**Curriculum Vitae**

 **Sandra Phocas, M.D.**

**Education and Professional Training:**

1982-1986 Bachelor of Arts degree from Colgate University, Hamilton, NY

1987-1991 Medical Degree from George Washington University School of Medicine, Washington, DC

1991-1995 Residency Training in Psychiatry, Sheppard Pratt Hospital, Baltimore, MD

1994 Outpatient Chief Resident, Sheppard Pratt Hospital, Baltimore, MD

1996 Diplomate, American Board of Psychiatry and Neurology

1997, 1999 Mind-Body Health trainings with Joan Borysenko

1997, ‘98, ‘01 NICABM (National Institute for the Clinical Application of Behavioral Medicine): The Psychology of Health, Immunity, and Disease Conference: 3 week-long trainings in mind-body-spirit health

1998 EMDR (Eye Movement Desensitization and Reprocessing) training and certification with Laurel Parnell, PhD

1998 Clinical Hypnosis training with Helen Erickson, RN, PhD and Sandra Sylvester, PhD

1999-2000 Shamanic Training-Foundation for Shamanic Studies; 4 workshops in shamanic healing

1999-2001 Gestalt Therapy two-year training with Washington Center for Consciousness Studies

1999-2002 Four 5Rhythms movement workshops with Gabrielle Roth

2000 Past-life Regression training with Brian Weiss, M.D.

2000 Mindfulness Based Stress Reduction in Mind Body Medicine training

with Jon Kabat-Zinn, PhD and Saki Santorelli, PhD

2001, 2002 Shamanic Training with John Perkins

2001 Ecuador: travel to learn from indigenous healers in the High Andes and Amazon

2000-2003 Grof Transpersonal Training- training & certification in Holotropic Breathwork™ and transpersonal theory with Stan Grof and Tav Sparks; 9 week-long modules + 750 additional hours experience. Training in the healing potential of non-ordinary states of consciousness, transpersonal theories of health and psychopathology, spiritual emergency work, and Holotropic Breathwork facilitation.

2005-2006 Desert Intensives & mentoring with Yaqui medicine man, Lench Archuleta

2006 -2010 Trainings with Tom Brown, Jr in tracking, nature, wilderness survival and healing work; 6 week-long trainings

2006 Africa: travel to learn about healing from traditional African healers in South Africa, Zimbabwe, and Botswana

2006-2009 Teaching, mentoring, and ceremonies with Mandaza Kandemwa, traditional

 Shona healer and peacemaker from Zimbabwe

2012-2016 Four year training at wildernessFusion to become a NIASZIIH Practitioner; an earth-based, holistic system of healing passed down to other healers from Lipan Apache elder, scout, and shaman, Stalking Wolf.

2018 Year-long certificate training in Systemic Family Constellations with Susan

Ulfelder at The Hellinger Institute of DC

2019 7-month certificate training in Systemic Family Constellations with Francesca

Mason Boring at All My Relations Constellations

2021 Internal Family Systems Online Circle: 6-month training at the IFS Institute

2021-22 Internal Family Systems Level 1 training at the IFS Institute

2022- Internal Family Systems Continuity Program: ongoing training at the IFS Institute

2022 Internal Family Systems Level 2 training at the IFS Institute

**Work Experience:**

2022 - Internal Family Systems Practitioner

2019 - Facilitator of Systemic & Family Constellations work

2006 - Private Practice in shamanic healing, soul work, and mentoring. Individual healing sessions, group classes, and workshops.

2017- 2021 Founder & healer at the NIASZIIH community healing clinic in Winston-Salem, NC

2011, 2012 Co-teacher/facilitator of Holotropic Breathwork and Shamanism retreats at Omega Institute in Rhinebeck, NY

2004-2009 Holotropic Breathwork facilitator assisting Stan Grof and Jack Kornfield

at weeklong *Insight and Opening* workshops at Omega Institute

2003-2014 Facilitator of Holotropic Breathwork™ workshops

2002, 2003 Holotropic Breathwork facilitator assisting Stan Grof with public workshops in Atlanta, GA and Reston, VA

2001-2005 Teaching series of 6-week classes utilizing practices of mindfulness meditation, hypnosis, guided imagery, shamanic journeying, past-life regression, shadow work, heart practices, and sacred movement.

1999-2005 Private Practice of Psychiatry, Annapolis, MD—private practice specializing in experiential and transpersonal therapies

1998-1999 Outpatient Staff Psychiatrist at Shore Behavioral Health System, Cambridge, MD

1995-1998 Private Practice of Psychiatry, Beaufort, SC. Inpatient and outpatient practice treating adults and older adolescents.

1995-1996 Associate Medical Director, Mental Health Unit, Beaufort Memorial Hospital in Beaufort, SC

**Professional Societies and Activities:**

International Systemic Constellations Association 2019 -

Multidisciplinary Association for Psychedelic Study 2001-

Association for Holotropic Breathwork International 1999-2015

Foundation for Shamanic Studies 2000-2011

EMDR International Association 1999-2005

American Psychiatric Association 1991-2005

Maryland Psychiatric Society 1991-1995, 1998-2005

South Carolina Psychiatric Society 1995-1998