

Alison Leigh Siegel, MFT
Somatic Psychotherapist, Consultant, Instructor
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Leadership and Teaching Experience

Ground Meditation Center™- A center for mindfulness and somatic expression 2006-2009

Founder: Created, taught and managed a full curriculum in somatics, psychotherapy and healing bodywork.

Workshops offered (periodically)

Zen and Now: Learning and appreciating what “is”

Somatic Experiencing: Trauma Release Recovery

Body Awareness: Learning the language of the body for ultimate healing

Mindful Sex: The Other White Meat™:

More Me, Less Him™: how to make yourself happy first

Sensory Awareness: Learning how to feel again in the age of technology

He said, She didn't: The differences between female and male sexuality

*Classes (on-going)

Somatic Tools for health professionals: learning how to use the body in health and healing (6 weeks)

Sensory Awareness: introduction to using your senses fully (12 weeks)

*Corporate Wellness Programs

Newletters, articles and presentations

The Mindful Workplace: living and working together in harmony

Stress-Less: Bridging the gap with somatic tools at the workplace

*Support Groups:

Sexual Trauma Recovery for Women

Married Men's group: support group for men with infants

The Orange Buddahs: practice group for mindful and happy people

The White Tantras: learning somatic skills for sexual healing

Being Real: how to accept yourself as you are

UCSF: University of California- San Francisco 2003-2007

Director: Patient -Doctor Liason-Taught bedside manner (emotional intelligence) to Physicians
Instructor of research team for the Life Tapes Project

http://meeting.ascopubs.org/cgi/content/abstract/24/18_suppl/8604

Taught and managed a research team, interviewing skills, client management systems, psycho-physical patient analysis, and patient-doctor rapport building.

CPMC: California Pacific Medical Center- San Francisco 2001-2004

Somatic Psychotherapist, Group Leader

Mind/Body Womens Support Group for cancer patients

Stress Reduction for Aids patients

NHI: National Holistic Institute: Emeryville, Ca 2005

Taught proper physical alignment, ergonomics and basic safety training for massage therapists

Taught emotional response training: how to deal with your emotional client

American Massage Therapy Association: Los Angeles Conference Center 2004

Taught "Ethical boundaries"- the etiquette of using touch with emotionally troubled clients

Institute for Health and Healing- San Francisco, 2001-2002

Taught Guided Imagery, Medical Hypnotherapy to patients and Doctors

Taught "The Softer Side of Medicine: practical empathic applications for bedside manner

*Publications:

A Conscious Guide to living

<http://www.articlesbase.com/business-opportunities-articles/conscious-guide-to-living-without-fear-in-todays-economy-798494.html>

The Life Tapes Project

<http://baywood.metapress.com/app/home/contribution.asp?referrer=parent&backto=issue,5,5;journal,24,234;linkingpublicationresults,1:300329,1>

<http://www.cancersupportivecare.com/lifetapes.html>

Clinical Experience

UCSF (2002-2008), San Francisco

Psychotherapist, Clinical Research Director and Oral Historian

Developed and maintained A research project entitled "The Life Tapes Project" in which patients record their life stories as a way to validate the meaning and significance of their life which then then can be shared as a recorded legacy for future generations. The Life Tapes Project has been published in the Journal of Oncology.

*Managed over one hundred cases over a four-year research project

*Conducted confidential personal end of life legacy videotapes for cancer patients and

their families.

* Organized and executed marketing public relations, fundraising strategies and created promotional material for recruitment

*Maintained and developed collaborative efforts with Stanford University Statisticians and Psychiatrists

*Co-researched, developed and implemented a variety of questionnaires used in the study. (Approved by the Committee on Human Research).

*Presented results nationwide to medical conventions and local hospitals.

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CPMC: California Pacific Medical Center, San Francisco, Ca (2000-2004)

Behavioral Medical Psychotherapist

*Provided pain relief, stress management, and Interactive Guided Imagery to women with Placenta Praevia in the ICU.

*Conducted and led mind/body support groups

*Collaborated with Psycho-Oncology department using integrative medical techniques for healing

New Perspectives Center for Counseling(2003-2007), San Francisco

Psychotherapist

*Provided Cognitive/Behavioral (CBT), Dialectical Behavioral therapy (DBT), and Solution Focused therapy to people with Axis I, II disorders, chronic pain, PTSD and worked extensively with the LGBTQ community.

Anxiety and depression

Couples counseling

Co-dependency

Addictions

Anger and stress management

Self-esteem and empowerment

Eating disorders (Bulimia, Anorexia, Body Dysmorphic Disorder)

Sexual, physical, and emotional abuse

Trauma recovery/rehabilitation,

Intimacy

PTSD (Post traumatic Stress Disorder)

Chronic pain/terminal illness

Psychosomatic illness

Mood disorders

Trichotillomania

Personality disorders (Borderline, OCD)

Gender/Identity disorders

Sexual dysfunction

The Mind/Body Studio(2001-2004), San Francisco

Psychotherapist, private practice

*Assessing, diagnosing, and treating anxiety, depression and other disorders through integrative psycho-behavioral therapy.

Education (2000-2002)

California Institute of Integral Studies

M.A. Clinical Psychology, Somatic Psychology 2002

University of Wisconsin, Madison- B.A. Psychology and Psychoneuroimmunology (1992)

Chicago of Massage Studies, (1997)

Certificate of completion in The Hakomi Method, 350 hours

Certified in Integrative Medicine and Spirituality at the California Pacific Medical Center, 500 hours

Certified and Licensed Massage therapist, 6500 hours

Additional Training The Rosen Method Bodywork- Marion Rosen

Anna Halprin's Dance for Life- Anna Halprin, Ph.D

Fundamentals of Accupressure -Michael Reed Gach, Ph.D

Cells and the Sacred-Sondra Barrett, Ph.D

Embodied Anatomy-Terri Katz, PT

Psychology of Play- Jaques Verduin, M.A.

Law and Ethics-Padma Catell, Ph.D

Family Dynamics- Tina Stromsted, Ph.D

Advanced Family Therapy- Jonathan Rosenfeld, Ph.d

Sensory Awareness-Judith Weaver, Ph.D

Alison Leigh Siegel, MFT- Teaching Resume 2010

Human Sexuality-Jack Morin, Ph.D

Human Development- Alan Kubler, Ph.D

5 Element Theory of Chinese Medicine, Jon Elke, C.M.T.

Professional Affiliations

California Institute of Integral Studies

Affiliations American Massage Therapy Association, Ethics Instructor

United States Association for Body Psychotherapy Professionals

European Association for Body Psychotherapy Professionals

California Association of Marriage and Family Therapists

The Hakomi Institute



References:

Ernest Rosenbaum, MD: Professor, UCSF Director of Oncology, author of 12 books

Glen Fraticelli, Ph.D National Holistic Institute

Kate Northcott, MFT: Director of New Perspectives Center for Counseling

Elayne Doughty, MFT

Jeffrey Wright, MFT

Lori Swanbeck, MFT

Josie Howard, MD (Psychiatry)

Jodi Pearlman, MFT