**Nancy Gunzberg LCSW**

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Santa Barbara, CA 93109

Private Practise

805–450–1652

**Education**

 **MSW** Smith College School for Social Work, Northampton MA 1996

 Thesis Title: “Mindfulness Meditation: Practicing Presence As

 Psychotherapeutic Approach.”

 **BA** Psychology, Antioch University, Santa Barbara, CA 1993

**Presentations and Teaching Experience**

SBCC-School of Extended Learning; Consciousness Class 2018

Differences and Similarities Between Meditation

 & Psychotherapy-Part 2

SBCC-School of Extended Learning; Consciousness Class; 2017 Differences and Similarities Between Meditation

 & Psychotherapy

 Radio Interview 1290 with Ron Herron 2016

 "Transforming Emotional Patterns"

 SBCC-School of Extended Learning; Consciousness Class: 2016

 "Shame and the Self Critical System"

Grand Rounds Cottage Hospital; 2016

 "Making the Invisible Visible; Working with

 Shame in the Therapeutic Relationship"

 SBCC; Literature & Medicine Class: Jane Brody 2015

 “Recovering From Cancer “

 SBCC-School of Extended Learning; Spencer Sherman 2015

 ”Emotional Patterns & How We Can Change Them"

SBCC-School of Extended Learning Consciousness Class: 2014

Spencer Sherman, "Psychotherapy" Panel

 CAMFT Presentation: Working In the Here and Now 2012

of the Therapeutic Relationship

 Cottage Hospital: 2011–12

 “Mindfulness & Dealing With Emotions”

 Presentation to Bariatric Patient Support Group

 Grand Rounds Cottage Hospital; 2010

 “Mindful Matters In The Psychotherapeutic Relationship.”

 Hospice of Santa Barbara; 2009

 “Mindful Meditation; Practicing Presence As Volunteer Caregivers.”

 Santa Barbara City College 2008–12

 Guest lecturer in Literature and Medicine Class

 “Living Through Cancer.”

 Hospice of Santa Barbara; “Non–verbal communication In Care–giving.” 2008

 Santa Barbara Cardiac Wellness Program; “Working With Emotions.” 2008

 Cancer Center of Santa Barbara; “Mindfulness Based–Stress Reduction.” 2003–4

 Eight week meditation group for cancer survivors.

**Clinical Experience**

 Private Practice; Individual and group psychotherapy. 2001–present

 The Soldier’s Project; Free therapy to veterans and families. 2010–present

 Psychiatric Foundation of Santa Barbara 2007–2009

 Residential House, group facilitator.

 Hospice Of Santa Barbara 2005–2009

 Grief counselor and group facilitator.

 Cottage Hospital (Cope Program), Santa Barbara, CA 1997–2002

 Facilitating groups in drug and alcohol recovery program.

 Santa Barbara Medical Foundation, Department of Psychiatry 1998–2001

 Long and short term psychotherapy to individuals, couples

 and groups.

 Santa Barbara Cottage Hospital 1997–1998

 Crisis and brief counseling to patients and families.

 Cancer Center of Santa Barbara 1997

 Brief counseling to cancer patients and families.

**Seminars and Symposia**

Working With Transforming Resistance, Steven Shapiro 2018–19

 10 Webinars

Sleep Disorders, Andrew Binder, MD, Cottage Hospital 2018

 Grand Rounds

DEFT––Dynamic Emotion Focused Therapy, 5 Webinars 2018

 Susan Warren Warshow

The Transformation of Helplessness, Hopelessness and Despair: 2018
 Attachment, Emotion and Sensorimotor/Somatic Interventions

 in Moment–to–Moment Clinical Action, Diana Fosha, PhD &

 Bonnie Goldstein, PhD, Beverly Hills Women's Club

DEFT–Dynamic Emotion Focused Therapy, 5 Webinars 2018

 Susan Warren Warshow

How We Change and Why We Don't: The Art & Science 2018

 of Transformation. Casandra Vietei, Phd & Michael Sapiro, PsyD

 Big Sur, CA

Developing an Internal Ethical Compass with Insight Meditation.

