

# KAREN ADLER, MSW, LCSW

## HIGHLIGHTS

- Founder of **Healing From The Inside Out** a practice specializing in body-centered psychotherapy for individuals, groups and couples dealing with issues of trauma, grief, anxiety, depression, adjustment. Facilitates transformational retreats.
- Co-Creator/Facilitator of **Centered and Empowered** - an entity partnering with therapists specializing in grief and trauma and healers of various modalities including equine therapy in farm/ranch settings.
- Published, *Emerging Transformed: Facing Grief in the Time of COVID-19* (Medium, April, 2020).
- Invited member of 004th Police District **Domestic Violence Sub-Committee Task Force** serving high risk communities
- Consultant/Supervisor/Trainer of **Maryville Crisis Nursery**
- Former Director and Co-Creator of an innovative, specialized Treatment Foster Care program at **Maryville Academy** residential program for hard to place youths.

## EXPERIENCE

### Healing From The Inside Out | 1995 to Present

Advanced Licensed Psychotherapist (LCSW) / Private Practitioner

Provides therapy services for couples, adults, families, and teens. Specializations: loss, trauma, PTSD, marital, relationship, adjustment issues, communication, behavioral issues, anxiety, depression. Offers group therapy, weekend transformational retreats, Self Acceptance Training, stress workshops, lectures, consultation, supervision and training.

- Self Acceptance Training (SAT). Working with trauma through the exploration of held emotion in the body. Once uncovered and expressed in a nurturing and non-judgmental setting, one can experience who they truly are in a given moment, thus creating conditions for self- acceptance and positive and lasting change. Individuals, couples and groups. Weekend retreats.
- Self Acceptance Training and Stress Workshops in school setting- Conducting groups, workshops and meditation groups for teachers, sports teams, coaches and teachers. Near North Montessori, Walter Payton High School, Whitney Young High School.

- Stress Lectures and Workshops –Various Chicago locations
- Classes on Spirituality – KC, Power of Kabbalah 1 and 2; Women and Spirituality

### **Conscious Parenting Training and Classes | 2008 to Present**

Healing From The Inside Out, Founder/Facilitator

- Individual training to caretakers and parents of children, teens and young adults
- Conscious parenting conference-call classes
- Stress/Meditation workshops for parents, teachers and youth in school setting
- Maryville Crisis Nursery consultation and supervision

### **Child and Family Welfare | 1983 to 1998**

Psychotherapist/ Treatment Foster Care Consultant/ Supervisor

- Illinois Youth Advocate Program: Consultant Treatment Foster Care, supervised therapists and child welfare counselors, Therapist, On-site workshops for students middle and high school- Managing Stress and Self Acceptance.
- Aunt Martha's Child Welfare Agency - Consultation, supervision Training in Treatment Foster Care In-Service

### **Maryville Academy | 1994 to 1998**

#### **Director Maryville Academy Treatment Foster Care Program**

Developed from ground up Treatment Foster Home Program and Training targeting hard to place youth normally in residential care.

- Treatment Foster Care Consultant- Maryville Academy-1988-1994
- Program Manager/ Family Educator- Maryville Academy- 1983-1988

### **United Charities of Chicago | 1979 to 1982**

Program Director

- Provided programming and counseling to disadvantaged youth in overnight camp setting
- Directed girls' camp and mother daughter program.

### **Vision Quest | 1982 to 1983**

Youth Counselor

- Youth counselor with this alternative intensive wilderness treatment program for severely troubled teens, which involved traveling nationwide on mule-drawn wagon train.

## **EDUCATION**

University of Illinois, Jane Addams School of Social Work, Chicago, Illinois | 1985 to 1987

- Master Degree in Social Work –LCSW
- Internships: Youth Guidance; Maryville Academy

University of Illinois, Champaign -Urbana Illinois | 1978 to 1982

- Bachelor of Science, Psychology - Mental Health Worker Program
- Internships: Threshold Adult Treatment Program; Adolf Meyer Mental Health Center; Lincoln Center for the Profoundly and Severely Developmentally Delayed.

Continuing Education - CEU's – Department of Professional Regulation

## **PROFESSIONAL ORGANIZATIONS / AFFILIATIONS**

- National Association of Social Workers (NASW)
- Foster Family Treatment Association (FFTA)
- Inter-Agency Referral Committee (IRC)
- Certified Family Teacher
- Department Professional Regulation (Licensed Clinical Social Worker)
- Certified Self Acceptance Training

## **SKILLS**

- Clinical
- Self - Acceptance Training
- Consultation
- Clinical Supervision
- Training / Lectures / Family Systems; Treatment Foster Care Curriculum; Family Teaching Model; Conscious Parenting; Stress; Meditation; Spirituality
- Workshops / Retreats

- Leadership - Volunteer, Mentor Chicago and Kabbalah International, Study Group  
Leader Kabbalah Center Chicago