

YA'EL CHAIKIND, MPH, MA, LMHC

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I help people become skillful at taking inspired actions to make life better for themselves, their communities, and our world.

EDUCATION

Master of Arts in Clinical Counseling, July 2017, New Mexico Highlands University, Las Vegas, NM

Capstone: "A Review of Literature Supporting Adlerian and Narrative Therapies in Career Counseling"

Master of Public Health, May 1995, University of Medicine and Dentistry of NJ and Rutgers University, Piscataway, NJ

Thesis: "Determination of Methyl-Mercury Exposure in a New Jersey Pregnant Population"

Bachelor of Arts in Journalism, January 1989, Cook College, Rutgers University, New Brunswick, NJ

Thesis: "Building Community with Spanish Language Radio Stations"

LICENSURE AND CERTIFICATIONS

Licensed Mental Health Counselor, State of NM, 2017 to present

Certified Career Services Practitioner (CCSP), National Career Development Association, 2018 to present

Global Career Development Facilitator (GCDF), Center for Credentialing and Education, 2018 to present

Certified Facilitator of Therapeutic Monologue Process (Storyhealing), 2013

Certified Practitioner of Somatic Archaeology, 2011

Certified Teacher of English to Speakers of Other Languages (SIT-TESOL), 2005

PROFESSIONAL EXPERIENCE

Internship Coordinator, Santa Fe Community College, Santa Fe, NM, 6/2018-Present

- Develop and direct paid internship program, a 3-credit course combining academic content with on-site mentorship and soft skills training to retain students through graduation while building economic sustainability for individuals and organizations within Santa Fe.
- Counsel, coordinate, and problem-solve employer-mentor, faculty, and student interactions and issues.
- Manage program design, marketing, budgets, and online course in collaboration with administrators and staff.

Clinical Therapist, Private Practice, Santa Fe, NM, 10/2017-Present

- Provide individual and family therapy and facilitate psychoeducational groups for adults, integrating mental health and career counseling as well as mentorship in nonviolent communication and cognitive behavioral skills.

Group Facilitator, Author, and Coach, Self-Employed, Santa Fe, NM, 7/2000-Present

- Coach adults through envisioning, writing, and development editing of book manuscripts.
- Develop and facilitate group educational programs on topics including career development and life design, therapeutic journaling, storytelling for healing, emotional intelligence, nonviolent communication, leadership and presentation skills, team building, Judaism, and health, wellness and spirituality.
- Write and publish books, short stories, academic and lay articles, essays, and poetry.

Social Services Manager, Jewish Care Program, Jewish Federation of New Mexico, Santa Fe, NM, 2/2018-8/2019

- Provided social services, resources, and therapeutic interventions for isolated Jewish seniors; facilitated an adult grief and loss group; and coordinated a volunteer senior support program.

Family Therapy Intern, The Sky Center/NM Suicide Intervention Project, Santa Fe, NM, 8/2016-5/2017

- Provided therapy with children and families presenting with high conflict, substance abuse, mood disorders, trauma, and a full spectrum of psychiatric diagnoses across the life span.
- Utilized a range of systems models with cultural relevance and strength-based perspectives.
- Completed all clinical documentation, including assessments, DAP progress notes, treatment plans, and evaluations required for measuring treatment efficacy.
- Co-facilitated psychoeducational groups with teens at risk for school dropout and gang participation.

PROFESSIONAL EXPERIENCE (continued)

IOP Group Therapy Intern, Solutions Treatment Center, Santa Fe, NM, 1/2016-5/2016

- Developed and facilitated a 15-week psychoeducational program on mindfulness, emotional intelligence and nonviolent communication for adults (ages 18-65) in an intensive outpatient addiction recovery center.

Relevant Jewish Contract Consultant Positions, various locations, 8/2009-8/2016

Assistant to the Rabbi, Temple Beth Shalom, Santa Fe, NM, 10/2015-8/2016

- Wrote and designed a 50-page *Kabbalat Shabbat* Family Services prayerbook in Renewal-Reform style.
- Coordinated volunteer team to create and staff Jewish Santa Fe facebook page to unify Jewish communities.
- Attended Ritual Forums and disseminated reports via monthly articles for temple publication.

