

Helaine Z. Harris, MA, MFT

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EDUCATION:

1959-1963 BA University of California at Los Angeles
Graduated with Honors
1976-1979 MA California State University, Northridge
Graduated with 4.0 grade point average

CERTIFICATION:

2005 Healing from the Body Level Up, Level I
2005 Healing from the Body Level U Limiting Identities
2004 The Reconnection, Level I/II
2000 Emotional Freedom Technique (EFT)
1997 Thought Field Therapy™- Levels I & II
1995 American Red Cross - Introduction To Disaster (ARC 3066) & Disaster Mental Health Services I (ARC 3077)
1995 EMDR (Eye Movement Desensitization and Reprocessing) Levels I & II
1987 Hypnotherapy Certificate
1980 Marriage and Family Therapist, California State Board of Behavioral Science
1980 General Elementary Life Credential, California State Board of Education
1963 General Elementary Credential, California State Board of Education

TRAINING:

1975 - present Numerous workshops and on-going training programs covering: Reichian work, hypnosis, Eye Movement Desensitization and Reprocessing (EMDR), thought Field Therapy (TFT), Emotional Freedom Technique (EFT), Gestalt, Dreamwork, Neuro-Linguistic Programming (NLP), Integrated Body Therapy, Holotropic Integration, Shamanic Journey, Pain Control, Be Set Free Fast (BSFF), Tapas Acupuncture Technique (TAT) and Healing from the Body Level Up (HBLU), Energy Medicine.

POSITIONS:

2005 - 2006 San Fernando Valley Counseling Center - Supervisor for Interns and Paraprofessionals
2003 - 2004 Association of Comprehensive Energy Psychology- Education Director
2002 - 2003 Pierce Junior College - Supervise Interns for At Risk Students
1999 - present CSUN, California State University, Northridge, Dept. of Psychology
Taught many classes in the Saturday sampler program
1999 - 2003 Learning Tree University/ Chatsworth, CA
Classes on The Vampire Relationship Pattern, Women in Transition, Relationships, Energy Patterns, Between Mothers and Daughters
1997 - 2003 Learning Annex/ Los Angeles, CA
Classes for Singles, Sacred Sexuality, and the Relationship Drain Game
1987- present An Awakening Center™ (formerly PsychoShamanism) Van Nuys, CA
Director. Plan, promote and direct all programs. Individual and group therapy.
Professional training. Combine transpersonal, Reichian with gestalt, guided

imagery, journal work, meditation, bodywork and energy work with shamanic healing perspectives.

- 1987 - 1989 Everywoman's Village/ Van Nuys, CA
Classes on Relationship, Empowerment and Codependency
- 1963 - 1984 Elementary Teacher, Los Angeles Unified School District
- 1976 - 1984 Director of Professional Training, Bindrim Institute Hollywood, CA
- 1985 Santa Monica City College/Santa Monica, CA
Pierce Junior College/Woodland Hills, CA
Antioch College/Santa Monica, CA
Seminars, classes, and lectures on relationships, Reichian therapy, and Women of Today.

CEU OFFERINGS:

- 2009 Success and Abundance Class
- 2009 Success and Abundance Through Turbulent Times Class
- 2008 Healing the Father Wound Class
- 2008 Success and Abundance with EFT and Hypnosis Class
- 2007 Embracing the Power of Your Shadow
- 2007 Power and Peace for the Busy Person Workshop
- 2007 Embracing the Power of Your Shadow Workshop
- 2007 7 Steps to Peak Performance
- 2006 EFT (Emotional Freedom Technique) for Anxiety and Depression
- 2006 The Spiritual Warrior Workshop – Balancing Love and Power
- 2005 - 2008 Awakening Your True Power Class
- 2005 Healing the Mother Wound Workshop
- 2005 AHP (Association for Humanistic Psychology)
Energy Psychology and Shamanism for Healing
- 2004 Ending the Body Battle with Energy Psychology
- 2004 6th Annual International Energy Psychology Conference
Using Energy Psychology to Bring Cooperation Between Sub-Personalities
- 2004, 2006 Healing Your Heart Workshop
- 2002 SFV-CAMFT, Deepening Creative Connections-Balancing the Masculine and Feminine
- 2002 CSUN Marriage & Family Therapist Alumni/Student Network
Combining Multi-Modalities to Enrich Yourself as a Therapist
- 2002, 2003 EFT for Anxiety and Depression Workshop
- 2001 Embracing Abundance and Soul Class
- 2001, 2008 Healing the Inner Child Workshop - Class
- 2000 - present Basic Emotional Freedom Technique Workshop
- 1999 - present CSUN (California State University, Northridge) Dept. of Psychology
Discovering Joy During Stressful Times
Treating Anxiety with Energy Psychology
Healing the Relationship Drain Game,
The Shaman and the Psychotherapist
The New Energy Psychotherapies
The Spiritual Warrior: Balancing Love & Power
Energy Psychology and Basic Emotional Freedom Techniques Introduction
Healing the Heart with Hypnosis and Emotional Freedom Technique
The “Secret” Your Clients Want You to Know About
Hypnosis and EFT for Children
- 1997 Intern/Supervisor Connection
SFV-CAMFT, A Journey of Hearts and Minds

PUBLICATIONS:

- 2009 Using Heart Energy to Create Wealth
2009 Stress Success Quickies – Internet
2002 Women's Yellow Pages - Is Your Therapist Listening to Your Soul?
2001 Whole life Times- TFT/EFT Case Study and History
2000 Whole Life Times-The Shadow and Relationship -Through the Glass Darkly
1999 Whole Life Times- Relationships and Communication
1997 Book, *Are You In Love with a Vampire? Healing the Relationship Drain Game*, An Awakening Publishing Company
1991 The Relationship Dance: Healing Addictive Relationship Patterns - audio tape
1988 The Feminine Warrior: Balancing Male/Female Energy - audio tape
1988 - present 12 articles on relationship, empowerment, healing, codependency, and vampiring relationship patterns.

PRESENTATIONS:

Association for Humanistic Psychology – 2005, 2008
Energy Psychology Conference - 2001, 2002, 2003
Association for Transpersonal Psychology
California Association of Marriage and Family Therapists:
San Fernando Valley Chapter
Ventura Chapter, Keynote speaker
Intern Connection "Developing Presence"
California State University, Northridge
National Association Council on Alcoholism
Society for the Scientific Study of Sex
Association for Past-Life Research and Therapies
The Learning Annex
Dracula '97 Conference - academic presenter
Whole Life Expos - Los Angeles, Pasadena, Las Vegas, Denver, Austin, Atlanta
Body, Mind, and Spirit Festival and Expos in Los Angeles, CA area
Conscious Life Expo in Los Angeles, CA
Singles Expo