

Dr. Aron Steward, Ph.D.

ReallyBeU Health & Wellness Consulting
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www.reallybeu.com

EDUCATION

2012 University of Massachusetts Isenberg School of Management, *Amherst, MA*

MBA - Healthcare Administration - Projected Completion Date: December 2013

2002-2007 State University of New York at Buffalo (SUNY), *Buffalo, New York*

Ph.D. - Counseling Psychology

1997-2001 Hamilton College, *Clinton, New York*

BA in Liberal Arts, Double Major Psychology and Studio Art

WORK HISTORY

Jan 2013 Staff Psychologist, Chief of Clinical Services, State of Vermont DCF

Woodside Juvenile Rehabilitation Center, Department of Children and Families

2012-2013 Clinical Psychologist, *LA County Department of Mental Health*

School Threat Assessment Response Team (S.T.A.R.T.), Emergency Outreach Bureau

2011-2013 Clinical Psychologist, *Los Angeles County Department of Mental Health*

Psychiatric Mobile Response Team (P.M.R.T.), Emergency Outreach Bureau

2011 ReallyBeU Health & Wellness Consulting, Owner/Operator, *Los Angeles, California*

-present Health & Wellness Consulting Business

Provided public lectures, seminars, weekly blog post with the latest health & wellness research, and calendar of community health events. Provided consultation to individuals, families, and organizations toward increasing motivation, achievement, nutrition, productivity, fitness, organization and decreasing burnout, stress, illness and obstacles.

2011-2012 Clinical Psychologist, Supervisor, *LA County DMH, Compton, California*

Enhanced Specialized Foster Care Program/ Department of Children and Family Services

2007-2010 Program Developer and Manager/Clinical Psychologist, *NJ Department of Corrections*

Edna Mahan Correctional Facility for Women Maximum Security, UCHC, UMDNJ

2006 Forensic Psychology Intern, *APPIC Accredited, NJ Dept. of Corrections, UMDNJ, New Jersey*

2006 Art Therapy Intern, *Drexel University, Collingdale Alternative School, Philadelphia, PA*

2005 Intensive Psychological Assessment Rotation, *Buffalo Psychiatric Center, Buffalo, NY*

2005 Clinical Graduate Assistant, *SUNY at Buffalo University Counseling Center*

2004 Solutions-focused Clinical Practicum, *Boces Family Support Center, Buffalo, NY*

Supervision/Teaching Experience

2014 Clinical Director, *State of Vermont Department of Children and Families, Woodside*

2011	Supervisor , <i>Department of Mental Health/Department of Children and Family, LA County</i>
2007-2010	Program Developer/Director, <i>New Jersey Department of Corrections</i>
2007-2011	Fitness, Yoga, Spinning, Zumba, Kickboxing, Meditation Instructor
2005	Clinical Supervisor for Master's level Rehabilitation/School Counselors
2005	Adjunct Professor, State University of New York at Buffalo
2002 - 2009	Ceramics Production/Studio Manager/ Instructor

Consulting

2013	Burnout Prevention Consultant, LA County Department of Mental Health
2011	Individual, Family, Organizational Consulting, ReallyBeU Health & Wellness Consulting

Program Development

2012	ReallyBeU, "WorkingWell," " DreamShops," "BridgingGaps," " StayingFree"
2011	DCFS Compton Youth Taskforce: Anti-Human Trafficking Initiative
2010	Program Developer, Staff Morale Incentive Program
2009	Program Developer, Yoga in Prison Program, UMDNJ, UCHC, EMCFW
2008	Program Creator, Mental Health Lecture Series, UMDMJ, UCHC, EMCFW
2007	Program Developer/Director, Behavior Management/Intensive Outpatient Program
2005	Group Creator , Young Adults Support Group for ages 18-25 experiencing bereavement
2004	Creator, Life Transitions Center/Hospice of Buffalo Internship

