

Colleen Marie Cavanagh, MS, LCSW
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OBJECTIVE

To broaden and strengthen my capacity as a holistic psychotherapist and trauma specialist in private practice. To increase my knowledge of somatic based therapy with a focus on empowered self-healing, trauma recovery, and mindfulness. To further develop my understanding of the physiological aspects of trauma from both a neurological and nervous system based perspective. To provide effective and meaningful trauma therapy to underserved populations, clients struggling with complex PTSD, clients seeking empowerment and holistic recovery, and families who have experienced a traumatic event and/or significant loss.

EDUCATION

Columbia University School of Social Work – New York, New York

Masters of Science in Social Work, 2009

Specialization: Advanced Clinical Practice, Families and Children

Fairleigh Dickinson University – Teaneck, New Jersey

Bachelor of Arts in Interdisciplinary Studies with Global Studies concentration, 2007
magna cum laude

EXPERIENCE

Founder, The Hummingbird Spiritual Community

Livingston, New Jersey: January 2021- present

- Providing Medical Intuitive sessions and Shamanic Healing sessions

Psychotherapist in Private Practice – Livingston, New Jersey: December 2020 - Present

Couples, Family, and Individual Therapy specializing in the following areas:

- Holistic and Somatic-Based Therapy
- Trauma Recovery
- Conscious-Connected Breath-work
- Mindfulness-Based Practices

Psychotherapist in Private Practice –Montclair, New Jersey: Feb 2012 - December 2020

Couples, Family, and Individual Therapy specializing in the following areas:

- Couples experiencing marital discord, grief and loss, personal histories of abuse or trauma, and infidelity.
- Individuals struggling with anxiety, depression, difficult breakups or divorce, history of abuse or trauma, and unresolved grief.
- Individuals and Families experiencing the physical, emotional, and spiritual challenges from a cancer diagnosis and treatment: fears and concerns around prognosis, difficulties in personal and intimate relationships, and common responses of depression and grief.
- Families in transition, struggling with divorce and/or new step-families, death of a family member, or traumatic family event.
- Children and adolescents struggling with sexual behavior problems.
- Adolescents and teenagers experiencing difficulties at school and/or with peers, depression, low self-esteem, bullying, confusion around sexuality, and history of abuse or trauma.

- Provide clinical supervision to therapists (LAC, LSW) seeking licensure.
- Clinical Supervision Certification course completed 8/24/14. 20 CEU's.

**Program Director for Intensive Residential Treatment Services (IRTS) Unit - Paterson, NJ
Youth Consultation Services (YCS): October 2015 - October 2016**

- Clinical Director for YCS therapeutic residence for adolescents ages 14-17 presenting with severe impairment of social functioning, and generally having a history of multiple hospitalizations and difficulty with functioning in home and community environments.
- Developed and implemented residential clinical program with focus on internal community-based strategies, family therapy, group therapy, and intensive individual therapy
- Supervised on-site therapists and residential assistant staff
- Led weekly staff meetings with focus on weekly goal setting and achievements, case review, utilization review, and multi-disciplinary staff collaboration

Clinical Coordinator and Supervisor: April 2013 – October 2015

**Trinitas Regional Medical Center Department of Psychiatry and Behavioral Health
Child and Adolescent Outpatient Unit– Elizabeth, New Jersey**

- Coordinator for Juvenile Sex Offender Outpatient Program and MICA Substance Abuse Adolescent Outpatient Program
- Emphasized family engagement and prioritize family therapy as primary clinical approach.
- Specialized in childhood and adolescent sexual behavior problems
- Provided court-mandated outpatient treatment for juveniles currently serving sentences on Probation and Parole for having committed a sexual offense
- Provided training and clinical supervision to MA, MSW, and PhD Interns in the specialty of children with sexual behavior problems, and juveniles adjudicated for a sexual offense

