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Elizabeth Venart, M.Ed., NCC, LPC

Founder and Director of the Resiliency Center, Elizabeth Venart has created the vision and mission for a trauma-informed healing arts collaborative. She also maintains a private practice and teaches in a Behavioral Health Counseling Program



PROFESSIONAL EXPERIENCE

The Resiliency Center

December 2007 – Present *Founder and Director* Ambler, PA

- Create the vision and mission for a trauma-informed healing arts collaborative designed to serve the community and provide professional training services to health care providers.
- Provide ongoing leadership and direction for the collaborative—including interviewing practitioners, co-creating Strategic Plan, and evaluating effectiveness of services & programs.

Private Counseling Practice

September 2000 – Present *Counselor and Training Consultant* Ambler, PA

- Individual, group, couples and family counseling.
- Provide short-term, solution-focused counseling and referrals for EAP members.
- Seminars, workshops and agency trainings for professional helpers on the topics of self-care, stress management, team-building, creativity, sexual harassment, trauma and secondary trauma.

Drexel University

September 2003 – Present *Adjunct Instructor* Philadelphia, PA

- Facilitate learning through lecture, discussion and interactive activities.
Develop course content, syllabi, and evaluative materials for courses in the Behavioral Health Counseling Program.

Crisis Care Network

September 2001 – Present *Crisis Clinician* Minneapolis, MN

- Provide critical incident stress management services to groups and individuals who have experienced trauma in connection with their workplace. Worked with World Trade Center employees in New York City following September 11, 2001.

The Haverford School

September 2003 – April 2006 *School Counselor (PT)* Haverford, PA

- Develop, plan and implement classroom guidance lessons for lower and middle school students. Topics include friendship, safety, bullying, anger, stress management, and diversity.
- Individual, family and small group counseling support services.
- Consult with teachers and parents, providing information on effective behavioral interventions.
- Supervision and support to graduate level counseling interns.

Wordsworth Academy

July 1999 – August 2003 *School Counselor* Fort Washington, PA

- Develop, plan, and implement classroom activity and discussion groups with elementary, junior high and high school students. Topics include career exploration, bullying and teamwork.
- Provide clinical and task supervision to undergraduate and graduate level counseling interns.
- Individual and small group counseling with 40 emotionally, behaviorally and academically-challenged students in 2nd through 12th grades.
- Create and facilitate a young women's group, a high school women's group, and a friendship group to enhance self-esteem and encourage the development of positive peer relationships.
- Co-facilitate adventure-based high ropes course program.
- Creation of an expressive painting club, a creative collage club and a chess club as earned reward activities for students.

The Starting Point

September 1997 – January 2001 *Therapist* Westmont, NJ

- Provided therapy services to individuals, couples and families.
- Developed effective treatment plans for clients with multiple and varied diagnoses and presenting concerns, including addictions, anger, anxiety, depression, post-traumatic stress, workplace conflicts, career exploration, ADHD and Borderline Personality Disorder.
- Creation and facilitation of workshops on healing through the expressive arts.
- Development and implementation of Jubilee, a group designed to support individuals as they move beyond survival to a celebration of joy and triumph in their lives.

Victim Services Center

July 1997 – June 1999 *Counseling Services Director* Norristown, PA

- Development of five-year strategic plan for the counseling department.
- Supervised counseling staff, interns, consultants and volunteers.
- Provided ongoing training for agency personnel on clinical issues.
- Ongoing evaluation of services and the creation of a comprehensive manual for department protocol and procedures.
- Actively participated in the Service Definitions Task Group through PCAR.
- Facilitator of homicide support group and counseling groups for rape and incest survivors.
- Creation of an empowerment task group for survivors of violence.
- Supervision of counseling education programs for elementary and middle school children on issues of safety and self-esteem.

June 1996 – July 1997 *Counseling Coordinator*

- Comprehensive restructuring of the intake process and follow-up procedures.
- Provided regular individual and group supervision to all counseling staff.
- Expansion of counseling services to include support groups at six different locations throughout the county.
- Implemented counseling skills training for new volunteers and staff.

July 1992 – June 1996 *Counselor*

- Effective counseling intervention with an ongoing caseload of 15-35 individual clients, both children and adults.
- Facilitation of five to eight support groups for violence survivors per year.
- Development of topic groups for sexual assault survivors, including a group on Sexuality and Intimacy and a group on Shame and Body Image.

PROFESSIONAL SERVICE

Journal of Humanistic Counseling, Education, and Development
Editorial Board Member (2006-2009)

American Counseling Association's Task Force on Counselor Wellness and Impairment (2003 to 2007). Accomplishments include the following:

- Presentation of education sessions at the annual ACA Conventions in 2005 and 2006 on Task Force research and pertinent issues of counselor wellness and impairment.
- Creation of a comprehensive special section on the ACA website that provides counselors with pertinent information and resources on both impairment and wellness issues.
- Co-Created Counselor Wellness Special Issue in the Journal of Humanistic Counseling, Education, and Development with Mark Scholl & Gerard Lawson - published Spring 2007.
- Research on State Counselor Impairment programs throughout the country.
- Survey of Counselors to assess knowledge and opinions about issues of impairment & wellness.

