

# **ZEVA ADLER - CITRONENBAUM**

## **MSW, LCSWR, CSAT**

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### **PROFESSIONAL EXPERIENCE**

**Private Practice** ..... 2000-Present  
Expert in Trauma and Addiction, individual, family and group work.

**Clinical Director of A C.O.A.C.H. Counseling Services** ..... 2000-Present  
**A C.O.A.C.H. Counseling Services - A Call Out Always Can Help** is a crisis hotline offering counseling, intervention, networking, designing, implementing, and administering short and long term programs for treatment. A C.O.A.C.H. Services helps train graduate interns to coordinate services. Liaison to sixty agencies including community leaders to assist clients in receiving immediate mental health services. Conducts family and individual intakes and referrals, and implements procedures to meet client need by incorporating support systems. The objective is to get the client help immediately within his or her framework via short term counseling, hospitals, community resources, etc...Presently offering interstate groups using DBT format to help individuals get rid of unhealthy behaviors.

**Teacher/Social Worker Bnos Chain High School**..... 1998-2000  
Community liaison grades 9-12. Taught course in career development, and worked on life skills enrichment, life goals, and self-esteem. Enhanced students' understanding in reading and writing literature. Worked on life goals and self-esteem.

**Social Work Consultant at Jewish Board of Family and Children's Services** ..... 1987-1990  
Supervised a total of six schools including classroom observation and recommendations. Trained staff on psycho-educational issues, individual and family counseling, and noted lecturer for J.B.F.C.S. Lecture Series Programs and Special Speakers Bureau. Responsible for Child Abuse Training, Domestic Violence Training, and directed parenting and couples' groups.

**Director of Agudath Israel of America Brookdale Center** ..... 1981-1987  
Multi faceted program coordinator. Staff coordination, family, and individual counseling.

### **EDUCATION**

#### **UNDERGRADUATE STUDIES**

- Cleveland State University, B.A. Psychology/Education
- Yavne Seminary

- Neve Jerusalem Seminary

**GRADUATE STUDIES**

- Wurzweiler School of Social Work Graduate Program for Employed Professionals M.S.W..... 1984-1986
- L.C.S.W.R. State Licensed #069590-1 ..... Nov. 1986
- Task Force on Children&Families at Risk member agency of greater N.Y, 2000
- Supervisory position/City University for students of counseling/psychology..... 2006
- Supervisor Touro Graduate School of Social Work students ..... 2006
- Supervisor Field Instructor Ramapo College..... 2007
- Supervisor Field Instructor NYU University.....2008-9
- Supervision Field Instructor Master of SW Long Island University.....2009-10
- Civil Divorce/ Civil Get Board Member .....2010

**ADVANCED TRAINING**

- Dialectical Behavior Therapy Intensive Training Course, NY Presbyterian Hospital – Behavior Tech, June 2008 DBT Certified
- CSAT Supervisory status from IITAP, 2008
- CMAT - Multiple Addictions/Eating disorders.
- Supervision - Richard Louis Price, M.D.
- CBT skill training by Dr. Warren Huberman.
- Alyson Nerenberg Psy.D CSAT, Cara Tripodi LCSW MSS CSAT - Director Project Star.
- SIFI Seminar in Field Instruction November 2006 Touro College.
- CSAT – Specialist of clinical Management of Sex Addiction and Trauma CSAT certification 2006 from IITAP (International Institute for Trauma and Addiction Professionals
- CSAT Supervisor for CSAT community
- Certified Multiple Addictions /Eating Disorders/ Alcohol /Chemical/ Financial Disorders August 2008
- Certified in Recovery for Families and Partners , August 2009
- Supervisor for New York State Court , Orange County, for Families and Children

**ADVANCED TRAINING CERTIFICATES/CERTIFICATE OF PROFESSIONAL TRAINING**

- Treatment of domestic abuse-professional training Shalom Task Force-clinical practice education plus Jewish legal issues, Feb 2002.
- Couple Therapy by John Gottman.
- PREP Instructor – certified Joel Crohn, PhD.
- Domestic Violence 16 hour training Program by Shalom Task Force –Program Certificate for Assessment, intervention and supervision.
- Grief and loss, From Rupture to Recovery. Coping with grief and loss while life goes on.
- Cerebral mysteries - Learning Disabilities - Learning Differences - Learning Styles .

- Certified in EMDR PART 1 & 2 (Eye Movement Desensitization and Reprocessing).
- P.T.S.D.
- Boundaries in therapy.
- Meeting the needs of adolescent girls at risk.
- Integrating EMDR and schema therapy – Schema focused cognitive therapy.
- Peer supervision
- Coping strategies for stressful lives.
- Rabbis and clinicians working as a team.
- Energy psychology and homeopathy.
- ADHD – Bipolar disorder.
- Anger Management.
- Treating Anxiety.
- Post Traumatic Stress Syndrome.
- Priority One Treatment for teens at risk.
- Communication in the classroom.
- Sleep, Stress, & Anti Anxiety Drugs.
- Skills training for treatment of Borderline Personality Disorder.
- Four Step Treatment for obsessive compulsive behavior.
- Training in treatment for Obsessive Compulsive Disorder
- Treating infidelity, assessment and intervention.
- Depression and bipolar disorders.
- Dialectical Behavior Therapy training
- Therapeutic Hypnosis – Gene Expression.
- Cognitive Behavior approaches to dealing with hopelessness.
- The female life span, A.D.H.D., And Bipolar Disorder.
- Client medication – Overview of psychotropic medications.
- Recognizing and assessing addictive disorders.
- Understanding and promoting emotional resilience.
- Sexual abuse/Understanding the critical issues facing abuse.
- Mentor coaching for clinicians.
- The EMDR model in everyday clinical practice, EMDR 1 & 2.
- Application of Cognitive Behavioral Therapy for anxiety and panic disorder.
- Eating disorders: An integrative approach to assessment.
- Psychodrama and its use in addictions and past traumas.
- The Addicted/Traumatized Family System Model, Tian Dayton, The Meadows, May 2005.
- Sound Relationship House Theory: A Research-Based Marital Therapy. Dr. John Gottman May 12, 2005.
- In the Shadows of the Net: Understanding Internet Addiction & Problematic Online Sexual Behavior – NEFESH, Sep 14, 2005.
- The Addictive Family: The Legacy of Trauma - The Meadows - October 20, 2005.
- Introduction to Sexual Compulsivity. The Meadows, October 2005.
- Sexual Compulsivity Clinical Training. Maureen Canning MA LMFT, Nov 30-Dec 2005.
- Gaining Strength from Unity and Diversity – NEFESH – Feb 8-12, 2006.

