

Cathie Helfand, MS

Formal Education

Northeast Triangle Training Program in Psychodrama and Action Leadership,

New Paltz, NY, Jonathan Fox, MA, TEP

September 1990-June 1991

Group Therapy Techniques,

New Haven, CT, Eugene Eliasoph, CISW, TEP

September 1989-June 1990

Relationship Enhancement for Couples and Families,

CORE, Doylestown, PA, Barry Ginsberg, Ph.D.

1984

University of Bridgeport, Bridgeport, CT

M.S. in Counseling and Human Resources

1979-1981

University of Connecticut, Storrs, CT

Group Dynamics Internship Program

1979-1980

Alfred University, Alfred, NY

NYS Certification in Elementary Education

1977

Ohio Wesleyan University, Delaware, OH

BA in Human Development and Family Studies

1971-1975

Work Experience

Helfand Retreats, LLC, Cabot, VT (Formerly All Seasons VT Inc. and Four Seasons Healing Inc.) Co-director and Co-therapist of all retreats and programs. Specializing in relationship issues, love and forgiveness, and career directions.

1993-Present

Corporate Quest, Cabot, VT Management / business consultations. Advancing human relationship systems within corporations and organizations. Systems analysis, team building and leadership development retreats.

1995-Present

Springfield College, St. Johnsbury, VT Adjunct Professor, "Ecology/Eco-psychology," "Family Therapy," "Holistic Healing"

2000-2001

Woodbury College, Montpelier, VT Adjunct Professor. “Addictions and the Family.” 1999

Lightgate Learning Center, Thetford, VT Co-director. Responsible for overseeing program development, bulletin preparation and publication, coordination of educational workshops and facility use, interfacing with community membership and management of volunteer staff. 1995-1997

Danbury Personal Counseling, Danbury, CT Co-founder and business manager; including hiring and training of support staff, marketing of programs, and team building. Psychotherapist specializing in career counseling, lifework planning, relationship issues, and Employee Assistance Programs. 1984-1992

ETP, Inc., Windsor, CT Employee Assistance Program (EAP) Counselor at Pitney Bowes Corporation. Provided full EAP services to 3,000 employees, including personal counseling, termination support, training, and workshops. Liaison with management and personnel. 1989-1992

Boy Scouts of America, Norwalk, CT 06851 Director of Exploring Division and Director of Career Awareness Programs. Sold program concept to businesses and organizations including Fortune 500 corporations. Recruited and supervised professional and volunteer staff. Developed and organized Safe Rides Program. 1982-1984

Danbury High School, Danbury, CT Student Internship Program Coordinator. Recruited students and community placements for non-paid credit based positions. Recruited volunteer speakers for career/ life exploration. 1981 – 1982

Danbury Youth Services, Inc., Danbury, CT Director of Youth Employment Services and Youth and Family Counselor. Developed and Directed Y.E.S. program and offered short-term therapy. Coordinated services with community agencies. 1978-1982

Hornell Area Concern for Youth, Hornell, NY Youth Counselor, working with adolescents and their families, and interfacing with the school system.