

Eric Eichler, LCSW

1575 N. Franklin St., Denver, CO 80218

510.367.8965 eric@edgepsychotherapy.com

WORK EXPERIENCE

Owner/Therapist

EDGE Psychotherapy, Denver, CO

December 2018-Present

Variable hours

- Psychotherapy practice in the heart of Denver for individuals, couples, and groups, specializing in psychoanalysis, EMDR, and group counseling.

Social Worker, Psychiatric Emergency Services

Rocky Mountain Regional VA Medical Center

August 2020-Present

20 hours/week

- Provide crisis counseling and conduct risk assessments and hospital admissions.
- Serve as a Field Instructor for a MSW student intern from the University of Denver.

Adjunct Faculty & Meditation Instructor

Naropa University

August 2020-Present

5 hours/week

- Teach courses including Extending Mindfulness: Cultivating Resilient Presence and The Mindful Counselor, and provide meditation instruction to Masters counseling students.

Social Worker, Life Skills Center

Rocky Mountain Regional VA Medical Center

August 2018-August 2020

40 hours/week

- Conducted diagnostic intake assessments and provide individual and group psychotherapy and recovery advising for Veterans with mental illness and trauma histories. Led or co-led Social Skills Training, Cognitive-Behavioral Therapy, Whole Health, Relaxation, and Community Engagement classes. Collaborated with Veterans to create and execute treatment and recovery plans.
- Composed clinic's evidence-based psychotherapy (EBP) policy. Provide EMDR treatment to Veterans.
- Co-led clinic's efforts to provide programming for Veterans who appeared for monthly clozapine clinic who were not involved in VA psychosocial rehabilitation programs.
- As Life Skills Center inpatient liaison, led classes on Inpatient Psychiatry Unit and met w/ Veterans referred by the inpatient treatment team.
- Led clinic's efforts to implement telehealth services to Veterans in rural locations.
- Served as VA Eastern Colorado Social Skills Training Regional Master Trainer.
- Member, Hospital Whole Health committee

Volunteer Instructor

Project Welcome Home Troops

May 2020

Seasonal

- Led yoga classes and group processes in support of Power Breath meditation workshop for veterans.

Instructor

OG Yoga Service Yoga Teacher Training Program

September 2018-June 2020

Seasonal

- Taught meditation and yoga instruction and trauma theory application for veterans and people who have experienced traumatic brain injuries.

Affiliate Faculty

Department of Social Work, Metropolitan State University of Denver

January-May 2019

5 hours/week

- Faculty for Groups, Leadership, and Teams, MSW foundation-year course.

**Director, Peer Support Services & Mental Health Social Work Training
Social Worker, Center of Recovery Education (CORE)**

VA San Diego Healthcare System

November 2015-July 2018

40 hours/week

- Provide leadership and accountability for Peer Support Specialists who work in mental health clinics throughout the health care system. Write policy, lead monthly meeting and annual retreat, manage consults, and manage selection and hiring process and personnel concerns.
- Lead, Social Work Graduate Training Program
Standardized internship guidelines, policies, and handbook for Social Work Graduate Training Program. Cultivated relationships with multidisciplinary partners to improve program. Led monthly meeting and provided leadership for 11 Field Instructors in clinics throughout the hospital system. Co-led intern recruitment and selection process.
- Faculty, VA/UCSD Interprofessional Fellowship in Psychosocial Rehabilitation & Recovery-Oriented Services. Provided clinical supervision to post-Master's and postdoctoral trainees, and developed and presented seminars on group psychotherapy and privilege and racism in the clinical encounter. Participated in recruitment and selection process.
- Lecturer, Columbia University School of Social Work & Field Instructor, University of Southern California Suzanne Dworak-Peck School of Social Work. Provided clinical supervision and assessment of MSW interns.
- Managed consults for CORE's psychosocial rehabilitation & recovery services. Assigned intakes to CORE staff and coordinated disposition of consults. Composed policy to align with CARF, Joint Commission, and Office of Mental Health guidelines. As Inpatient Liaison for CORE team, coordinated CORE's clinical services on the inpatient unit including diagnostic assessments, group and individual psychotherapy, and staff training.
- Conducted diagnostic intake assessments and provided individual and group psychotherapy and recovery coaching for Veterans with schizophrenia-spectrum disorders. Provided EMDR to individuals w/ PTSD and Behavioral Family Therapy (BFT) to couples and families. Conducted wellness programming including Walking Club, Whole Health Group, and Breathing, Stretching, and Relaxation group.
- Social Skills Training Regional Master Trainer. Provided training and supervision in conducting Social Skills Training (SST) groups.
- Co-Chair, VA San Diego Complementary & Integrative Health (CIH) Treatment Committee. Led team's efforts to track and disseminate CIH interventions offered within VA San Diego and in the community. Created and hosted mindfulness and pranayama classes.
- Member, Hospital Ethics Advisory Team.

