

# BOB EDELSTEIN, LMFT, MFT

## - VITAE -

### Experience:

- Provides direct services in individual, couple, family and group therapy.
- Provides individual and group clinical supervision for candidates in Oregon applying to be a licensed personal counselor and/or a licensed marriage and family therapist.
- Provides individual and group clinical consultation for professionals.
- Facilitates both a training/case consultation group (beginning and advanced levels) and a day-long workshop for professionals and students on Existential-Humanistic Psychotherapy.
- Provides workshops on Authenticity, and on Authentic Engagement: A Radical Way of being in the World.
- Presented workshops, classes and seminars to the public on various topics, including co-dependency and recovery, chemical dependency and recovery, adolescent development and treatment, the dynamics and treatment of depression, the Existential-Humanistic Perspective in therapy, and developing skills in authentic living.
- Provided crisis intervention, assessment and information referral services.
- Provided psycho-educational groups for clients and their families.
- Supervision of adolescent, chemical dependency and employee assistance program staffs' case load and therapeutic skills.
- Facilitated program development, team building and conflict resolution in chemical dependency/alcoholism outpatient and residential treatment programs and in adolescent outpatient and residential treatment programs.
- Coordinated and taught educational and in-service training and seminars.

### Work History:

1987 - Present

**Therapist.** Private Practice. Provides individual, couple, family and group therapy, with an Existential-Humanistic orientation. Also provides workshops to public, other professionals, organizations and graduate classes on a variety of topics.

1995 – Present

**Trainer and Consultant.** Provides case consultation for other professionals and supervision for LMFT and LPC candidates. Provides Existential-Humanistic training and case consultation group for students and professionals.

- 1986 -1991           **Instructor.** Mt. Hood Community College. Taught Theories of Psychotherapy - How to be an Effective Therapist and Group Counseling.
- 1987-1988           **Consultant.** Kaiser. Developed and implemented student assistance programs for Clackamas and Jefferson High Schools.
- 1988 - 1989           **Consultant.** Volunteers of America. Evaluated their drug and alcohol program for effectiveness.
- 1987 - 1989           **Consultant.** Unity Church. Provided workshops on co-dependency and recovery. Developed, implemented, and initially facilitated a co-dependency support group.
- 1984 - 1987           **Clinical Supervisor** Family Focus Services. Holladay Park Medical Center.
- 1983 - 1984           **Therapist and Consultant.** Private Practice. Palo Alto, California
- 1981 - 1983           **Director/Clinical Supervisor.** Raleigh Hills Outpatient Services, Redwood City, California
- 1981                   **Group Home Supervisor.** Cornerstone Children’s Home Society, San Mateo, California.
- 1979 - 1980           **Director, Clinical Supervisor.** Haight Ashbury Center for Alcohol Problems, San Francisco, California.
- 1977 - 1978           **Clinical Supervisor, Counselor.** Stanislaus County Adolescent Alcoholism Treatment Program and Mobile Emergency Assistance Program, Modesto, California.
- 1976 - 1977           **Supervisor.** Palmdale Youth Ranch, Palmdale, California.
- 1975 - 1976           **Counselor and Case Worker.** Seabury Barn Adolescent Home, Stonybrook, New York.
- 1973 - 1974           **Youth Group Worker.** Nassau County Children’s Shelter, Westbury, New York.

**Education:**

2000 – Present..... Completed annual small group training intensive workshops with professional colleagues based on the Existential-Humanistic Perspective. Novato, California.

- 1991 – 2000..... Completed nine small group training intensive workshops with Dr. James F.T. Bugental, Existential-Humanistic Psychotherapist, Novato, California.
- 1981 – 1983..... Completed half of my academic units for a doctorate in East West Psychology at the California Institute of Integral Studies, San Francisco, California.
- 1975..... M.S. Secondary Education, minor Psychology, Hofstra University, Hempstead, New York - with distinction.
- 1971..... B.A. Economics Cum Laude Honors in Economics, University of Pennsylvania, Philadelphia, Pennsylvania.

