**Curriculum Vitae**

**Sandra** (Phocas) **Phoenix, M.D.**

**Education and Professional Training:**

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

1987-1991 Medical Degree: 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 Trainings 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.

2014 Animas Valley Institute – 11 day Vision Quest program

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

2022-24 Internal Family Systems Continuity Program: ongoing training at the IFS Institute

2022-23 IFS Continuing Education on Autism, Somatic IFS, Intercultural

Competence, Legacy and Cultural Burdens.

2022 Internal Family Systems Level 2 training at IFSI on Addictions & Eating Disorders

2023 Animas Valley Institute – 5 day Soulcentric Dreamwork Intensive

2023 BLISS training on IFS and Inner Sexual System with Patricia Rich, LCSW

2023 IFS Creating Healing Circles training with Chris Burris, M.Ed., LMFT, LCMHCS

2024 Internal Family Systems Level 3 training at IFSI with Chris Burris

2024 IFS and Beyond Consultation Group with Bob Falconer x 3 months

2024 The Neurodiversity Paradigm Study Group with Janae Elisabeth of Trauma Geek

2024 Self-Energy and Self-Life Parts IFS 5-day retreat with Pamela Krause, LCSW

2024 IFS Conference: sessions on Exploring Ableism; Neuroqueering IFS; Parts & Psychedelic

Assisted Psychotherapy from an Anti-Oppressive Framework

2025 IFS Creating Healing Circles Level 2 training with Chris Burris, M.Ed., LMFT, LCMHCS

**Work Experience:**

2024 Program Assistant, IFS Critic Camp workshop with Chris Burris

2022 - Internal Family Systems Practitioner

2019 - Systemic & Family Constellations Facilitator

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 specializing in 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, Beaufort SC

**Professional Societies and Activities:**

Energy Medicine Professional Association 2023 -

International Systemic Constellations Association 2019 -

Multidisciplinary Association for Psychedelic Study 2001-

Association for Holotropic Breathwork International 1999-2015

Foundation for Shamanic Studies 2000 -

EMDR International Association 1999-2005

American Psychiatric Association 1991-2005

Maryland Psychiatric Society 1991-1995, 1998-2005

South Carolina Psychiatric Society 1995-1998