

Sylvia Elaine Alvarez, CSW BCD

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PROFESSIONAL SUMMARY

I am a licensed clinical social worker with over forty years of clinical experience working with clients in community mental health settings and in the context of my own private practice.

I was initially trained in psychodynamic principles but I later integrated cognitive-behavioral tools, hypnosis, EMDR, Solution-Focused Brief Therapy and goal achievement coaching into my practice. I have special expertise in trauma work: war trauma, sexual abuse, emotional abuse, physical abuse, natural and man made disasters, car accidents, sports and other physical accidents, and changes in perception of self through accidents and illness.

EMDR became an important part of my professional life upon studying with Dr. Francine Shapiro, originator and developer of the method, in 1991 and 1992. Upon completing Level I and Level II EMDR training under her tutelage, I was selected by Dr. Shapiro to become a Humanitarian Assistance Program trainer, responsible for training therapists in community clinics throughout the United States and abroad. I became intensely interested in bringing the method to therapists in urban and rural clinics throughout the United States. I have continued to serve as a facilitator for the EMDR Institute since that time, and I regularly serve as a consultant to therapists and clinics, supporting their practice of EMDR therapy.

PROFESSIONAL BACKGROUND

2007 to present

PRIVATE PRACTICE

I provide individual therapy, consultation, hypnosis, Solution-Focused Brief Therapy, and EMDR therapy to clients in multiple settings.

1987 to 2006

PRIVATE PRACTICE

Greater Delaware County, PA

As a trauma specialist I worked with combat veterans and women and men who had been sexually abused, and I performed critical incident debriefing and disaster response.

SOCIAL WORKER

Veterans Administration Out-Patient Clinic, Springfield, PA

- Member of Posttraumatic Stress Clinical Team
- Former leader of Inpatient PTSD Stabilization Unit

In the capacity of the above roles, I provided individual, couple, family and group therapy to Vietnam Veterans and their families.

**Nov 1979 –
Jun 1983**

TEAM LEADER/DIRECTOR

Veterans Administration, Martinez, CA

As Team Leader/Director, I was responsible for the operational management of the program and the clinical supervision of staff and psychology interns, including staff development and training, hiring and firing, participation in regional training of other program directors and liaison with contracting agencies.

**Jul, 1974 –
Apr 1978**

CLINICAL DIRECTOR

Pacific Psychotherapy Associates, San Francisco, CA

As Clinical Director I was responsible for the design of the clinical program; the supervision of the staff (social work, psychiatry and psychology students); hiring and firing; fund-raising (including grant writing); in-service training planning; program development; and providing psychotherapy to clients.

**Apr 1972 –
Jul 1976**

ASSOCIATE

Pacific Psychotherapy Associates, San Francisco, CA

As as Associate I provided individual, couple, family and group therapy to persons representing a wide range of socioeconomic groups; I performed school consultations; and I participated in a project for teenaged boys with attendance problems.

**Apr 1969 –
Jun 1971**

INTAKE WORKER & CRISIS CLINIC SUPERVISOR

Mount Zion Hospital, San Francisco, CA

As an Intake Worker, I performed intake interviews for individuals who were being considered for psychiatric outpatient treatment, including children, adolescents, couples and individuals. Later, as Crisis Clinic Supervisor, I supervised and trained psychiatry residents, psychology fellows, and social work masters students in psychotherapy and crisis intervention.

PSYCHIATRIC SOCIAL WORKER

New York State Department of Mental Hygiene, Brooklyn, NY

As a Psychiatric Social Worker, I worked with patients newly released from New York mental hospitals; conducted intake interviews; provided individual treatment to children, adolescents and adults; and collaborated and consulted with other professionals concerning follow-up plans for patients.

