

MARTHA HOFFER TEATER

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CURRENT POSITION

I maintain a private practice in marriage and family therapy, substance abuse, and workplace crisis response. I have been in private practice since 1990, now practicing through tele-health.

I provide consultation and training to agencies, universities, hospitals, and companies across the country and internationally.

I am a professional trainer with PESI, Teater Health Solutions, and through my own practice.

EXPERIENCE

Director of Mental Health
Mountaintop Healthcare and the Good Samaritan Clinic
2008-2012

I directed the mental health programs of both nonprofit organizations, supervised graduate counseling students, and provided program development with new initiatives, particularly in the areas of integrated care and substance use disorders.

LICENSURE

NC Licensed Marriage & Family Therapist #472
NC Licensed Clinical Addictions Specialist #564
CO Licensed Professional Counselor #14509
National Certified Counselor #17248
Board-certified tele-mental health provider
Certified Compassion Fatigue Educator #01205160705
Certified foster parent, Denver Human Services

MEMBERSHIPS

Diplomate, Academy of Cognitive Therapy #01084
Clinical Fellow, American Association for Marriage & Family Therapy

EDUCATION Master of Arts in Counseling

Ohio State University, Columbus, OH

Bachelor of Arts in Social Work

Miami University, Oxford, OH

DISASTER RELIEF American Red Cross

Volunteer Disaster Mental Health Manager

National deployments

November 2012: Superstorm Sandy: NY

August 2011: Hurricane Irene: NC

May 2011: Tornadoes: TN

September 2010: Hurricane Earl: NC

May 2010: Tornadoes: OK

September 2008 Hurricane Gustav: LA

January 2006: Hurricane Katrina: LA.

September 2005: Hurricane Katrina: LA

NC Disaster Relief Network/NC Psychological Association: I led disaster mental health live simulations

MILITARY EMPHASIS

American Red Cross, Service to the Armed Forces (SAF): Volunteer Partner to Senior Mental Health Associate

American Red Cross Service to the Armed Forces (SAF)

- I am part of the national headquarters work groups that develop and implements the *Reconnection Workshops* and *Mind-Body* modules to support military families.
- I am a lead instructor at train-the-facilitator events across the country and internationally.
- I was principal author, subject matter expert, and co-lead of the work groups that developed modules for military children and teens (ages 8-18), lead for young children (ages 5-8), co-lead in mind-body programming and caregiver module.

American Red Cross Service to the Armed Forces (SAF): I am a lead trainer for the course *Coping with Deployments* and have taught this course in several states.

Military Family Life Consultant (MFLC), Operation Purple Camp, Parkton, NC. I provided mental health services at this camp for military children.

PROGRAM DEVELOPMENT

Mountain Area Health Education Center, Asheville, NC: I am a presenter and on the planning team for the regional pain treatment program for this 16-county region. I provide full-day trainings, consult with medical and behavioral health providers, and am the behavioral health professional on

the Project ECHO hub and spoke model of providing education for area clinicians.

Compassion fatigue staff and supervisory training program: Haywood County Health and Human Services Agency: I developed and led staff development programs for this agency to enhance employee satisfaction, build a stronger work force, and develop skills for supervisors to better support their staff.

Emphasis on Sustaining Compassion: Servants to Asia's Urban Poor: I developed this year-long program to prevent compassion fatigue in team members living in slum communities throughout Southeast Asia. I provided monthly videos, team activities, and resource information to be shared throughout this nonprofit organization.

American Red Cross National Headquarters and Leadership Disaster Mental Health Support Program: I was a co-lead for this team that created and maintained a national initiative to provide leadership support for Red Cross national and field employees who deployed to disasters.

American Red Cross International Roster Operations Center Disaster Mental Health Support Program: I was a co-lead in developing this initiative to support international disaster responders.

Course developer and instructor: Psychological Impact Management module, Comprehensive Active Shooter Incident Management distance learning course. I created this module as part of a class sponsored by the National Criminal Justice Training Center and the Office for Victims of Crime.

