

Seena Russell Axel, Ph.D.

New York State Licensed Mental Health Counselor · 2 Linda Lane, Plainview, NY 11803 · 516-942-0419 · drsrussell@aol.com · www.SeenaRAxel.com

PROFILE **Psychological/Mental Health Counselor; University Administrator/Faculty Member; National Workshop Leader/Seminar Presenter; Organizational Consultant/Yoga Teacher focusing on body-mind-spirit health as the foundation of wellness. International Travel.**

EDUCATION Yeshiva University, New York, NY
Ph.D., Organizational Behavior (1984)
Dissertation: "The Re-entry Adult Woman at Long Island University: A Three Center Study"

Long Island University, C.W. Post Campus, Brookville, NY
Professional Diploma, Counseling (1976)
Master of Science, Psychological Counseling (1974)

Brooklyn College-CUNY, Brooklyn, NY
Bachelor of Arts, Education/Psychology (1972)

RECENT CREDENTIALS New York State Licensed Mental Health Counselor #000260
Eye Movement Desensitization Reprocessing (EMDR) Training
Recent Traumatic Events Protocol (R-TEP) Training
Certified Kripalu Yoga Teacher, #YT5621
Certified Homeland Security: Trauma Response Team, Mental Health Crisis and Intervention, CHS V
Diplomate Member, American Psychotherapy Association

ADDITIONAL CERTIFICATIONS Certified Phoenix Rising Yoga Therapist, Michael Lee Ph.D., Director
Certified Gestalt Rubinfeld Synergist – Ilana Rubinfeld, Ph.D., Founder, Rubinfeld Gestalt Synergy Method
Reiki Healing, The Loving Touch Center, NY
Certified P.A.C.E., Alcoholism Counseling and Training
NCAPS Nationally Certified Addictions Prevention Specialist
CDVC-IV Certified Domestic Violence Counselor
Psyche-Soma Connection, Certified, Marion Woodman, Ph.D.
The Triune Brain System and Its Applications, Elaine DeBeauport, Ph.D., Mead Institute

BODY/MIND/SPIRIT TRAINING Oneness University, Deeksha Ordination Training, Chennai, India
Words of Wisdom – Yoga and Consciousness, Angela Farmer
The Soul of Work, David Whyte, NYC
Transformational Bodywork Training, Fred Mitour, Ph.D., CA
The Archetypal Feminine, Marion Woodman, Ph.D., ME
Ericksonian Hypnosis Training, Stephen Gilligan, Ph.D., NY
The Four Fold Way, Angeles Arrien, Ph.D., CA
The Sexual Crucible Approach to Couples Therapy, David Schnarch, Ph.D., Einstein Inst., MA
The Mystery School Program, Jean Houston, Ph.D.
Jungian Typology and Analytical Training, Gertrud Ujheley, Ph.D.
Poetry and the Preservation of Soul in Corporate America, David Whyte
Jungian Psychological Studies, Werner Engel, MD, Ph.D.
Imago Relationship Training, Harville Hendrix, Ph.D.
Advanced Organizational Diagnosis and Supervision, Elinor Greenberg, Ph.D.
Organizational Development Training, National Training Labs, John & Joyce Weir, Ph.D.

PUBLICATIONS

"From Orphan to Grandmother: Initiation Into Cronehood," *Creations Magazine, Crone Chronicles, AHP J.*
"Running for Joy: The 'Kena Hora' Syndrome," *Creations Magazine*
"Staying in the Present: Learning from the Pain," Phoenix Rising Yoga Therapy Newsletter
"I am I," poem in *Woman and Word*, LIU-CWP Women's Center publication
"Discovery Center: An Alternative Approach to Higher Education," *Faculty Scope*, LIU-CWP
"Real Illusions," Short Story, *Footprints Magazine*, LIU-CWP Campus Department of English Publication
"A Theory of Transition," *LIU Higher Education Opportunity Newsletter*
Published Poet