Social Worker, ASPIRE Center Residential Rehabilitation Treatment Program

VA San Diego Healthcare System

January 2014-October 2015

40 hours/week

- Provided evidence-based psychotherapy for PTSD. Led Cognitive Processing Therapy groups and individual Prolonged Exposure therapy.
- Conducted process group 2x per week and PTSD Skills group 2x per week. Planned and facilitated a 90-minute experiential training on group therapy for ASPIRE Center Staff.
- Screened referrals to determine appropriateness for admission.

- Recovery coach for half of the residents (up to 20 Veterans). Collaboratively created treatment and discharge plans, with focus on employment, housing, educational goals, relapse prevention, and aftercare planning. Coordinated therapeutic passes and repair councils for Veterans on my caseload.
- Coordinated yoga/mindfulness program, which included 4 yoga classes per week and regularly scheduled Power Breath meditation workshops, taught by volunteers. Led yoga classes.
- Provided clinical supervision and guidance to an MSW intern.
- Implemented adoption of VA Homeless Veterans Dental Program for ASPIRE residents. Worked with social workers from other clinics and VASD Dental Service to establish process for ASPIRE referrals.
- Built coalition with community partners Veterans Community Services and Veterans Village of San Diego, who administer VA-funded Supportive Services for Veterans Families housing assistance program.
- Designed and implemented peer-led bi-weekly in vivo exposure groups at ASPIRE.
- Planned and led three 1-hour trainings on trauma-focused residential care for ASPIRE Center nursing staff, and presented to other VA clinics about ASPIRE program, admissions criteria, and screening process.
- Created policies and procedures for ASPIRE's Repair Councils, Veteran-Run Government, and Therapeutic Pass process.
- Created innovative workflow for collaborative, person-centered treatment and discharge planning process.
- Led ASPIRE team members and collaborated with VA San Diego employees in clinical informatics in creating clinical documents including note titles, clinic titles, and consult process for the ASPIRE Center.

Social Worker, Inpatient Psychiatry Unit & Veteran Homelessness Prevention Demonstration
VA San Diego Healthcare System **September 2013-December 2013**
40 hours/week

- Coordinated discharges on an acute inpatient psychiatry unit for Veterans with dementias and serious mental illness.
- Guided Veterans and their families through the process of placement back home or into care facilities. Counseled, determined resources available, assisted with applications for benefits and placement, and provided appropriate referrals to other resources.
- Performed eligibility determination intakes for the Veteran Homelessness Prevention Demonstration project, a VA/HUD program that offered financial assistance to Veterans at imminent risk of homelessness.
- Performed post-deployment screening interviews for Veterans recently returned from service in Iraq or Afghanistan, and provided referrals to Veterans as needed.

Psychosocial Rehabilitation Fellow **September 2012-August 2013**
VA San Diego Healthcare System and UC San Diego School of Medicine
40 hours/week

- As a clinician in the hospital's recovery-focused psychosis clinic, performed diagnostic intake evaluations, conducted individual psychotherapy and recovery coaching, and provided case management and supported employment services in the main hospital and two outpatient clinics.
- Led groups including CBT for Depression; Acceptance & Commitment Therapy (ACT) for Veterans from the wars in Iraq and Afghanistan with PTSD and psychotic symptoms; and both a Cognitive-Behavioral Social Skills Training Group and a traditional Social Skills Training group for Veterans with schizophrenia.
- Created and led a weekly recovery-oriented ACT group on the hospital's inpatient psychiatry unit, and coordinated an interdisciplinary working group on the unit to integrate a recovery perspective into treatment planning and programming. Created a brief recovery planning template for use on the unit

**Clinical Social Work Intern, Specialized Inpatient PTSD Unit
Central/Western Massachusetts VA Healthcare System**

September 2011-April 2012

30 hours/week

- Conducted daily interpersonal and mindfulness groups and provided brief psychodynamic and Cognitive Processing Therapy on an individual basis. Facilitated group "in vivo" exposure experiences.
- Created and taught psychoeducation classes on post-traumatic depression, post-discharge resources, and positive vs. negative memorials.
- Performed pre-admission screens, comprehensive suicide risk assessment interviews, and psychosocial evaluations. Collaborated with Veterans to create individualized treatment plans.
- Planned and co-facilitated a two-session training open to entire hospital staff focused on the negative health outcomes associated with racism and discrimination.