EDUCATIONAL BACKGROUND

1978 – 1981

Attended Post-Traumatic Stress Syndrome Workshops given by the Veterans Administration at the following locations: Hershey, PA; Long Island, NY; Long Beach, CA; Portland Oregon; St. Paul MN

1969 – 1972	San Francisco Psychoanalytic Institute, San Francisco, CA
Sept 1966 – Jun 1968	New York University, New York, NY M.S.W., Case Work
Sept 1958 – Jun 1962	Goddard College, Plainfield, VT B.A., Psychology/Child Development

LICENSES AND CERTIFICATIONS

- Licensed Clinical Social Worker, State of Pennsylvania License No: CSW 13396
- Member N.A.S.W.
- Teaching credential in Psychology and Administration, State of California, 1975
- Certified Hypnotherapist, American Council of Hypnotist Examiners, #HT 188-004
- Certified EMDRIA Consultant, Board Certified Diplomate, BCD# 29138

PROFESSIONAL AFFILIATIONS

- National Association of Social Workers
- International EMDR Professional Association

PRIOR APPOINTMENTS

- Visiting Assistant Professor, Department of Psychology, San Francisco State University
- Supervisor and Attending Staff, Mt. Zion Hospital, Department of Psychiatry, San Francisco, CA

PRESENTATIONS AND AWARDS

- Selected to be included in *Who's Who in American Women, 1980 - Present*.
- Numerous clinical presentations, private mental health and social service agencies, hospitals, and universities, 1973 to present, as part of various job descriptions, and many consultations, including an appointment to Veterans Administration Advisory Committee on Readjustment Problems of Vietnam Veterans.
- Certificate of Recognition and Appreciation from the Board of Directors of the American Association of Minority Veterans Program Administrators, 1977.
- Special Contribution Award by the Veterans Administration for "A Unique Contribution to the Mission of the Agency," 1982.
- Vietnam Vets Program, Menlo Park, California Award: "In Appreciation of Caring Assistance to the Vietnam Veterans Treatment Unit."

- EMDR Facilitator since 1991 supervising practitioners learning to use the EMDR protocol.
- Each year traveled within the United States instructing psychotherapists in the fundamental components of the standard EMDR protocol including the following locations: New York City, Chicago, Cleveland, Minneapolis, and several cities in Massachusetts, New Jersey, Ohio, Florida, and Pennsylvania.
- HAP-EMDR Trainer. My role as an international instructor has included teaching, demonstrating, and providing trauma therapy and/or conflict management in Vietnam, Holland, Germany, Northern Ireland, Bangladesh, Poland, Indonesia, and the Caribbean, as follows:
 - 1993 (October 1-12) Vietnam: I served as a psychotherapist for Vietnam veterans who returned to Vietnam to work out PTSD issues.
 - 1994 (May 2-11) Holland: I trained trauma therapists who worked in a variety of settings including refugee camps, refugee centers for those who had been tortured for political reasons, and those suffering from familial abuse.
 - 1994 (October 17-26) Germany: I trained psychotherapists who worked in conflict resolution as well as with victims of abuse.
 - 1995 (August 5-17) Oklahoma City: I provided training for the psychotherapists who worked with the survivors of the bombing of the Murrah Building on 4/19/95, and I provided psychotherapy for the survivors themselves.
 - 1996 and 1997, Bangladesh: Unicef hired EMDR/HAP to offer basic trauma training to psychologists, psychiatrists and NGO operators in this country. The problems addressed were associated with domestic violence and intra-group conflict. Instruction was provided at university sites, on-site at NGO offices where shelter was provided to homeless women, to military personnel in the field, and to community leaders. I went there on two separate occasions. Initially, I traveled there with a colleague in the fall of 1996 to perform the assessment and to make recommendations. On the second occasion, in January 1997, I served as the Team Leader responsible for design and implementation of the program.
 - 1998 (October 14-28) Northern Ireland: I taught EMDR therapy to leading psychotherapists in Northern Ireland, Wales and Dublin.
 - 1999 (September 3-17) Poland: I taught EMDR therapy to psychotherapists in Warsaw at a community health clinic, provided on-site treatment and training at the state refugee camp, and then traveled to Krakow for an additional training of medical personnel and clinical psychologists.

- 2000 (January 17-31) Indonesia: I trained psychiatrists, psychologists and NGO directors and staff in EMDR therapy for a client population that included those who had been tortured, outcast and abused, in association with political conflict.
- 2004 (April 12-23) Trinidad/Tobago/Grenada: I trained psychotherapists in EMDR therapy and in stress management techniques for those coping with the disaster caused by Hurricane Hugo.