

# MARY J. GUIFFRA, PhD

*Psychotherapist ▪ Consultant ▪ Coach*

## Education

NEW YORK UNIVERSITY, New York, NY

**Ph.D. in Research and Theory Development in Nursing**

Dissertation:

Relationship between a Mother's Ego Strength, Sophistication of Body Concept, and Accuracy of Her Perception of Her Child's Developmental Behavior

NEW YORK UNIVERSITY, New York, NY

**A.M. in Parent Child Nursing/Curriculum Development and Instruction**

ST. JOHN'S UNIVERSITY, Brooklyn, NY

**B.S. with a Major in Nursing with a Minor in Philosophy**

ST. MARY'S HOSPITAL SCHOOL OF NURSING, Brooklyn, NY

**Registered Nurse Diploma**

## Honors

New York University Founders Day Award for Excellence in Scholarly Achievement

New York University Distinguished Alumni Award

Sigma Theta Tau, National Nursing Honor Society, Eta Sigma Chapter Leadership Award

Lawrence Home Care of Westchester, 75<sup>th</sup> Anniversary Award for Leadership

Federal Grant Full Tuition Scholarships for Master and Doctorate Programs

College of Mount Saint Vincent Honorary Doctor of Humane Letters

Catholic Hospitals of Brooklyn Full Tuition Scholarship for Baccalaureate Study

Kappa Delta Pi, National Education Honor Society

Pi Lambda Theta, Honor Society for Women in Education

## Licensure

Licensed Marriage and Family Therapist, New York State

Certified Family Therapist, National Credentialing Academy for Certified Family Therapists

Board Certified Clinical Specialist in Psychiatric Mental Health, American Nurses Association

Registered Professional Nurse, New York State

Certified Somatic Experiencing Touch Training for Psychotherapists, Foundation for Human Enrichment

Certified Somatic Experiencing Practitioner, Foundation for Human Enrichment

Certified Counselor, National Council on Alcoholism and other Addictions

Certified Sex Educator and Counselor, American Association of Sex Educators, Counselors, and Therapists

Certified Core Energetics Teacher and Supervisor, Institute for Core Energetics

Certified Core Energetics Therapist, Institute for Core Energetics

## Institute Training

Biodynamic Craniosacral Training with Franklyn Sills (currently participating in three-year training)

Foundation for Human Enrichment, Touch Training for Psychotherapists

Foundation for Human Enrichment, Training in Somatic Experiencing

Center for Family Learning, Clinical Associate Advanced Training Program

Nathan Ackerman Institute, Family Therapy Program

Dr. Ray Castellino, Pre and Perinatal Trauma Program

National Council on Alcoholism and Other Drug Addictions, Alcoholism and Other Drug Addictions Counseling

Foundation for Human Potential, Mythology and World Religions, Jean Houston, Director

Institute for Core Energetics, Advanced Training in Teaching Core Energetics

Institute for Core Energetics, Core Energetics Training

**Clinical Experience**

Private Practice, Bronxville, NY (1972 to present)  
**Psychotherapist - Individual, Couples, and Family Therapy**

Foundation for Human Enrichment, Boulder, CO (1993 to present)  
**Somatic Experiencing Trauma Therapist**  
**Individual and Group Consultant**  
**Assistant Faculty to All Three Levels of Training**

Center for Family Learning (1978 to 1990)  
**Staff Family Therapist, Faculty, and Supervisor**

Cornell New York Hospital, White Plains, NY (1984 to 1988)  
**Clinical Supervisor and Instructor**

**Academic Affiliations**

Santa Barbara Graduate Institute, Santa Barbara, CA  
**Visiting Research Faculty** and Chair, Doctoral Dissertation in Somatic Psychology in a Qualitative Study on Mind/Body Aspects of Couples Conflict

College of Mount Saint Vincent, Riverdale, NY  
**Tenured Full Professor/Founding Director**, Nursing Program

- Secured grants from US Public Health Services Bureau of Health Resources to develop an innovative baccalaureate nursing program. Designed a health-oriented curriculum focused on individual, family, and community health from conception through death, which stressed evidence-based practice, nursing identity, counseling, nursing theory, and research.
- Collaborated with the Manhattan College School of Business to develop and implement a combined Nursing/Business Masters Program for nursing administrators, gerontology clinical specialists, and mental health clinical specialists.
- Directed a project to develop a systematic interdisciplinary summer program to facilitate college achievement of academically disadvantaged students, funded by the College of Mount Saint Vincent Faculty Affairs Committee.

New York University, New York, NY  
**Tenured Associate Professor**, Master and Doctoral Program  
**Dean's Council**, Steinhardt School of Culture, Education, and Human Development  
**Co-Director**, Graduate Program

- Instrumental in developing a Masters Program in the Group Care and Education of Infants and Toddlers, funded through grants from the Lilly Foundation and the National Institute on Mental Health. Designed and evaluated core curricula for early childhood, nursing, nutrition, and psychology majors.

Albert Einstein College of Medicine, Bronx, NY  
**Faculty and Steering Committee**, Gerontology and Neurology Project

- Played a key role in the design of an interdisciplinary curriculum in geriatrics and gerontology for medical and nursing students.
- Co-researcher on a project funded by the National Institute on Aging and the National Institute of Health on characterization of treatment of agitation in dementia patients.

