

## CURRICULUM VITAE

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### Education:

1996 PhD Temple University Graduate School of Education  
Psychoeducational Processes  
Dissertation Advisor: Dr. Mel Silberman

1978 MSW University of Pennsylvania School of Social Work

1976 BA George Washington University

### Training:

1978-1981 Family Institute of Philadelphia, Philadelphia, PA

1994 EMDR Level I

1998 EMDR Level II

### License & Certification:

PA Licensed Clinical Social Worker #CW012242  
Board Certified Clinical Social Worker #28588  
EMDR Certification  
Family Institute of Philadelphia  
American Association of Marriage & Family Therapy

### Professional Boards & Associations:

2011-present Institute for Coaching at Harvard University

2005-present A Chance To Heal Foundation  
Co-chair of Professional Advisory Council  
An organization established to prevent the incidence and reduce the impact of eating disorders, and promote the importance of positive body image by educating and influencing parents, young people, educators and healthcare professionals.

### Professional Positions:

2011-present [www.TheResilienceGroup.com](http://www.TheResilienceGroup.com) Co-Founded

2012-present University of Pennsylvania Healthcare System

- Executive Coach
- 2006-present     www.SelfMatters.org   Co-Founded  
A Website Dedicated to Strengthening Healthy Self-Esteem
- 2005-present     Executive Coaching & Leadership Consultation
- 2004-present     Inside/Outside Self-Discovery Program: An Eating Disorder Prevention Program  
Project Director and Co-Founder
- 1986-present     Psychotherapist in Private Practice, Philadelphia, PA  
Provide Individual, Couple, Family and Group Psychotherapy  
Lead Weekend Workshops and Provide Educational Seminars  
Expertise in Trauma, Eating Disorders, and Self-Esteem Issues
- 1986-1993        Clinical Consultant, Renfrew Center, Philadelphia, PA  
Lead Group Therapy & Supervised Staff on Trauma and Sexuality Issues
- 1980-1986        Staff, Family Service of Philadelphia, Philadelphia, PA  
Provided psychotherapy to a wide range of clients.  
Led group therapy and professional seminars

**Research Funding Information:**

- 1985                Principal Investigator  
*Project RAP (clinical program for male spouse abusers)*  
William Penn Foundation
- 2004-2007        Principal Investigator  
Inside Outside/Self Discovery Program  
A self-esteem based eating disorder curriculum for middle school girls  
Miles Family Foundation

**Newspapers , Magazines & Blogs**

- Sept 2013        Goodbye, Inner Critic—Hello, Inner Coach  
<http://kripalu.org/blog/thrive/2013/09/30/inner-critic-coach/>
- Oct 2013        Costuming with Care  
Dance Studio Life Volume 18 Issue 8
- April 2013        NewsWorks online home of WHY Y public radio station in Philadelphia  
How would Happy Fernandez *Lean In* on the Current Conversation about Women & Leadership  
[http://www.newsworks.org/index.php/component/flexicontent/item/53016-how-would-happy-fernandez-lean-in-on-the-current-conversation-about-women-a-leadership?Itemid=219&linktype=hp\\_speakeasytop](http://www.newsworks.org/index.php/component/flexicontent/item/53016-how-would-happy-fernandez-lean-in-on-the-current-conversation-about-women-a-leadership?Itemid=219&linktype=hp_speakeasytop)
- Feb 2012        Main Line Times  
Workshop: Two therapists teach about inner coach vs. inner critic  
[http://www.mainlinemedianews.com/articles/2012/02/22/main\\_line\\_suburban\\_life/life/do-c4f454de2529c9334108913.txt](http://www.mainlinemedianews.com/articles/2012/02/22/main_line_suburban_life/life/do-c4f454de2529c9334108913.txt)

Dec 2011 Main Line Times  
Therapists tell how to conquer eating disorders  
[http://www.mainlinemedianews.com/articles/2011/11/22/main\\_line\\_times/life/doc4ecc6cee09874858716127.txt](http://www.mainlinemedianews.com/articles/2011/11/22/main_line_times/life/doc4ecc6cee09874858716127.txt)

Dec 2011 Jewish Exponent  
Experts Gather to Combat Rise in Eating Disorders Among Teens  
[http://file:///C:/Users/Jane/AppData/Local/Temp/Experts\\_Gather\\_to\\_Combat\\_Rise\\_in%5B1%5D-2.htm](http://file:///C:/Users/Jane/AppData/Local/Temp/Experts_Gather_to_Combat_Rise_in%5B1%5D-2.htm)

Dec 2011 Times Examiner  
More Disease & Illness  
[http://m.examiner.com/exPhiladelphia/db\\_130909/contentdetail.htm?contentguid=4F13umqq&detailindex=0&pn=0&ps=3&full=true#display](http://m.examiner.com/exPhiladelphia/db_130909/contentdetail.htm?contentguid=4F13umqq&detailindex=0&pn=0&ps=3&full=true#display)

April 2010 Philadelphia Inquirer  
Living a play in an unintentional way

Dec 2010 Banishing Body-Shame  
<http://blogs.psychcentral.com/weightless/2010/12/banishing-body-shame-an-extreme-form-of-negative-body-image/>

