

Biddeford, Maine (207) 625-7012 pab@patriciaburke.com

EDUCATION

Master of Social Work, Boston University School of Social Work, Casework, 1981.

Bachelor of Arts, Cum Laude, Brandeis University, Psychology, 1977.

PROFESSIONAL EXPERIENCE: CONSULTING

2018-present MHRT/C Curriculum Development Consultant, Center for Learning (CFL) at the Muskie School of Public Service (University of Maine, Augusta, ME) collaborates with the Maine Department of Health and Human Services' Office of Substance Abuse and Mental Health Services (DHHS-SAMHS) to promote excellence in the mental health workforce.

2014-present Content Expert Specialist, The CDM Group, Inc., A minority-owned consulting firm bringing science-based practices to healthcare, mental health care, education, and human services, Bethesda, MD.

TIP Projects:

- ▶ *Relapse Prevention and Recovery Promotion in Behavioral Health Services*
- ▶ *Motivational Counseling TIP 35 Update*
- ▶ *Behavioral Health Services for American Indians and Alaska Natives*
- ▶ *Medications for Opioid Use Disorder*
- ▶ *Enhancing Core Competencies of Peer Providers in Addiction Treatment and Community-Based Recovery Programs*
- ▶ *Treating Addiction in Older Adults*

2010-2012 Consultant/Technical Assistance Provider, JBS International, A woman-owned consulting firm providing professional services, content expertise, and global outreach in health/mental health treatment, education, cultural competence and criminal justice, North Bethesda, MD.

PROFESSIONAL EXPERIENCE: TEACHING

2014-present Adjunct Faculty, University of New England School of Social Work, Portland, ME.

2006-2013 Affiliated Faculty, Union Institute & University, Psychology/Human Development Concentration and Addiction Studies Specialty–Low Residency and Online Programs: Vermont Academic Center, Brattleboro, VT.

1999-present Instructor, Brown University Center of Alcohol Studies, Addiction Technology Transfer Center, Providence, RI.

2006-present Trainer, Co-Occurring Collaborative Serving Maine, Portland, ME.

- 1999-2013 Faculty, New England Institute of Addiction Studies, Augusta, ME.
- 1989-2010 Faculty, Rutgers Summer School of Alcohol and Drug Studies, New Brunswick, NJ.
- 2004-2005 Adjunct Faculty, Behavioral Health and Human Services Department, Southern Maine Community College, South Portland, ME.
- 2003- 2005 Faculty, Chaplaincy Institute of Maine, Portland, ME; an interfaith, post-denominational wisdom school.
- 2002-2003 Clinical Assistant Professor, University of New England School of Social Work, Portland, ME.
- 1991-1995 Trainer, Rutgers University School of Social Work, Continuing Education Department, New Brunswick, NJ.
- 1993-1994 Faculty, North Carolina School of Alcohol and Drug Studies, Wilmington, NC.
- 1991- 1995 Adjunct Instructor, University of Southern Maine, Department of Social Work, Portland, ME.
- 1987-1989 Trainer, Massachusetts Division of Alcoholism and Substance Abuse Services, Boston, MA.

PROFESSIONAL EXPERIENCE: MANAGEMENT

- 1989-1991 Clinical Director, Smith House, Portland, ME; an intensive outpatient addictions treatment program.
- 1985-1986 Clinical Coordinator, Valle Associates/Massachusetts Department of Corrections, Boston, MA; an in-house addictions treatment program at the Longwood minimum security prison facility.

PROFESSIONAL EXPERIENCE: CLINICAL

- 1986-present Psychotherapist/Addiction and Trauma Consultant, Private Practice, Biddeford, ME.
- 1987-1988 Consultant/Clinical Supervisor, STAIR Project, Mattapan. MA; a residential addiction treatment program.
- 1983-1985 Alcoholism Counselor/ Family Therapist, Bay Colony Health Services, Woburn, MA; outpatient chemical dependency program.
- 1981-1983 Alcoholism Treatment Specialist, South Shore Mental Health Center, Quincy, MA; outpatient alcoholism and adult units.

- 1980-1981 Clinical Social Worker (Intern), Somerville Mental Health Center, Somerville, MA; outpatient and adult units.
- 1978-1979 Vocational Services Coordinator/Counselor, Court Alternative Placement Program, Waltham, MA; an urban district court alternative sentencing program.
- 1977 Child Care Counselor, Green Tree Advocates, Brockton, MA.

PROFESSIONAL EXPERIENCE: RESEARCH

- 1981-1983 Research Associate, Boston University School of Social Work, Boston, MA.

COMMUNITY SERVICE

- 2009-present Member, Advisory Board, Addiction Technology Transfer Center of New England, Brown University Center for Alcohol and Addiction Studies, Providence, RI.
- 2013 Member, Community Advisory Council on Cultural and Diversity Affairs, Addiction Technology Transfer Center of New England, Brown University Center for Alcohol and Addiction Studies, Providence, RI.
- 2004-2010 Member, Board of Directors, Tri-County Mental Health Services, Auburn, ME; a community-based behavioral health agency.
- 2004-2005 Member, Board of Directors, Chaplaincy Institute of Maine, Portland, ME; an interfaith, post-denominational wisdom school.
- 1974-1979 Council Member, Waltham, Watertown, Belmont Council For Children; a citizen advocacy organization for children's services, Watertown, MA.