Director, Teen Apprenticeship Program, Eden Village Camp, Putnam Valley, NY, 5/2013-8/2013

- Directed experiential summer program for 25 teens and five camp counselors, including counselor mentorship, peer-to-peer teacher training, and apprenticeship programming for Jewish eco-farming camp.
- Trained and mentored 90 staff in nonviolent communication and conflict resolution for six weeks.

Social Justice Director, Temple Beth Shalom, Santa Fe, NM, 9/2011-5/2012

- Increased volunteer recruitment 200% for "Safe Haven," a program for at-risk youth.
- Wrote a 20-page manual adopted for use as a template for all Interfaith Shelter events.

Jewish Educator, Jewish Federation of New Mexico, Albuquerque, NM, 12/2009-5/2011

- Provided educational, cultural, and spiritual leadership through workshops, ceremonies, and cyclical holy days for the Las Vegas Jewish Community (LVJC).
- Facilitated establishment of LVJC as a non-profit organization with a full Board, eligible for grant resources.
- Served as liaison between the Jewish Federation's Leadership Program and the Las Vegas Jewish Community.

Fourth Grade Hebrew School Teacher, Temple Beth Shalom, Santa Fe, NM, 8/2009-5/2010; 1/2014-5/2014

- Developed and taught curriculum of Hebrew, prayer, Torah, *Gemilut Chasidim*, holydays, and Jewish ritual.
- Coordinated annual clean up of oldest Jewish cemetery in New Mexico.

Director, Medical Education Programs, Catalyst Communications, Somerset, NJ, 4/1996-5/2000

- Facilitated 18-person start-up into 100-person award-winning healthcare advertising and education firm.
- Supervised 75+ projects and 25 staff with excellence in networking, team building, and client relations.
- Delivered presentations to physicians and pharmaceutical marketing and sales managers (5-300 people).

RELEVANT TRAININGS

Solution-Focused Therapy
Group Facilitation
Nonviolent Communication

Narrative Career Construction Interview
Narrative Family Systems Therapy
Cognitive Behavior Therapy

Mindfulness Practices
Motivational Interviewing
Addiction Recovery

LANGUAGE SKILLS

Spanish – Intermediate

Hebrew – Advanced Beginner (Middlebury College *Ulpan* Program, Summer 2012)

VOLUNTEER SERVICE

Intrafaith Minister, Eternal Life Church, Santa Fe, NM, 6/2015-present

- Officiate weddings and memorials and provide pastoral counseling to all ages and faiths.

Mentor, Nonviolent Communication, Santa Fe, NM, 8/2011-present

- Increase professional and lay audiences' ability to communicate with empathy and mutual respect.

Jewish Lay Leader and Educator, NM and CA, 9/2008-present

- Serve on Ritual Committee for Reform congregation.
- Serve on Rabbinic Evaluation Team for Reform congregation.
- Lead Renewal-style Kabbalat Shabbat and facilitate Jewish rituals in homes and nature.
- Perform *Taharah* and other sacred duties involving Jewish death and mourning as part of *Chevra Kadisha*.
- Coordinated Passover event at hotel for 200 congregants for Conservative congregation.

PROFESSIONAL MEMBERSHIPS

National Career Development Association, 12/2017-present

New Mexico Counseling Association, 11/2016-present

New Mexico Career Development Association, 11/2016-present

American Counseling Association, 11/2015-present

BOARD POSITIONS

Eternal Life Interfaith Church, Board Member, 9/2019-present

HaMakom, Board Secretary, Santa Fe, NM, 6/2009-9/2011

PUBLICATIONS LIST

Young Adult Science Reference Books

(2007). *Scientific American Presents: Great Extinctions of the Past*. New York: Chelsea House.

(2007). *Scientific American Presents: Weather, And How It Works*. New York: Chelsea House.