TRAININGS AND EDUCATIONAL PROGRAMS PRESENTED

Seminars: One to two hour presentations that include didactic and interactive teaching.

- Replenishing the Wellspring: Exploring Counselor Wellness and Resiliency (September 2008)
- How to talk to children about safety issues. (April 2007)
- Counselor Wellness and Impairment: Risk factors and wellness strategies. (October 2006)
- Addressing Counselor Impairment: Risk Factors and Wellness Strategies (April 2006)
- Counselor wellness and resilience: Training and supervision strategies from the task force on impaired counselors. (October 2005).
- Counselor Resilience: Perspectives from the Task Force on Impaired Counselors. (April 2005).
- Supporting the Social and Emotional Development of Boys. (February 2004)
- Panel discussion on counseling careers—Temple University. (Spring 2004, Spring 2003)
- Sexual harassment in the workplace. (March 2002)
- Conversations on change and resiliency: A discussion group to mediate the impact of traumatic stress. (November 2001; April 2002)
- Sustaining Hope in the Face of Trauma. (November 2000)
- Understanding Eating Disorders. (May 2000)
- Secondary Trauma and its Impact on School Employees. (February 2000)
- Identifying the impact of vicarious traumatization. (September 1996; December 1996; February 1997; March 1997; September 1997; July 2001; October 2001)

Mini-workshops: One to two hour programs which are primarily experiential in nature.

- C-AHEAD Wellness Center: Creative approaches to healing vicarious trauma. (April 2006)
- Creative approaches to working with trauma survivors. (December 2002)
- Kaleidoscope creativity workshop: Letting go. (September 1999)
- Kaleidoscope creativity workshop: Finding the patterns. (October 1999)
- Kaleidoscope creativity workshop: Adventure into possibility. (October 1999)

Half-day trainings: Longer programs that include didactic, interactive and experiential teaching.

- Healing through creative expression: A workshop for care providers. (December 2002; September 2003; November 2003)
- Vicarious Traumatization: Developing awareness, sustaining hope. (August 1998; June 2001; November 2001)
- Kaleidoscope creativity workshop: Aspects of self. (November 1999)
- Crisis intervention and counseling skills training. (Quarterly 1995-1999)
- Diversity training. (Quarterly 1995-1997)
- Child sexual abuse and rape. (Quarterly 1995-1999)
- Eating disorders and self-injury. (Quarterly 1997-1999)

Extended trainings: One or two day format. Highly interactive, in-depth learning experience.

- Creativity: Accessing our stories, our strengths, and our visions for the future. (January 2007)
- Counselor Wellness: Building Resiliency and a "Culture of Wellness." (October 2006)
- Healing through creative expression and group team-building. (September 2003; July 2004).
- Healing vicarious trauma through creative expression. (February 2007, June 2005).
- Vicarious Traumatization: Identification & Intervention. (April 1998; June 1999; September 1999; December 1999; August 2000; June 2001; March 2002)
- Empowerment, Empathy and the Potential Secondary Trauma of the Counselor: A workshop on prevention and self-awareness. (December 1997; November 1998)

College courses: Three-credit undergraduate courses designed to teach information and skills.

- Group Counseling I
- Group Counseling II
- Theory and Practice of Counseling
- Assessment and Treatment Planning
- Cognitive Behavioral Therapy II

Conferences at which training programs have been presented

American Counseling Association's Annual Convention (National)
Association for Counselor Education and Supervision Annual Conference (National)
Mid-Atlantic Sexual Assault Conference (Regional)
Seafield Center's Wellness Day (Regional)
New Mexico Counseling Association's State-wide Conference (State)
Pennsylvania Coalition Against Rape's State-wide Training Institutes (State)
Sexual Assault Prevention and Education Network Annual Conference (State)
Pennsylvania Pathways for Victim Services (State)

Organizations for which training programs have been facilitated

Victim Services Center of Montgomery County, Inc.
Bucks County Victim of Network Assistance
Philadelphia Community-based Crime Victim Centers
Lehigh County Crime Victim Council
Grief Assistance Program
Monroe County Women's Resources
Crawford County Women's Services
Women's Center of Montgomery County
Wordsworth Academy Approved Private School
The Haverford School
Preventative Aftercare
Integra Behavioral Health
Earthbourne Institute

PUBLICATIONS

Venart, Elizabeth, Vassos, Sonya, & Pitcher-Heft, Heather (2007). What Individual Counselors Can Do to Sustain Wellness. *Journal of Humanistic Counseling, Education, and Development*, 46 (1) , 50-65.

Lawson, Gerard, Venart, Elizabeth, Hazler, Richard, & Kottler, Jeffrey (2007). Toward a Culture of Counselor Wellness. *Journal of Humanistic Counseling, Education, & Development*, 46 (1), 5-19.