PROFESSIONAL INVOLVEMENT

Peer Reviewer, SAMHSA Division of Grant Review: I perform reviews for grant applicants through SAMHSA (Substance Abuse and Mental Health Services Administration).

Reviewer: National Board for Certified Counselors (NBCC) Foundation Minority Fellowship Program Doctoral Fellowships

American Nurses Credentialing Center National Healthcare Disaster Certification Examination: Volunteer reviewer during development of national examination.

Manuscript reviewer: *Social Work in Mental Health* online journal

DSM-5 field trials collaborating investigator: I was trained in the early development of the DSM-5 and conducted field trials with clients to assess the integrity of the new diagnostic manual.

Board Member: I was a member of the Haywood County, NC, Health and Human Services Agency board.

PUBLICATIONS

Teater, M. *Chronic Pain, Opioid Use, and MFTs*, Family Therapy Magazine, July/August 2018, pages 18-21.

Teater, M. *Treating Chronic Pain: What MFTs Need to Know to Move Clients from Hurt to Hope*. Family Therapy Magazine, November/December 2017, pages 45-47.

Teater, M. *Treating Chronic Pain: Pill-Free Approaches to Move People from Hurt to Hope*. 2016, PESI Publishing & Media, Eau Claire, WI.

Teater, M. "The Pros and Cons of DSM-5: What's All the Fuss About?" *Family Therapy Magazine*, March/April 2015, pages 76-78.

Teater, M., Ludgate, J. (2014). *Overcoming Compassion Fatigue: A Practical Resilience Workbook*. PESI Publishing & Media, Eau Claire, WI.

Teater, M. "Shedding Light on DSM-5: The View from the Trenches" *Psychotherapy Networker*, March/April 2014, pages 36-52.

Teater, M. "What Every Social Worker Needs to Know About DSM-5" *The New Social Worker*, Winter 2014, pages 9-10. ***This was a top-five most accessed article for 2014 for this magazine.***

Teater, M. (coauthor). "Treating Patients with Substance Abuse Issues in Integrated Care" *Integrated Care: Creating a Thriving Practice* Christian, E. and Curtis, R. (Eds.), Routledge, 2012.

Teater, Martha H. (2011) "Checklist: MFT's in Small Practice Integrated Healthcare" *Family Therapy Magazine*, v10 (4), 34-39.

Teater, Martha H. (2007) "Compassion Fatigue in Katrina's Wake" *Family Therapy Magazine*, v6 (3), 24-27

I have published over 175 articles in newspapers and magazines on a wide variety of subjects.

PRESENTATIONS

I am a professional speaker presenting workshops on behavioral treatment of chronic pain, the DSM-5, compassion fatigue, evidence-based trauma

treatment, ethics, and integrated care. I have done webinars and live trainings in 48 states and internationally for many organizations. I have been a professional trainer with PESI for several years. In addition to 220+ day-long trainings I've done for PESI, these are some of the topics and organizations I have done presentations for:

(November 2019) "The Trauma Triangle: Adverse Childhood Experiences, Chronic Pain, and Opioid Use Disorder" and "Behavioral Health Approaches for Chronic Pain", Conference sessions during "Responding to the Opioid Epidemic: Leveraging Care Integration in the Health Center Setting", Seattle, WA.

(October 2019) "Behavioral Treatment of Chronic Pain: Evidence-Based Treatments to Move People from Hurt to Hope", Pee Dee Area Health Education Center, Florence, SC.

(September 2019) "Compassion Satisfaction: How to Thrive in Challenging Work", Butner Federal Corrections Complex, Butner, NC.

(August 2019) "Compassion Satisfaction: How to Thrive as a Helping Professional", Colorado Access, Denver, CO.

(July 2019) "Behavioral Treatment of Pain: Evidence-Based Treatments to Move People from Hurt to Hope", Gateway Health Plan, Pittsburgh, PA.

(July 2019) "Treating Chronic Pain", Butner Federal Correctional Complex, Butner, NC.