(2007). *Drugs: The Straight Facts. Methamphetamines*. New York: Chelsea House.

(2005). *Worm World*. Marlborough, MA: Newbridge Educational Publishing.

(2003). *Drugs: The Straight Facts. Hallucinogens*. New York: Chelsea House.

(2003). *Drugs: The Straight Facts. Marijuana*. New York: Chelsea House.

Other Non-Fiction Publications

(2015/2019). *Revelations of the Heart: A 49-Day Journey of Poems and Prompts to Write Your Way to Revelation. 2nd edition*. Santa Fe, NM.

(2011). Frontier Judaism: Ruach in the Las Vegas Jewish community. *The NM Jewish Link*.

(2011). JCC eats up 'Fried Chicken and Latkes'. *The NM Jewish Link*.

(2009). Shema Ahavah Ekhad. *ERUV-Expanding the Boundaries of Klal Yisroel*, p.1.

(2007). Building community with youth leaders at the NM Bioneers conference. *The Sun Monthly*, p. 36-38.

(1995). Mastectomy and sexual identity: The reconstruction of self-image. *Trends in Health Care, Law and Ethics*, 10(3), 45-52.

Fiction, Essays, and Poetry (sample)

(2017) Hold My Hand. Green Card. The Way Things Are. In T. Casias and T. Martinez (Eds.), *Trickster: A Literary Journal* (pp. 56-58). Española: Northern New Mexico College.

(2014). Seraphina's heart. In G. Milgram and E. Frankel (Eds.), *New Mitzvah Stories for the Whole Family* (pp. 45-50). Philadelphia: Reclaiming Judaism Press.

(2004). Cootie love. *New England Writers Network*, 11(1), 22.

PRESENTATIONS and WORKSHOPS

- (2019) Expressing the Mission of the JCP through Story: A Teambuilding Workshop, Albuquerque, NM
- (2018) Nonviolent Communication in Couples Therapy, Santa Fe, NM
- (2017) Vocational Family Systems Therapy: A Case Study of Middle Adulthood, Santa Fe, NM
- (2017) Intimate Partner Violence, New Mexico Highlands University, Santa Fe, NM
- (2016) Emotional Intelligence with an Intensive Outpatient Addiction Recovery Group, Solutions, Santa Fe, NM
- (2016) Integrating Herrmann Brain Dominance Instrument and EI for Addictions Recovery, Solutions, Santa Fe, NM
- (2016) Integrating Adlerian and Narrative Therapies, New Mexico Highlands University, Santa Fe, NM
- (2016) Feeding and Eating Disorders, New Mexico Highlands University, Santa Fe, NM
- (2016) Rewriting Your Life Story: A Nine-Week Career Counseling Group, NMHU, Santa Fe, NM
- (2016) Playful Approaches to Family Therapy, Narrative Family Therapy Group, Santa Fe, NM
- (2015) First Do No Harm: Navigating Non-Sexual Multiple Relationships in Small Communities, NMHU, Santa Fe, NM
- (2015) Revelations of the Heart: A Therapeutic Writing Group, Temple Beth Shalom, Santa Fe, NM
- (2015) Transformation of the StoryTeller through Storytelling, Santa Fe, NM
- (2013) Transformational Monologues for Caregivers, Project Life Stories, Santa Fe, NM
- (2013) Compassionate Communication for Counselors, Eden Village Camp, NY
- (2013) Empathy as a Communication Tool for Project Managers, University of Colorado, CO
- (2012) Constructive Confrontations, Los Alamos Laboratories, NM
- (2011) StoryNatureSpirit, TrailWriters, Santa Fe, NM
- (2010) Hineni: Jewish Presence Practice in Nature, Camp Chai, San Diego, CA
- (2010) The 13 Attributes of Mercy and Compassion: A Ritual and Writing Group, Santa Fe, NM
- (2010) Not All Who Wander Are Lost: Exploring Exile and Redemption, Las Vegas Jewish Community, Las Vegas, NM