

TODD J. SCHMENK

PROFESSIONAL SUMMARY

Licensed Mental Health Counselor with 18 years of experience in the mental & behavioral health field helping patients work through chronic health, anxiety, and adjustment issues.

Adept in using Acceptance and Commitment Therapy (ACT), Solution-Focused Brief Therapy (SFBT), and advanced Integral Psychotherapy (IP) methodologies to facilitate client awareness and psychological flexibility driven by values-based, client-centered, and solution-focused strategies. Proven record in delivering effective outcomes in individual and couples therapy.

Dynamic public speaker with more than 25 years expertise educating various populations (both public and professional) on mental health and wellness topics utilizing enthusiasm, story-telling and technology in delivering memorable speeches and presentations that engage audiences.

LICENSE & CERTIFICATION

- Licensed Mental Health Counselor (RI MHC00773)
- Certified Integral Therapist

EDUCATION

Master of Science, Clinical Mental Health Counseling, 05/2015

Walden University - Minneapolis, MN

Thesis: "Application of Integral Theory to Therapeutic Orientation"

Advisor: Tim Leverone, LMHC

Master Of Education, Community Health Education, 06/1998

Cleveland State University - Cleveland, OH

- Member of Eta Sigma Gamma, Health Education Honorary
- Thesis: " The Effects of Television Programming on Children in Hospital Setting"
- Advisor: Jill Black, Ph.D.

Bachelor of Arts, Sociology/History, 05/1995

University Of South Carolina - Conway, SC

ADVANCED TRAINING

- Acceptance and Commitment Therapy Bootcamp with Steve Hayes, Ph.D., Kelly Wilson, Ph.D., and Robyn Walser, Ph.D. Oakland, CA



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Warwick, RI 02888



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LINKS

- <https://www.aqaltherapies.com/>
- <https://www.wellnesstalks.org/>
- <https://www.acturgently.com/>
- <http://rhodeislandact.com/>
- <https://www.toddschmenk.com/>

SKILLS

- Specialized Training in Anxiety Management
- Relationship Issues Management
- Chronic Illness Management
- Acceptance and Commitment Therapy
- Health Education & Promotion
- Public Speaking
- Community Mental Health Programs
- Licensed Clinical Mental Health Counselor
- Clinical Supervision
- ACT Trainer

- Focused Acceptance and Commitment Therapy training with Kirk Stroschal, Ph.D. and Patrica Robinson, Ph.D. Praxis
- Acceptance and Commitment Therapy Immersion with Steven Hayes, Ph.D. Praxis
- Certified Integral Therapy Program (CIT) with Mark Forman, Ph.D. CIT Program
- Acceptance and Commitment Therapy for Anxiety Disorders, CE-Credit.com
- Acceptance and Commitment Therapy, Introduction, NBCC
- Using Acceptance Commitment Therapy as an Initial Intervention, Aldo Morales, MD
- DBT, Chain Analysis, Behavioral Tech, Seattle, WA
- The Interpersonal Neurobiology of the Developing Mind, Mindsight Institute, Santa Monica, CA
- Introduction to the Hakomi Method, The Hakomi Institute
- Self-Disclosure and Its Impact on Individuals Who Receive Mental Health Services, Department of Health and Human Services
- The Art of Sex Therapy, NBCC
- Solution Focused Therapy for Couples, Vyne Education
- Essential Integral, Core Integral
- Advanced Integral, Core Integral

PRESENTATIONS/LECTURES

2023

- "*Thriving with Anxiety*" a self-care presentation, Norton YMCA, Norton, MA
- "*The ACT Experience*", New England Wellness Collaborative, Providence, RI
- "*The ACT Experience*" Live broadcast national training, Trusted Provider Network, New Orleans, LA
- "*Implementing the Focused Acceptance and Commitment Therapy Group Format*" Internship training program in collaboration with Rhode Island College. Providence, RI
- "*The ACT Experience*" Lecture, Rhode Island College

2022

- "*The ACT Experience*" Rhode Island Mental Health Association, Warwick, RI
- "*Implementing the Focused Acceptance and Commitment Therapy Group Format*" Internship training program in collaboration with Rhode Island College. Providence, RI
- "*The ACT Experience*" Lecture, Rhode Island College

2020

- "*Team Positive, How to Build Support for Someone Coping with Chronic Illness*", Livestream, ARIA
- "*Team Positive, How to Build Support for Someone Coping with Chronic Illness*", Breakout session, ARIA Conference, Warwick, RI

2019

- "*Team Positive, How to support someone dealing with a chronic illness*", Cumberland Library, Cumberland, RI
- "*An Integral Approach to Connecting to Clients: Building Rapport, Increasing Efficiency*", RIMHCA presentation. Warwick, RI
- "Professional Pathways After Licensure," RIMHCA, Rhode Island College, Providence, RI