 Linda Modaro & Brad Parks 2018

 Antioch College, SB, CA

Releasing the Grip of Guilt: An Experiential Workshop using 2017

 Client Centered Sessions, Susan Warren Warshow

 Skirball Center, Los Angeles

Penetrating Defenses, Susan Warren Warshow

 Jon Frederickson, Insight Center, Los Angeles 2016

 Fears of Intimacy, Glendon Associates, Webinar 2016

 Helping Sleepless Veterans, Jennifer Martin, Phd. Webinar 2016

 The Somatics of Shame, Craig Penner MFT, Webinar 2016

 Working With Shame, Bret & Sheila Rubin, Webinar 2016

 Surmounting Shame, Susan Warren Warshow, Los Angeles 2016

Depressive Personality, Matthew Bennett PhD, Santa Barbara 2016

 Anxious Personality, Matthew Bennett PhD, Santa Barbara 2016

Dynamic Emotion Focused Therapy (DEFT): 2015

 Deepening and Integrating Affect; Completed 3 yr. training.

 Susan Warren Warshow, Skirball Center, Los Angeles

Psychological Resilience: The Bullet Proof Mind 2014

 Dave Grossman; New Beginnings Counseling Center

Accelerated Experiential Dynamic Psychotherapy (AEDP) 2014

 Applying AEDP to Clinical Practice

 Natasha Prenn, 5–Day Cape Cod Institute

 Dynamic Emotion Focused Therapy (DEFT) 2014

 Deepening and Integrating Affect, 2nd year.

 Susan Warren Warshow, Skirball Center

Returning Home: Treating Veterans and Their Families 2014

 Kim Evans, LMFT: Antioch Universtiy

The Lost and Recovered Soul in the Psychotherapy of Early Trauma 2014

 Donald Kalsched: Pacifica Institute

Penetrating Defenses: The Art and Skill of Reaching Affect 2013

 Frederickson & Warshow, 2 day– Skirball Center

Healing From Trauma 2013

 National Institute for the Clinical Application

 of Behavioral Medicine Webinar: 6 sessions

 from experts in the field

 Women in Combat: University of Santa Barbara (UCSB) 2013

 Moral Injury: The Effect that Killing Has on Vets: UCSB 2013

 Clinical Applications of the New Neuroscience 2013

 Psychotherapy Networker Webinar : 6 sessions

 Tough Customers: Treating Clients With Challenging Issues 2013

 Psychotherapy Networker Webinar: 6 sessions

 Men & Intimacy 2012

 Psychotherapy Networker Webinar: 6 sessions

 Dynamic Emotion Focused Therapy (DEFT): 2012

 Deepening and Integrating Affect; 1 year (of 3) training.

 Susan Warren Warshow, Skirball Center

LAISPS: Barriers To Loving; Daniel Paul, Ph.D 2012

 Healing Attachment Trauma and Releasing Energy For Life  2011

 Diana Fosha Ph.D–5 Day, Big Sur, CA

 Transformational Theory, the Healing–Oriented Practice 2011

AEDP (Accelerated Experiential Dynamic Psychotherapy–5 day)

Diana Fosha, Ph.D. Santa Barbara, Ca

 The Healing Therapist: Recovering From Stuck Places 2011
 Thomas Brod, M.D. 2011

 New Center For Psychoanalysis

 Sexuality to Grief: Complex Issues for Soldiers and Partners 2011

 Barbara Schochet, Ph.D. The Soldiers Project

 Chronic Pain: Getting It and Getting Rid of It 2011

 Joseph Frawley, MD hosted by NASW

 A Clinical Approach To Borderline Phenomena 2011

 Alan P. Spivak, Ph.D.

