

CATHERINE D. NUGENT, M.S., M.S., LCPC, TEP

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PROFILE

Licensed clinical professional counselor and Board-certified psychodramatist and psychodrama trainer with over 35 years of experience as a psychotherapist, educator, and program administrator. Specialized training and expertise in trauma recovery, spirituality as a resource for mental health and wellness, body/mind integration, and self-care and wellness for helping professionals. Expert on the use of adult learning and experiential training approaches for workshop leaders, trainers and educators. Recipient of national award for lifetime achievement in psychodrama, sociometry and group psychotherapy.

EDUCATION

M.S. (2004) Clinical Counseling, Johns Hopkins University

M.S. (1984) Applied Behavioral Science, Johns Hopkins University

B.A. (1981) Mental Health Counseling, Antioch University/Maryland

LICENSURE AND CERTIFICATION

Certified Imago Relationship Therapist (2016)

Certified Myers-Briggs Type Indicator (MBTI) Practitioner (2012)

Certified Trainer, Educator, and Practitioner (TEP), American Board of Examiners in Psychodrama, Sociometry, and Group Psychotherapy (2010).

Licensed Clinical Professional Counselor (LCPC), Maryland Board of Professional Counselors and Therapists (2007).

Certified Practitioner (CP), American Board of Examiners in Psychodrama, Sociometry, and Group Psychotherapy (1986).

ADDITIONAL ADVANCED TRAINING

Sensorimotor Psychotherapy, Certified Level I (2014); Sensorimotor Training Institute.

Yoga Teacher Training (RYT200) (2013-2014); University of Maryland, Center for Integrative Medicine.

Eye Movement Desensitization and Reprocessing (EMDR), Levels I&II; EMDR-A (2011-2012)

PROFESSIONAL EXPERIENCE

Executive Director & Principal Trainer, Dramatic Transformations/Laurel Psychodrama Training Institute, LLC (LPTI), Laurel, MD (2014-Present, full-time; 2004-2014, part-time)

Develop, design and conduct comprehensive psychodrama training program to teach mental health professionals and students the theory and techniques of psychodrama, sociometry, group psychotherapy, and related experiential and body-based approaches in psychotherapy. LPTI programs emphasize four core components: *theory, skills development, personal growth, and professional application.*

Design and conduct research-based workshops on specialized topics, using psychodramatic and sociometric methods as part of the training strategy. Topics include: *The Wisdom of the Body in Trauma Recovery; The Window of Tolerance & the Mindful Witness; Exploring the Stages of Change Model in Action; Ethics in Action for Action-Oriented Psychotherapists; Action Methods in Couples' Psychotherapy; Self-Care for Professional Helpers and Healers;* and others. Have presented at national conferences of: American Mental Health Counselors Association; American Society of Group Psychotherapy and Psychodrama (ASGPP); U.S. Center for Substance Abuse Treatment's (CSAT) Recovery Community Services Program; CSAT's National Leadership Conference for Addictions Professionals; the Women's Resource Center National Conference, and, locally, for National Association of Social Workers/Maryland Chapter, Mid-Atlantic Chapter ASGPP, and others. Was invited plenary presenter for annual conference of Mid-Atlantic Association for Group Psychotherapy to present techniques of psychodrama and sociometry to an audience of primarily non-action group therapists.

Provide consultation to trainers, educators and workshop leaders on effective use of adult learning theory and experiential learning methods to enliven training/workshop designs.

Psychotherapist/Private Practitioner, Catherine D. Nugent Counseling & Psychotherapy, LLC, Laurel, MD (2014-Present, full-time; 2007-2014, part-time)

Conduct clinical assessment and provide psychotherapy to individuals and couples. Overall framework is integrative, holistic and strength-based, with specific approach tailored for each individual or couple to best meet their preferences, needs and presenting problems. Expert in integration of experiential and body-based approaches, including psychodrama, sensorimotor psychotherapy, yoga and mindfulness to support deep healing and transformation. Practitioner of Imago Relationship Therapy integrated with action methods for couples.

Adjunct Faculty, Johns Hopkins University, School of Education, Clinical Mental Health Counseling Program, Rockville & Columbia, MD (2013-Present)

Developed, designed and conduct courses offered to graduate mental health counseling students. Drawing on expertise in adult learning theory and use of experiential methods in education and training, all three courses are highly experiential, involving the use of psychodramatic role-play to promote enhanced self-awareness, skill training and shifts in thinking, attitudes and behavior.

Adjunct Faculty, Johns Hopkins University (Continued)

Courses: *Role Play & Related Experiential Methods in Counseling*
Self-Care & Wellness for Counselors
Spirituality as a Resource for Counseling.

Trainer/Workshop Developer & Facilitator, Free-Lance (1986-2014, part-time; 2014-Present; through LPTI)

Drawing on knowledge and expertise as Applied Behavioral Science practitioner and psychodramatist, have designed and facilitated training programs for human service organizations to enhance staff morale, promote leadership development, and teach skills for conflict resolution and other organization development topics. Clients include: youth-serving organizations; university-based women's center; rape/sexual assault center; hospital-based education center, and other similar organizations.

