

DEBORA COHEN

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www.spiritualwellnessctr.com

CURRICULUM VITAE

PUBLISHED PAPERS/ADIO CD AND PRESENTATION

- 2008 **Chakra Balancing** this is a guided meditation audio CD currently in production.
- 2001-Present **Spiritual Wellness Center.** The Spiritual Wellness Center offers a safe environment for self-exploration and grounding in both individual and group settings. I offer spiritual counseling and wellness, emphasizing energy therapy, yoga/energy related workshops, healthy communication, intention, attitudes, seminars and vacations. www.spiritualwellnessctr.com.
- 2005 **Yoga Nidra for Relaxation** this is a guided meditation audio CD that focuses on heart meditation and intention with a complete relation process of the body.
- Parente, D. L., (2001). Implicit and explicit memory in jr. high and college students. Psychological Reports, 88, 313 – 315.
- Parente, D. L., (2000). The influence of aerobic and stretching exercises on anxiety and sensation seeking mood state. Perceptual and Motor Skills, 90, 317-348.
- The influence of aerobic and stretching exercises on anxiety and sensation seeking mood state. Western Psychological Association (WPA) Poster Presentation (1998).

EXPERIENCE

- 2010-2011 **Hospice of the Valley**, Santa Clara County. Provide weekly comfort, companionship, support, massage, energy therapy, medicine, assistance to hospice patients. Contact: Vickie Wild; vwild@hospicevalley.org.
- 2010 **Assertive Communication Seminar** with colleague Rossella Derickson at Stanford, CA. Contact Valerie Beeman; vbeeman@stanford.edu
- 1999-Present **Western Athletic Clubs (WAC)** Yoga instructor and instructor for other various group fitness classes. Contact Amy at Decathlon Club at 408 738 2582 ext. 150. For Courtside contact Penny at 408-395-7111 x241
- 2003-Present **Los Gatos Swim and Racket Club.** Yoga instructor. Contact Debbie at debbie@lgsr.com
- 2006-Present **Yoga Center of Los Altos** Yoga instructor. Contact Andi at andi@yogaoflosaltos.com.
- 2008-Present **The Enlightened Mind** Yoga instructor. Contact Steve at 408-910-4257.
- 1999-Present **Yoga Therapy**-Develop individual practices for each client's specific needs and goals. Individual yoga practice can include conscious breath control practice, postures, visualization, chanting. Individual yoga intends to be a daily practice according to client's time, space available, temperature, and other practical conditions. Examples of goals include, assisting with physical pain, helping the mind focus, assisting with mental conditions, addictions, weight loss, self empowerment, confidence, relaxation and connecting with personal concepts of spirituality (e.g. Higher Source, God, Jesus, Self, Great Spirit, Allah, Something that is stable and unchanging that is described as love, bliss and joy).
- 2001-Present **Master – Instructor Integrated Energy Therapist (IET)**, IET gently opens the flow of vital life force, clearing blocks within the body and energy field by clearing suppressed feelings from cellular memory. Each 8-hour group course certifies individuals in basic, intermediate or advanced IET training. Trainings empower students to perform energy therapy on self or others. Situations I have supported my clients with include:
- Back, neck and head pain
 - Leukemia, bone marrow transplants and recovery
 - Breast cancer treatment recovery