(June-August 2019) "Recognizing and Transforming Secondary Trauma", "9 Tips to Transform Secondary Trauma", and "Processing Difficult Cases, Maintaining Healthy Boundaries", City and County of Denver, Office of Prosecution and Criminal Enforcement, presentations to attorneys and victim advocates, Denver, CO

(June 2019) "Practical Skills for Mental Health Responders", St. Clair County Mental Health Board, Belleville, IL.

(June 2019) "Treating Chronic Pain: Behavioral Approaches that Work!", Center for Rural Health and Health Workforce, Juneau, AK.

(June 2019) "Compassion Satisfaction: Thriving in Challenging Work", PinnacleCare leadership retreat, Chicago, IL.

(March 2019) "Behavioral Tools for Chronic Pain", Western Carolina University, Cullowhee, NC.

(March 2019) “Managing Opioid Prescribing and Pain Management”, Methodist Medical Center, Oak Ridge, TN.

(October 2018) “CBT Approach to Treating Chronic Pain”, Southeast Alaska Regional Health Consortium Pain Summit and Educational Training, Juneau and Sitka AK.

(September 2018) “Pain Treatment 101”, Colorado Coalition for the Homeless all-staff training, Denver, CO.

(September 2018) “Compassion Fatigue and Burnout Prevention”, Trainings for Colorado Coalition for the Homeless outreach and engagement team, ACT and Housing First team, and all-staff training, Denver, CO.

(August 2018) “Behavioral Treatment of Chronic Pain”, Ernest E. Kennedy Center and Dorchester County Alcohol and Drug Commission, Goose Creek, SC.

(August 2018) “Compassion Satisfaction: How to Thrive as a Helping Professional”, Little Colorado Medical Center, Winslow, AZ.

(July 2018) “Behavioral Treatment of Chronic Pain: Evidence-Based Tools to Move People from Hurt to Hope”, University of Buffalo, School of Social Work, Buffalo, NY.

(June 2018) “Treating Chronic Pain”, Northwest Area Health Education Center, Winston-Salem, NC.

(June 2018) “Behavioral Treatment of Chronic Pain”, Mountain Area Health Education Center, Asheville, NC.

(May 2018) “Behavioral Treatment of Chronic Pain”, Juneau Alliance for Mental Health, Juneau, Alaska.

(May 2018) “Compassion Satisfaction: How to Thrive as a Helping Professional”, Juneau Alliance for Mental Health, Juneau, Alaska.

(April 2018) “Top 10 List: 5 Things you Can do for Yourself and 5 Things You can do for Others”, Keynote speaker, SAFE House fundraising dinner, Show Low, AZ.

(April 2018) “Compassion Satisfaction: How to Thrive as a Helping Professional”, Navajo County Public Health, Winslow and Show Low AZ.

(March 2018) "Opioids and Chronic Pain: Uncoupling a Deadly Dyad", Psychotherapy Networker Symposium, Washington, DC.

(March 2018) "Treating Chronic Pain", Wake AHEC, Raleigh, NC.

(February 2018) "The Trauma Triangle: Adverse Childhood Experiences, Chronic Pain, and Opioid Use Disorder", Florida Mental Health Counselors' Association, Lake Mary, FL.

(January 2018) "Behavioral Treatment of Chronic Pain: Evidence-Based Treatment to Move People from Hurt to Hope", Wheeler Clinic, Hartford, CT.

(January 2018) "Lead by Example: Living Well in a Challenging Job", Ronald McDonald House Charities Leadership Meeting, Las Vegas, NV.

(November 2017) "Compassion Fatigue: A Trauma-Informed Approach", Siskiyou County Behavioral Health, Yreka, CA.

(November 2017) "Behavioral Treatment of Chronic Pain: Evidence-Based Tools to Move from Hurt to Hope", Mountain Area Health Education Center, Asheville, NC.

(November) "The Trauma Triangle: Trauma, Chronic Pain, and Opioid Misuse", National Association of Social Workers Fall Conference, Asheville, NC.

(October 2017) "Disaster Mental Health and Compassion Fatigue", St. Clair County Mental Health Board, Belleville, IL.

(September 2017) "Treating Chronic Pain: From Hurting to Hope", St. Joseph Regional Medical Center, Lewiston, ID.