Dec 2010 Quietening the Inner Critic, Building Emotional Resilience  
<http://blogs.psychcentral.com/weightless/2010/12/quieting-the-inner-critic-building-emotional-resilience/>

Feb 2009 The Washington Post  
An Innocent Word Can Be a Heavy Burden

June 2009 O The Oprah Magazine  
The End of Empty Nest Syndrome  
<http://www.oprah.com/relationships/The-End-of-Empty-Nest-Syndrome>

Nov 2009 Family Circle  
Like Mother Like Daughter  
[http://achancetoheal.org/downloads/FamilyCircle\\_091101.pdf](http://achancetoheal.org/downloads/FamilyCircle_091101.pdf)

Nov 2008 MetroKids  
Body Wise

Oct 2008 Family Circle  
Why Kids Are So Competitive -- and How Parents Can Teach Fairness  
<http://www.familycircle.com/teen/parenting/self-esteem/why-kids-arecompetitive1/?page=3>

Sept/Oct2008 The Power of Shame  
Yoga Living

July 2008 Philadelphia Inquirer

May 2007 Main Line Today  
Inside Out

May 2000 Top Docs for Women

Jan 1990 Behavior Today  
Eating Disorders Linked to Sexual Abuse

1981-present Philadelphia Inquirer  
Professional comments and interviews

**Huffington Post Archives:**

April 2016 Courage Requires Walking Through Vulnerability  
[http://www.huffingtonpost.com/jane-shure/courage-requires-walking-\\_b\\_9728116.html](http://www.huffingtonpost.com/jane-shure/courage-requires-walking-_b_9728116.html)

Jan, 2016 Does Procrastination Inspire Creativity and Innovation?  
[http://www.huffingtonpost.com/jane-shure/evidently-procrastination\\_b\\_9065706.html](http://www.huffingtonpost.com/jane-shure/evidently-procrastination_b_9065706.html)

Dec 2015 Gloria Steinem on Taking Back the Power of Our Body Image  
[http://www.huffingtonpost.com/jane-shure/gloria-steinem-on-taking-\\_b\\_8758830.html](http://www.huffingtonpost.com/jane-shure/gloria-steinem-on-taking-_b_8758830.html)

Oct 2015 Inspiring Others by Example  
[http://www.huffingtonpost.com/jane-shure/inspiring-others-by-examp\\_b\\_8213690.html](http://www.huffingtonpost.com/jane-shure/inspiring-others-by-examp_b_8213690.html)

April 2015 What it Takes to Act with Courage  
[http://www.huffingtonpost.com/jane-shure/what-it-takes-to-act-with-courage\\_b\\_7105230.html](http://www.huffingtonpost.com/jane-shure/what-it-takes-to-act-with-courage_b_7105230.html)

Feb 2015 Breaking Free from the Need to Do More  
[http://www.huffingtonpost.com/jane-shure/breaking-free-from-the-need-to-do-more\\_b\\_6724760.html](http://www.huffingtonpost.com/jane-shure/breaking-free-from-the-need-to-do-more_b_6724760.html)

Nov 2014 Quieting the Inner Critic is Key to Playing it Bigger  
[http://www.huffingtonpost.com/jane-shure/quieting-the-inner-critic-is-key-to-playing-it-bigger\\_b\\_6091144.html](http://www.huffingtonpost.com/jane-shure/quieting-the-inner-critic-is-key-to-playing-it-bigger_b_6091144.html)

Nov 2014 The Endless Quest for Perfection  
[http://www.huffingtonpost.com/jane-shure/the-endless-quest-for-perfection\\_b\\_6175508.html](http://www.huffingtonpost.com/jane-shure/the-endless-quest-for-perfection_b_6175508.html) quest-for-perfection\_b\_6175508.html

Sept 2014 Getting Confidence: How it really works  
[http://www.huffingtonpost.com/jane-shure/getting-confidence-how-it-really-works\\_b\\_5566692.html](http://www.huffingtonpost.com/jane-shure/getting-confidence-how-it-really-works_b_5566692.html)

June 2014 Reflecting on What Empowered My Sense of Confidence and Self  
[http://www.huffingtonpost.com/jane-shure/reflecting-on-what-empowered-my-sense-of-confidence-and-self\\_b\\_5497717.html](http://www.huffingtonpost.com/jane-shure/reflecting-on-what-empowered-my-sense-of-confidence-and-self_b_5497717.html)

May 2014 Musings from a Psychotherapist about the Effects of Secrecy and Shame in our Lives  
[http://www.huffingtonpost.com/jane-shure/musing-from-a-psychotherapist-about-the-effects-of-secrecy-and-shame-in-our-lives\\_b\\_5394916.html](http://www.huffingtonpost.com/jane-shure/musing-from-a-psychotherapist-about-the-effects-of-secrecy-and-shame-in-our-lives_b_5394916.html)

May 2014 Outsmarting Stress and Negativity  
[http://www.huffingtonpost.com/jane-shure/outsmarting-stress-and-negativity\\_b\\_5352830.html](http://www.huffingtonpost.com/jane-shure/outsmarting-stress-and-negativity_b_5352830.html)

