Structural Family Therapy)

* Systems Theory and Family Dynamics (Dan Minuchin was private consultant)

**National Institute for the Psychotherapies**

* Psychoanalytic Program (1 year) - 2009

**William Alanson White Institute -**

* Psychoanalytic Program (1 year) - 2011

**Manhattan Institute for Psychoanalysis**

* Psychoanalytic Program (2 years) - 2013
* Trauma Program (2 Years) – 2015

**University of PA**

* Prolonged Exposure Therapy for PTSD – 2014
* EX/RP – Exposure and Ritual Prevention for Obsessive Compulsive Disorder – 2014

### EMDR – Eye Movement Desensitization Reprocessing

* William M. Zangwill: Part I – 2015

**IFS – Internal Family Systems – Richard Schwartz, PhD**.

* Certified Level I

**Post Graduate Center for Psychoanalysis** – Continuing academic/analytic study

***EXPERIENCE***

***Private Practice Therapist***

***41 E. 11th Street, NYC***

[***www.stresstoserenity.com***](http://www.stresstoserenity.com) ***March, 2013 to Present***

***Therapist***

***JBFCS Madeline Borg (OMH Clinic), Staten Island November 2009 to January 2014***

* Fee-for-Service Clinician Part Time
* Adults, Families, Teens, Play-Therapy with Children
* Responsible for assessments, initial treatment plans, treatment plan reviews, and OMH administrative compliance. (Clients range in age from 6 years old to 65.)

***Therapist – Individual & Family February 2009 to***

***Jewish Board of Family & Children Services Resigned August 2012***

* Structural Family Therapist for the Family Treatment and Rehabilitation Program (FTR). Provided clinical interventions for families experiencing substance abuse, mental illness, and/or possible removal of children by ACS.
* Interventions included crisis intervention, family therapy, individual therapy, substance abuse assessments, domestic violence assessments and involvement within the family systems.

Provided culturally competent and sensitive treatment as part of a therapeutic team -- responsible for all family members (ages: infancy to adults.)

* Worked with psychiatrists and professional colleagues to ensure appropriate interventions. Worked closely with Dan Minuchin, as consultant.
* Responsibilities included time sensitive documentation, treatment plans, periodic treatment plan reviews and ACS compliance mandates.

***Drug Abuse Therapist***

***New Directions Drug Abuse Treatment Center, Brooklyn Jan. 2009 to April 2010***

* Part time approx. 8-10 hours/wk.
* Individual and group drug abuse treatment for older men, mostly ex-cons.
* *(Resigned because of schedule conflicts)*

***Social Worker – Clinician***

***Pathways to Housing, Harlem June 2008 to November 2009***

* Clinician for Mental Health Treatment Study (MHTS), a short-term research project to provide supportive employment and housing for a mentally ill population, sponsored by the Social Security Administration (SSA) and Dartmouth University.
* Managed caseload of approximately 40, with supportive and clinical counseling. All clients with Axis I diagnoses or dual diagnoses.
* Performed bio-psychosocial evaluations and assessments.
* Provided therapy for mentally ill population.
* Developed Programs for Groups.
* Facilitated “Work Groups” for the Mental Health Treatment Study Clients.
* Facilitated ongoing “Stress Management” group for Pathways to Housing Clients.
* Provided substance abuse counseling where applicable with individuals.
* Supervised management of all clinical files (approx. 90 in treatment group.)
* Served on the NASW-NYC Substance Abuse Committee.
* *(Left because clinic was not structured for proper LCSW supervision.)*

***Clinical Social Worker - Intern***

***Good Samaritan Hospital, Suffern, NY September 2007 to May 2008***

* Intern SA counselor (MSW Fordham) at Chemical Dependency In-Patient Unit
* Performed bio-psychosocial evaluations, treatment plans and individual and group treatment.
* Facilitated a special hypnosis seminar on stress release for entire hospital staff.
* Facilitated groups including designing: The 12-Steps of Anger Management; Women’s CBT for Triggers; Relapse/Recovery; and an experimental weekly hypnosis group for empowerment and stability in recovery that was well received and effective.
* Met with individuals to ascertain stage of change; motivational interviewing.
* Actively participated in daily clinical team meetings with psychiatrists and counselors.
* Engaged client in aftercare planning and securing placement where appropriate.
* Served on the Kyle Goldberg Foundation Conference Committee.
* Gained CASAC accreditation for Good Samaritan Hospital’s CE seminars.
* Served as Brochure Editor for the 40th Annual Addictions Institute Conference for 2008.

***Case Manager/Social Worker Intern***

***Lenox Hill Senior Center at St. Peter’s Church September 2006 to May 2007***

* Intern social worker at Senior Citizen day center providing services to an elderly population.
* Facilitated Groups and provided Case Management to a large number of seniors.
* Met with individuals on a variety of issues such as fear of death; difficulties with medical problems, declining abilities, victims of crime. . Made in-home visits. Processed computer notes timely per requirement of the NYC Department for the Aging

***FORMER PRIMARY EXPERIENCE***

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| 2004-2006 - Far Hills Group | Business Manager for International Hedge Fund; NASD compliance; diverse management responsibilities; reported to CEO. |
| 2000-2004 - NY Law Journal | Account Executive. Sales/Marketing for law firm display advertising in local and national publication; managed eight legal recruiter directories for NYLJ.  |