



Presenter Bios – 2017

Tricia Baker, CPDT-KA, YMHFA

After 20 years in corporate marketing, Tricia began a new career as a dog trainer. She is a certified Bright & Beautiful therapy dog instructor and evaluator and a certified American Kennel Club (AKC) Canine Good Citizen instructor and evaluator. As owner of *20 Paws*, Tricia helps dog owners to enrich their lives with their pets. In 2011, her Pomeranian Miki won the National AKC Award for Canine Excellence (ACE) in the therapy category.

Tricia also is co-director of A.I.R (Attitudes in Reverse), a suicide-prevention organization whose mission is to start conversations with teens about mental health issues. Since its founding in 2010, A.I.R .has delivered its message to thousands of students. Dogs figure prominently in A.I.R.'s advocacy work. Through its “Paws for the Mind” program, A.I.R. places trained rescue dogs with people with mental health disabilities.

Deb Branson

Deb Branson, Usui Reiki Master and Tibetan Reiki Master, has been practicing reiki since 2008. She specializes in treating persons with cancer and chronic illnesses and has provided reiki as a volunteer at the Cancer Institute of New Jersey, Princeton Theological Seminary, and the Breast Cancer Resource Center in Princeton. She is a facilitator of healing retreats and a non-denominational minister, ordained by the Universal Life Church.

Lisa Brown.MA

Lisa earned a Master's degree in Creative Arts Education and has studied art therapy, art for at-risk children, creative writing, and creative journaling. During a long illness, she found the artistic process so comforting that she decided to share it with others and developed “art-as-therapy” workshops, aimed at renewing spirituality, capturing imagination, and channeling feelings into creative endeavors. Having worked with cancer survivors and their families, bereavement groups, and other support groups, Lisa believes that art is therapeutic and helps overcome adversity and pain by enabling people to express what words cannot. Lisa also is a visual artist who has taught technique for the past 35 years in watercolor, mixed media, pottery, sculpture, and journaling with art. She also exhibits and sells her own work.

Michael Chen, MD

Dr. Chen is Board-certified in Adult, Child, and Adolescent Psychiatry. He is a graduate of Rutgers University where he obtained a B.A. in Molecular Biology and Biochemistry with departmental honors. Dr. Chen completed his medical training at New York Medical College in Valhalla, NY, where he also completed a fellowship in Adult Psychiatry. Later, he held a Child and Adolescent Psychiatry fellowship at the University of Connecticut. After completing a fellowship in Forensic Psychiatry at Brown University, Dr. Chen joined Alexander Road Associates in 2017. Dr. Chen is a skilled psychopharmacologist and diagnostician who works with children, adolescents, and adults.

Diana Doyle Clark, M.Div

Rev. Clark earned a certificate in Spiritual Direction from The Center for Christian Spirituality in New York City and a Master of Divinity degree at Drew Theological School in Madison, NJ. An ordained Episcopal priest, Rev. Clark served as the rector of St. John's in Montclair for 19 years until her retirement in 2010. At present, she has a spiritual direction practice and serves as part-time associate rector of Calvary Church in Summit. About to complete a two-year Dream Worker Intensive Training Program at The Haden Institute in Hendersonville, North Carolina, Rev. Clark leads workshops, retreats, and small focus groups on dreams.

Ann Costello, MA, and Matt Costello, MA

In the midst of a crisis, Ann and Matt attended a Family Connections (FC) class, led by Marie-Paule deValdivia and Louise Stix in 2009. They went on to take FC leadership training under Dr. Alan Fruzzetti, then began facilitating their own weekly FC groups at New York Presbyterian Hospital in White Plains. They have extended their knowledge by attending classes and attending professional workshops.

Both Ann and Matt have Master's degrees and are New York State-certified teachers. Now retired, Ann continues working as a permanent substitute teacher at her local elementary school in Katonah. Matt, also a former teacher, is a novelist, scriptwriter, and world-wide consultant on story and media.

The Costellos have led 18 FC groups as well as skills review classes for their many alumni. For them, FC was a gift and lifesaver. Now they are "paying it forward" for others with loved ones affected by Borderline Personality Disorder.