- May 2014 Overcoming Doubt and Fear in order to Foster Self-confidence  
[http://www.huffingtonpost.com/jane-shure/overcoming-doubt-and-fear-in-order-to-foster-self-confidence\\_b\\_5247855.html](http://www.huffingtonpost.com/jane-shure/overcoming-doubt-and-fear-in-order-to-foster-self-confidence_b_5247855.html)
- Oct 2013 Taking on Fear Advances a Career  
[http://www.huffingtonpost.com/jane-shure/taking-on-fear-advances-a\\_b\\_4212553.html](http://www.huffingtonpost.com/jane-shure/taking-on-fear-advances-a_b_4212553.html)
- Oct 2013 Dispelling notions about what it takes for women to achieve and thrive  
[http://www.huffingtonpost.com/jane-shure/dispelling-notions-about-\\_b\\_4030023.html](http://www.huffingtonpost.com/jane-shure/dispelling-notions-about-_b_4030023.html)
- July 2013 Lessons from Oprah & Mika Brzezinski on Being Authentic in the Workplace  
[http://www.huffingtonpost.com/jane-shure/lessons-from-oprah-mika-being-authentic\\_b\\_3418862.html](http://www.huffingtonpost.com/jane-shure/lessons-from-oprah-mika-being-authentic_b_3418862.html)
- June 2013 Lessons from Oprah & Mika Brzezinski on Being Authentic in the Workplace  
[http://www.huffingtonpost.com/jane-shure/lessons-from-oprah-mika-being-authentic\\_b\\_3418862.html](http://www.huffingtonpost.com/jane-shure/lessons-from-oprah-mika-being-authentic_b_3418862.html)
- Feb 2013 Surprising News on What Actually Makes Us Productive  
[http://www.huffingtonpost.com/jane-shure/productivity\\_b\\_2678093.html](http://www.huffingtonpost.com/jane-shure/productivity_b_2678093.html)
- Jan 2013 It All Comes Down to Virtual vs Reality  
[http://www.huffingtonpost.com/jane-shure/it-all-comes-down-to-virt\\_b\\_2516394.html](http://www.huffingtonpost.com/jane-shure/it-all-comes-down-to-virt_b_2516394.html)
- Dec 2012 Reimagining Leadership  
[http://www.huffingtonpost.com/jane-shure/women-leaders\\_b\\_2248764.html](http://www.huffingtonpost.com/jane-shure/women-leaders_b_2248764.html)
- July 2012 What Constitutes 'Having It All'?  
[http://www.huffingtonpost.com/jane-shure/having-it-all\\_b\\_1676987.html](http://www.huffingtonpost.com/jane-shure/having-it-all_b_1676987.html)
- June 2012 The Courage to Speak Up: The Anti-Bystander Position  
[http://www.huffingtonpost.com/jane-shure/the-courage-to-speak-up-t\\_b\\_1610976.html](http://www.huffingtonpost.com/jane-shure/the-courage-to-speak-up-t_b_1610976.html)
- May 2012 The Silence of One Generation Gives Voice to Another  
[http://www.huffingtonpost.com/jane-shure/terry-tempest-williams\\_b\\_1533089.html](http://www.huffingtonpost.com/jane-shure/terry-tempest-williams_b_1533089.html)
- May 2012 Remembering a Mother-in-Law Who Embodied Resilience & Leadership  
[http://www.huffingtonpost.com/jane-shure/mother-in-law-gender-equality-leadership-\\_b\\_1498564.html](http://www.huffingtonpost.com/jane-shure/mother-in-law-gender-equality-leadership-_b_1498564.html)
- Jan 2012 The Fat on Dieting in the New Year  
[http://www.huffingtonpost.com/jane-shure/dieting\\_b\\_1194532.html](http://www.huffingtonpost.com/jane-shure/dieting_b_1194532.html)
- Feb 2012 Reimagining Leadership  
[http://www.huffingtonpost.com/jane-shure/women-leaders\\_b\\_2248764.html](http://www.huffingtonpost.com/jane-shure/women-leaders_b_2248764.html)
- Dec 2011 Step Into the New Year by Activating the Voice of Your Inner Coach  
[http://www.huffingtonpost.com/jane-shure/new-year-inner-coach\\_b\\_1145913.html](http://www.huffingtonpost.com/jane-shure/new-year-inner-coach_b_1145913.html)
- Dec 2011 Peggy Orenstein on Girls Trying to Look Grown Up and Adults Trying to Look Girlish  
[http://www.huffingtonpost.com/jane-shure/peggy-orenstein-on-girls-\\_b\\_1117834.html](http://www.huffingtonpost.com/jane-shure/peggy-orenstein-on-girls-_b_1117834.html)
- Oct 2011 Leadership Advice: Just Be Yourself  
[http://www.huffingtonpost.com/jane-shure/leadership-advice\\_b\\_1029695.html](http://www.huffingtonpost.com/jane-shure/leadership-advice_b_1029695.html)

July 2011 Betty Ford Inspires Resilient Leadership  
[http://www.huffingtonpost.com/jane-shure/betty-ford-inspires-resil\\_b\\_894238.html](http://www.huffingtonpost.com/jane-shure/betty-ford-inspires-resil_b_894238.html)

July 2011 What If There Was No Pressure?  
[http://www.huffingtonpost.com/jane-shure/womens-world-cup-2011\\_b\\_897904.html](http://www.huffingtonpost.com/jane-shure/womens-world-cup-2011_b_897904.html)