### **Licenses:**

- 1992 Certified, Approved Clinical Supervisor, Lutheran Family Services
- 1990 Licensed Marriage Family Therapist in Oregon T 0015
- 1984 Marriage Family Therapist California MFT 018829

### **Professional Affiliations:**

- Existential-Humanistic Northwest professional organization -- Founding Member
- Existential-Humanistic Institute -- Executive Board Member
- American Association for Marriage and Family Therapy - Clinical Member
- Oregon Association for Marriage and Family Therapy - Member
- Association for Humanistic Psychology -  
Professional Member and Served on Board of Directors
- Association for Humanistic Psychology - Oregon Community, Founding Member
- Oregon Counseling Association -- Member

### **Publications:**

[A Baker's Dozen: Proposed Therapeutic Interventions of an Existential-Humanistic Psychotherapist](#) *AHP Perspective Spring 2011*

[A Proposal for Twenty-Five Qualities, Attitudes, and Skills of an Existential-Humanistic Psychotherapist](#) *AHP Perspective Feb/March 2009*

[Embracing Subjectivity: A Tribute to James F.T. Bugental](#) *AHP Perspective Oct/Nov 2008*

[Interview with Irv Yalom, M.D.](#) *AHP PERSPECTIVE April/May 2007*

[An Existential-Humanistic Analysis of the U.S. Political Situation: A Call to Consciousness – Are We Listening?](#) *AHP Perspective, Oct/Nov 2004*

[Interview with James Bugental, Ph.D., AHP's First President.](#) *AHP Perspective, Feb/March 2003*

Gaining the Existential Perspective: A Tribute to Carl Rogers and AHP. *AHP Perspective*, June/July, 2002

The Existential-Humanistic Perspective as Applied to Couple's Therapy. *Oregon Association of Marriage and Family Therapy Newsletter*, Summer Quarter, 1995

The Existential-Humanistic Perspective in Therapy. *Oregon Association of Marriage and Family Therapy Newsletter*, Spring Quarter, 1995

Beyond 'Sick vs. Well': From Compartments to Continuum. *Reflections Magazine*, March, 1994.

### **Presentations, Workshops, and Trainings:**

Multnomah County Library: What's it All About, Alfie? Spirituality and the Ageless Questions  
November 2010 Series: Learning from Faith Traditions and Secular Perspectives, Portland, OR,

Oregon Counseling Association Fall 2010 Conference: Counseling Effectively in the New Decade  
- Reconnect, Rejuvenate, Renew: Existential-Humanistic Therapy: A Path to Presence and Authenticity, October 2010

How To Deepen Your Therapeutic Work Using the Existential-Humanistic Perspective:  
A One-Day Workshop Combining Lecture, discussion, demonstration, and experiential exercises, May 2010 Portland, OR

AMHA – Oregon First Friday CE and Networking  
Existential-Humanistic Therapy: A Path to Presence and Authenticity, Portland, OR  
March 2010

Existential-Humanistic Institute November 2009 Conference: From Crisis to Creativity:  
Necessary Losses, Unexpected Gains  
Authentic Engagement: A Radical Way of Being.

Oregon Counseling Association Fall 2009 Conference  
Counselors in Unity – Holding Hope Through Challenging Times:  
Existential-Humanistic Therapy: A Path for Resilience and Hope in Challenging Times.  
Presented by Bob Edelstein, LMFT, MFT and J. Fraser Pierson, Ph.D., NCC

Existential-Humanistic Training & Case Consultation Group, Annually since the autumn of 1995,  
Portland, OR

Existential Institute Saybrook Graduate School Intensive Subjectivity and the Inward Searching Process San Francisco, Ca Jan 2009

AHP National Conference Community Building in a Humanistic Process Cal State Univ  
Northridge JUN 2008

EAP Oregon Subjectivity and the Inward Searching Process Portland, OR Fall 2007  
Oregon Association for Marriage and Family Therapy Annual Conference. Principles and Applications of Existential-Humanistic Psychotherapy. Eugene, Oregon Fall 2006

Oregon Counseling Association Fall Conference. The Existential-Humanistic Perspective – Embracing the Lived Experience of All Human Beings. Corvallis, Oregon Fall 2004

Association for Humanistic Psychology, National Conference. On Being Fully Present in a Fragmented World, San Diego, California June 2003

Association for Humanistic Psychology, Annual Conference. Co-presenter, Personal Authenticity and Responsible Stewardship - The Need for Integration. Tacoma, Wash., August, 1996.

The Existential-Humanistic Perspective as Applied to Individual, Couple and Group Therapy. Presented to Pacific University, Marylhurst University, Portland Community College, Portland State University and George Fox University

Authentic Engagement: A Radical Way of Being in the World. Presented as part of the Oregon School of Massage Continuing Education Program Workshop as well as in other public venues.

*References available upon request.*