Ethan Evans, MS

Employed by Oaks Integrated Care, Ethan has worked as an intensive family support specialist since 2015. He has a BA degree in Interpersonal Skills Communication from The College of NJ and an MS in Christian Counseling and Biblical Studies from Cairn University; he also studied child development at New York University. Formerly employed by the Center for Family, Community and Social Justice, Inc. of Princeton, he worked as a counselor in the Trenton Public Schools, where he did grief/loss counseling and worked closely with the crisis intervention teams. In addition, Ethan served on the chaplaincy of Capital Health Systems at multiple Mercer County campuses and on several non-profit boards, including The Center for Family, Community and Social Justice, The Children's Home Society Early Head Start Program, and West Ward Alliance.

Tanya Gabrielian, MA, and John Haag, D.Min

John Haag and Tanya Gabrielian have known each other since 2008 when Tanya won the Pro Musicis International Award, where John serves as Executive Director. Pro Musicis is a non-profit music organization, whose mission is to promote the social impact of visionary concert artists who awaken the human spirit wherever they perform. It is in this vein that both John and Tanya have forged their careers.

John E. Haag has a Doctorate in Pastoral Counseling from Pittsburgh Theological Seminary and a Diploma in Psychiatry and Religion from The Menninger Foundation. During a 12-month fellowship, he served as an interfaith chaplain in Topeka State Hospital and the C.F. Menninger Hospital. As a child he experienced the impact of his Aunt Olga's mental illness on his family.

Tanya has performed on four continents at prestigious venues including Carnegie Hall, Kennedy Center, and the Sydney Opera House, with orchestras including the Los Angeles Philharmonic, Royal Scottish National Orchestra, and Sydney Symphony Orchestra. She received her degrees from The Juilliard School and the Royal Academy of Music, and she has used music for community engagement, education, and activism.

Laurie Goldman, BA, CRSP

As the special projects coordinator for Collaborative Support Programs of New Jersey (CSPNJ), Laurie organizes and facilitates CSPNJ's statewide "Hearing Voices Network Self-Help Support Groups". She also is the project coordinator for the CSPNJ "Emotional Freedom Technique (EFT)" and "Turn A Frown Around (TAF)" programs.

Laurie's earned a Bachelor's degree in English Literature and holds Recovery Support Practitioner and Emotional Freedom Technique (EFT) certifications. She has been an active board member of NAMI Middlesex since 2012.

William Hayes, MD

Dr. Hayes is a Board-certified child, adolescent, and adult psychiatrist and a fellow of the American Academy of Child and Adolescent Psychiatry. He is a past president of the NAMI Mercer Board of Directors. Dr. Hayes has served as an associate clinical professor at Robert Wood Johnson Medical School and is the former chairman of the Department of Psychiatry at Hunterdon Medical Center in Flemington and president of the NJ Council of Child and Adolescent Psychiatry. Dr. Hayes currently is in private practice at Alexander Road Associates in Princeton.

Chamique Holdsclaw

Sometimes referred to as "the female Michael Jordan," Chamique is the only athlete to have won a national championship and an Olympic gold medal. She was a three-time NCAA winner and All American at the University of Tennessee and six-time WNBA All Star. For all the challenging competition she faced on the basketball court, Chamique's toughest opponent has proven to be her own mental health condition.

Chamique grew up in the projects of NYC, raised first by young parents struggling with alcoholism, and then by her devoted grandmother. The documentary, *Mind Game*, details how Chamique turned to basketball to cope with her anxieties and frustrations. Unknown to many of her teammates over the years, Chamique struggled with undiagnosed depression. Only once in her college career, at the urging of her coach, the legendary Pat Summitt, did Chamique speak with the team psychologist.

Chamique began her professional career with the Washington Mystics as the #1 draft pick. However, the next few years were rocky ones due to injuries, disappointing losses, undiagnosed mental health issues, and the sudden death of her grandmother. She finally sought psychiatric treatment. Like many others though, Chamique went off her medication and soon found herself in the back of an ambulance, following a suicide attempt. She subsequently retired from basketball and started sharing her story to raise awareness about mental health and decrease the stigma of mental illness. Although she continues to battle depression, Chamique believes she has many lessons to teach about winning at the game of life. "Basketball has given me a voice," Chamique says. "That may be my real talent."