Feb 2011 Advancing Eating Disorders as a Public Health Concern  
[http://www.huffingtonpost.com/jane-shure/advancing-eating-disorder\\_b\\_827071.html](http://www.huffingtonpost.com/jane-shure/advancing-eating-disorder_b_827071.html)

Feb 2011 Why You Shouldn't Follow Amy Chua's Parenting Advice  
[http://www.huffingtonpost.com/jane-shure/why-you-shouldnt-follow-a\\_b\\_816543.html](http://www.huffingtonpost.com/jane-shure/why-you-shouldnt-follow-a_b_816543.html)

Jan 2011 Black Swan & the Harm in Perfectionism  
[http://www.huffingtonpost.com/jane-shure/natalie-portmans-black-sw\\_b\\_807152.html](http://www.huffingtonpost.com/jane-shure/natalie-portmans-black-sw_b_807152.html)

Nov 2010 What Makes Body Acceptance Risky Business  
[http://www.huffingtonpost.com/jane-shure/what-makes-bodyacceptance\\_b\\_784853.html](http://www.huffingtonpost.com/jane-shure/what-makes-bodyacceptance_b_784853.html)

Nov 2010 Power, Ambition, Money, Failure: The 21st Century Taboos  
[http://www.huffingtonpost.com/kathryn-kolbert/power-ambition-money-fail\\_b\\_780623.html](http://www.huffingtonpost.com/kathryn-kolbert/power-ambition-money-fail_b_780623.html)

Oct 2010 Talking Back to the Critical Voice Inside  
[http://www.huffingtonpost.com/jane-shure/talking-back-to-the-criti\\_b\\_752673.html](http://www.huffingtonpost.com/jane-shure/talking-back-to-the-criti_b_752673.html)

Sept 2010 Lessons from My Life as a Fat Kid  
[http://www.huffingtonpost.com/jane-shure/lessons-from-my-life-as-a\\_b\\_732616.html](http://www.huffingtonpost.com/jane-shure/lessons-from-my-life-as-a_b_732616.html)

Aug 2010 Good Housekeeping  
 How to Stop Beating Yourself up, Putting Yourself Down, & Selling Yourself Short

Aug 2010 Reflections on the Doctor Patient Hierarchy in Psychotherapy  
[http://www.huffingtonpost.com/jane-shure/reflections-on-the-doctor\\_b\\_680001.html](http://www.huffingtonpost.com/jane-shure/reflections-on-the-doctor_b_680001.html)

June 2010 American Liberty: Gratitude For The Freedoms We Take For Granted  
[http://www.huffingtonpost.com/jane-shure/american-liberty-gratitud\\_b\\_612157.html](http://www.huffingtonpost.com/jane-shure/american-liberty-gratitud_b_612157.html)

June 2010 Shaping Anxiety for the Sexes: Spanx for Men  
[http://www.huffingtonpost.com/jane-shure/spanx-shaping-anxiety-for\\_b\\_595596.html](http://www.huffingtonpost.com/jane-shure/spanx-shaping-anxiety-for_b_595596.html)

April 2010 The Dieting Dilemma: Oprah Finally Gets It  
[http://www.huffingtonpost.com/jane-shure/how-to-diet---the-dietin\\_b\\_535062.html](http://www.huffingtonpost.com/jane-shure/how-to-diet---the-dietin_b_535062.html)

March 2010 Don't Hesitate To Tell Your Daughter She's Beautiful  
[http://www.huffingtonpost.com/jane-shure/dont-hesitate-to-tell-you\\_b\\_481725.html](http://www.huffingtonpost.com/jane-shure/dont-hesitate-to-tell-you_b_481725.html)

Jan 2010 Yet Again The Media Sells Us Ridiculous Standards of Beauty  
[http://www.huffingtonpost.com/jane-shure/yet-again-the-media-sells\\_b\\_424201.html](http://www.huffingtonpost.com/jane-shure/yet-again-the-media-sells_b_424201.html)

Nov 2009 Palin's Magnetic Field  
[http://www.huffingtonpost.com/jane-shure/palins-magnetic-field\\_b\\_360076.html](http://www.huffingtonpost.com/jane-shure/palins-magnetic-field_b_360076.html)

Oct 2009 The Hypocrisy of David Letterman  
[http://www.huffingtonpost.com/jane-shure/the-hypocrisy-of-david-le\\_b\\_309796.html](http://www.huffingtonpost.com/jane-shure/the-hypocrisy-of-david-le_b_309796.html)

Sept 2009 Women's Dislike of Michelle Obama Reveals Middle School Mentality  
[http://www.huffingtonpost.com/jane-shure/womens-dislike-for-michel\\_b\\_294228.html](http://www.huffingtonpost.com/jane-shure/womens-dislike-for-michel_b_294228.html)

July 2009 Huffington Post  
 To Regulate or Not Regulate Yoga Teacher Training

July 2009 Huffington Post  
 Palin Leaves the Pool

June 2009 Huffington Post  
 Lessons Learned from Michael Jackson

May 2009 Huffington Post  
 The Women Who Are There For Us When Our Mothers Are Gone