Presentations

2011-2014	<p><i>"Intervening with victims of youth trafficking: Interview strategies for decreasing fear, shame, and isolation while increasing motivation and resiliency."</i></p> <p><i>"Therapeutic writing: Developing and utilizing an effective journaling practice."</i></p> <p><i>"Axis II: The relationship between personality disorders and criminogenic risk"</i></p> <p><i>"Developing occupational longevity & avoiding burnout while working in large systems"</i></p> <p><i>"School violence prevention through reduction of bullying"</i></p> <p><i>"Targeted school violence: Prevention and intervention"</i></p> <p><i>"Accurately determining threat and risk in mental health emergency assessment"</i></p> <p><i>"Mental health triage: History and current best practices"</i></p> <p><i>"Understanding coaching & mentoring: The only truly effective way to motivate"</i></p> <p><i>"The change process: Achieving the life you want one goal at a time"</i></p> <p><i>"Self-Care for helpers: The responsibility & privilege of maintaining personal mental health"</i></p> <p><i>"Communication styles: Becoming more successful by listening and being heard"</i></p> <p><i>"Alternative therapies: How the creative process can assist in achieving mental health"</i></p>
2008-2010	EMCFW Mental Health Lecture Series, Program Developer & Coordinator/ Presenter
2002-2005	SUNY Buffalo University Counseling Center Outreach Coordinator/Developer/Presenter

Certifications

- Feb. 2014** 500-Hr Yoga Instructor Certification, Kripalu, Lennox, MA
- Dec. 2011** ICARE (0-5 Mental Health Assessment)
- Dec. 2011** Certificate in Nutrition & Health Counseling, Institute of Integrative Nutrition, NY, NY
- Aug. 2011** CANS (Assessment used to determine needs of children and families)
- July 2011** TF-CBT (Trauma Focused – CBT)
- July 2011** LPS Training & Certification (5150/5585 ability to hospitalize in California)
- Sept. 2010** Kickboxing Instructor Certification, LA Fitness, San Diego, CA
- Aug. 2010** Zumba Instructor Certification, Zumba Fitness, Los Angeles, CA
- July 2008** Spinning Instructor Certification, Maddogg, Philadelphia, PA
- Dec. 2007** 200-Hr Yoga Instructor Certification, YogaWorks, NY, NY
- June 2006** Post-Master's Certificate in Creative Arts Therapies, Drexel University, Philadelphia

Professional Development

- April 2013** "Boundaries and home visits in therapy: Ethical and clinical considerations" Dr. Ofer Zur
- Mar. 2013** "Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others" Laura van Dernoot Lipsky, Los Angeles Unified School District
- Mar. 2013** "Achieving Leadership and Outcome through Writing and Publishing" Dr. Julie Silver, Harvard
- Mar. 2013** "Clinical Supervision Core Competencies and Innovative Processes" Dr. Steven Sultanoff
- Dec. 2012** "Surviving Extreme Violence in the HealthCare Work Environment" Center for Personal Protection & Safety, LA DMH Emergency Outreach Bureau
- Dec. 2012** "Psychological Consultation in Behavioral Integrated Care Settings" Dr. Astrid Reina-Patton PhD, Dr. Gloria Sanchez, MD, Dr. David Martin, PhD, Psychological Services Development
- Oct. 2012** "Ethical Considerations" Dr. Ofer Zur, LA County DMH
- June 2012** "Assessing & Managing Threat/Risk Introductory & Advanced" J. Kevin Cameron, LACDMH
- Dec. 2011** "Hostage Negotiations and Field Safety" Center for Personal Protection & Safety, LA, CA
- Oct. 2011** "Coaching in Leadership & Healthcare: Theory, Practice & Results" Harvard Medical School
- June 2011** "Assessment & Treatment of Complex Trauma in Children and Adolescents" Dr. Cheryl Lanktree, UCLA
- June 2011** "A Look at Play, Art and Solution-Focused Therapy within a Changing Mental Health Arena" Dr. Estela Andugo, DMH LA County
- May 2011** "The Effects of Alcohol and Substance Abuse on Children & Adolescents" Dr. Blair Paley, UCLA
- May 2011** "Motivational Interviewing" (Intermediate & Advanced) Ms. Patricia Gieselman, LADMH
- April 2011** "The Effects of Exposure to Chronic Community Violence on Children & Adolescents"

LACounty, DMH, Dr. Sammie Williams

Fall 2009 "Dialectical Behavior Therapy" UMDNJ, UCHC, Dr. Mitch Abrams

July 2009 International Academy of Law and Mental Health Conference, New York, New York

June 2009 "CBT and DBT techniques and Meditation" Dr. Marsha Linnehan, Washington, DC

Nov. 2008 "Radical Acceptance" Intensive Meditation Seminar, Kripalu, Dr. Tara Brach

Activities

Interests Ceramics, community activism, fitness, health, writing, cooking, yoga, volunteering, reading, movies, triathlons, culture, music, road trips