

REBECCA M. RIDGE PH.D, TEP

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REGISTERED PSYCHOLOGIST • MEMBER COLLEGE OF HEALTH PSYCHOLOGISTS APS
TRAINER, EDUCATOR PRACTITIONER IN PSYCHODRAMA, GROUP PSYCHOTHERAPY, SOCIOMETRY
REMEDIAL MASSAGE THERAPIST • EDUCATOR

EDUCATION

- **Doctor of Philosophy in Interdisciplinary Studies with concentration in Somatic Therapies and Psychodrama**, Union Institute and University, Cincinnati, OH, USA, 2007
- **Master of Arts in Rehabilitation Counselling**, University of South Florida, Tampa, FL, USA, 1997
- **Bachelor of Arts in Women's Studies and Child Psychology**, University of Minnesota, Twin Cities, MN, USA, 1975
- **Diploma of Remedial Massage**, New School of Natural Healing Arts, Tampa, FL, USA, 1981

CERTIFICATION AND LICENSURE

- Trainer, Educator, Practitioner of Psychodrama, Group Psychotherapy, and Sociodrama, 1,500 training/supervision hours, 1987 to present; certified by American Board of Examiners, 1998.
- CranioSacral Therapy Diploma, Dr. John Upledger DO, Upledger Institute, West Palm Beach, FL, USA, 1993.
- Certificate IV in Assessment and Workplace Training BSZ40198, certified by NSW Vocational Education and Training Board, Australia.
 - Equivalent to "Train the Trainer" Teaching Certificate for conducting, reviewing assessing, planning, promoting, and delivering training-education programs; accredited to teach in any VETAB Training Institutions in Australia.
- Licensed Massage Therapist, Florida, USA, 1981 to present; Licensed by Florida Board of Massage and accredited by Australia Traditional Medicine Society.
- Infant Massage Instructor Certificate and Registration, International Association of Infant Massage, since 1984.

ACADEMIC ~ TEACHING ~ TRAINING EXPERIENCE

Educator/Lecturer, *Nature Care College*, Sydney Australia, 1989 to present

- Teach Holistic Counselling for the Health Care Professional.
- Wrote and developed Holistic Counselling 2 course for naturopathic students.
- Developed diploma course in reflexology.
- Co-wrote and participated in developing first-year course in holistic counselling.
- Developed courses in positional release; baby massage; guided imagery and relaxation workshops. Lectures and trains students in these areas.

Trainer, Educator, Practitioner in Psychodrama and Group Psychotherapy, *Accredited by American Board of Examiners in Group Psychotherapy, Psychodrama and Sociometry, Accredited Trainer in US, Primarily Private Practice*, Sydney Australia, and Twin Cities, MN, USA, 1996 to present

- Facilitate ongoing workshops and training groups for professionals in group-therapy skills and psychodrama, incorporating bodywork, guided imagery, creative and expressive arts, and psychodrama for healing and transformation.
- Provide therapy groups for specific populations:
 - Women's Personal Development
 - Women Who Run With the Wolves
 - Recovery and Repair From Childhood Trauma and Abuse
 - Rebuilding the Body of Trust
 - Composing a Life
 - Reweaving the Threads
 - Healing the Courageous Heart
 - Body Alchemy
 - Enlivening the Body, Mending the Mind

International Lecturer/Facilitator, *Recovery and Healing from Incest Program (RAHI)*, New Delhi, Calcutta, and Bombay, India, Oct. to Dec. 2000

- Taught six weeks of psychodrama and group psychotherapy to professionals who work with survivors of trauma and abuse in program sponsored by the Ford and MacArthur foundations.

International Lecturer, *Upledger Institute*, West Palm Beach, FL, USA, 1994 to present

- Lecture on SomatoEmotional Release therapy. USA, Australia, New Zealand, Asia, Internationally. etc.
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Postnatal Care Educator, *Sydney Baby Health Clinics*, Sydney, Australia, 1989 to 1995

- Taught ongoing infant-massage courses and stress management for new mothers.

Dean of Students, *New School of Natural Healing Arts*, Tampa, FL, USA, 1985 to 1987

- Developed curriculum for remedial massage program and prepared students for state board exams.
- Lectured in remedial massage techniques and reflexology.

Workshop Leader, *The New School of Natural Healing Arts*, Tampa, FL, USA, 1986 to 1988

- Led workshops in guided imagery and relaxation, nutrition and colonic irrigation, and reflexology.

Infant Massage Instructor, *Nature Care College*, Sydney Australia, 1998 to present

Childbirth Educator and Counsellor, *Alpha House Residence*, Tampa, FL, USA, 1982 to 1986

- Served as birth coach and counsellor for pregnant, single teen mothers.

Women's Support Group Facilitator, *The Hyde Park Wellness Centre*, Tampa FL, USA, 1982 to 1989

- Led spiritual development and leadership training.

Instructor, *Corporate Wellness Program, Honeywell Co. and Medtronics Co.*, Minneapolis, MN, USA, 1978 to 1980

High School Teacher, Special Education, *Crossroads School*, Johannesburg, South Africa, 1977 to 1978

- Developed curriculum for children with learning and emotional disabilities.