(April 2017) "Opioid Use Disorder and the Family: What Psychologists Need to Know", South Carolina Psychological Association Spring Conference, Myrtle Beach, SC.

(March 2017) "Compassion Fatigue: A Trauma-Informed Approach", Liberty Resources, Inc. Help Restore Hope Center, Syracuse, NY.

(March 2017) "Dealing with Difficult People and De-escalation", Ronald McDonald House Charities Midwest Summit, Columbus, OH.

(March 2017) "Compassion Fatigue and Trauma-Informed Care", keynote presentation, Ronald McDonald House Charities Midwest Summit, Columbus, OH.

(March 2017) “DSM-5: Diagnosing Children and Teens”, Nationwide Children’s Hospital Social Work Department, Columbus, OH.

(March 2017) “Chicken or the Egg: Trauma and Addiction”, Governor’s Institute Addiction Medicine Conference, Asheville, NC.

(November 2016) “Evidence-Based Trauma Care: Tools to Transform Outcomes”, San Diego North County chapter, California Association for Marriage and Family Therapy, Carlsbad, CA.

(October 2016) “Compassion Satisfaction: How to Thrive as a Helping Professional”, Western Carolina University, Cullowhee, NC.

(March 2016) “Diagnosis in a New Era: What Clinicians Need to Know About the DSM-5”, San Diego North County chapter, California Association of Marriage and Family Therapists, Carlsbad, CA.

(November 2015) “DSM-5 Boot Camp: A Fresh Approach to Diagnosis”. Western Carolina University College of Health and Human Services, Cullowhee, NC

(October 2015) “Down and Dirty with the DSM-5”, Transforming Care Conference: Evidence-based Medicine and the Future of Behavioral Health and Intellectual Developmental Disabilities Care, Mountain Area Health Education Center, Asheville, NC.

(October 2015) “DSM-5 Boot Camp: A One-Day Intensive” Bienvenidos, Montebello, CA.

(September 2015) “Everything You Need to Know About the DSM-5” Providence Kodiak Island Counseling Center, Kodiak, Alaska.

(August 2015) “Treating Trauma: A Practical, Evidence-Based Approach” Webinar for GoodTherapy.org.

(August 2015) “DSM-5 Boot Camp: One Day to Mastery!” Maryvale, Rosemead, CA.

(August 2015) “DSM-5 Boot Camp: Mastering the Manual” Lenoir-Rhyne Center for Graduate Studies, Asheville, NC.

(May 2015) “The DSM-5: Use it with Confidence!” Steward Health Care System, Boston, MA.

(March 2015) “DSM-5 in Perspective: What Have We Learned?” Psychotherapy Networker Symposium, Washington, DC.

(January 2015) "Using the DSM-5", three-day training, Institute of Mental Health, Singapore.

(January 2015) "DSM-5" and "Compassion Fatigue", Five Acres-The Boys and Girls Aid Society of Los Angeles, two-day professional conference, Pasadena, CA.

(October 2014) "Substance Use Disorders and the DSM-5", Right Step, Houston, TX.

(September 2014) "DSM-5", "Psychological First Aid", "Compassion Fatigue", and "Substance Abuse", University of Zambia, Lusaka, Zambia, and Trinity Chaplain College, Lusaka, Zambia.

(September 2014) "Sustaining Compassion: Put the Oxygen Mask on Yourself First! Webinar for GoodTherapy.org.

(August 2014) "Using the DSM-5 with Children, Teens, and Families", Avalonia Group Home and Excalibur Youth Services, Travelers Rest, SC.

(August 2014) "Sustaining Compassion in Marriage and Family Therapists", San Diego North County chapter, California Association of Marriage and Family Therapists, Carlsbad, CA.

(July 2014) "Using the DSM-5 with Children and Families", Haywood/Jackson/Macon County Psychological Services, Cullowhee and Waynesville, NC.

(March 2014) "Navigating the New DSM-5: How it Will Impact Your Practice", Psychotherapy Networker Symposium, Washington, DC.