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PROFESSIONAL HISTORY

1974-present

SEENA RUSSELL AXEL, Ph.D., Plainview, Long Island & Manhattan, NY

Private Practitioner

Manage a psychotherapeutic private practice specializing in Body/Mind/Spirit integration. Focus on clinical psychotherapy, hands-on healing, combining Eastern and Western practices. Provide psychotherapeutic services to individuals, groups, couples, students, and families. Supervise other professionals. Pioneered and lead "Peacock Crones," a monthly Women's Spiritual Growth Group, thriving since 1998.

1984-present

ORGANIZATIONAL DEVELOPMENT CONSULTANT

Serve as psychological consultant and organizational coach to business executives. Provide skills in Leadership Training, Business Management, Team Building, Crisis Intervention, and Change management for such clients as:

- ◇ The Halland Companies: Insurance Services, Plainview, NY (2004-present)
- ◇ Union Corners Healing Arts Center, Warwick, NY (2000-present)
- ◇ The Nataraja School of Yoga, Kennebunkport, ME (2002-present)
- ◇ Yahuda Diamonds, New York, NY (2000-2002)
- ◇ Lucid Learning Systems, Syosset, NY (1999-2000)
- ◇ Professional Indemnity Agency (PIA), Mt. Kisco, NY (1998-present)

1990-2004

RETURN TO SELF TRAINING CENTER, Plainview, NY

Founder/Training Director

Developed and delivered year-long professional training programs as well as weekend seminars, lectures, and workshops focused on personal growth, professional advancement, and mind-body healing. Developed "The Stages of Sacred Wounding." Training modalities included Gestalt group process, Ericksonian hypnosis, yoga/movement, psychodrama, dream work, inner-child dialogue, poetry, music, ceremony, art, laughter, and play.

1990-1992

TIMOTHY HILL BOYS RANCH, Riverhead, NY

Staff Psychologist

1986-1988

LONG ISLAND UNIVERSITY, Department of Continuing Education

Coordinator/Program Director/Organizational Development Consultant

1984-1986

LONG ISLAND UNIVERSITY, Career Services Center

Program Coordinator/Career Counselor/Liaison to local and national business

1974-1980

LONG ISLAND UNIVERSITY HIGHER EDUCATIONAL OPPORTUNITY PROGRAM

Director: The Discovery Educational and Counseling Center "Administrator of the Year"

ADMINISTRATIVE/ TEACHING EXPERIENCE

UNIVERSITY OF SAINT EUSTATIUS SCHOOL OF MEDICINE AT ST. MAARTEN, DUTCH CARIBBEAN

Behavioral Science Professor, Medical College

THE UNION GRADUATE INSTITUTE AND UNIVERSITY

Adjunct Professor, Doctoral Program

THE GESTALT INSTITUTE OF LONG ISLAND

Faculty Member

LONG ISLAND UNIVERSITY GRADUATE SCHOOL OF COUNSELING, Psychology Department

Adjunct Professor: Taught graduate and undergraduate curriculum courses and invited to develop own 5-day graduate integrative seminar.

