**Nancy Gunzberg LCSW**

2421 Selrose Lane

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