 Los Angeles Institute and Society For Psychoanalytic

 Studies (LAISPS)

 Mindfulness in Psychotherapy 2011

 Marjorie Schuman hosted by NASW, SB.

 “How to Avoid Common Pitfalls in the Treatment of the Eating 2011

 Disordered Patient.” Dr. Judy Ruskay–Rabinor, Teleconference

 Institute For Contemporary Psychoanalysis (ICP). NYC.

 The Los Angeles Institute and Society For Psychoanalytic Studies 2011

 (LAISPS) The Soldiers Project Workshop (TSP)

 Volunteer organization offering free therapy to veterans.

 American Association for Psychoanalysis in Clinical Social Work 2011

 Conference “Connection in a My Space World:

 Embracing Culture and Creativity.”

 Moderating session on “Diagnosis and Treatment of Homosexuality.”

 Eight week Supervision Group, NYC Teleconference. 2010

 The San Diego Mindfulness Conference 2010

 “Buddhisim and Psychology, The Art of Counseling.”

 Antioch University, Santa Barbara, CA 2010

 Clinical Superivision with Chuck Moshantz

 University of Southern California at Santa Barbara (UCSB) 2010 Helping Clients & Clinicians Manage Trauma.

 Reyes, Lehman, Dressel.

 The Soldier’s Project, Los Angeles 2010

 Reintegration: Adjusting to Life After Deployment.

 Continuing Psychology Education Inc. 2010

 Law and Ethics: Case Studies (online).

 LAISPS 2009

 “Psychotherapy For The Whole Person: A Vital But

 Endangered Enterprise.” Nancy McWilliams, Ph.D.

 Institute of Contemporary Psychoanalysis (ICP) 2009

 “Psychoanalytic Complexity Conference.”

 William J. Coburn, Ph.D., Psy.D.

 Santa Barbara City College Extension Division (SBCC) 2008

 The Psychology Conference: “The Gift of Shame,

 The Misunderstood Emotion.” Dyrian Benz, Psy.D.

 SBCC

 The Psychology Conference: “When Past is Present.” 2008

 David Richo, Ph.D.

 SBCC 2008

 The Psychology Conference: “Healing Your Inner Family.”

 Dyrian Benz, moderator

 Harvard Medical School, Continuing Education Program. 2008

 Department of Psychiatry and Massachusetts Mental Health Center.

 “Modes of Therapeutic Action: Top Down and Bottom Up

 Processing and Integration.” Martha Stark, MD.

 Christopher Bollas; “On Freud and Free Association” 2007

 Diane S. Krieger, Ph.D. sponsored.

 Cottage Hospital Grand Rounds 2006

 “Everybody’s Gone Surfin’; Internet Addiction and Cybersex.”

 Suzanne Rapley, Ph.D.

 SBCC 2006

 The Psychology Conference. “Trauma, Illness and

 Family Constellations.” Dyrian Benz Psy.D., moderator.

 Cottage Hospital Grand Rounds 2006

 “Autonomic Nervous System Deregulation.”

 Yri Zelez, MFT, SEP and Tracey St. Johns, MFT, SEP.

 Cottage Hospital Grand Rounds 2006

 “Addressing Sexuality Issues In Psychotherapy.”

 Carol H. Nelson.

 Cottage Hospital Grand Rounds 2005

 “Beyond Medication: Mindfulness Practice To Treat Depression And

 Anxiety And To Promote Well–Being.” Mary Ann Evans, Ph.D.

 Cottage Hospital Grand Rounds 2005

 “Psychotherapy And Spirituality In The Consulting Room.”

 Radhule Weininger, MD, Ph.D.

 Cottage Hospital Grand Rounds 2005

 “Cognitive Behavioral Treatment For Chronic Pain.”

 Sharon Vineall, LCSW.

 Cottage Hospital Grand Rounds 2005

 “A Brief, Non–Drug Remedy For Persistent Insomnia.”

 Patricia Lacks, Ph.D.

 SBCC 2005

 “Who Will Decide: Contemporary Issues in Bioethics.”

