

# Israel Helfand, PhD, LMFT, CST

## Education

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| <b>Columbia Pacific University, San Rafael, CA,</b><br>Ph.D., Education and Behavioral Science.<br>Unpublished dissertation: Marital Conservation  | 1982-1984 |
| <b>University of Bridgeport,</b><br>Bridgeport, CT, M.S., Counseling and Human Resources. Internship as High School Guidance Counselor and Hypnotherapist.   | 1978-1980 |
| <b>State University of New York at New Paltz,</b><br>New Paltz, NY, B.A. Liberal Arts experiences included internships as a legislative assistant, teachers assistant and participation in outdoor and survival programs. Political Science major. | 1973-1977 |

## Major Trainings

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| <b>Northeast Triangle Training Program in Psychodrama and Action Leadership,</b><br>New Paltz, NY, Jonathan Fox, MA, TEP | September 1990-<br>June 1991 |
| <b>Group Therapy Techniques,</b><br>New Haven, CT, Eugene Eliasoph, CISW, TEP  | September 1989-<br>June 1990 |
| <b>Academy of Family Mediators, Lexington, MA</b>  | 1985-1987                    |
| <b>Relationship Enhancement for Couples and Families,</b><br>CORE, Doylestown, PA, Barry Ginsberg, Ph.D.                 | 1984                         |

## Work Experience

- Helfand Retreats, LLC, Cabot, VT,** 1993-  
(Formerly All Seasons VT Inc. and Four Seasons Healing Present  
Inc.) Director and Co-therapist of all retreats and  
programs. Originator of Marriage Quest, Sexploration,  
Soul Awakening retreats, The Teen Rites Project, and  
Applied Eco- psychology course. Clinical services have  
included: couples and sex therapy retreats and  
professional supervision.
- Corporate Quest, Cabot, VT,** 1995-2003  
Management / business consultations. Advancing  
human relationship systems within corporations and  
organizations. Systems analysis, team building and  
leadership development retreats.
- Community College of Vermont, White River  
Junction, VT** 1996  
College Instructor. Courses included Domestic Violence,  
Substance Abuse, and The Psychology of Dreams
- Danbury Personal Counseling, Danbury, CT,** 1984-1994  
Founder, Clinical Director, and Supervisor of an  
interdisciplinary staff of therapists. Administration of  
Employee Assistance Programs and Managed Health  
Care. Community outreach. Psychodramatist, supervisor  
(1991-1994): John Nolte, Ph.D., TEP.
- Men's Counseling Centers, Inc., Danbury, CT,** 1991-1993  
Co-founder and President of this non-profit organization.  
Responsibilities included program development and  
leadership, groups, workshops, weekend retreats,  
backpacking trips, and a video production called Man in  
the Making. Co-therapist, supervisor: Ari Kopolow, MD.

## Licensures/Certifications

<b>Vermont Marriage and Family Therapist,</b> License Number #100-0000005	1995-Present
<b>American Association of Marriage &amp; Family Therapists,</b> Clinical Member	1984-Present
<b>American Association of Sex Educators, Counselors, and Therapists</b> Certified Sex Therapist	2008-Present
<b>Connecticut Marriage and Family Therapist,</b> License Number #000189	1984-1996
<b>New Hampshire Marriage and Family Therapist,</b> License Number #10	1994-1999
<b>New York State Licensed Wilderness Guide</b>	1992-1996
<b>Nationally Certified Wilderness First Responder</b>	1992-1998
<b>Academy of Family Mediators</b> Senior Member Practitioner	1985-1987
<b>American Council of Hypnotist Examiners</b>	February 1982
<b>North American Professional Hypnotherapeutic Association</b> Certified Hypnotherapist	December 1981

## Professional Affiliations

<b>American Association of Marriage &amp; Family Therapists, Clinical Member</b>	1984-Present
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<b>American Association of Sex Educators, Counselors, and Therapists</b>	2006-Present
Certified Professional Member	2008-Present
Member	2006-2008
<b>American Counseling Association</b>	1978-1995
<b>American Mental Health Counselors Association</b>	1978-1982
<b>Association for Specialists in Group Work</b>	1992-1995
<b>American Society of Group Psychotherapy &amp; Psychodrama</b>	1990-1995
<b>Employee Assistance Professional Association, Inc.</b>	1981-1985
<b>Employee Assistance Society of North America</b>	1989-1993
<b>Academy of Family Mediators</b>	1985-1993
Senior Member	1987-1993
Practitioner Member	1985-1987
<b>Association to Advance Ethical Hypnosis</b>	1981-1985
<b>Wilderness Guides Council</b>	1997-2007