

Helen Huffington, M.S.S., L.C.S.W., B.C.C
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Education:

M.S.S. Bryn Mawr College, Bryn Mawr, Pennsylvania. 1982.

Clinical Social Work.

B.F.A. University of the Arts, Philadelphia, Pennsylvania. 1966.

Professional History:

Psychotherapist:

May 1982 to the present. Private practice. Philadelphia, Pennsylvania.

Responsibilities:

As a licensed Clinical Social Worker, an EMDR Facilitator and an EMDR Consultant, I specialize in trauma treatment for adults. This include trauma(s) and/or childhood neglect.

Psychotherapist:

November 1996 to December 2000. Delaware County Professional Services.

Responsibilities:

As a licensed clinical social worker I provided psychotherapy for individuals. With advanced training in EMDR (Eye Movement Desensitization and Reprocessing), Imago Relationship Training, Gestalt Theory and Therapy techniques, I worked with a wide variety of individuals having an array of therapeutic issues.

Clinical Social Worker:

August 1982 to November 1990. Philadelphia Center for Young Adult Psychiatry, Inc. at the Institute of Pennsylvania Hospital, Philadelphia, Pennsylvania.

Responsibilities:

Working within a young adult day program, I established a therapeutic alliance as a foundation from which to access the patients present and future social service needs and I did collaborative clinical work with their doctor and the primary staff care team. This included one-to-one work with the patient, group work, and family therapy.

Sociology Department Instructor:

Spring semester 1998 to the fall semester, 1990. Arcadia University, Glenside, PA.

Responsibilities:

Teach social work courses including “Seminar in Human Services” and “Introduction to Social Welfare” and function as the supervisor of the student placements and as the liaison to the agencies where they were placed.

Professional Courses:

Training:

National EMDR Conference, 2006, Philadelphia PA
National EMDR Conference, 2005, Seattle WA
National EMDR Conference, 2004, Montreal CA
National EMDR Conference, 2003, Denver, Colorado.
Supervision in the Dissociative Disorders from Catherine Fine Ph.D., February through April, 2003.
Developmental Needs Meeting Strategies for EMDR Therapists, October 2002, Allentown, PA.
Somatic Experiencing, An Introduction, October 2002, Philadelphia, Pennsylvania.
National EMDR Conference, 2001, Austin, Texas.
National EMDR Conference, 2000, Toronto, Canada.
The Strategic Developmental Model for EMDR, February 2000, Providence, R.I.
EMDR Facilitator Training, December 1999, Richmond Virginia.
Part II EMDR Training, November 1998, New York, New York.
Part I EMDR Training, July 1998, Stroudsburg, Pennsylvania.
Imago Relationship Training, 1998, Princeton New Jersey.
Hypnosis Training, Clorinda Margoles and Associates, Philadelphia, Pennsylvania.
Sex Therapy Intern, William Stayton and Associates, King Of Prussia, Pennsylvania.
Gestalt Therapy Institute of Pennsylvania, Bryn Mawr, Pennsylvania.
Family Therapy Externship, Child Guidance Clinic, Philadelphia, Pennsylvania.
Neuro Linguistic Training, New York, New York.
Beginning Hypnosis, Associate Trainers in Clinical Hypnosis, Philadelphia, PA.

Credits:

President, Board of Directors of EMDRIA, 2007
Board Member, EMDRIA, 2003 - 2006
Chairperson of the EMDRIA Professional and Public Relations Committee, 2003.
Currently lead two ongoing EMDR consultation groups in Philadelphia and Doylestown, Pennsylvania.
Achieved EMDRIA Consultant Status, December 1999.
Facilitate at Part I and Part II EMDR Training Conferences since January 2000.
Assisted at a gay and lesbian Imago Couple's Workshop at Omega Institute, October 1998.
Provided a 4 hour course, Introduction to EMDR, for C.E.U.s for D.C.P.S.
Taught a class at Chestnut Hill College on EMDR, 2000, 2001, 2002.
Provided a four part Bridge Course in Philadelphia, PA for those who have completed Part I of the EMDR training.
Provided a three part Bridge Course in Doylestown, PA for those who have completed Part I of the EMDR training.