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Todd J. Schmenk

Professional Summary

Licensed Mental Health Counselor with 22 years of experience in the mental & behavioral health field helping patients work through chronic health, anxiety, relationship, 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 emotional flexibility driven by values-based, client-centered, and process-focused strategies.

Dynamic public speaker with more than 20 years expertise educating various populations (both public and professional) on mental health and wellness topics utilizing enthusiasm, storytelling, and technology in delivering memorable speeches and presentations that engage audiences.

Presentations/Lectures

2022

- "Implementing the Focused Acceptance and Commitment Therapy Group Format" Internship training program in collaboration with Rhode Island College. Providence, RI

2019

- "An Integral Approach to Connecting to Clients: Building Rapport, Increasing Efficiency", RIMHCA presentation. Warwick, 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

2017

- "Understanding the Nine Worldviews", the iXperiment, wellness workshop, Hope Valley, 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

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- aqaltherapies.com
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Skills

- Anxiety Disorder Focus
- Chronic Illness Management Focus
- Couples Communication Focus
- Acceptance and Commitment Therapy
- Integral Psychotherapy
- Health Education & Promotion
- Adept ACT Practitioner and Trainer
- Strong Public Speaker

Education

Walden University, May 2015

Minneapolis, MN

Master of Science:

Clinical Mental Health Counseling

Thesis: "Application of Integral Theory to Therapeutic Orientation"

Advisor: Tim Leverone, LMHC

Cleveland State University, May 1998

Cleveland, OH

Master Of Education:

Community Health Education

- Thesis: "The Effects of Television

Programming on Children in Hospital Setting"

- Advisor: Jill Black, Ph.D.

University Of South Carolina, May 1995

Conway, SC

Bachelor of Arts: Sociology/History

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

2015

- "An Integral Approach to Connecting to Clients: Building Rapport, Increasing Efficiency", Bay Coast Behavioral, Fall River, MA

2013

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

2012

- "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

Work History

AQAL Therapies Inc - Mental Health Counselor

Providence, RI

07/2015 - Current

- Owner and president of an independent private practice that provides assessment and case management for individuals in need of mental health and wellness services with a specific focus on chronic health conditions, anxiety disorders, and couples counseling.
- Designed and implemented mindfulness skills group benefiting patients ages 21 to 65, focused on enhancing coping mechanisms, mindfulness skills and values-based living.
- Created online resource (www.wellnesstalks.org) for clients and public with over 250+ videos, podcasts, worksheets, and articles on a variety of best practice concepts.
- Collaborate closely with interdisciplinary team members on development of appropriate case plans meeting individual client needs.

Bay Coast Behavioral - Behavioral Management Therapist

Fall River, MA

04/2015 - 04/2016

- Part of interdisciplinary team that provided assessment and case management for children and their families.
- Supervised immediate team members collaborated with various outpatient community outreach services for continuity of care.
- Presented a variety of training topics for the therapeutic staff at the organizational training meetings.

License & Certification

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

Advanced Training

- *Acceptance and Commitment Therapy Bootcamp* with Steve Hayes, Ph.D., Kelly Wilson, Ph.D., and Robyn Walser, Ph.D. Oakland, CA, in person training.
- *Focused Acceptance and Commitment Therapy* training with Kirk Stroschal, Ph.D. and Patrica Robinson, Ph.D. Online mixed format program. 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

Northeast Behavioral Associates - Behavior Therapist

N. Dartmouth, MA

05/2012 - 04/2015

- 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.

The Therapy Collaborative - Health Education Specialist

Providence, RI

03/2012 - 04/2015

- 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.

Provant Health Solutions - Senior Consultant / Director of Client Services

East Greenwich, RI

09/2007 - 03/2012

- 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.
- 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.

First Step Health Education and Wellness Center - Center Director/Health Coach

Bristol, RI

2006 - 08/2007

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.

Affiliations

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

- 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.

Blue Cross & Blue Shield Of Rhode Island - Senior Program Manager

Providence, RI

10/2005 - 01/2006

- Served on a team appointed to design new products and services specifically intended for health promotion and wellness initiatives for client requests.
- Completed the quality assurance and beta testing for company's online health and wellness assessment portal ensuring spring delivery.
- Derived conceptual designs from business objectives to deliver according to specifications for usability, performance and functionality.

York City Bureau of Health - Health Education Specialist/Program Manager

York, PA

09/2000 - 09/2005

- 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.

Lee Silsby Compounding Pharmacy - Patient Educator

Cleveland Heights, OH

06/1999 - 08/2000

- Worked with a patient base of 40 individuals on average dealing with issues surrounding menopause, cancer, and pain management.
- Organized community outreach seminars bringing in several local doctors to speak on topics that were in alignment with pharmacy services.

St. Adalbert's Elementary - Elementary School Teacher

Cleveland, OH

08/1998 - 06/1999

- Taught all subjects with a class size of 26 boys
- Created and conducted sleep study in collaboration with the Cleveland Clinic in identifying the effect of sleep habits of elementary children and the effects on their eating habits and school performance.

The Health Museum of Cleveland - Health Education Specialist

Cleveland, OH

09/1996 - 08/1998

- Served on the education team as an instructor for various health oriented classes for visiting school children ages 8 – 18.

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

References

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