April 2009 Huffington Post  
 The "I'm Right, You're Wrong" Dynamic

Dec 2008 Huffington Post  
 The Tyranny of Perfection

May 2008 Huffington Post  
 Propaganda Within the Mind

Feb 2008 Huffington Post  
 Comparing Ourselves to Others

Dec 2007 Huffington Post  
 Musings from Two Therapists

**Radio and Television:**

August 2015 When Our Heroes Fail Us  
<http://whyy.org/cms/radiotimes/2015/08/03/when-our-heroes-fail-us/>  
 NPR Radio Times

July 2014 Mindfulness at work: How do you come across  
 NPR Voices in the Family

July 2014 Why the size of your clothing says little about your size  
 NPR Radio Times

Sept 2013 The Executive Leader Radio Program

Dec 2011 <http://abclocal.go.com/wpvi/story?section=news/health&id=8457405&rss=rss-ipad-wpvi-article-8457405>  
 ABC News

March 2011 Relationship we have with our Bodies as we Age  
 WHYY Voices in the Family

Feb 2010 Plastic Surgery Obsessions  
 CBS 3 Talk Philly

March 2009 Eating Disorders

- NPR Voices in the Family
- May 2007 CN8 Newsmakers  
Philadelphia, PA
- March 2007 Sexualization of Girls  
NPR Voices in the Family
- May 2006 When Adult Children Come Home To Live  
NPR Radio Times

**Publications:**

*Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter*, co-editor with Margo Maine & Bill Davis, 2009, NY: Routledge.

“Shame, Compassion, and the Journey to Health,” with Beth Weinstock in *Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter*, co-editor with Margo Maine & Bill Davis, 2009, NY: Routledge.

*Inside/Outside Self-Discovery for Teens: Strategies to Promote Resilience, Relationships, & Positive Body Image* with Helene Walker and Sarah Barrett, Santa Cruz: ToucanEd, 2009.

*The Role of Shame in Eating Disorders*, *Eating Disorders Today*, Spring 2005, Vol 3 #2

*The Body As A Shame Container*, with Beth Weinstock The Renfrew Center CD volume 1: Fostering Body Mind Integration 2005

*The Body As A Shame Container*, with Beth Weinstock, The Renfrew Center Working Papers 2002

*Shame in the Treatment of Eating Disorders*, The Renfrew Center Perspective, Spring 1989

**Videos:**

- Jan 2013 The Resilience Group: Women in Leadership  
<http://theresiliencegroup.com/you-tube-videos/>
- Sept 2012 Discovering my own Inner Critic  
<http://theresiliencegroup.com/videos/>
- Sept 2012 Origins of the Inner Critic  
<http://theresiliencegroup.com/videos/>
- June 2012 <http://www.youtube.com/watch?v=IXsQ-a9EVPs&feature=youtu.be>



**Presentations:**

- June 2016      Developing an Inner Coach more Powerful than the Inner-Critic – Staying Bold & Resilient in a Stressful World  
The Forum of Executive Women
- April 2016      Resilience: Strengthening Skills that Help You and the People You Work with to Stay Grounded, Compassionate, Refreshed and Positively Engaged  
Project HOME
- March, 2016      Developing an Inner Coach more Powerful than the Inner-Critic – Staying Bold & Resilient in a Stressful World  
**POWER Your POTENTIAL** Montgomery County Women’s Conference
- Feb 2016      Empowering Women Leaders Program  
Drexel University Close School of Entrepreneurship
- Feb 2016      The Keys to Courageous & Confident Leadership  
Athena Leadership Lab, Barnard College
- Jan 2016      Develop an Inner Coach More Powerful than Your Inner Critic  
Saint Joseph’s University McNulty Scholars Program women in STEM
- Nov 2015      Managing Stress and Sustaining Resilience in Times of Uncertainty and Change  
Healthcare Businesswomen’s Association (HBA)
- Nov 2015      Working with Shame in the Treatment of Eating Disorders  
The 25th Anniversary Renfrew Center Foundation Conference
- Sept 2015      Develop a Resilient Inner Coach more powerful than your Inner Critic  
Kripalu Center, Stockbridge, MA
- Sept 2015      Develop an Inner Coach more Powerful than the Inner-Critic  
The Power Conference Women Doing Business
- May 2015      Developing an Inner Coach more Powerful than the Inner-Critic – Staying Bold & Resilient in a Stressful World  
Tri-State HRMA
- May 2015      Develop an Inner Coach more Powerful than the Inner Critic  
City of Philadelphia Department of Parks & Recreation
- Feb 2015      Develop an Inner Coach™ More Powerful than Your Inner Critic: Staying Bold and Resilient in a Stressful World  
Wharton Women in Business
- Jan 2015      Develop an Inner Coach™ More Powerful than Your Inner Critic: Staying Bold and Resilient in a Stressful World  
HFMA Healthcare Financial Management Association, Metropolitan Philadelphia Chapter  
Annual Program Speaker
- Dec 2014      Build Confidence, Manage Stress & Decrease Worry An Evening for Women  
Develop a Resilient Inner Coach™ more Powerful than Your Inner Critic

Nov 2014 Strengthen the Voice of your Inner Coach  
The Resilience Group

Oct 2014 Entrepreneurial Leadership  
Women of Hershey along with Athena Center for Leadership Studies at Barnard College