Venart, Beth. *Wellness Corner*. In Infochange (A publication of the Counseling Association for Humanistic Education and Development), pp. 5-6. Fall/Winter 2005/2006.

Venart, Beth. *Wellness Corner*. In Infochange (A publication of the Counseling Association for Humanistic Education and Development), p.7. June 2005, Number 110.

<u>Advanced Critical Incident Stress Management Course</u> The International Critical Incident Stress Foundation	November 2001
<u>Play therapy Training and Supervision</u> Provided by Theresa Glathorn, Registered Play Therapist	July 1998 – June 1999
<u>MARI Course in Mandala Assessment</u> Temple University Department of Music Therapy	June 1997
Professional Studies/Continuing Education	
<u>Using EMDR with Severe Trauma and Complex PTSD</u> Presented by Don Beere –Luber Seminar Series & The EMDR Institute	May 2008
<u>Integrating Essential Mindfulness Strategies for Mental Health Professionals</u> PESI, LLC	February 2008
<u>Ethics in Action</u> Health Education Network, LLC	February 2008
<u>Ethical Principles in the Practice of the Mental Health Professional</u> MEDS-PDN	October 2007
<u>Effectively Using the 8 Phases of EMDR with Any Age Child or Adolescent</u> Gregory Smith, Sponsored by the EMDR Institute, Inc.	April 2007
<u>Mind/Body Healing: Practical Applications in Clinical Settings</u> PESI	March 2007
<u>Core Beliefs Psychotherapy: Techniques for Treating Anxiety, Depression, & Anger</u> PESI	February 2007
<u>Building Your Ideal Private Practice – Strong Start Teleclasses I & II</u> Facilitated by Lynn Grodzki	January – Dec.2007
<u>Building Your Ideal Private Practice</u> Presented by Lynn Grodzki	April 2006
<u>Culture-Centered and Diversity Counseling Empowers All Families</u> American Counseling Association Annual Convention Educational Sessions	April 2006
<u>Burnout, Stress, and Fatigue</u> Institute for Natural Resources (INR)	July 2005
<u>Counseling: A Creative Force in the Fabric of Life</u> American Counseling Association Annual Convention Educational Sessions	April 2005
<u>Brief Relationship Enhancement Couples Therapy</u> American Counseling Association Annual Convention Learning Institute	April 2005
<u>Strengthening the Creative Counseling Fabric through the Multicultural Traditions</u> American Counseling Association Annual Convention Learning Institute	April 2005
<u>An Introduction to Energy Healing</u> Inner Source Healing	October 2004
<u>Innovations in Addiction Treatment & Behavioral Health Care: Harville Hendrix</u> Summit for Clinical Excellence, Ben Franklin Institute	September 2004
<u>The Professional Counselor: Integrating Practice & Science with Client Advocacy</u> American Counseling Association Annual Convention Educational Sessions	April 2004

<u>Effective Counseling with Boys</u> American Counseling Association Annual Convention Learning Institute	April 2004
<u>Brief Solution-Focused Counseling Strategies with Children and Adolescents</u> American Counseling Association Annual Convention Learning Institute	April 2004
<u>Enhancing Your Practice with Solution-Focused Therapy</u> Social Work p.r.n.	August 2003
<u>Motivational Interviewing—Six Stages of Change</u> Social Work p.r.n.	August 2003
<u>Addiction/Relapse Prevention</u> PESI HealthCare	April 2003
<u>Anger Management: Effectively Dealing with Difficult Behaviors</u> Cross Country University	August 2003
<u>Pennsylvania Pathways for Victim Services Conference</u> Pennsylvania Commission on Crime and Delinquency	December 2002
<u>Psychopharmacological interventions with children and adolescents</u> Presented by Gordon Hodas, M.D., at Wordsworth Academy	March 2002
<u>Pennsylvania Pathways for Victim Services Conference</u> Pennsylvania Commission on Crime and Delinquency	November 2000
<u>My journey as a leader: A Leadership Development Training</u> Pennsylvania Pathways for Victim Services Conference	November 2000
<u>Adventure Therapy High Confidence Ropes Course Training</u> Wordsworth Approved Private School	May 2000
<u>Clinical Practice in Women's Mental Health: Feminist Perspectives on Safety and Healing</u> The Renfrew Center Foundation Conference	November 1998
<u>The Impact of Relationships: Feminist Perspectives on Trauma, Treatment and Psychological Growth</u> The Renfrew Center Foundation Conference	November 1997
<u>Feminist Perspectives on the Body: Images, Healing and Transformation</u> The Renfrew Center Foundation Conference	November 1996
<u>Advances in Treating Survivors of Abuse & Trauma</u> National Child Abuse Symposium	December 1995
<u>Multi-cultural Perspectives on Domestic Violence</u> National Coalition of Domestic Violence Centers	October 1995