

Melanie Smithson, MA, BC-DMT, LPC, CHt

Curriculum Vitae

Professional History

Owner- Smithson Clinic, Inc., Alternative Health Clinic in Lakewood, Colorado offering acupuncture, bio-energetic medicine, body-oriented psychotherapy and Sedona Method Releasing. Fall 2002 to present.

Body-mind Psychotherapist – Private Practice, specializing in relationship, women's issues, play, childhood abuse, depression and anxiety, and performance enhancement. Fall 2000 to present.

Certified Sedona Method Coach- Private Practice, groups and individuals, specializing in letting go to support success in all areas of life. Spring 2006 to present.

Dance/Movement Therapist – Frasier Meadows Health Care Center, North Suburban Hospital; In-Patient and Out-Patient Psychiatric centers, and Boulder County Safehouse. Leader of movement therapy groups, individual counselor, involved in treatment planning, supervision duties. Fall 1996 to Summer 2000.

Board Membership – VP of membership, National Speakers Association, Colorado Chapter. 2014-2015. Volunteer Coordinator 2015-

Faculty – Naropa University, Boulder Colorado – Practicum coordinator for internship and fieldwork students 1999-2003. Director of Play Therapy Training Program. 2002 to 2003. Teacher – Creative Art Therapies, Clinical Orientation, Developmental Issues in Play Therapy and Sandplay Therapy. 2000-2006.

Education and Trainings

MA, Somatic Psychology: Dance/Movement Therapy, 1997

Naropa University Boulder, Co

BA, Accounting, 1976

SUNY at Buffalo Buffalo, NY

EMDR, Certified Practitioner, EMDR trainings, Level 1 and 2, EMDR in the Treatment of Eating Disorders; EMDR and Chronic Pain, EMDR and Addictions, Strengthening the Self: Resource Development and Affect Tolerance, July 2000 through October 2001.

Eye Movement Desensitization and Reprocessing International Association

NBCC Approved Clinical Supervisor Training, Spring 2002.

Reo Leslie, Jr., D.Min., LPC, NCC

Transpersonal Hypnotherapy Training, Winter 2005

Transpersonal Hypnotherapy Institute Frisco, Colorado

Certified Coach, Sedona Method® Releasing, June 2010

Sedona Training Institute, Sedona, Arizona

Certified Life Between Life Hypnotherapist, May 2006

The Newton Institute for LBL Hypnotherapy

Colorado Speakers Academy, Winter 2012/13

National Speakers Academy, Colorado Chapter

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Presentations

Renewing the Joy of Service: Mind, Body and Soul, breakout presentation at Healing Beyond Borders Conference, Naples, Florida, 10/2015

Joyful Healing, breakout presentation at National Organization for Victim's Advocates National Conference, Dallas, Texas, 8/2015

Don't Kill Me: I'm Just Trying to Help and ***Don't Kill The Client: Skillful Relating at Work***, opening and closing keynote presentations O'Neill Health Conference, O'Neill, Nebraska, 6/2015

Why, When, Where and How to Let Go, Mile Hi Church of Religious Science, Lakewood, Co, 6/2015

Trauma Mind and Body, Keynote Presentation Highlands Behavioral Health, Denver, 3/2015

Stress Free in 30 Seconds, Three 50 minute presentations for Cherry Creek H.S. Relationship Class. Denver, Co. 9/2014

Control and Stress, 45 minute presentation for NY/NJ gals. Boulder, Co. 8/2014

Conflict and Stress, 30 minute presentation at Colorado Business Women 95th Annual Convention, Denver, Co. 6/2014

Creatively Integrating Dance/Movement Therapy into Practice with 'non-movement' clients, 90 minute presentation for Rocky Mountain Chapter of American Dance Therapy Organization, Boulder, Co. 4/2014.

Body and Self-Care Strategies, 60 minute presentation at CCA annual conference, Denver, Co. 3/2014.

Sedona Method Support Groups and Workshops, bi-monthly groups and introductions at Smithson Clinic, Inc, Denver, Co. 9/06-on-going.