Oct 2014 Develop a Resilient Inner Coach™ more Powerful than your Inner Critic  
Kripalu Center, Stockbridge, MA

Oct 2014 Quiet the Inner Critic  
Athena Leadership Lab, Barnard College

June 2014 Strengthen the Voice of your Inner Coach™  
The Resilience Group

May 2014 Talk Back at Theater  
In a Dark, Dark House Walnut Street Theater 5

March 2014 Calm Your Inner Critic & Quiet Your Anxious Mind  
The Resilience Group

March 2014 Develop Your Inner Coach™ to Become a More Confident Leader  
Athena Leadership Lab, Barnard College

Jan 2014 Strengthen an Inner Coach™ to build Confidence and Support Your Assertive Behavior  
Barnard College and The Girl Scouts of America

Dec 2013 Resilience in Leadership  
Society for Human Resource Management SEPA SHRM

Nov 2013 Cultivating Resilience in Leaders (Keynote)  
CEANY Continuing Education Association of New York 2013 Annual Conference

Oct 2013 Calm Your Inner Critic & Quiet Your Anxious Mind  
Kripalu Center, Stockbridge, MA

Oct 2013 Resilience Training for Leadership: Strengthen the Voice of an Inner Coach™ to Boost  
Confidence & Success  
Douglass Residential College Rutgers, The State University of New Jersey

Oct 2013 Develop Your Inner Coach™ to become a more Confident Leader  
Athena Leadership Lab, Barnard College

Sept 2013 Building Personal Resilience: Strengthen Your Inner Coach™ to be Stronger than Your  
Inner Critic  
Wharton Women in Business

Sept 2013 The Athena Advantage: ADP Women in Sales Leadership Conference  
The Athena Leadership Lab, Barnard College

June 2013 Strengthen Your Inner Coach™ to be Stronger than Your Inner Critic  
American Medical Writers Association Delaware Valley Chapter

April 2013 Strengthen the Voice of the Inner Coach™ to be Stronger than the Inner Critic:  
A Training Day for Women Leaders & Mentors in the Non-profit Sector

The Resilience Group, The Collaborative Leadership Project & PA Society for Clinical Social Work (PSCSW)

- March 2013 Calming your Inner Critic: Empowering Your Professional Self  
West Chester University, School of Social Work
- March 2013 Calm the Inner Critic & Quiet the Anxious Mind  
The Resilience Group
- Feb 2013 Strengthen Your Inner Coach™ to be Stronger than Your Inner Critic  
Healthcare Business Women's Association (HBA)
- Feb 2013 Strengthen the Voice of Your Inner Coach™ for Greater Confidence  
The Athena Leadership Lab at Barnard College
- Jan 2013 Strengthen the Voice of the Inner Coach™ to be Stronger than the Inner Critic  
A. Pomerantz & Co. Young Women's Leadership Forum
- Nov 2012 Strengthen the Voice of the Inner Coach™ to be Stronger than the Inner Critic  
A. Pomerantz & Co. Young Women's Leadership Forum
- Nov 2012 Bullying Among Teens and Young Adults: Building Resilience  
Renfrew Center 22<sup>nd</sup> Annual Conference
- Oct 2012 Calm Your Inner Critic & Quiet Your Anxious Mind  
Kripalu Center Stockbridge, MA
- Oct 2012 Calm Your Inner Critic  
Athena Center for Leadership Studies Barnard College
- Sept 2012 Strengthen The Voice of Your Inner Coach™ for Success in the Work Place  
BDO, USA, LLP Women's Initiative
- Sept 2012 Strengthen Your Inner Coach™ to be Stronger than Your Inner Critic  
Vertex, Inc. Women's Leadership Forum
- May 2012 Calm Your Inner Critic  
TTN
- Apr 2012 Strengthen Leadership Strategies  
Professional Women's Roundtable
- Apr 2012 Strengthen Your Inner Coach™ to be Stronger than Your Inner Critic  
Montgomery County Chamber of Commerce
- Mar 2012 Strengthen Your Inner Coach™ to be Stronger than Your Inner Critic  
TTN
- Mar 2012 Strengthen the Voice of Your Inner Coach™ for Leadership Success  
Family Planning Council
- Feb 2012 Calm Your Inner Critic & Quiet Your Anxious Mind  
Selfmatters
- Jan 2012 Strengthen the Voice of Your Inner Coach™  
Ewomen'snetwork