Full-Time Residential Substance Abuse Clinician: August 2009 – March 2012

Endeavor House – Kearny, New Jersey

- Conducted individual therapy, family therapy, group therapy, and didactic sessions, utilizing Motivational Interviewing, Cognitive Behavioral Therapy, and Structural Family Therapy
- Managed caseload of twelve clients, addressing co-occurring disorders, substance or non-substance addictions, and repeat criminal behavior
- Assessed and documented client progress to meet CARF standards, utilizing treatment plans, clinical progress notes, and mental health assessments/referrals
- Provided discharge planning to clients, referring to appropriate levels of care such as intensive outpatient programs, continuing mental health treatment, and sober living communities
- Developed and Implemented Multi-Family Group Therapy program

Clinician *pro bono*: May 2009 – March 2012; Intern Clinician: Aug 2008 - May 2009

Family Service League – Montclair, New Jersey

- Provided Structural Family Therapy to families, couples, and individuals from a broad range of socioeconomic status, culture, and circumstance, including court-mandated anger management clients, clients with drug addiction, victims of sexual assault and domestic violence, and delinquent adolescents
- Participated bi-weekly in clinical staff supervision, collaborative case consultations, and continuing education.

Intern Clinician, Substance Abuse Counselor: January 2008 – August 2008

Christ Hospital Counseling and Resource Center – Jersey City, New Jersey

- Provided individual therapy, group therapy, and case management to women mandated to drug treatment by Family Court and New Jersey Division of Youth and Family Services
- Conducted intakes, assessments, and diagnoses; facilitated group therapy sessions; wrote treatment plans; and reported to Family Court, DYFS, and pertinent welfare agencies

Case Supervisor: June 2005 – September 2007

Hudson County Court Appointed Special Advocates - Jersey City, New Jersey

- Recruited and managed community volunteers who advocate for foster children
- Facilitated 30 hour trainings for volunteer advocates
- Delivered public presentations to local child welfare agencies
- Responsibilities included fundraising, grant writing, and community outreach

AWARDS

International Symposium at the United Nations in New York City – April 2006

- Selected as a participant in a symposium on the Millennium Development Goals and United Nations reform

Dean's List, Fairleigh Dickinson University, 2004-2007

Phi Zeta Kappa Honor's Society, Fairleigh Dickinson University, 2005-2007

National Dean's List, Fairleigh Dickinson University, 2005-2007

CONFERENCES

Child Welfare League of America National Conference, Philadelphia, PA: 2004

Court Appointed Special Advocates National Conference, San Diego, CA: 2006

Court Appointed Special Advocates National Conference, Miami, FL: 2007

Psychotherapy Networker Conference, Washington D.C.: 2011

Emotionally Focused Couples Therapy Externship, New York City, NY: 2012

Intensive Introductory TF-CBT Training, Elizabeth, NJ: 2013

Advanced TF-CBT Training, Elizabeth, NJ: 2014

RESEARCH EXPERIENCE and PRESENTATIONS

Presenter at NASW NJ State Conference: May 2011

- Presented 4-hour workshop "The Importance of Cultural and Gender Sensitivity in the Treatment of Male Survivors of Childhood Sexual Abuse" which demonstrated utilization of Structural Family Therapy and Emotionally Focused Couples Therapy in the treatment of Childhood Sexual Abuse

VOLUNTEER WORK

Advocate for Hudson County CASA: March 2003 – December 2007

- Advocated for one child in the foster care system
- Met regularly with the child, family, and foster care professionals in the child's life
- Prepared quarterly reports to Family Court and made recommendations on the child's behalf

SKILLS and ATTRIBUTES

- Highly competent and specialized in working with court-involved and re-entry youth, children and adolescents with sexual behavior problems, and substance abuse
- Received training in: Structural Family Therapy, TF-CBT, EFT Couples Therapy, and Internal Family Systems
- Completed Seminar in Field Instruction (SIFI) course at Kean University: May 2014
- Certified as Clinical Supervisor by NASWNJ: August 2014
- **Licensed Clinical Social Worker in state of New Jersey: 44SC05496700**

HOLISTIC HEALTH CERTIFICATIONS

- The Sanctuary, Callicoon, NY - Path of the Warrior Shamanic Certification - December 2019
- Usui Shiki Ryoho - Reiki Master Certification - November 2017
- Naturally Yoga - 200hr Yoga Teacher Certification - June 2015