Stress Free Living, Healthy Relating, Play More, Change Your Money Mindset, monthly talks at local service organizations, Denver, Co. on-going.

Stress Free Living, 60 minute lunch-n-learn, IRS, Denver, Co. 8/2012

Play More, Earn More, 90 minute presentation at Small Business Forum, Denver, Co. 6/2012

2 Days to Success, Training at Smithson Clinic, Denver, Co, 3/2012

"From Stress to Success", Letting Go to Let Fun and Finances Flow!, 90 minute presentation At Financially Fit Females meeting, Denver, 3/2011.

Have What You Want and Have Fun Getting It, 60 minute presentation at Celebration Metaphysical Fair, Denver, Co. 3/2011

9 Months to Success, 9 month group supporting success through releasing, movement and play. Denver, Co. 1/2011 thru 9/2011.

Are You Pulling Out Your Hair Instead of Teeth? 3 hour workshop at the Annual Rocky Mountain Dental Association, Denver, Co. 1/2011.

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Attaining Your Authentic Goals and Desires, 60 minute presentation at Celebration Metaphysical Fair, Denver, Co. 3/10

Sedona Method for relieving Stress and Overwhelm, 90 minute workshop for employees of the Jefferson County District Attorney's Office. 1/09.

Reduce Stress Related Eating with the Sedona Method, 60 minute seminar for Aurora Loan Services, 9/08.

Releasing for Business Owners, 5 hour workshop and on-going support group. Smithson Clinic, Denver, Co. 11/08-5/09.

Enjoying the Relatives, Letting Go of Fear, Passion Accountability, Starting the New Year, 3 hour workshops using Sedona Method Releasing, Smithson Clinic, Denver, Co. 11/07-7/08.

Attaining Your Authentic Goals and Desires, weekend seminar using Sedona Method and creative modalities, Denver, Co. 10/07, 4/08, 11/09.

The SECRET Behind the SECRET, 60 minute presentation at Celebration Metaphysical Fair, Denver, Co. 8/07 and Colorado Springs Fair, 10/07.

Creating a Path to Joyful Connections, 5 hour seminar using creative modalities and Sedona Method for better relationships, Parker, Co. 8/07.

Introduction to the Sedona Method of Releasing, 90 minute presentation at Parker Pilates, Parker, Co. 8/07

Creating a Path to Joyful Connections, weekend seminar using Sedona Method and creative modalities, Denver, Co. 6/07.

Letting Go of the Myths and Illusions of Control, 60 minute presentation for American Lung Association at *Catch Your Breath*, Denver, Co, 5/07

Raising the Roof on Self Awareness, 8 week class using Sedona Method and creative modalities, Smithson Clinic, Denver, Co, 3/07-5/07.

Introduction to Sedona Method of Releasing, 90 minute presentation at Smithson Clinic, Denver, Co. 2/07, 5/07,7/07,12/07,3/08.

Journey of Souls: Life Between Lives, 60 minute workshop presentation for Celebration Metaphysical Fair, Denver, Co. 3/07.

Journey of Souls: Life Between Lives, 60 minute workshop presentation for World Wellness Expo, Denver, Co. 1/07.

Journey of Souls: Life Between Lives, 60 minute workshop presentation for Celebration Metaphysical Fair, Colorado Springs, Co. 10/06.

AH HA Moments Seminars, 90 minute seminars on various health topics, including stress, play, relationship, worry, and the pain-brain connection. Smithson Clinic, Denver, Co. 2004, 2005, 2006.

Emotions and Physical Health, presentation for Alternative Health and Medical Association (AHMA), Denver, Co. 7/04.

Enhancing Standard EMDR Protocols with Dance/Movement Therapy, workshop presentation for 36th Annual Dance Therapy Conference: American Dance Therapy Association, Denver, Co. 10/03.

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Enhancing the Somatic Intervention in EMDR, workshop presentation for annual EMDRIA Conference, Denver, Co. 9/03.

