

# T O D D S C H M E N K

CLINICAL MENTAL HEALTH COUNSELOR - SUPERVISOR - EDUCATOR

## CONTACT

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- 🌐 Todd Schmenk, LMHC

## SKILLS

### PROFESSIONAL

- Acceptance and Commitment Therapy (ACT)
- Process Based Therapy (PBT)
- Solution Focused Brief Therapy (SFBT)
- Anxiety Management
- Couples Counseling
- Chronic Illness Management
- Health Education & Promotion
- Public Speaking
- Clinical Supervision
- ACT Trainer/Speaker

## EDUCATION

### MASTER OF SCIENCE

Clinical Mental Health Counseling  
Walden University  
2012 - 2015

### MASTER OF EDUCATION

Public Health  
Cleveland State University  
1996 - 1998

## PROFILE

Experienced Licensed Mental Health Counselor with 26 years of expertise in public health and mental and behavioral health. Skilled in process-based therapeutic approaches aimed at enhancing self-awareness and psychological flexibility, ensuring effective outcomes in clinical and supervisory settings. A dynamic public speaker for over 24 years, adept at educating diverse audiences on mental health and wellness topics. Integrates enthusiasm, storytelling, and technology to deliver engaging speeches and presentations that resonate with both public and professional audiences, fostering impactful learning experiences.

## ADVANCED TRAINING

- **TLC Consultation Services**  
Robyn Walser, Ph.D (direct ACT consultation services) (2024)
- **Acceptance and Commitment Therapy Bootcamp**  
Steve Hayes, Ph.D., Kelly Wilson, Ph.D., and Robyn Walser, Ph.D. Oakland, CA (2023)
- **An Introduction to Relational Frame Theory**  
Foxy Learning, Olympia, WA (2022)
- **Focused Acceptance and Commitment Therapy**  
Kirk Stroschal, Ph.D. and Patrica Robinson, Ph.D. Praxis (2021)
- **Acceptance and Commitment Therapy Immersion**  
Steven Hayes, Ph.D. Praxis, (2020)
- **Certified Integral Therapy Program (CIT)**  
with Mark Forman, Ph.D. CIT Program, San Francisco, CA (2019)
- **Acceptance and Commitment Therapy for Anxiety Disorders**  
CECredit.com (2018)
- **Acceptance and Commitment Therapy, Introduction**  
NBCC (2017)
- **Using ACT as an Initial Intervention**  
Centers of Addiction Treatment, Aldo Morales, MD, Taunton, MA (2016)
- **DBT, Chain Analysis**  
Behavioral Tech, Seattle, WA (2016)
- **The Interpersonal Neurobiology of the Developing Mind,**  
Mindsight Institute, Santa Monica, CA (2016)
- **Introduction to the Hakomi Method**  
The Hakomi Institute, Bristol, RI (2015)
- **The Art of Sex Therapy,**  
NBCC, (2015)
- **Solution Focused Therapy for Couples,**  
Vyne Education, Providence, RI (2015)

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## LICENSE & CERTIFICATION

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

## SKILLS

### TECHNICAL

- Microsoft Word
- Microsoft Excel
- Google Docs
- Google Slides
- Video Production
- Website Design
- Project Planning
- Business Management

## INTERNSHIPS

### PATIENT EDUCATION INTERN

Cleveland Clinic Foundation/  
1996-1998

### COUNSELOR INTERN

Blackstone Behavioral/ 2013-14

## AWARDS

### SUSTAINABLE HEALTH PROGRAM AWARD

National Institute of Health / 2005

### INNOVATIVE HEALTH PROMOTION PROGRAM AWARD

Centers for Disease Control and Prevention / 2005

### 3 BEST MARRIAGE COUNSELOR AWARD

Providence, Three Best Rated in Providence, RI / 2017 - 2023

## PROFESSIONAL EXPERIENCE

### GROUP FACILITATOR

ACT Peer Process Group | 2022 - Present

- Founder and facilitator of Rhode Island ACT, an ongoing didactic and experiential training group based on the Portland Model, which allows for clinicians to practice in depth engagement with the six basic processes of ACT to increase competency.

### INTERN SUPERVISOR

Site: AQAL Therapies | 2021 - Present

Contracted with Rhode Island College and Johnson and Wales University to provide the following main objectives:

- **Skill Development & Case Consultation:** Interns practice counseling skills and receive guidance on complex cases and ethical issues, fostering critical thinking.
- **Professional Growth & Mindfulness Integration:** Supporting interns' integration of theory and practice, emphasizing mindfulness for self-awareness and ethical adherence.
- **Values Exploration & Experiential Learning:** Clarifying personal values, interns apply therapeutic techniques through hands-on exercises, promoting authenticity and confidence.
- Approach based on the Integrative Developmental Model, the SHAPE Framework for Contextual Behavioural Supervision, and the next evolution of this called the SEED Model of ACT Supervision.