TEACHING EXPERIENCE

SEMESTER COURSES

University of New England Graduate School of Social Work: Portland, ME (2014-present, 2000-2003)

- Narrative Therapy
- Advanced Psychosocial Assessment
- Substance Abuse
- Addictions Counseling and Family Dynamics
- Individual, Family, Group Practice I
- Individual, Family, Group Practice II
- The Spiritual Dimension of Social Work Practice
- Spirituality, Health, and Healing

**Southern Maine Community College Behavioral Health and Human Services Department:
South Portland, ME (2004-2005)**

- Substance Abuse
- Addictions Counseling

University of Southern Maine Department of Social Work : Portland, ME (1991-1995)

- Substance Use and Abuse: Alcohol and Other Drugs (1991-1992, 1995)

SEMINARS, STUDENT DIRECTED STUDIES & PRESENTATIONS

**Union Institute & University, BA Program, Psychology/Human Development
Concentration and Addiction Studies Specialty: Vermont Academic Center, Brattleboro,
VT. (2006-2013)**

Eight Week Online Seminars

- Narratives of Addiction and Recovery: Writing Our Lived Experience
- Alcohol and Drug Abuse Counseling

Selected Student Directed Studies Supervised

- The Brain: A Psychological View
- Gender Identity Development in Men
- The Disabled in American Culture
- The Documentary Essay: Reflections on a Mindful Practice
- Environmental History
- Psychology, Spirituality, and Ethics
- The Philosophy & Psychology of Reality
- Identity of the Artist
- Philosophy & Psychology of the Mind-Body Connection
- Narrative Therapy: Overcoming Fear
- Buddhism and the Twelve Steps of Alcoholics Anonymous
- A History of Eating Disorders

Presentations

- People are Not Their Problems: The Politics and Ethics of Psychiatric Diagnosis
- Addiction and the Culture of Non-Acceptance
- The Body-Mind Experience in Psychotherapy, Healing, and the Creative Process
- Enhancing Hope and Resilience: Metaphor and Meaning in Psychotherapy
- Circle of Meaning: Exploring the Multi-Dimensional Nature of Spirituality Through Personal Narrative

SUMMER INSTITUTES

**Rutgers University Summer School, Advanced School, and Institute of Alcohol and Drug
Studies: New Brunswick, NJ (1989-2010)**

Five Day Courses

- Enhancing Hope and Resilience in the Treatment of Trauma and Addiction
- A Comprehensive Approach to Counselor Self-Care

- The Circle of Meaning: An Integrated Method for Exploring the Multi-Dimensional Nature of Spirituality in Addiction Counseling
- Motivational Interviewing and the Stages of Change in Addiction Counseling
- Enhancing Hope and Resilience in the Treatment of Trauma and Addiction
- The Adaptable Counselor: Use of Self in a Client-Centered Approach to Addictions Counseling
- Listening and Interviewing Skills for Addiction Counselors
- The Principles of Narrative Therapy in Addictions Counseling
- Self and Soul: Finding integrity and meaning in recovery from addictive illness
- Integrating a Spiritual Focus into the Treatment Process with Addicted Adults
- The Eleventh Step Re-Visited: Meditation Throughout the Stages of Recovery
- Self-Inquiry: A Path of Psychological and Spiritual Awakening
- Soul Work: Advanced Clinical Practice with Chemically Dependent Adults
- Simply Being: The Appropriate Use of Self in the Therapeutic Relationship with the Chemically Dependent Adult
- Healing Through Expressive Writing in Recovery
- The Practice of Self-Acceptance in Recovery from Chemical Dependency and Childhood Trauma
- Sexual Abuse in Substance Abusing Families: Experiential Treatment Techniques for Adult Survivors
- Beyond Survival From Incest and Chemical Dependency
- Explorations in Healing From Sexual Trauma and Chemical Dependency
- Intervention in Alcoholic Family Systems
- Body-Centered Psychotherapy

New England Institute of Addiction Studies: Augusta, ME (1999-present)

One to Four Day Courses

- Mindfulness in Addiction Counseling (2010-2012)
- Mindfulness Based Relapse Prevention (2011)
- Clinician Self-Care for Addiction Counselors and Clinical Supervisors (2008, 2011)
- Motivational Interviewing and the Stages of Change in Addiction Counseling (2007)
- The Circle of Meaning: A Narrative Tool for Exploring the Multi-Dimensional Nature of Spirituality in Addiction Counseling (2005)
- Listening and Interviewing Skills for Addiction Counselors (2005-2012)
- Building Resilience Through Spirituality (2003)
- Soul Work: Advanced Clinical Practice with Chemically Dependent Adults (1999-2000)
- Soul Work: Advanced School Follow-up (Five Week Online Class) (1999)