- Depression and anxiety
 - Recovering from surgical procedures
 - Post traumatic stress mainly from physical and sexual abuse
 - Fertility
 - Children and teenagers
- 2006-2007 **Institute of Transpersonal Psychology Yoga Instructor.** Supervisor, Olga Louchakova, M.D., Ph.D.
- 2006 – 2007 **San Jose City College**, working with Robert Langs’ model of communicative analytical psychotherapy. Supervisor is Michele Thompson, LMFC. (408) 888-2382.
- 2006 **Wisdom Therapy Institute**, combining the best of Western’s Cognitive Behavioral Therapy with the best of the East’s meditation and spiritual philosophies. Located in Palo Alto. Supervisor is Shani Robins, Ph.D., Ph.D. (650) 353-6171.
- 2006 (winter) **T.A. Cognitive Psychology**, Institute of Transpersonal Psychology for Shani Robins, Ph.D., Ph.D. (650) 353-6171.
- 2005 –2006 **Process Therapy Institute Intern.** Carol Hadlock, LMFT, supervisor and trainer. (408) 358-2218. Mirror Training, and clinical practice.
- 2004-2006 **Event Yoga Center in Cupertino.** Manager of a beautiful little yoga center that opened on 10/25/04. One of the biggest joys in opening this center was bringing together yoga instructors, several who were also my previous yoga students.
- 2001 **T.A. Research Methods**, San Jose State University for Laree Huntsman Ph.D.
- 2000 – 2001 **Counselor and Tutor**, Fremont Middle Schools. Assisted Teachers and Jr. high students in classroom with schoolwork and counseling.
- 2000 **Teachers Assistant**, San Jose State University. Assisted Cheryl Chancellor-Freeland, Ph.D. for her Psychobiology class by offering tutoring to students and lecturing on sleep.
- 2000 **Stat Lab Assistant**, San Jose State University. Overseeing statistical lab and teaching students how to use the SSPS program as well as helping the students with their assignments.
- 1999 **Part-Time Physical Education Instructor**, San Jose State University.
- 1997-1999 **Palomares, Inc. Counselor for teenage women’s group home**, San Jose, CA. Responsible for health and safety of residents, teach socially acceptable habits and behavior, improved interpersonal relationships, discipline, and crisis intervention.
- 1997-1999 **Co-Therapist for the mentally ill**, Santa Clara Mental Health Center Group sessions for life events, mental illness in school, work, and finding a place to live.
- 1997-1999 **Thornton Junior High School Internship in Fremont, CA.** Field Work involving counseling, facilitating noon-time activities, tutoring, active listening, peer conflict management, role model, and confidant.
- 1996-1998 **Suicide/Crisis Counselor, Santa Clara Valley.** Handle calls from people in a variety of situations, ages, sexual orientations, and mental illness.
- 1994-1995 **CAP Child Assault Prevention Project, Palo Alto, CA.** Presented and educated children in grade schools regarding feelings and letting adults know if they feel uncomfortable about a situation that either that adult is doing or another adult is doing even if it is a family member.
- 1990-1995 **Administrative Supervisor at Health Center Dentistry**, Bellevue, WA Worked with LaVar Riniker, DDS., who specialized in Cranial Cervical Mandibular Dysfunction, and Chronic Pain Syndrome. Responsibilities included patient consultation and histories, conducting scans, expanded dental assisting duties, etc.
- 1986-1989 Claims Processor and Customer Service Representative Blue Cross Blues Shield** Seattle Washington.

RESEARCH EXPERIENCE

- 2006 **Doctor Qualifying Paper: Why People Practice Yoga.**
- 2000 **Masters Prospectus: Relationships between yoga, stress and self-rated sleep in older adults.**

2000	Psychology of dyslexia: Neurology and learning techniques. This paper is a review of the learning disorder, which includes a definition, research, origins and learning techniques.
2000	Gender differences and meditation on imagery.
1997-1999	Senior thesis: The influence of aerobic and stretching exercise on anxiety and sensation seeking mood state.
1997	Breasts Cancer Research assistant for Karyn Angell, Ph.D. Stanford University School of Medicine, Department of Psychiatry. Compiled research, entered data, transcribed patient interviews, and monitored for quality control for a project correlating life stress, social support, and primary breast cancer.
1997	Eating Disorder Research assistant for Kris Gowen, Ed.M. Stanford University Center on Adolescence. Helped conduct statistical analysis for the Children's Self-Experience Questionnaire-Self Report for the Stanford/Redwood City Health Survey Study.
1997	Online Therapy Research assistant for Andrew Winzelberg, M.S. Stanford University Center on Adolescence. Participated in an on-line group therapy research for eating disorders. Rated postings according to the mutual-help on-line study.
1997	Drug and Behavior Research assistant for Dale Wise, Ph.D. San Jose State University, Department of Psychology. Compiled research for his textbook on drugs, brain and behavior. Read and advised chapter content regarding student understanding of the material.
1994	Health Research. Constructed a patient attitude and comfort level questionnaire for Health Centered Dentistry.

