

STEPHANIE MINES, Ph. D.

Vita

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www.tara-approach.org

EDUCATION

Ph.D. Psychology/NeuroPsychology, *Union Institute, Cincinnati, Ohio, 1986*

My doctoral dissertation was the result of research and application in the field of holistic or integrated therapy for people with physical disabilities, with a focus on Traumatic Brain Injury (TBI).

M.A. Creative Writing, *San Francisco State University*

San Francisco, CA 1971. This thesis won the Joseph Henry Jackson Award for Poetry in 1974.

B.A. Literature, *University of Pittsburgh*
Pittsburgh, PA, 1968.

EMPLOYMENT

Dec 1993 -
Present

Program Director

The TARA Approach, a nonprofit (501.c.3) organization dedicated to providing sustainable health options to individuals and communities
Gresham, Oregon

As Program Director, I created the TARA Approach for the Resolution of Shock and Trauma. This comprehensive treatment design is aimed at repatterning the damaging neurochemical, physiological, emotional and psychological impacts of shock and trauma. I am responsible for disseminating information about this approach to communities in need. This job is simultaneously clinical and administrative. I not only supervise the training and implementation of the TARA Approach, I also work with program administrators and community representatives to interface with agencies and community needs.

Oct 1987 -
Present

Senior Adjunct Instructor

Psychology Department, Naropa University
Boulder, CO

Jan 1982 -
Jan 1996

Psychotherapist in Private Practice

Boulder, CO

May 1985 -
Dec 1990

Professor

Boulder Graduate School

Boulder, CO

- 1988 - 1994 **Field Faculty Adviser**
Vermont College and Antioch College
Newbury, Vermont and Yellow Springs, Ohio
- Feb 1984 - **Psychotherapist and Community Liaison**
May 1987 *Center For People With Disabilities*
Boulder, CO
- May 1981 - **Program Coordinator**
Sep 1984 *Academy of Independent Scholars, University of Colorado*
Boulder, CO

DANCE and
PERFORMANCE ARTS

- Ballet training from the age of 5 until the age of 17. A significant portion of my training was under the direction of Ivan Kirov, the principal dancer in the famous ballet film, "Spectre de la Rose."
- Improvisational movement and natural movement training with Joya Cory and Nina Wise, San Francisco, 1972-1975.
- Dance therapy training at Naropa University, Boulder, 1983-1986.
- Movement technique and improvisational movement training with Paul Oertel, a principal dancer in the Nancy Spanier Dance Theater, 1985-1988.
- Writer in Residence for the San Francisco Public Schools, 1973-1978. Work included presenting and performing poetry readings throughout the country and particularly in California; created performing arts/poetry pieces for both children and adults that were presented in public schools, libraries and museums throughout the country. My poetry performance pieces, which included music and movement, were presented at the San Francisco Museum of Art, Evergreen State College and the Lone Pine Center for the Performing Arts in Lone Pine, California.
- Choreographed, wrote and performed, "The Sacred Wound," a poetry and movement performance at the Boulder Art Center in a benefit performance for Safehouse, a shelter for battered women, October 1991. This performance addressed the issue of healing from sexual abuse through poetry, movement and music, and was well-received both as a statement of healing *and* as a work of art.

PUBLICATIONS

- Mines, Stephanie *They Were Families: How War Comes Home* (Stillwater, New Forums, 2015)
- Mines, Stephanie, *New Frontiers in Sensory Integration* (Stillwater, New Forums, 2014)
- Mines, Stephanie, *We Are All in Shock* (New Jersey, Career/New Pages, 2003)
- Mines, Stephanie, *The Dreaming Child: How Children Can Help Themselves Recover From Illness and Injury*, The Dom Project, 1998.
- Mines, Stephanie, *Sexual Abuse/Sacred Wound: Transforming Deep Trauma*, Barrytown, NY: Station Hill Press, 1996.
- Editor and author of resource directory, Buryn, Ed, *Vagabonding in America*, New York: Random House, 1982.
- Mines, Stephanie, editor, *Quasar: An Anthology of Poetry*, Washington DC: National Endowment for the Arts, 1981.
- Editor, Howland, James, *Traditional Acupuncture and Your Health*, Santa Rosa, CA: Auricle Press, 1980.
- Mines, Stephanie, *Belly Poems*, San Francisco: Cassandra Publications, 1979.
- Mines, Stephanie, editor, *Noe Valley: An Anthology of Poetry*, Washington DC: National Endowment for the Arts, 1978.
- Mines, et al., *Two Births*, New York: Random House, 1977.
- Editor, Buryn, Ed, *Vagabonding in Europe and North Africa*, Berkeley, CA: Bookworks, 1970.
- Poetry and short stories published in numerous journals, magazines and other periodicals, as well as in anthologies such as *Contemporary Women Poets* and *Amerus*.

AWARDS

- Outstanding Service Award, Boulder County Safehouse, 2009 and 2010.
- Grants from the National Endowment for the Arts to edit and publish chap books and poetry anthologies from poets in the San Francisco Bay area where I conducted poetry workshops, 1977-1979.
- Joseph Henry Jackson Award for Poetry, 1974.

CONSULTATION

1984 – 1988

Consultant and Teacher for Creative Writing Workshops
Boulder Valley Schools, Boulder CO

Elementary Level

- 1978 – 1980 Consultant and Teacher, California Poets in the Schools
 San Francisco and Sonoma Counties, CA
 Elementary and Secondary Levels
- 1974 – 1979 Writer in Residence
 San Francisco Public Schools, San Francisco, CA
 Elementary and Secondary Levels

References available upon request.