Dec 2011	Healing from Eating Disorders Kaiserman Jewish Y
Nov 2011	Calm Your Inner Critic & Quiet Your Anxious Mind Kripalu Center
Oct 2011	Calm Your Inner Critic The Athena Leadership Lab at Barnard College
Oct 2011	Calm Your Inner Critic ING
Sept 2011	Calm Your Inner Critic Drexel University Nurse Educators
Sept 2011	Talk Back at Theater Sylvia Act II Theater
July 2011	Calm Your Inner Critic Federally Employed Women's 2011 National Training Program
May 2011	Working with Shame Dynamics in the Therapeutic Relationship MEDA, Inc.
April 2011	Calm Your Inner Critic The Athena Leadership Lab at Barnard College
March 2011	Talk Back after Theater Pride of Parnell Street ACT II Theater
Mar 2011	Calm the Inner Critic & Quiet the Anxious Mind Association of Women in Psychology
Feb 2011	ParentTalk Springside School
Feb 2011	Calm Your Inner Critic & Quiet Your Anxious Mind St Raphaela Retreat Center
Nov 2010	Healing From an Eating Disorder Jewish Community Center of South Jersey
Nov 2010	The Subtle Dynamics of Shame in the Treatment Relationship Renfrew Center 20 <sup>th</sup> Annual Conference
Oct 2010	Calm Your Inner Critic & Calm Your Anxious Mind Kripalu Center for Yoga & Health
Oct 2010	How the Quest for Being a "Perfect" Parent Harms Teens A Chance to Heal BodyTalk III
Oct 2010	NEDA – National Eating Disorders Association Inside/Outside Self-Discovery for Teens: Creative Curriculum for Eating Disorder Prevention

Sept 2010	Calm Your Inner Critic The Athena Leadership Lab at Barnard College
June 2010	Facilitator Training for ParentTalk A Chance to Heal
June 2010	ParentTalk Morgan Lewis / A Chance to Heal
June 2010	Calm Your Inner Critic Athena Center for Leadership Studies @Barnard College
April 2010	Discussion about play <i>Fat Pig</i> by Neil Labrute Theatre Horizon
April 2010	Body Image & Self-Esteem in Teens Stern High School
April 2010	Expanding Our View of Body Image Germantown Friends' School Essentially English Program
April 2010	Training on Body Image Issues in College Students for Peer Awareness Facilitators Haverford College
March 2010	Calm Your Inner Critic & Quiet Your Anxious Mind Selfmatters Philadelphia
Jan 2010	Calm Your Inner Critic & Quiet Your Anxious Mind Selfmatters Philadelphia
Jan 2010	Helping Teens Navigate the Body Image Conundrum Mishkan Shalom Synagogue
Dec 2009	Strengthening Self-Esteem, Resilience & Body Image in Adolescents Lorman Educational Services Teleconference/Webinar
Dec 2009	Strengthening Self-Esteem & Body-Esteem in our Youth with Media Literacy 7 <sup>th</sup> Annual Women's Way Women & Influence Conference Confident Girls, Courageous Women
	How to Best Empower Developing Girls 7 <sup>th</sup> Annual Women's Way Women & Influence Conference Confident Girls, Courageous Women
Nov 2009	Wired For Connection: How Empathy, Shame & Vulnerability Affect Helping & Healing 19 <sup>th</sup> Annual Renfrew Center Foundation Conference for Professionals
Oct 2009	Quiet Your Inner Critic & Calm Your Anxious Mind Kripalu Center, Stockbridge, MA
Oct 2009	ParentTalk A Chance to Heal Foundation
June 2009	Eating Disorders for Graduate Students Chestnut Hill College

June 2009      Zaftig Women in a Barbie Doll Culture  
Renfrew Center Conference

May 2009      ParentTalk  
Saligman Middle School

April 2009      ParentTalk  
Springside School

February 2009    BodyTalk II Educating Teens & Tweens in a Body Conscious World  
A Chance to Heal Foundation and Germantown Friends School

February 2009    Promoting Positive Body Image & Self-Esteem in 6<sup>th</sup> Graders  
Germantown Friends School

December 2008    ParentTalk  
A Chance to Heal Foundation

November 2008    Calming the Inner Critic  
18<sup>th</sup> Annual Renfrew Center Foundation Conference for Professionals

October 2008      Calm Your Inner Critic  
Kripalu Center, Stockbridge, MA

October 2008      The Connection Between a Healthy Mind and a Healthy Body  
Cigna Foundation Thought Leadership Forum on Mind/Body Wellness

October 2008      Empowering Couples to Manage the Impact of Eating Disorders  
Council for Relationships Treating Couples Conference

May 2008          Eating Disorders 101 for Physicians  
Chestnut Hill Hospital

February 2008      Calm Your Inner Critic  
Transformations Holistic Learning Center

February 2008      ParentTalk  
A Chance to Heal Foundation

January 2008      ParentTalk  
A Chance to Heal Foundation

December 2007      Eating Disorders 101 for Nursing Students  
Abington Memorial Hospital Dixon School of Nursing

November 2007      Accumulated Wisdom and the Treatment of Eating Disorders  
The Renfrew Center Annual Conference

November 2007      Calming Your Inner Critic  
Kripalu Center, Stockbridge, MA

October 2007      Calming Your Inner Critic  
Transformations Learning Center, Voorhees, NJ

April, 2007        Your Body/Your Self: Making Peace with Food, Body Image and Weight  
Bryn Mawr, PA