Clinical Social Work Intern, Amy Biehl High School, Albuquerque, NM

September 2010-April 2011

30 hours/week

- Provided weekly individual counseling to ten students, and performed crisis intervention as issues arose in the school.
- Planned and led therapy groups for students at risk of being held back a grade and students with social skills deficits. Also co-led a student homeroom group that met several times per week and consisted of students from all grade levels in the school.
- Provided mental health perspective at Individualized Education Plan (IEP) meetings with school colleagues and maintained Progress Towards Goals (PTG) records for students on caseload.

Social Work Intern, Drug Policy Alliance, Santa Fe, NM

September 2010-April 2011

4 hours/week

- Served as a representative on the statewide Senate Memorial 33 Task Force, created by the state senate to propose alternatives to New Mexico's drug policy.
- Conducted research and helped draft the task force's recommendations.
- Advocated for legislation at both the municipal and state level that helped advance a just and compassionate drug policy.

Lead Guide, True North Wilderness Program, Waitsfield, VT

September 2009-April 2010

Full Time (8 full days & nights in the field every two weeks)

- Guided groups of teenagers who were experiencing difficulty at home and in school through an intense two- to three-month wilderness therapy program in the Green Mountains.
- Conducted daily group processes (Wisdom Circles) and counseled students individually.
- Taught outdoor living and survival skills to students, instructed co-guides, and managed logistics and safety of the group.
- Collaborated with supervising therapist to set clinical goals and monitor progress for each student.

Youth Counselor, Teton Youth & Family Services, Jackson, WY

November 2008-August 2009

40 hours/week

- Provided a safe and structured setting in which child and teen residents, most of whom had experienced neglect or abuse, could learn and practice new skills, experience positive attachment relationships, and maintain ties to their families, schools, and the community.
- Served as primary counselor for one resident.

Trip Director, Wilderness Ventures, Jackson, WY

June-August 2005-2008 (seasonal work)

Full-time for length of trip (from 16 to 23 days)

- Led groups of teens on multi-week expeditions in the Rocky Mountains, Alaska, and Costa Rica that included backpacking, sea kayaking, and mountain biking segments.
- Directed all aspects of each trip, including route finding, group dynamics, and logistics.

- Led student service projects focused on trail construction and maintenance.
- Communicated with Costa Rican partners in Spanish.

Volunteer, Vipassana Meditation Center, Shelburne, MA 2004-2013

Full-time for length of course, many courses

- As Kitchen Manager, planned and coordinated preparation of high-quality vegetarian food for about 100 students on 10-day meditation courses.
- As Course Manager, coordinated logistics and facilitated communication between teachers and students.
- As Assistant Registrar, conducted enrollment and registration procedures for meditation courses.

EDUCATION

Clinical College of Colorado May 2020-Present
Lacanian Analysis

Center for Group Studies, New York May 2014-Present
Modern Analytic Group Therapy

Naropa University, Boulder, CO September 2018 May 2019
Meditation Instructor Training

San Diego Leadership Alliance Institute January-June 2017

Institute for Contemporary Psychoanalysis, Los Angeles, CA September 2015-June 2016
San Diego Saturday Series in Contemporary Psychoanalysis

University of San Diego September-December 2014
Leadership Theory & Practice

San Diego Psychoanalytic Center September 2012-May 2013
Fellowship in Psychoanalysis

MOSAIC Institute for Human Development, San Diego, CA October-December 2013
200-hour Yoga Instructor Training

Smith College School for Social Work, Northampton, MA MSW, 2012

- Social Welfare Policy Curriculum Representative, Student Curriculum Committee
- Co-President, Meditation & Holistic Healing Group
- Master's Thesis: *Talking Through the Body: A Comparative Study of Cognitive-Behavioral and Attachment-Based Treatments for Childhood Trauma*

Colby College, Waterville, ME BA, English, 2003 (Cum Laude)

- Entertainment Director, Mary Low Coffeehouse
- Co-President, Four Winds Club

Intercollegiate Sri Lanka Education Program August-December, 2001
Peradinya University, Kandy, Sri Lanka