- Certified Sex Addiction Therapist Training – IITAP – Patrick Carnes – April 28, 2006.
- Boundaries and the Brain: Learning to be Relational in the Face of Our Trauma Reactions. Pia Mallody - May 19, 2006
- Couples in Recovery, Communication. The Meadows, November 14, 2006.
- The Effect of Trauma on Self. Bessel Van Der Kolk, The Meadows, December 8, 2006.
- Advanced Skills in Clinical Supervision NASW December 2006.
- 12 Cue's Anatomy of Arousal and Bargain with Chaos Patrick Carnes, 2007.
- Child Sexual Abuse: Assessment and treatment of children, adolescents, and adults. OHEL children's home and family services, December 2007.
- Restoring and revitalizing healthy marital sexuality. Health Ed, February 7, 2008.
- Creating Stability in Couples and Families Intervention to Reduce Conflict and Despair November 2010
- Yeshivah University Medical and Mental Health Ethics *November 2010*
- Addiction Treatment Petros Levounis MD, MA Addiction Institute N.Y. December 2010  
Clinical Presentations Given

September 23-26 SASH Convention Speaker Workshop given by Zeva

On DBT and Recovery from Addiction

February 23, 2009 Ohr Navah Dinner New York

May 18, 2008 The Road to Recovery from Emotional and Behavioral Issues - Anorexia, Hatzolah of Williamsburg

March 1, 2008 *Cultural Concepts Regarding The Recovery Process* panel with Dr. Ted Roberts, Richard Chiola, and Zeva Citronenbaum, LCSW CSAT. IITAP 3<sup>rd</sup> annual symposium.

August, 2007 Self Destructive Addictive Behavior Workshop in NYC for CME, CUE credits.

May, 2007 Torah Umesorah National Convention/*Principals, Teachers, Administrators, Rabbis Learn How Unlocking Trauma within Your Students is the Key to Guarantee their Future Potential.*

March, 2006 *Healing Family Relationships, Communication skills* Adeena Banks Lees LCSW LISAC BCET.

Feb 22, 2006 Prevention Workshop for teenage boys-*Consequences of illegal drug use* - Tree of Knowledge.

Feb 8-12, 2006 *Addictions and their Impact on Long Standing Relationships with Self and Others* - NEFESH Mental Health Convention.

July 17, 2005 *Recognizing G-d's goodness in Times of Difficulty. Strategies on Resilience.* A T.I.M.E. – A Torah Infertility Medium of Exchange. For couples with infertility issues. Address given by Rebbetzin Sarah Meisels.

June 2005 *Dealing with Individuals in a Couple Relationship*, Rabbi Jacobowitz.

May 17, 2005 A C.O.A.C.H. summer seminar *Managing Anger for early childhood professionals & Parents.*

May 2005 Workshop on Sexual Addiction presented by:

Zeva Citronenbaum LCSWR CSAT, Steven Friedman LCSW, Richard Louis Price, MD.

May 9, 2005 Full day seminar by Janelle Hallman. MALPC *Assess treatment; learn management, and effective planning skills, for those who suffer from relationship failures.* Catered lunch included.

2005 EMDR Enrichment Seminars for Therapists.

Jan 16, 2005 RENFREW Networking: *Emotional eating and balancing your relationship with food.* Mrs. Graham LCSW.

2005 NEFESH *Sexual Addiction in the Jewish Orthodox Community* lecture Baltimore, M.D.

Oct 9, 2004 *Transforming Emotions into Actions* - singles and couples - by Rebbetzin Libby Twersky.

Feb 26, 2003 *Training Seminar for treatment of Borderline Personality Disorder and self destructive*

- behaviors*. Day seminar workshop with Randee Levitt RN MS.
- June 5 2002 *Helping Singles Get Married and Stay Married*. Sherry S. Zimmerman Esq. Rosie Einhorn MSW.
- May 26, 2002 A support group for married women. In association with Bikur Cholim of Rockland County.
- 2001 *Denial and Treatment in the Jewish Community*. NEFESH Dr. Dank.
- 2000 A C.O.A.C.H. has compiled a directory of Health and Human Services that lists agencies offering free mental health care in Rockland County, NY.
- February 22, 2009 Award Social Worker for Tri-State Area Ohr Navva Institution
- Publications
- Bina Magazine , Novemeber 15, 2010- Are You Addicted to Shopping?-A new insight and clinical points concerning financial disorders by Zeva Citronenbaum LCSWR CSATS

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OR

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