

DEBORA COHEN

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CURRICULUM VITAE

PUBLISHED PAPERS/AUDIO CD AND PRESENTATION

- 2008 **Chakra Balancing** this is a guided meditation audio CD in 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, 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

- 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 mailto: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 and confidence, relaxation, 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 either basic, intermediate or advanced IET training. Trainings empower students to perform energy therapy on self or others. Conditions I have supported my clients with:
- back, neck and head pain,
 - leukemia, bone marrow transplants and recovery,
 - breast cancer several times including my own mother,
 - depression and anxiety,
 - recovering from operation and cancer treatments,
 - post traumatic stress mainly from physical and sexual abuse, and 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. Location 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 is bringing together yoga instructors, several who were also my previous yoga students. Please visit the web site at <http://www.eventyoga.com>.
- 2001 **T.A. Research Methods**, San Jose State University for Laree Huntsman Ph.D.
- 2000 2001 **Counselor and Tooter**, Fremont Middle Schools. Assisted Teachers and Jr. high students in classroom with schoolwork and counseling.
- 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.
- 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.
- Suicide/Crisis Counselor, Santa Clara Valley.** Handle calls from people in a variety of situations, ages, sexual orientations, and mental illness.
- 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.

PERSONAL EXPERIENCE:

- *Geriatric care for grandmother with Alzheimer's, including feeding, bathing, grooming, outdoor activities, and general support.
- *Lifetime tutoring, counsel and support for half-brother with *dyslexia* and *ADHD*.

FOREIGN EXPERIENCE:

- (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.
- (2003 2005) Organized and Conducted yoga vacations in Mexico and Fiji.
- (2003) Have twice stayed at 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 in.

RESEARCH EXPERIENCE

- 2006 **Doctor Qualifying Paper: Why People Practice Yoga.**
- 2000 **Masters Prospectus: Relationships between yoga, stress and self-rated sleep in older adults.**
- 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.** A main effect was found for Gender and an interaction was found in that women scored more vivid images than men only in the Meditation condition. Men in the Meditation condition scored less vivid images than Men in the No-Meditation condition.

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,

- 1997 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.
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.

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
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
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. The Excellence Series, the Pursuit of Excellence, The Wall**
- 1994 **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
Currently taking a break from school and working to earn money to pay off student loans. 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** San Jose State University, CA
Minor: Musical Theater
- 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.

REFERENCES	
<p>Heidi Davis, Ph.D., M.S., ACSM Activity Educator Human Performance Department West Valley Community College (408) 741-2522 mailto:heidi_janes@westvalley.edu Previous employer and personal friend for 13 years</p>	<p>Olga Louchakova, M.D., Ph.D. Professor of Transpersonal Psychology Director of Transpersonal Education and Research Specialization Student Adviser 1069 East Meadow Circle Palo Alto, CA 94303 (650) 493-4430 mailto:Hridayam@prodigy.net</p>
<p>Aimee E. Goldstein Senior Counsel McPharlin, Sprinkles and Thomas LLP 10 Almaden Blvd, Suite 1460 San Jose, CA 95113 (408) 410-8781</p>	