FOREIGN EXPERIENCE:

- 2007 - Krishnamacharya Yoga Mandiram Certificate of Participation, a four-week yoga program "Universal Yet Personal-The Yoga of T. Krishnamacharya" Focus on Pranayama and Yoga therapy. Chennai, India.
- 2003 – 2005 Organized and conducted yoga vacations in Mexico and Fiji.
- 2003 Mata Amritanandamayi Math (Home Ashram) in Kollam, Kerala; India. Purpose of spiritual growth, learn Integrated Mata Amritanandamayi Meditation technique and assist with world peace conference.
- 1987 Taught English to Japanese students in Kagoshima Prefecture, Japan.

CERTIFICATES

2008	Zumba Fitness	Los Gatos, CA
2007	Krishnamacharya Yoga Mandiram Certificate of Participation in a four-week yoga program "Universal Yet Personal-The Yoga of T. Krishnamacharya" Focus on Pranayama and Yoga therapy.	Chennai, India.
2004	Massage Practitioner	Middletown, CA
2004	Aromatherapy	Palo Alto, CA
2003	Integrated Mata Amritanandamayi (IM) Meditation Course	Kerala, India
2003	Master – Instructor IET Certificate	San Jose, CA
2001	Basic, Intermediate, and Advanced Integrated Energy Therapy (IET)	Los Gatos, CA
2000	White Lotus Yoga Foundation Advanced Training by Ganga White and Tracey Rich	Santa Barbara, CA
1999	6 Day Intermediate Iyengar Yoga Teacher Training by Richard Schachtel	Seattle, WA

1999	ACSM Group Exercise	International
1996	YWCA Child Assault Prevention Project	Mid-Peninsula, CA
1998	Kickbox Fitness by Joe Lewis	International
1998	Reebok Group Cycling	International
1994	Certified by the American Academy of Head, Neck and Facial Pain to assist with dental procedures involving Cranial Cervical Dysfunction.	
1994	The Excellence Series, the Pursuit of Excellence, The Wall	
1991	American Council On Exercise, Inc.	International
1991	Aerobic Pipeline	International
1991	Medical Terminology	Seattle, WA
1990	Some Bodies Instructor Training	Seattle, WA
1988	Martial Arts Certifications	
	Yellow, Orange, & Green Belt	Salem, OR
1987	Dental Assisting National Board, General Dentistry Assisting Expanded Functions Certification.	
		Oregon

EDUCATION

2004 – 2007	Clinical Psychology;	Institute of Transpersonal Psychology, Palo Alto, CA
	Over 100 doctoral units completed.	Over 300 practicum hours completed.
1999 - 2000	Graduated courses	San Jose State University, CA
B.A. 1998	Psychology: Honors Program Minor: Musical Theater	San Jose State University, CA
A.A. 1995	General Studies	Bellevue Community College, WA

GRANTS FUNDING FOR EDUCATION

- ❖ Federal Support Education Opportunity Grant
- ❖ Federal Pell Grant
- ❖ State University Grant

AWARDS AND HONORS

1997-1998	Charles W. Telford Memorial Scholarship, San Jose Department of Psychology.
1996-1998	Psi Chi Honor Society – Secretary
1996-1998	Tau Delta Phi Honor Fraternity - Master of Community Service Organize fundraising activities, schedule group community service functions coordinate individual community service for the personal growth of active members.
1996-1998	National Golden Key Honor Society San Jose State University Dean's Scholar of Social Sciences maintaining a GPA of 3.88.