### RHODE ISLAND MENTAL HEALTH COUNSELORS ASSOCIATION

Rhode Island Mental Health Counselors Association | 2017 - Present

- Appointed to the treasurer position on the board in 2019
- Website design and social networking responsibilities
- Designated speaker for organization and community events

## PRESENTATIONS / LECTURES

2024

- **"The ACT Experience"**  
Integrative Medicine Conference, Narragansett, RI
- **"ACT for Couples"**  
Rhode Island Marriage and Family Therapy Association, Warwick, RI
- **"ACT In Action: A Deeper Dive"**  
Rhode Island Mental Health Counseling Association, Warwick, RI

2023

- **"The ACT Experience"**  
New England Wellness Collaborative, Providence, RI
- **"The ACT Experience"**  
Live broadcast national training, Trusted Provider Network, New Orleans, LA
- **"Implementing Focused Acceptance and Commitment Therapy Group Formats"**  
Internship training program in collaboration with Rhode Island College. Providence, RI
- **"The ACT Experience"**  
Lecture, Rhode Island College
- **"The ACT Experience"**  
Lecture, Johnson and Wales University

## WORKS

### **Team Positive: How to Support Someone Dealing with a Chronic Illness**

AQAL Publishing / 2019

### **AQAL Supervision Handguide**

AQAL Publishing / 2023

## SELF DIRECTED LEARNING

- **Process-Based Therapy**  
Stefan G. Hoffman, PhD, Steven C. Hayes, PhD, David Lorscheid
- **ACT for Chronic Pain**  
JoAnne C. Dahl, Kelly G. Wilson, Carmen Luciano, Steven C. Hayes
- **Metaphor in Practice: A Professional's Guide to Using the Science of Language in Psychotherapy.**  
Niklas Torneke, MD
- **The Heart of ACT**  
Robyn Walser, PhD
- **What Makes You Stronger**  
Louise L. Hayes, PhD, Joseph V. Ciaarochi, PhD, Ann Bailey, PsyD
- **Real Behavioral Change in Primary Care**  
Patricia Robinson, PhD, Robyn Walser, PhD, Debra A. Gould, MD, MPH, Kirk Strosahl, PhD
- **Learning RFT**  
Niklas Torneke, MD, Steve C. Hayes, PhD, Dermot Barnes-Holmes, PhD
- **ACT for Couples**  
Lev PsyD, Avigail, McKay PhD, Matthew, Walser PhD, Robyn D
- **ACT in Practice**  
Patricia A. Bach, Ph.D., Daniel J. Moran, Ph.d
- **SEED: An ACT Supervision Model**  
Sally Bradley, Jim Lucas
- **Acceptance and Commitment Therapy for Couples**  
Lev PsyD, Avigail, McKay PhD, Matthew, Walser PhD, Robyn D., Context Press

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2022

- **"The ACT Experience"**  
Rhode Island Mental Health Association, Warwick, RI
- **"Implementing Focused Acceptance and Commitment Therapy Group Formats"**  
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 ClientsEfficiency",**  
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

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

2013-2017

- **"Mindfulness for the Performer: Liquid Yoga,"**  
Brown University, Providence, RI
- **" An Integral Approach to Connecting to Clients"**  
Summit for Clinical Excellence: Mindfulness, Meditation, and Addiction - Warwick, RI
- **"Living an Active Lifestyle,"**  
Taunton Rotary Club, Taunton, MA
- **" An Integral Approach to Connecting to Clients"**  
Bay Coast Behavioral, Fall River, MA
- **"Mindfulness for Those Dealing with Anxiety"**  
Butler Hospital, Providence, RI
- **"An ABA Approach to Working with the Difficult Child "**  
Northeast Behavioral Associates, Dartmouth, MA
- **" An Introduction to DBT for Clinicians"**  
Blackstone Behavioral Health, Dartmouth, MA

## INTERESTS

- Hiking
- Woodworking
- Musical Performance
- Dance
- Gardening

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## WORK EXPERIENCE

### LICENSED MENTAL HEALTH COUNSELOR/OWNER

AQAL Therapies | 2013 - Present

- 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
- Implemented ACT psychoeducational and process therapy groups to improve clients' level of functioning
- Developed and maintained online support resources for clients and public with over 400+ 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

Bay Coast Behavioral | 2015 - 2016

- 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
- 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

### BEHAVIORAL THERAPIST

Northeastern Behavioral Associates | 2012 - 2016

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

The Therapy Collaborative | 2012 - 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
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# WORK EXPERIENCE CONTINUED

## **SENIOR CONSULTANT/DIRECTOR OF CLIENT SERVICES**

Provant Health | 2007 - 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.
- Over 5000+ hours of direct health behavior modification and guidance

## **DIRECTOR / WELLNESS COACH**

First Step Health Education and Wellness | 2005 - 2007

- 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 caseload 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.

## **PROGRAM MANAGER, HEALTH EDUCATION**

York City Bureau of Health | 2000 - 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, email, and websites dealing with various health topics and activities.
- 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**

Lee Silsby Compounding Pharmacy | 1999 - 2000

## **ELEMENTARY TEACHER**

St. Adelbert's Elementary | 1998 - 1999

## **HEALTH EDUCATION SPECIALIST**

The Health Museum of Cleveland | 1996 - 1998

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## REFERENCES

**APRIL LAU, LMHC**

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