- "Understanding ADHD and Anxiety", CHADD. RI Chapter, Bradley Hospital, East Providence, RI
- "What to Expect for a Mental Health Counseling Session," The Chris Gorman Show. National Broadcast Radio. New York, NY
- "Utilizing the Integral Framework for Treatment," Integrative Health Conference, Exeter, RI
- "Support Tools for Anxiety," Moving Beyond Anxiety Support Group, Providence, RI
- "ACT Mindfully. An Introduction to Mindfulness", 4-week presentation and class. AQAL Therapies Inc, Providence, RI

2018

- "*Living with ADHD and Those Who Have It*", CHADD. RI Chapter, Bradley Hospital, East Providence, RI
- "*ACT Mindfully. An Introduction to Mindfulness*", 4-week presentation and class. AQAL Therapies Inc, Providence, RI
- "*The Independent Therapist*," Mental Health Counseling Program. Johnson and Whales University, Providence, RI
- "*Introduction to ACT*" Bay Coast Behavioral, Fall River, MA

2017

- "*Understanding the Nine Worldviews*", the iXperiment, wellness workshop, Hope Valley, RI
- "Mindfulness for the Performer: Liquid Yoga," Brown University, Providence, RI

2016

- "*An Integral Approach to Connecting to Clients: Building Rapport, Increasing Efficiency*", Summit for Clinical Excellence: Mindfulness, Meditation, and Addiction - Warwick, RI
- "Understanding the Nine Worldviews", Bay Coast Behavioral, Fall River, MA
- "Living an Active Lifestyle," Taunton Rotary Club, Taunton, MA

2015

- "*An Integral Approach to Connecting to Clients: Building Rapport, Increasing Efficiency*", Bay Coast Behavioral, Fall River, MA
- "Mindfulness for Those Dealing with Anxiety," Butler Hospital, Providence, RI

2014

- "*An Integral Approach to Connecting to Clients: Building Rapport, Increasing Efficiency*", International Association of Professional Personal Chefs
- "*An ABA Approach to Working with the Difficult Child*", Northeast Behavioral Associates, Dartmouth, MA

2013

- "*An Introduction to DBT for Clinicians*", Blackstone Behavioral Health, Dartmouth, MA

2012

- "*Know Your Numbers, Bio-metrics Screening Presentation*", UNFI, Gilroy, CA; Aurora, CO; York, PA; Lancaster, TX, Ridgefield, WA; Prescott, WI; Sturtevant, WI; Cleveland, OH; Charleston, SC; Bethesda, MD; Philadelphia, PA; Austin, TX; Phoenix, AZ; 100+ other sites.
- "*Break the Habit, Smoking Cessation Presentation*", Whole Foods, Phoenix, AZ; Tempe, AZ; Monterey, CA; Sebastopol, CA; Fort Myers, FL; Austin, TX; Bellevue, WA 98004; Redmond, WA; Seattle, WA;

2011

- "*Addressing the Stress*", Langley Research Center, Hampton, VA

- *"Know Your Numbers, Bio-metrics Screening Presentation"*; The Children's Place, Studio City, CA; JP Morgan Chase, Chicago, IL; Arizona Steel, Chandler, AZ; NASA, AMES Laboratories, Ames, IA, Jet Propulsion Laboratory, Pasadena, CA, NASA, Washington, DC; 75+ other sites.

WORK HISTORY

Mental Health Counselor, 07/2015 - Current

AQAL Therapies Inc, Cranston, RI

- Owner and president of independent private group practice that provides assessment and case management of mental health and wellness services with specific focus on chronic health conditions, anxiety disorders, and couples counseling
- Developed ACT psychoeducational and process therapy groups to improve clients' level of functioning.
- Developed and maintained online support resources for clients and public with over 250+ videos, podcasts, worksheets and articles on variety of best practice concepts
- Clinical supervision with interns and licensed team members on development of appropriate case plans meeting individual client needs
- Designed and implemented clinical intern development, supervision and management model, resulting in graduation and licensing.
- Spearheaded and implemented new projects to expand scope of engagement.

Behavioral Management Therapist, 04/2015 - 04/2016

Bay Coast Behavioral, Fall River, MA

- Part of interdisciplinary team that provided assessment and case management for children and their families in need of mental health and behavioral services
- Supervised immediate team members, proper documentation and review, and collaborated with various outpatient community outreach services to ensure continuity of care in meeting client needs
- Presented a variety of training topics for the therapeutic staff at the organizational training meetings
- Proactively identified and solved complex problems impacting operations management and business direction
- Trained newly hired employees by explaining job responsibilities and overseeing task prioritization
- Managed a weekly caseload of 25 to 30 clients and their respective treatment plans

Behavior Therapist, 05/2012 - 04/2015

Northeast Behavioral Associates, North Dartmouth, MA

- Part of interdisciplinary team that provides assessment and case management for children and their families in need within a home based family setting of mental health and behavioral services

- Presented a variety of training topics for the therapeutic staff at the organizational training meetings
- Collaborated with various outpatient community outreach services to support clients with transitions
- Documented client behavior and interventions attempted and collected and reported data using approved format, methods and forms.