- February 2007 Calming Your Inner Critic  
Bryn Mawr, PA
- February 2007 No Body's Perfect: Our Relationship to Self-Esteem, Body Image & Disordered Eating  
Aetna Women Executives
- January 2007 Shifting Perspectives on Body Image and Self-Esteem  
Moderate Panel for Shifting Perspectives on Women's Body Image  
Gershman Y, Philadelphia
- November 2006 Calming Your Inner Critic  
Kripalu Center, Stockbridge, MA
- October 2006 Calm Your Inner Critic  
Family Institute of Philadelphia
- October 2006 Decoding the Language of Eating Disorders  
Grand Rounds for Abington Hospital, Abington, PA
- June 2-4, 2006 Your Body/Your Self: Getting Free From Struggles With Food, Body Image & Weight  
Kripalu Center, Stockbridge, MA
- April 2006 Decoding the Language of Eating Disorders  
Grand Rounds for Holy Redeemer Hospital, Huntington Valley, PA
- November 2005 Body Image and Self-Esteem  
Germantown Friends School Upper School Students
- Sept 2005 Clinical Treatment with Eating Disorders and Trauma  
PA Society for Clinical Social Workers Coffee & Conversation
- May 2005 How the Media Influences Self-Esteem and Body-Esteem  
Agnes Irwin School Middle School Students
- April 2005 Working with Countertransference in Treatment  
The Third Edna S. Tuttleman Symposium on Jewish Women  
Jewish Family & Children's Services of Greater Philadelphia
- April 2005 Challenges to Feeling Good About Ourselves & Our Bodies  
Germantown Friends School Middle School Assembly
- November 2004 Notes of a Mid Life Feminist Therapist: How Practicing Therapy Changes the Therapist  
The Renfrew Annual Conference
- November 2002 The Power of Positive Experience for Healing  
The Renfrew Center Annual Conference
- October 2002 Mothers & Daughters: How Messages About Body Image Are Transmitted  
The Integrity of the Body, The First Edna S. Tuttleman Symposium on Jewish Women  
Jewish Family & Children's Services of Greater Philadelphia
- June 2001 Working with Trauma in Eating Disorder Treatment  
In-service Training Program for the Renfrew Center, Philadelphia
- November 1999 Transforming the Negative Power of Shame

- The Renfrew Center Annual Conference
- August 1999 Transforming Eating Obsessions: Healing the Wounds  
Kripalu Center, Stockbridge, MA
- November 1998 Feminist-Oriented Therapy in the 1990's: Reminders of What Heals & Nurtures Growth  
The Renfrew Center Annual Conference
- July 1998 June Getting Free from the Shadow of Shame  
The Omega Institute, Rhinebeck, NY
- July 1993-  
July 1997 Overcoming Eating Obsessions: Healing the Wounds  
The Omega Institute, Rhinebeck, NY
- May 1998 Zaftig Women in a Barbie Doll Culture  
Food, Body Image and Judaism Conference Philadelphia, PA
- August 1998 Transforming Eating Obsessions: Healing the Wounds  
Kripalu Center, Stockbridge, MA
- Winter 1997 Getting Free From the Shadow of Shame  
One Day Workshop, Orianna Center, Philadelphia, PA
- November 1997 Eating Disorders: Critical Strategies for Prevention & Intervention  
Staff Training for Montgomery County, PA Intermediate Unit
- November 1997 Eat Your Heart Out: Disordered Eating, Shame Theory and Treatment Strategies  
Professional Psychotherapy Seminars, Foundation of NYSPA, Binghamton, NY
- November 1996 Body Image, the Media and Women's Struggle for Self-Esteem  
Har Zion Temple, Penn Valley, PA
- November 1995 Eat Your Heart Out: Shame, Trauma and Eating Disorders  
4th Annual Conference on Advances in Treating Survivors of Sexual Abuse  
Albuquerque, New Mexico
- November 1994 Eat Your Heart Out: Shame, Trauma and Eating Disorders  
3<sup>rd</sup> Annual Conference on Advances in Treating Survivors of Sexual Abuse  
Baltimore, MD
- May 1994 Eating Disorders: Abuse and Shame: Exploring the Connections  
Renfrew Foundation Seminar Series, Chicago, Illinois
- May 1994 Overcoming Eating Obsessions: Healing the Wounds  
A Weekend Workshop for Women, Bryn Mawr, PA
- 1994 Your Heart Out: Treating Women with Eating Disorders  
Bryn Mawr College Graduate School of Social Work and Social Research
- 1994 Eat Your Heart Out  
St. Cloud State University Educational Conferences  
St. Cloud, MN
- June 1993 Eating Disorders: Abuse and Shame: Exploring the Connections  
Renfrew Foundation Seminar Series, Boston, MA



- April 1993 Team Building and Staff Training around Issues of Sexual Abuse  
The Renfrew Center Coconut Creek, Florida
- February 1993 Abused Women in the Jewish Community  
Keynote Address for Hadassah Conference Philadelphia, PA
- November 1992 Eat Your Heart Out: Shame, Eating Disorders & Family Taught Abuse  
In –Service Training for Jewish Family & Children’s Services
- November 1992 Eat Your Heart Out: Eating Disorders, Shame and Family Taught Abuse  
The Renfrew Center Annual Conference

**School Consultations:**

1994-present: Lectures and workshops with students, faculty, administrators, and parents on a wide range of issues including girls’ development, parenting skills, promoting self-esteem and body-esteem, eating disorder prevention, and media literacy: the impact of the culture on children’s development.

**Representative School Consultations:**

- Agnes Irwin School\*
- Springside School\*
- Friends Select School
- Baldwin School\*
- Episcopal Academy
- Germantown Friends School\*
- Abington Friends School
- Germantown Academy

\* indicates more than one consultation