Pace University Lienhard School of Nursing, Pleasantville, NY  
**Adjunct Graduate Faculty in Family Therapy**

Lehman College, City University of New York, School of Nursing, Bronx, NY  
**Adjunct Graduate Faculty in Family Therapy**

Iona College, New Rochelle, NY  
**Visiting Faculty in Family Therapy, Graduate Program in Pastoral Counseling**

### **Consulting Experience**

Albert Einstein College of Medicine, Consultant on Joint Clinical Education Programs  
Albert Einstein College of Medicine, Curriculum Consultant Geriatrics  
Albert Einstein College of Medicine, Dementia Project, Resnick Gerontology Center  
Albert Einstein College of Medicine, Teaching-Nursing Home  
American Association of Nurse Practitioners, Consultant on Family Assessment and Intervention  
Berkeley Institute, Family Consultant to Administration, Faculty, Parents  
C.W. Post Department of Nursing, Faculty Consultant on Family  
Calvary Hospital, Consultant to Multiple Disciplines on Working with Dying Patients and Their Families  
Center for Family Learning, Curriculum Consultant  
Center for Family Learning, Curriculum Consultant Training Program in Couples and Family Therapy  
Center for Professional Ethics, Manhattan College, Health Care and Ethics  
Conde Nast Publications, Consultant Men's Health  
Cornell University School of Nursing, Consultant on Family Intervention  
Cornell University, School of Nursing, Family Consultant  
Farmingdale School District, Curriculum Consultant Sex Education in Schools  
Foundation for Human Enrichment, Curriculum Committee for Trauma Training Program/Manual  
Lawrence Hospital, Consultant Staff Relations  
Lehman College, City University of New York, Curriculum Consultant Graduate Program  
Marist College, Consultant Strategic Planning for Health Programs  
New York City Department of Education Bureau of Health and Physical Education, Community Family Living  
New York City Department of Education, Citywide Health Advisory Council  
New York City Department of Education, Consultant to Peer Group Program for High School Students  
New York Founding Hospital, Staff Interpersonal Relations  
New York Founding Hospital, Consultant Family Intervention  
Our Lady of Mercy Medical Center, Consultant Staff Relations and Community Health Care  
Pace University, Curriculum Consultant  
Putnam School District, Consultant Impact of Illness/Hospitalization on School Aged Children  
University of Alabama School of Nursing, Faculty and Student Consultant  
University of Vermont Medical Center, Curriculum Consultant Heart-Lung Program  
US Association for Body Psychotherapy, Development of 5- and 10-year Strategic  
Westchester Medical Center, Nursing Service and Education Advisory Council

### **Professional Affiliations**

Fellow, American Academy of Nursing  
Clinical Member, American Association of Marriage and Family Therapy  
Non-Governmental Associate Delegate, United Nations  
Governing Board, Lawrence Hospital Center  
Founding Chair, Lawrence Home Care of Westchester Fund Board  
Vice Chair, Lawrence Community Health Services  
Chair, Home Nursing Association of Westchester Fund Board

Governing Board, Our Lady of Mercy Medical Center  
Hospital Board, Westchester Medical Center  
Founding Vice President, US Association for Body Psychotherapy  
Board Member, US Association for Body Psychotherapy  
Co-Editor, Journal of the US Association for Body Psychotherapy  
International Advisory Panel, International Journal of Body Movement and Dance in Psychotherapy  
Advisory Board, Journal of Professional Nursing, American Association of Colleges of Nursing  
Editorial Board, Journal of Professional Nursing  
Education Work Group, National Commission on Nursing Implementation Project  
President, Deans and Directors of Nursing Service and Education of Greater New York  
Professional Advisory Council on Continuing Education, Cornell New York Hospital  
Board of Consultants, Center for Professional Ethics, Manhattan College/College of Mount Saint Vincent  
Institutional Review Board, Manhattan College  
Steering Committee and Research Evaluation Committee, Albert Einstein College of Medicine  
Board of Directors, Dominican Sisters Family Health Services  
Advisory Board, Calvary Hospital  
Governmental Committee for Maternal-Child Health, American Association of Colleges of Nursing  
Executive Board, Hudson Valley Nursing Research and Education Advisory Council

### **Research Presentations**

Qualitative Research in Body Psychotherapy, USABP Conference, Berkeley, CA, June 2000.  
Research Possibilities in Core Energetics Conference, June 1997.  
Impact of Death on the Family System, American Orthopsychiatry Association Convention, Washington, DC, March 1987.  
Impact of Death on the Family System, Annual Nursing Research Conference, Albert Einstein College of Medicine and Montefiore Medical Center, April 1987.  
Impact of Death on the Family System, 2nd Annual Nursing Research Day, Exploration of Alternative Nursing Methodologies in Research Design V.A. Hospital, Northport, NY, March 1986.  
Critique of Research Document "Essentials of University Education for Nursing" funded by PEW Foundation, American Association of Colleges of Nursing, March, 1987.  
Changes in Attitudes of Nursing and Medical Students Following an Interdisciplinary Gerontology Project, Research Day, College of Mount Saint Vincent, Riverdale, NY, April, 1982.  
Critique of Research Study by Lois Welches "Sexual Behavior of Adolescent Girls and Perceived Relationships with Parents," Sigma Theta Tau, Spring Research Day, New York University, New York, NY, March 1980.  
The Family, Neglected Component in Health Care: A Unifying Focus for Nursing Research, Sigma Theta Tau, Boston University, Fourth Annual Research Day, Newton, MA, November 1977.  
The Relationship Between a Mother's Ego Strength, Sophistication of Body Concept, and the Accuracy of Her Perception of Her Child's Developmental Behavior, Third Annual Council of Nurse Researchers Meeting, Hollywood, FL, August 1975.  
The Relationship Between a Mother's Ego Strength, Sophistication of Body Concept, and the Accuracy of Her Perception of Her Child's Developmental Behavior, Sigma Theta Tau, Upsilon Chapter, New York University, New York, NY, March 1974.