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MICHAEL REGAN TRAYNOR

SUMMARY OF QUALIFICATIONS

Fifteen years as a masters level social worker providing mental health services in private practice outpatient settings and in intensive outpatient agency practice. Practice responsibilities have included individual, family, couples and group therapy, treatment planning and intensive case management in the areas of depression, addiction, anxiety and eating disorders. Training for other health care professionals in the areas of psychodrama, sociometry and group psychotherapy.

EDUCATION

Bachelor of Science, State University of New York, Potsdam, New York 1979

Juris Doctorate, Union University, Albany Law School, Albany, New York 1982

Master of Social Work, State University of New York, School of Social Welfare, Albany, New York 1994

Continuing Education Conferences and Training for Mental Health Treatment & Psychodrama

PROFESSIONAL EXPERIENCE

August 1994 - Present: Private Practice

Delmar, New York

Practice has included adolescents/adults treated for depression, addiction, anxiety and eating disorders, providing treatment planning, case management and individual and group psychotherapy. Conducts three psychodrama outpatient groups weekly, and periodic workshops and training programs.

August 1994 - Present: Choices Counseling Center

Winter Park, Florida

Facilitated or co-facilitated as a consultant over one hundred intensive multi day programs in private practice settings for outpatient psychotherapy clients being treated for addiction, eating disorders, depression or anxiety disorders, utilizing psychodrama, experiential and other action methods.

October 2007-Present: Senior Hope Albany, New York

Per diem consultant conducting group therapy in intensive outpatient program for alcohol and drug rehabilitation for seniors.

October 1995 – May 2001: Anna Marsh Behavioral Care Clinic
(formerly known as Brattleboro Retreat Alternatives) Albany, New York

Agency based intensive outpatient program providing treatment for adolescents and adults for depression, addiction, anxiety and eating disorders and other mental health disorders. Duties included treatment planning and implementation, case management, discharge planning and individual, family, couples and group therapy in short term treatment setting. Develop and implement short term cognitive behavioral model for eight week mood management group.

ACCREDITATIONS & AFFILIATIONS

Licensed Clinical Social Worker New York State License R049670-1

Certified Group Psychotherapist, American Group Psychotherapy Association

Certified Practitioner in Psychodrama, Sociometry, and Group Psychotherapy – American Board of Examiners

Board Member, Executive Council, American Society of Group Psychotherapy & Psychodrama 2004-Present

National & New York State Associations of Social Workers

Albany County Community Services Board – Alcohol & Substance Abuse Subcommittee 2005-2008

Board Member, Board of Directors, Capital District MICA Task Force 2005-2007

TRAINING PROGRAMS & WORKSHOPS

Annual November Men in Recovery Weekend. Choices Counseling Center, Winter Park, FL, 1994-Present

Through Fire and Water-12 Step Weekend for Men and Women. Dominican Retreat and Conference Center, Niskayuna, NY June 2-4, 2000

Resistance and Surrender-Weekend Retreat for Men Concerned with Alcoholism. Dominican Retreat and Conference Center, Niskayuna, NY, March 22-24, 2002

Hold Me Close: Psychodrama and Eating Disorders. 2.5 hour workshop, Creative Arts Therapies Conference, Albany, NY, March 18, 2005

My Preoccupied Hungry Heart. 2.5 hour workshop, American Society of Group

Psychotherapy and Psychodrama, Annual Meeting, Miami, FL, April 17, 2005

Am I Really Ready to Change? Practical Applications of Prochaska's Changing for Good Program. 1 hour workshop, NYS Education Dept, Albany, NY, June 27, 2005

Intro to Psychodrama, Sociometry, and Action Methods. 10 hour training for masters level clinicians working in addictions treatment. Choices Counseling Center, Winter Park, FL, August 11-12, 2005, program repeated Albany, NY, October 14-15, 2005

I'm Great at Juggling Eight Balls in the Air! Our Roles in Recovery. Weekend Retreat for NYS Nurses Association SPAN Program, Dominican Retreat and Conference Center, Niskayuna, NY September 9-11, 2005

Oh, No – It's the Holidays Again! Revitalizing Celebrations. 4 hour open workshop, Albany, NY November 5, 2005; repeated at New York Psychodrama Institute, New York, NY November 6, 2005.

Who Really Loves Ya? Addictions and the Social Atom. 10 hour training for masters level clinicians working in addictions treatment. Choices Counseling Center, Winter Park, FL, November 17-18, 2005, repeated January 16-17, Albany, NY.

Is this Conversation Going Anywhere? Practical Skills for Communication. 4 hour workshop, March 5, 2006, New York Psychodrama Institute, New York; repeated March 17, 2006, 2.5 hour workshop, Creative Arts Therapies Conference, Albany, NY; and 2.5 hour workshop, American Society of Group Psychotherapy and Psychodrama, Annual Meeting, San Francisco, CA, April 30, 2006.

Essential Conversations. Practical Skills for Communication. 10 hour training for masters level clinicians. Choices Counseling Center, Winter Park, FL, March 23-24, 2006.