(January 2014) "The DSM-5: What LMFT's need to Know", San Diego North County Chapter, California Association of Marriage and Family Therapists, Carlsbad, CA.

(August 2013) Psychotherapy Networker DSM-5 webcast series, "The DSM-5: Ten Ways it will Impact Your Practice".

(August 2013) "The DSM-5 and its Impact on Social Workers", George Junior Republic, Grove City, PA.

(April 2013) "Secondary Trauma", New Friars Gathering, Pattaya, Thailand.

(March 2013) "Sustaining Compassion", Servants to Asia's Urban Poor Forum, Pattaya, Thailand.

(October 2012) "Reel Ethics: Professional Ethics as Seen at the Movies", National Association of Social Workers Georgia Chapter Annual Conference, Atlanta, GA.

(September 2012) "Compassion Satisfaction: Renewing your Joy and Passion", Southern Illinois Perinatal Network Conference, St. Louis, MO.

(September 2012) "Foundations of Disaster Mental Health", American Academy for Marriage and Family Therapy Annual Conference, Charlotte, NC.

(September 2012) "Reducing Responder Risk: Strategies for Self-Care and Stress Management in Disaster Response", National Animal Control Association Disaster Training Academy, Louisville, KY.

(August 2012) "The Heart of the Matter: Dealing with Compassion Fatigue", Mountain Area Health Education Center, Asheville, NC.

(March 2012) "Compassion Fatigue: Prevention and Treatment", National Association of Social Workers Mississippi Chapter Annual Conference, Natchez, MS.

(February 2011) "Popcorn and Ethics: Hollywood's Take on Therapists", Mississippi Association for Marriage and Family Therapy Annual Conference, Hattiesburg, MS.

(October 2010) "Compassion Fatigue: What Counselors and Supervisors Need to Know to Maintain Vitality", Western Carolina University Counseling Ethics and Clinical Supervision Symposium, Cullowhee, NC

(October 2010) "Compassion Fatigue in Social Workers: Reducing the Risk", National Association of Social Workers Indiana Chapter Annual Conference, Indianapolis, IN

(September 2010) "Reel Ethics: Professional Ethics as Seen in the Movies", American Academy for Marriage and Family Therapy Annual Conference, Atlanta, GA

(February 2010) "Compassion Fatigue in Marriage and Family Therapists", North Carolina Association for Marriage and Family Therapy Annual Conference, Durham, NC

(February 2010) "Compassion Fatigue: Tools to Treat Secondary Traumatic Stress", National Association of Social Workers South Carolina Chapter Spring Symposium, Myrtle Beach, SC

(May 2009) "Integrated Care: Mental Health and Medical Care Working Together", Alabama Council of Community Mental Health Boards Annual Conference, Birmingham, AL

(November 2008) "The Heart of the Matter: Dealing with Compassion Fatigue", Mountain Area Health Education Center, Asheville, NC

(October 2008). "Integrated Medicine: Behavioral Health in Primary Care", National Association of Social Workers Georgia Chapter Annual Conference, Atlanta, GA

(October 2007). "Compassion Fatigue", National Association of Social Workers Georgia Chapter Annual Conference, Marietta, GA

(October 2007) "Compassion Fatigue: Caring for Others and for Ourselves", American Academy for Marriage and Family Therapy Annual Conference, Long Beach, CA

(May 2007) "Compassion Fatigue: Caring for Others and for Ourselves", Alabama Council of Community Mental Health Boards Annual Conference, Birmingham, AL

(March 2007) "Compassion Fatigue: Hope and Health for Our Clients AND Ourselves", Plenary speaker for the National Association of Social Workers Mississippi Chapter Annual Conference, Jackson, MS

(February 2007) "Compassion Fatigue in Hospital Employees", Series of workshops held for Haywood Regional Medical Center, Clyde, NC

(November 2006) "Compassion Fatigue in Katrina's Wake", Series of workshops conducted for Ochsner Medical Center, New Orleans, LA

(October 2006) "Compassion Fatigue in Katrina's Wake", Series of workshops conducted for Volunteers of America, New Orleans, LA