COURSES DEVELOPED

- Developed Salvo Care "Bereaved by Suicide" and "Grief and Loss" support group programs and taught specialized counselling skills to staff, 1990 to 1995.

PROFESSIONAL EXPERIENCE

Registered Psychologist, *NSW Psychologist's Registration Board, Australia, Private Practice, Sydney, Australia, 1992 to Present. Member of Australian Psychology Society. Member of College of Health Psychologists.*

- As psychotherapist, specialize in individual, couples, and family therapy.
- Work with relationship issues, bereavement and loss, life transitions, trauma, and abuse, health related issues affecting body-mind and relationships.
- Supervise students and therapists.

Accredited Supervisor, *NSW Psychologist's Registration Board, Australia, and American Society of Group Psychotherapy and Psychodrama, US, Sydney, Australia, 1993 to present*

- Supervise students applying for registration as psychologists.
- Provide professional supervision for therapists working with groups or individuals.

Bereavement and Grief Counsellor, *Salvo Care Crisis Centre, Salvation Army, Sydney Australia, 1989 to 1995*

- Developed support groups and trained facilitators in “Bereaved by Suicide” and “Grief and Loss” programs.

Founding Partner/Director, *Hyde Park Wellness Centre, Tampa, FL, USA, 1984 to 1990*

- Established professional health centre to provide therapeutic massage, counseling, and wellness programs.

Director, *The Healing Arts Conference of Tampa Bay, Tampa, FL, USA, 1985 to 1987*

- Developed and co-ordinated annual professional conference that involved 50 presenters from healthcare community at large, including MDs, nurses, psychologists, and creative and expressive arts therapists.
- Ensured that conference built links among various healing modalities and the arts as therapy, along with providing a unique community educational experience for 500 attendees.

Group Facilitator for Grief and Bereavement, *The Life Centre, Tampa FL, USA, 1986 to 1988*

- Facilitated support groups and individual counselling for persons with life-threatening diseases and those grieving the loss of a loved one.

Remedial Massage Therapist, *Private Practice, Sydney, Australia; Minneapolis MN, USA; and Tampa FL, USA, 1981 to Present*

- Provide body-oriented therapies, including CranioSacral therapy, reflexology, positional release, guided imagery, accupressure, psychosynthesis, and process-oriented psychotherapy.

Recreational Specialist, *Minneapolis Park and Recreation Board, Minneapolis, MN, USA, 1972 to 1980*

- Served as arts-and-crafts therapist, as well as parenting and youth-groups educator, and community-events programmer.

CONTINUING-EDUCATION PROGRAMS AND CERTIFICATES

- Shiatsu Certificate, Nature Care College, Sydney, Australia, accredited by Australia Traditional Medicine Society, 1999.
- Body Mind Centering, Bonnie Bainbridge Cohen, 1989.
- JinShin Do Certificate, Suncoast School of Massage, Tampa, FL, USA, 1987.
- Osteopathic Techniques for the Body, Dr. Seldon Nelson, DO, 1986.
- Psychosynthesis Training, Dr. Harry Sloan and Poldi Orlando, PhD, 1985.

PUBLICATIONS

- Ridge, Rebecca. *The body alchemy of psychodrama*, to be published 2008
- Ridge, Rebecca. "Psychodrama Training Manual," Sydney, Australia, 2000.
- Ridge, Rebecca. "Positional Release Handbook," Sydney, Australia, 1993.
- Weber, Marcea, and Ridge, Rebecca. "Natural Health and Healing for Children," Simon and Schuster, 1992

PRESENTATIONS

- "Rebuilding the Body of Trust," *Third World Congress for the International Society for Traumatic Stress Studies*, Melbourne, Australia, March 2000.
- "Soul Retrieval," *National Suicide Prevention Association Conference*, Sydney, Australia, April 2001. Presented workshop and facilitated groups.
- Psychodrama presentations, *various Australia and New Zealand Psychodrama Association (ANZPA) conferences*, 1998 to 2008.
- Psychodrama presentations, ASGPP, American Society of Group Psychotherapy and Psychodrama National conference 2002-2008.
- USA Body Psychotherapy Conference, "The Roots of Trust" 2005.
- Hakomi Conference, "The Magic of Relationship" 2005.

RESEARCH INTERESTS

- The interface among somatic therapies, psychology, and group psychotherapy, including psychodrama.
- Affective neuroscience and communication with the body mind: How the nervous system's early attachment and bonding experiences impact the emotional realm of the client.

PROFESSIONAL AFFILIATIONS

- Full Member, Australian Psychological Association, No. 101378
- Full Member, College of Health Psychologists, No. 101378 MAPS
- Member, National Association of Grief and Loss
- Member, American Society for Group Psychotherapy and Psychodrama
- Member, Australian and New Zealand Psychodrama Association
- Member, Australian Traditional Medicine Society, No. 2839
- Member, Networking for Exploring Creativity in Therapy through the Arts (NECTA) of Australia
- Member, National Suicide Prevention Association

PERSONAL DATA

Country and Place of Birth: Minneapolis, Minnesota, USA

Interests: Dance, yoga, golf, bushwalking, camping, and traveling

Marital Status: Married with two stepsons and two step grandchildren

Present Citizenship: Australia and USA