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Kathleen O'Hara, MA

Kathleen O'Hara is a nationally known speaker, presenting workshops, keynotes, and seminars on topics such as "Surviving the Impact of Violence, War, and Natural Disaster," "Creating and Maintaining Ethical Boundaries When Working with Victims of Violence," and "Techniques for Stress Management and Compassion Fatigue." Among organizations she has worked with are The Pennsylvania Commission on Crime and Delinquency, The Georgia Justice Partners for Victims Justice, The National Victims Compensation Board, The Texas Victims Services Association, Parents of Murdered Children, and MADD. She has been a guest on National Public Radio, CNN, and local and national news radio and television. She is a consultant for the federal Office for Victims of Crime and a board member of Witness Justice, a national victim's advocacy organization. She lives in Philadelphia, where she continues to write, develop innovative presentations, and serve victims of violence and trauma.



PROFESSIONAL EXPERIENCE

2006

First book published *A Grief Like No Other: Surviving the Violent Death of Someone You Love*
Perseus, 2006

2003

Recorded a new CD called Modern Meditation

2003

Began training for hypnotherapy at the Milton Erickson Institute in Philadelphia

1998–present

Private practice in New Jersey and Philadelphia

1993–98

Private practice in Evergreen, Colorado

Psychotherapy, teaching meditation, dream work, learning Native American traditions, developing innovative, dynamic approaches to therapy.

SELECT WORKSHOPS AND SPEAKING ENGAGEMENTS

National Organization for Victims Assistance: Forum speaker, National Victims Rights Week, Washington DC . April 2006

The Seven Stage Journey through Grief: Catholic Charities, Long Island, New York, 2005

The Seven Stages of Grief: NJAHPERD, The New Jersey Association for Health, physical education, recreation and Dance, New Jersey, 2004

Learning How to Cope with Stress: Panasonic, New Jersey 2004

Voices in the Family; National Public Radio, Exploring Menopause, 2004

Voices in the Family; National Public Radio, Grief and Loss, 2002

Guest Speaker at a Mass of Remembrance, May, 2003

Autumn Equinox Celebration, bringing in the harvest, 2003, Mt. Laurel, New Jersey

Guided Meditation, celebrating our past generations, 2003, Mt. Laurel, New Jersey

An Evening for Autumn Women, 2002, Merchantville, New Jersey

Keynote Speaker, A Day of Spiritual Renewal, Downingtown, PA, March 2001

Keynote Speaker, A Day of Spiritual Renewal, Montgomery County, PA, September 2001

Keynote Speaker, A Day of Spiritual Renewal, Bucks County, PA, November 2001

American Holistic Nurses' Association, Understanding Your Dreams March, 2001

Taking Care of Yourself at a Most Difficult Time, Gift of Life Donor Program, June 2001

Lenten Retreat, Pittsburgh, PA, March 2002

Body Image Development for Professional Women, Denver, CO 1996

The Body and Performance, Evergreen, CO 1995

Life of The Body, Women's Group, Evergreen, CO 1995

Soul Journey, the Powerful Passage, Evergreen, CO 1995

Body Image and Adolescence, middle schools in Denver, CO, 1996 & 1997

EDUCATION

Post-graduate work at the Wright Institute of Psychology, Berkeley, CA

1993, M.A. Psychology with a concentration in Somatics (body/mind/holistic therapies),
San Francisco, California

1992, Research for Thesis and Specialized training at the RosenMethod Bodywork Institute,
Berkeley, California (Body/Mind Integrative approach)

1989, B.A Psychology
Antioch University, San Francisco, California

1970–present
Extensive informal studies in religions of the world, cross-cultural healing traditions,
spiritual approaches to healing and metaphysical thought