- Learned conversational Sinhala; lived with host family; attended classes at Peradinya University.
- Independent Research Project: *Spreading the Dhamma Like Buddha?: Tradition and Modernity in Contemporary Sri Lankan Buddhist Practice.*

CERTIFICATIONS

- Whole Health Coach, National Board for Health & Wellness Coaching (10/16/19)
- Licensed Clinical Social Worker #CSW.09925366, Colorado Department of Regulatory Agencies, Division of Professions and Occupations (5/4/18)
- EMDR Basic Trained (EMDR Institute, December 5, 2018)
- Behavioral Family Therapy Provider, Veterans Health Administration (4/9/2018)
- Wilderness First Responder, Wilderness Medicine Institute of NOLS (3/18/18)
- Basic Life Support Provider, American Heart Association (9/18/21)
- Certified Yoga for TBI Instructor, Love Your Brain Foundation (5/5/17)
- Regional Master Trainer, Social Skills Training, Veterans Health Administration (3/23/17)
- Rated as “Competent” in Cognitive Therapy by Dimitri Perivoliotis, PhD, certified Cognitive Therapy Rating Scale rater (4/1/13)
- Cognitive Processing Therapy Provider, Veterans Health Administration Affairs (November 2012)
- Certified Provider, Practical Application of Intimate Relationship Skills (PAIRS) Level One (6/6/14)
- Reiki Level One, MOSAIC Institute for Human Development (6/8/14)
- Certified Instructor, Connected Warriors Yoga for Veterans (4/5/14)
- Certified RYT-200 Yoga Instructor (MOSAIC Institute for Human Development, 12/2013)
- VA San Diego LGBT Expert

PRESENTATIONS

- *Erotic Presence*. ARISE Festival, Sunrise Ranch, CO. August 3, 2019.
- *Yoga & Meditation for Veterans w/ PTSD & TBI*. Presentations to OG Yoga Service Yoga Teacher Training Program, San Diego, CA, September 22-23, 2018 & April 6-7, 2019.
- *Clinical Round Table: Enhancing Recovery from PTSD with Co-Occurring Psychosis in Veterans*. Association of Behavioral and Cognitive Therapies Annual Convention, November 17, 2017.
- *When (Not) Talking Gets Tough: Expert Trauma Therapists Reflect on Difficult Conversations*. (Co-organizer of panel discussion featuring Yael Danieli, PhD, Christine Courtois, PhD, Maria Yellow Horse Brave Heart, PhD, and William Nash, PhD). International Society for Traumatic Stress Studies Annual Meeting, November 11, 2017.
- *Mindfulness & Group Process to Cultivate Awareness of Individual and Collective*. American Group Psychotherapy Association Annual Conferences, Feb. 28, 2015 & Feb. 26, 2016.
- *Group Therapy for Veterans with Serious Mental Illness*. Multiple presentations to CORE Clinic staff and trainees, 2015-18.
- *White Privilege & Racial Microaggressions*. One-hour presentation to postdoctoral fellows at VA San Diego Healthcare System, December 14, 2016.
- *Preventing Secondary Traumatization and Burnout*. NAASA Annual Conference, March 21, 2015.
- Instructor on PAIRS Warrior to Soulmate Retreats for Veteran couples, December 5-7, 2014 & July 17-19, 2015.
- Coordinating teacher for 4-hour training on trauma-focused yoga at MOSAIC Institute for Human Development, November 22, 2014.
- *Implementing Recovery Planning on an Acute Inpatient Unit*. Poster Presentation at Psychiatric Rehabilitation Association Annual Conference, June 12, 2013.
- Multiple presentations on recovery-focused clinical care at inpatient psychiatry unit at VA San Diego Healthcare System, 2012-13.
- Two-session anti-racism training open to hospital staff at VA Central/Western Massachusetts Healthcare System. Sessions were entitled *Race, Inequality, and Health*, and *Racial Microaggressions: Brief Interactions, Deep Impact*. February 22 and March 21, 2012.

PUBLICATIONS

- Contributor to *Along the Path: The Meditator's Companion to the Buddha's Land* (Pariyatti Press, 2009).

PROFESSIONAL AFFILIATIONS

- American Group Psychotherapy Association
- Colorado Analytic Forum of the Lacanian Field
- Colorado Society for Clinical Hypnosis
- National Association of Social Workers