Introduction to Psychodrama: Basic Methods and Applications. 8 hour training, Albany, NY, April 8, 2006.

Process of Change & the Diamond of Opposites. 1 hour Workshop, NYS Education Department, Albany, NY, April 11, 2006; repeated 1 hour workshop, Employee Assistance Professionals Association, Northeast New York Chapter, Albany, NY, May 4, 2006.

Action & Reflection: Supervision for Clinicians. 10 hour training for masters level clinicians in addictions treatment. Choices Counseling Center, Winter Park, FL, June 8-9, 2006.

Underdeveloped & Overdeveloped Roles: Examining How the Self Emerges From the Roles We Function In. 11 hour training, Albany, NY, June 23-24, 2006.

Sociometry & Generational Change: Business Transitions & Impact of Retirement. 10 hour training for masters level clinicians in addictions treatment. Choices Counseling Center, Winter Park, FL, July 6-7, 2006.

Masks We Hide Behind: Addiction and the False Self. 11 hour training, Albany, NY September 15-16, 2006.

Necessary and Unnecessary Losses: Healing and Moving on in the Grief Process. 10 hour training for masters level clinicians. Choices Counseling Center, Winter Park, FL, September 28-29, 2006.

Sociodrama. 4 hour training, Psychodrama & Creative Arts Institute-NYC, New York, NY, October 8, 2006.

Oh-No! It's the Holidays Again! The Canon of Creativity and Rituals. 11 hour training, Albany, NY, November 3-4, 2006; repeated 4 hour training, Psychodrama & Creative Arts Institute-NYC, New York, NY, December 3, 2006.

Role Analysis and Progressive Development. 10 hour training for masters level clinicians. Choices Counseling Center, Winter Park, FL, February 22-23, 2007.

From Social Atom to Social Action. 4 hour training. Psychodrama & Creative Arts Institute-NYC, New York, NY, March 4, 2007.

Psychodrama a Deux – Action Methods in Individual Therapy. 1.5 hour workshop, Creative Arts Therapies Conference, Albany, NY, March 16, 2007.

Making Safe Harbor. Creating a Sense of Safety in Groups. 2.5 hour workshop, Creative Arts Therapies Conference, Albany, NY, March 16, 2007.

Necessary and Unnecessary Losses: Healing and Moving On in the Grief Process. 11 hour training, Albany, NY, April 6-7, 2007.

From Social Atom to Social Action, 2.5 hour workshop, American Society of Group Psychotherapy and Psychodrama, Annual Meeting, New York, NY, April 28, 2007.

Sociometry, 4 hour workshop, Psychodrama & Creative Arts Institute-NYC, New York, NY, June 3, 2007.

Beginning Director Intensive, 20 hour training program, Psychodrama & Creative Arts Institute-NYC, New York, NY, June 22-24, 2007.

Social Atom, 10 hour training for masters level clinicians, Choices Counseling Center, Winter Park, FL, July 5-6, 2007.

Role Theory, 2 hour training, Summer Intensive Program, Psychodrama & Creative Arts Institute-NYC, Boughton Place, Highland, NY, August 2, 2007.

Using Role Theory to Process Drama, 4 hour training, Boughton Place, Highland, NY, August 19, 2007.

Sociometry-Accessing Roles, 10 hour training for masters level clinicians, Choices Counseling Center, Winter Park, FL, August 30-September 1, 2007.

Sociometric Cycle, 11 hour training, Albany, NY, October 13-14, 2007.

Addicted, Traumatized Family Systems Model, 10 hour training for masters level clinicians, Choices Counseling Center, Winter Park, FL, November 15-16, 2007.

Psychodrama a Deux, 10 hour training for masters level clinicians, Choices Counseling Center, Winter Park, FL, January 10-11, 2008.

Eating Disorders and Fostering Mind-Body Integration, 2.5 hour workshop, Creative Arts Therapies Conference, Albany, NY, March 4, 2008.

Psychodramatic Role of Pets, 2.5 hour workshop, American Society of Group

Psychotherapy and Psychodrama Annual Meeting, San Antonio, TX, April 12, 2008.

Art, Action and Trauma, 10 hour training for masters level clinicians, Choices Counseling Center, Winter Park, FL, June 5-6, 2008.

Creative Warmups for Groups, 10 hour training for masters level clinicians, Choices Counseling Center, Winter Park, FL, September 4-5, 2008.

Trauma and Addiction, 10 hour training for masters level clinicians, Choices Counseling Center, Winter Park, FL, November 20-21, 2008

Put Your Oxygen Mask on First (Self Care for Helping Professions), 2.5 hour workshop, American Society for Group Psychotherapy and Psychodrama, Annual Meeting, St. Louis, MO, March 28, 2009.

Role Theory and Role Diagrams, 10 hour training for masters level clinicians, Choices Counseling Center, FL, April 2-3, 2009.

Psychodrama Directing Skills, 10 hour training for masters level clinicians, Choices Counseling Center, June 4-5, 2009.