Using Play therapeutically with children, adolescents and adults, in-service presentation at Maria Droste Services, Denver, Co. 10/02.

Using Play therapeutically with children, adolescents and adults, guest lecture in Art Therapy class, Naropa University, Boulder, Co. 10/02.

Developmental Stages in Play, workshop for 8th Annual C.A.P.T. Conference, Arvada, Co. 3/02.

Using Play to Cultivate Intimacy, private couples workshop, Boulder, 9/01.

New Games Workshop, week-long program for elementary children, Bixby School, Boulder, Co. 8/01.

Group Play with Adolescents and Adults, workshop for C.A.P.T. summer conference, Breckenridge, Co. 6/01.

Integrating Sensory Integration with Play Therapy, workshop for 7th Annual C.A.P.T. Conference, Arvada, Co. 3/01.

Energy Management: Managing your energy in difficult situations, introducing Thought Field Therapy©, Muscle Testing for Health, In-Service; Frasier Meadows Health Care Center, Boulder, Co. 6/00.

Getting Playful: Strategies for Moving through Stressful Lives, workshop for Alamosa County Department of Social Services; Co. 4/00.

Play's Life Cycle: Playing With and Throughout Life, workshop for 6th Annual C.A.P.T. Play Therapy Conference; Arvada, Co. 2/00.

Play for Health: Surviving and Thriving through Stress, mid-semester workshop for Somatic Psychotherapy students at Naropa University, Boulder, Co. 11/99.

Play for Health: The Healing Power of Play and Movement, presenter at Wellness Conference; National Multiple Sclerosis Society, Denver, Co. 9/99.

Play for Health: Surviving and Thriving in a Stressful Work Environment; In-Service; Frasier Meadows Center, Boulder. 8/99.

Getting Playful: Navigating the Jungle with the Greatest of Ease; workshop for 8th Annual Child Welfare Conference: It's a Jungle Out There!; Vail, Co. 5/99.

The Life Cycle of Play: Why stop playing?, workshop for 5th Annual C.A.P.T. Play Therapy Conference; Arvada, Co. 2/99.

Full Vitality Play: Removing the Barriers to Conscious Evolution; workshop for 33rd Annual Dance Therapy Conference: American Dance

Therapy Association.; Albuquerque, NM. 10/98.

Getting Playful: Strategies for Recovering from Getting too Serious; workshop for 7th Annual Child Welfare Conference: Cultivating Partnerships; 5/98.

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Presentations

The Power of Play; In-Service, North Suburban Hospital, Denver, Co. 2/98.

Play for Health; workshop for Soul Food: 1st Annual Creative Arts Therapies Conference, Denver, Co. 10/97.

Dance/Movement Therapy with Geriatric Populations; In-Service, North Suburban Hospital, Denver, Co. 9/97.

Play for Your Life; weekend workshop for the public, Boulder, Co, 2/97.

Research and

Stress Free in 30 Seconds: A Slightly Irreverent Approach to Navigating Life's Challenges. Komodia Press, 2014. Evvy Award Winner 2014.

Publications

"Playful Being", In the Surge: Newsletter of the Moving Cycle Institute, Boulder, Co, Spring 2000.

"Play for Your Health: Renewing the Joy of Service", Care Connections: Boulder, Co, September/October 1999.

Teaching the Body to Play with Spirit: Developing a Body-Based Playshop; an un-published thesis, Naropa University, May 1997.

E-Book, Reclaiming An Adult Relationship to Play, January 2011.

Forthcoming Book, Reviving Joy in Healthcare Professionals

Professional Affiliations and Licenses

American Dance Therapy Association (ADTA), advanced registry, dance/movement therapist. Registry #904.

Licensed Professional Counselor, State of Colorado. License #2750.

Certified Sedona Method Coach

Certified Hypnotherapist and Life Between Lives Spiritual Integration Hypnotherapist.

President, Rocky Mountain Chapter of American Dance Therapy Association. 2001 thru 2003.

Member, EMDR International Association (EMDRIA)

Volunteer Coordinator, National Speakers Association, Colorado Chapter