Patricia Korsak, RM, IET Practitioner

Patricia, a Usui reiki master teacher, Tibetan reiki practitioner, Integrated Energy Therapy practitioner, and Natural Healing Alliance, and NAMI Mercer member, has been practicing reiki since 2006. She has provided treatments as a volunteer at Robert Wood Johnson University Hospital and Wellness Center, Princeton Theological Seminary, and for private clients. Patricia has also taught reiki levels one through master teacher and practices Sahaja Yoga meditation.

Joan Malchow, (GFI, CYI, CPT)

Joan decided to become a fitness professional after retiring from a full-time career as a marketing survey researcher. In 2006, Joan joined the staff of Empower Fitness, a gym for

women in Lawrenceville. Today, she holds certifications in four areas: as a Personal Trainer, Yoga Instructor, Fitness Specialist for Older Adults, and as a Group Exercise Leader.

Kathy Puca, RM

Kathy has long felt drawn to holistic philosophies and earned master-level certification in Usui Shiki Ryoho Reiki in 2004. She is an Usui Reiki master teacher and a Tibetan Reiki practitioner who treats family, friends and pets. She practices as a volunteer at events for NAMI, Mercer County Community College, the Robert Wood Johnson (RWJ) Wellness Center, and Meals on Wheels. She also has provided reiki to patients and staff at the RWJ University Hospital in Hamilton, including its Cancer Institute of NJ.

Carol Rickard, LCWS, TTS

Known as “America’s Wellness Ambassador,” Carol Rickard, LCSW, TTS, has had a long career in the mental health field as a social worker, trainer, and facilitator in hospital-based settings, including 15 years at Capital Health Systems in Trenton. Carol’s expertise is in stress management and coping skills, and she has written more than a dozen publications on these topics. Carol’s books include: *Transforming Illness to Wellness*, *Moving beyond Depression*, *LifeTools*, and *Stress Eating*, and *STRETCHED Not Broken*, which are available at Amazon.com and BarnesandNoble.com, including versions for the Kindle. Her latest book is *HELP—How to Help Those Who DON’T Want It*,

In 2008, Carol founded WellYOUUniversity, LLC, a health education company dedicated to empowering individuals in achieving lifelong wellness. She now dedicates herself full time to her business and to writing a weekly blog for *Esperanza Magazine*, which can be viewed at HopetoCope.com/blog. You can also catch episodes of Carol’s new TV series, *The WELL YOU Show*, at TheWELLYOUCShow.com.

Debra Rogers-Boehme, RM, IET Practitioner

Debra, a certified social worker, has been a reiki practitioner for more than 30 years and an Usui Reiki master teacher since 2005. She also practices Integrated Energy Therapy, EFT, Energy Medicine Technique, Rain Drop Therapy Touch, and mindfulness. She has provided volunteer services at Robert Wood Johnson University Wellness Center and at Princeton Theological Seminary and welcomes private clients. She has taught reiki levels I and II and reiki for children.

Serita Scott

Serita is a retired computer science teacher and professor with 36 years of experience teaching in public schools and 12 years at a local college.

In 1969, she read Philip Kapleau Roshi’s book, *Three Pillars of Zen*, which became her guide for meditation practice. In 1989, she became a student at the Rochester Zen Center and studied with several eminent roshis (Zen teachers).

Serita now runs Turtleback Zendo in Lawrenceville, NJ, with several groups meeting for meditation. Once a year Mitra-roshi (Zen teacher and dharma heir) conducts a sesshin (a seven-day silent meditation retreat) at Turtleback Zendo.

Todd Tieger, PhD

Todd began his study of T'ai Chi more than 42 years ago while working on a Ph.D. in psychology at Stanford University. After moving back east, he helped raise a family and had a satisfying career as a software engineer. About 10 years ago, he met the grandson of his original teacher and began in-depth studies with him. At the same time, Todd also began teaching T'ai Chi and learned what all teachers know - that teaching is a form of learning. He is convinced that anyone can learn T'ai Chi, and everyone who tries will find some benefit in agility, flexibility, self-understanding, and focus. Todd’s website has more information about T'ai Chi and videos of the form. See <https://sites.google.com/site/toddtiegertaichichuan/>.