RUBENFELD SYNERGY TRAINING INSTITUTE

Faculty Member

EMPIRE STATE COLLEGE-SUNY

Adjunct Professor, Department of Psychology

DOWLING COLLEGE, Gestalt Synergy Certificate Training Program

Faculty Member, Gestalt Synergy Certificate Training Program

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SELECTED PRESENTATIONS

“Heroes on Long Island,” FIOS TV Interview (available at www.drseenaraxel.com)
“The Body-Mind Connection,” Panel of Women Doctors for Holistic Health Conf.
“Healthy Inspirations,” Radio Guest, WLIE 540 AM Radio
“Optimal Body: House Of The Soul,” Somatic Institute of Pittsburgh
“The Integration of Gestalt Therapy and Phoenix Rising Yoga Therapy,” 23 Annual Conference, GCLI
“Gestalt and the Body: A Timeless Union,” 22nd Annual Conference, Gestalt Center of LI
“Alive and Wellness Show,” CNBC-NY TV Interview with Carol Martin
“Return to Self,” Training Program, Annual Conference, Gestalt Center of LI
“The Mind-Body Connection,” In-Service Training, Philadelphia School System
“Gestalt Theory, Practice and Applications,” Annual LI Gestalt Counseling Center Conference
“Clinical Approaches to Bodywork,” Gestalt Center of LI
“Dream Seminar,” Garden City Community Group
“Heightening Awareness,” Mid-Island YMCA
“Woman to Woman,” KJOY FM Radio Interview with editor of *Women’s Record*
“Women’s Minds, Women’s Bodies,” Keynote Address Speaker, Nassau County Office of Women’s Services
“The Body as a Metaphor: Expanding the Possibilities,” Annual LI Gestalt Counseling Center Annual Conference

ADDITIONAL WORKSHOPS, TRAINING, PRESENTATIONS AND PEACE WORK

2nd Evidence-Based Natural & Integrative Medicine Symposium (2013)
Using the DSM – 5 for Revolutionizing Diagnosis & Treatment (2013)
Nutritional & Complimentary Treatment for Mental Health Disorders: Practical Evidence-Based Solutions for Depression, Anxiety, Insomnia, and Eating Disorders (2013)
Cross Cultural Solutions, International Service Organization Affiliated with the United Nations, Lima, Peru (2012)
Emotional Freedom Technique (EFT) Training (2012)
Peace Mission to Israel/Palestine with International Institute for Circlework Training. Leader: Dr. Jalaja Bonheim (2011)
International Institute for Circlework/Training (2011)
The Meadows – Trauma, Attachment & the Body (2009)
Using EMDR with Severe Trauma, Complex & Post Traumatic Stress Disorder (2008)
The Meadows – Lust, Anger, Love: Understand Sexual Addiction & the Road to Healthy Intimacy (2008)
Yogini Conference: Women and Yoga (2007)
The Meadows – The Effects of Trauma on the Self (2006)
National Conference – American Psychotherapy (APA) & Association for Integrative Medicine (2006)
Psychological Trauma: Neuroscience, Attachment & Therapeutic Interventions (2006)
Presentations: Hofstra University – Ph.D. Program; Esalen Institute – Group Lab; American Society for Training & Development; Business & Industry Committee, Great Neck Library; Nassau Community College Workshop Presenter; Body, Mind, Spirit Conference, London, England; American Personnel & Guidance Association; American Society of Group Psychotherapy & Psychodrama; Friends World College

AWARDS/ AFFILIATIONS *National Association of Professional Women*
Who’s Who in the East
Who’s Who in the Social Sciences
Who’s Who Among Human Service Professionals
Outstanding Young Women in America

COMMUNITY SERVICE LONG ISLAND EMDR TRAUMA RECOVERY NETWORK
Coordinator: Initiated, developed, and ran pro-bono treatment, psychotherapeutic interventions for LI victims of Superstorm Sandy. (2012-present)

REFLECTIONS DRUG & ALCOHOL COUNSELING CENTER, Plainview, NY
Board Member (2006-2011)

PORT WASHINGTON ADULT EDUCATION PROGRAM, Pt. Washington, NY
Substitute Yoga Teacher (2006)

MEDITATION, STRESS MANAGEMENT AND YOGA FOR MEN, Huntington, NY
Founder/Leader, donations accepted to Doctors Without Borders (2006)

THE MID-ISLAND Y OF PLAINVIEW, Plainview, NY
Guest Lecturer, Senior Community (2005)

SANCTUARY OF THE BELOVED OF THE STATE OF NEW YORK
Ordained Celebrant, conduct sacred rituals (ie: weddings, funerals) (1998-present)