Health Education Specialist, 03/2012 - 04/2015

The Therapy Collaborative, Providence, RI

- Part of a collaborative that provided assessment and case management for consumers in need of health and wellness services.
- Specific focus on chronic health conditions, weight-loss, and anxiety disorders thru psycho-educational and behavioral approaches.
- Created multimedia presentations including video and worksheets for enhanced understanding.

Senior Consultant / Director Of Client Services, 09/2007 - 03/2012

Provant Health Solutions

- Progressed through a series of promotions, culminating in responsibility for the coordination of client services and the delivery of behavior modification and education programs.
- Supervised a team of 121 regional managers, health coaches, group facilitators and direct-care staff.
- Developed interdepartmental training program dedicated to ensuring the highest level of product development and service delivery.
- Researched, developed and implemented the Learning Management System (LMS) for the administration of all company training programs and online coursework.
- Managed QA and risk reduction initiatives to ensure compliance with company and NCQA (National Committee for Quality Assurance (Wellness and Health Promotion) for over 7000 employees.
- Over 5000+ hours of direct health behavior modification and guidance with individuals in the delivery of health promotion and wellness services both on site and via telephonic/online.

Center Director/Health Coach, 09/2005 - 09/2007

First Step Health Education And Wellness Center

- Provided professional and operational vision and expertise to the development of a behavior modification oriented company model utilizing best practice, results driven models.
- Advised clients in group and individual settings on behavioral modification strategies for implementing and improving healthy lifestyle habits, managing a case load of 46 clients
- Lead the successful reformulation of all company branding, presentations, and company policies.
- Restructured staff to include licensed/certified health, fitness and nutrition counselors.

Health Education Specialist/Program Manager, 09/2000 - 09/2005
York City Bureau Of Health

- Designed, implemented, and evaluated health education and promotion programs for the Centers for Disease Control and Prevention and the Pennsylvania Department of Health's osteoporosis, physical activity, nutrition, and cardiovascular grant (OPANAC) through the York City Bureau of Health.
- Created and maintained multiple social marketing campaigns including monthly promotional newsletters, poster campaigns, e-mail, and websites dealing with various health topics and activities.
- Developed, presented, and/or coordinated behavior modification classes to address issues such as weight and stress management, nutrition, bone and heart health, woman and child health, as well as walking, aerobics, strength training and dance as exercise.
- Authored and managed a five year, \$516,000 federal/state grant allocating funds to appropriate resources such as marketing, rent, insurance, payroll, equipment purchases, contracts, facility and technical maintenance and other expenditures.
- Developed and maintained relationships with organizational staff, educational services, department directors, state and local community agencies, and others in order to obtain needs based information.
- Founding member and officer of the Pennsylvania Osteoporosis Coalition, a group dedicated to building a safer, stronger bone healthy community through education and advocacy.

Patient Educator, 06/1999 - 08/2000
Lee Silsby Compounding Pharmacy

Elementary School Teacher, 08/1998 - 06/1999
St. Adalbert's Elementary

Health Education Specialist, 09/1996 - 08/1998
The Health Museum Of Cleveland

AWARDS

- Sustainable Health Program Award, 2005 National Institute of Health, Cardiovascular Prevention Program.
- Innovative Health Promotion Program of the Year 2005, Centers for Disease Control and Prevention, 5-a-Day Initiative.
- Eta Sigma Gamma 1998 Health Education Honorary for those with a GPA higher than 3.5.
- James Madison Society 1995 Honors group addressing ethical issues in the fields of sociology and politics.

INTERNSHIPS

6/2013 - 5/2015 **Blackstone Behavioral Health, Dartmouth, MA**

- Conduct intakes and assessments with clients
- Engaged in active learning about emotional, behavioral, and physical symptoms of illnesses specifically as depression, bipolar

disorder, anxiety disorders, RAD, OCD and personality disorders.

- Conducted case management for consistent 12 individual patient, 5 couples and 2 family caseloads.
- Designed and implemented group therapy program for the parents of children with disruptive behaviors (10 clients).

9/1996 - 6/1998 **Cleveland Clinic Foundation - Cleveland, OH**

- Provided patient education for a variety of health conditions.

3/1998 to 7/1998 **Cleveland Free Clinic - Cleveland, OH**

- HIV/AIDS testing and counseling

AFFILIATIONS

- American Counseling Association
- Association for Contextual Behavioral Science
- Rhode Island Mental Health Counseling Association - Board Member
- Integral Institute

REFERENCES

Martha Powers, LICSW
1 Richmond Sq Ste 148E
Providence, RI 02906
(401) 837-1800

James T. Leverone, LMHC
333 Union St
New Bedford, Massachusetts 02740
(508) 882-7223 x17

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