 Mary Brown

 Institute Of Contemporary Psychoanalysis (ICP) 2005

 “Narcissism, Trauma, and the Unrepresentable.”

 ICP 2005

 “Making Raids on the Inarticulate.”

 ICP 2005

 “A Relational Approach to Conjoint Psychotherapy.”

 ICP 2005

 Contemporary Psychotherapies:

 A Self Psychological Perspective.”

 Cottage Hospital Grand Rounds 2005

 “Dialectical Behavior Therapy Skills

 In The Treatment Of Eating Disorders.”

 SBCC 2004

 “You’re the Parent, Now What?” Gary Linker

 Cottage Hospital Grand Rounds 2004

 “Forgetting To Remember: Contemporary Management

 Strategies For Alzheimer’s Disease.” Robert Harbaugh, MD.

 Cottage Hospital Grand Rounds 2004

 “Buprenorhine: A New Too In The Treatment of Opiate

 Addiction.” Joseph Frawley, M.D.

 Family Therapy Institute 2004

 “Quieting The Storm Within.” Mark Epstein, M.D.

 Cottage Hospital Grand Rounds 2004

 “Integral Sex Therapy.” Keith Witt, Ph.D.

 Cottage Hospital Grand Rounds 2004

 “Unfinished Business.” Peter Brill, MD & David Debin.

 Board Of Behavioral Science (BBS). 2004

 “Law And Ethics.”

 Pacifica Graduate Institute 2004

 “Turning Points, Transformative Experiences in Depth

 Psychotherapy.” Bishop, Corbett, Kipnis, Marcus, Watkins.

 Cottage Hospital Grand Rounds 2004

 “Treating Borderline Personality Disorder Patients In An Outpatient

 Practice: How To Survive The Storms And Crises While Maintaining

 A Therapeutic Alliance.” Paul Erickson, M.D.

 Cottage Hospital Grand Rounds 2004

 “Emotional Intelligence: Good To Great Leadership.”

 Relly Nadler, PhD.

 Cottage Hospital Grand Rounds 2004

 “Trauma, Brain And Relationship: Helping Children Heal.”

 Marti Glenn, PhD.

 SBCC 2004

 “The Psychology Conference” Dyrian Benz PsyD.

 Institute Of Contemporary Psychoanalysis 2002

 Extension Division Program

 Cottage Hospital Grand Rounds 2002

 “Losses Later in Life.”

 Antioch Continuing Education Program 1998

 Child Abuse Licensure Seminar; Suzanne Rapley, Ph.D.

 “Mindfulness Based–Stress Reduction.” 3 month Internship 1996

 Jon Kabat–Zinn

 “Mindfulness Based–Stress Reduction.” 5 day seminar, Virginia 1993

 Jon Kabat–Zinn.

 “Body Centered Psychotherapy” Hakomi Training. Ron Kurtz 1986–7

 Center For Human Unfolding; Santa Barbara. 1983

 Year Long Intuitive Training with Ann Parks

 Santa Barbara School of Massage 1981

**Publications**

 *Working in the Here and Now of The Therapeutic Relationship*  2011

 On line journal; psychotherapy.net

 *The Therapeutic Relationship: When Past Is Present*  2012

 CAMFT Newsletter; March 2012

**Licenses and Affiliations**

 –Licensed Clinical Social Worker, LCS 19951 2000

 –AEDP Accelerated Experiential Dynamic Psychotherapy

 –DEFT Dynamic Emotion Focused Therapy

 -–The Soldier’s Project – Free therapy to vets and their loved ones

–The Mental Wellness Association; Mental Health Matters, educating 6th graders in the schools

**References**

Allen E. Bishop, Ph.D., Psychoanalyst. 969–0037

Lionel Corbett, M.D., Core Faculty, Pacific Graduate Institute. 692–1952

Craig Park, Director Mental Health Services (retired 2017), Cottage Health System. 569–7815