Branch Chief/Senior Public Health Analyst/Team Leader/Public Health Advisor, U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), Rockville, MD (1992-2014).

Provided leadership to federal initiatives to transform the nation's behavioral health service delivery systems away from the acute, episodic, deficit-based model, toward a more person-centered, strength-based, trauma-informed, and recovery-oriented approach.

Directed activities of 13 professional staff and provided oversight to national portfolio of grants and contracts totaling over \$25 million related to improving the quality of and access to substance use disorders treatment and recovery services throughout the United States.

Provided direction and oversight to a national program designed to improve the knowledge and skills of the addiction treatment workforce, including management of \$8 million grant program.

Developed, administered, and evaluated intensive training institute for cross-disciplinary community workers to address problems of violence against women, mental health issues and substance use disorders.

Additional Professional Experience

Mental Health Counselor/Independent Contractor (2004-2007): Washington Assessment and Therapy Services, Rockville, Maryland; Stillpoint Center for Counseling and Psychotherapy, Rockville, Maryland; Contemporary Therapeutic Services, Gaithersburg, Maryland; and On Our Own of Montgomery County, Gaithersburg, Maryland.

Education Program Coordinator (1988-1992) Spring Grove Hospital Center, Catonsville, Maryland.

Psychodramatist/Program Coordinator (1981-1988) Spring Grove Hospital Center.

Psychodrama Intern (1979-1981) Spring Grove Hospital Center.

Education Program Developer (1978-1979) Maryland Hospital Education Institute, Lutherville, Maryland.

Training Coordinator (1974-1978) Johns Hopkins University School of Health Services, Baltimore, Maryland.

PUBLICATIONS

DelVecchio, P., Nugent, C., Torres, I., Townsend, W. & Baker, M. (2013). Realizing recovery: the U.S. Substance Abuse and Mental Health Services Administration's efforts to foster social inclusion. *International Journal of Human Development, Disability, and Social Change*. (Vol. 20, No. 2. December 2012).

Nugent, C. (2012). *Building bridges: people in recovery from addictions and mental health problems in dialogue* (monograph). HHS Publication No. (SMA) 12-4680. Rockville, MD: Substance Abuse and Mental Health Services Administration.

Kaplan, L., Nugent, C., Baker, M., Clark, H. (2010). Mobilizing the addiction recovery community: The Center for Substance Abuse Treatment's Recovery Community Services Program. *Alcoholism Treatment Quarterly*, 28(3), 244-255.

Plaut, S.M. & Nugent, C.D., (1999). Building understanding and creating change through collaboration: The Maryland Sexual Exploitation Task Force. *Journal of Sex Education and Therapy, Special Issue: Prevention and Treatment of Boundary Violations by Professionals*, 24, 4: 236-244.

Nugent, C.D. (1996). Task force process and evaluation. In Nugent, C.D., Gill, J.P. & Plaut, S.M. (Eds.), *Sexual exploitation: Strategies for prevention and intervention—Report of the Maryland Task Force to Study Health Professional-Client Sexual Exploitation*, Baltimore, MD: MDMH, pp. 101-121.

Nugent, C. (1994). Blaming the victims: Silencing women sexually exploited by psychotherapists. *Journal of Mind and Behavior*, 15, 1&2: 113-138.

Nugent, C. (1993). A certain slant of light (narrative essay). *The Creative Woman*, 13, Autumn 1993, 28-29.

Warner, G., Nugent, C. & Haase, P. (Eds.), (1984-1985). *Psychodrama Training Tips Quarterly*. Hagerstown, MD: Maryland Psychodrama Training Program.

PROFESSIONAL/ORGANIZATIONAL LEADERSHIP & MEMBERSHIPS

President, American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy. (2017-Present).

Chair, Ethics Committee; Chair/Admissions Committee. (2014-2017), American Board of Examiners in Psychodrama, Sociometry, and Group Psychotherapy.

Executive Editor (2014-2017). *Journal of Psychodrama, Sociometry, and Group Psychotherapy*.

Member (Nominations Committee (2010-2016); **Chair**, Evaluation Committee (2009-2012). American Society for Group Psychotherapy and Psychodrama.

Vice-President (2014; 1985-1986); **Secretary** (2009-2013); **President** (2005-2009; 1986-1987); **Program Committee Chair** (2003-2004), Mid-Atlantic Chapter, American Society for Group Psychotherapy and Psychodrama.

Task Force Member, American Counseling Association's Task Force on Impaired Counselors and Counselor Wellness (2003-2005).

Chair, Committee to Implement the Recommendations of the Governor's Task Force on Professional-Client Sexual Exploitation (1997-1999).

Vice-Chair, Governor's Task Force on Professional-Client Sexual Exploitation (1993-1996).

Member, American Mental Health Counselors Association (2005-Present).

HONORS AND AWARDS

Fellow, American Society for Group Psychotherapy and Psychodrama (2009).

Recipient/Honoree, J.L. Moreno Award for Lifetime Achievement in Psychodrama, Sociometry and Group Psychotherapy, presented by the American Society for Group Psychotherapy and Psychodrama (2019).