North Carolina Summer School of Alcohol and Drug Studies: Wilmington, NC (1993-1994)

Five Day Course

- Sexual Trauma in Addictive Families: Experiential Treatment Techniques with Adult Survivors

ONLINE COURSES

The Co-Occurring Collaborative Serving Maine (CCSME): Portland, ME (2009-present)

Online Courses

- Motivational Interviewing in Behavioral Health Treatment
- Trauma Informed Care in Behavioral Health and Co-Occurring Services
- Ethical Issues in Clinical Supervision for Co-Occurring Conditions
- A Comprehensive Approach to Clinician Self-Care
- Substance Abuse and Depression: A Collaborative Approach to Treatment and Recovery
- Spirituality, Health, Wellness & Recovery

Addiction Technology Transfer Center of New England: Brown University Center of Alcohol and Addiction Studies, Providence, RI (1999-2013)

Online Courses

- Wellness Counseling in a Recovery Oriented System of Care
- Integrating Spirituality into the Therapeutic Process with Addicted Adults
- Simply Being: The Appropriate Use of Self in the Therapeutic Relationship with Addicted Adults
- Clinician Self-Care for Addiction Counselors and Clinical Supervisors
- Mindfulness in Addiction Counseling

WORKSHOPS, SEMINARS, CONFERENCES

The Co-Occurring Collaborative Serving Maine (CCSME): Portland, ME (2006-present)

Five Day Course

- Fundamentals of Effective Clinical Supervision (2011-2014)

One Day Training

- Spirituality, Values and Ethical Principles in Clinical Practice (2009)
- An Integrated Approach to Trauma and Addiction Treatment (2007-2008)
- Counselor Self-Care and Ethics for Clinical Supervisors (2007)
- An Integrated Approach to Clinician Self-Care (2006)
- Circle of Meaning: A Spiritual Approach to Clinical Practice (2006)

ITV Seminars

- Assessing Our Own Attitudes, Motivation and Health (2007-2008)

Center for Tobacco Independence: Portland, ME (2007-present)

Trainer

- Cognitive Behavioral Therapy in Tobacco Treatment
- Motivational Interviewing: The Spirit of MI

Conference Presenter: *Intensive Tobacco Treatment Training & Conference*

- Cognitive Behavioral Treatment of Tobacco Dependence (Level I & II)
- Fundamentals of Motivational Interviewing in Tobacco Treatment
- Motivational Interviewing: Level II
- Motivational Interviewing: Level III
- Advanced Motivational Interviewing
- Building Personal Narratives: Stories of Hope (Keynote Address)
- Psychological Trauma and Addiction Treatment (Breakout Session)
- The Place of Spirituality in Best Practices (Breakout Session)

Presenter: *Certified Tobacco Treatment Specialist Annual Meeting*

- Mindfulness in Behavioral Health Counseling

Shalom House - Community Rehabilitation Services: Portland, ME (2014)

One Day Training:

- Self-Care for Human Service Professionals

Sweetser Training Institute: Saco, ME (2003-2013)

One Day Trainings:

- Motivational Interviewing in Substance Abuse and Mental Health Treatment (2011)
- Mindfulness in Addiction and Mental Health Counseling
- Spirituality, Values and Ethical Principles in Clinical Practice (2009-2012)
- Circle of Meaning: A Narrative Tool for Exploring the Multi-Dimensional Nature of Spirituality (2006)
- Uncovering the Spiritual Narrative (2004)
- Meaning, Metaphor, and the Imagination in Trauma Recovery (2003)
- Clinician Self-Care

Seminars

- Advanced Motivational Interviewing for Behavioral Health Consultants & School-Based Clinicians (2012-2013)
- Advanced Motivational Interviewing (2011-2012)
- Motivational Interviewing for Case Management Supervisors (2011-2012)

Counseling Services, Inc: Saco, ME (2012-2013)

Half-Day Trainings

- Values and Ethical Decision-Making in Clinical Practice

Maine Medical Center Psychiatric Residents Annual Retreat: Portland, ME (2013)

Presentation

- Self-Care for Care-Givers and Mental Health Providers

New Jersey Prevention Network: Lakewood, NJ (2012)

One Day Training

- Training of Trainers / Focus on Self-Care

Addiction Treatment Center of New England: Brighton, MA (2012)

Half- Day Training

- A Holistic Approach to Clinician Self-Care

Asian American Recovery Services: San Francisco, CA (2011)

One Day Training

- Mindfulness in Self-Care: An Experiential Workshop

SAMSHA Conference: Arlington VA (2010)

Conference Presenter: *Sustainability and Reform: HIV? AIDS and Substance Use Treatment*

- Preventing Burnout: Taking a Holistic and Comprehensive Approach to Self-Care

Friends of Recovery-Vermont: Montpelier, VT (2010)

One Day Training

- Spirituality as a Resource in Recovery

University of Southern Maine Center for Continuing Education: Portland, ME (1998 & 2007-2008)

One and Two Day Training

- A Holistic Approach to Psychological Trauma and Addiction Treatment (2008)
- Using Motivational Interviewing with Chronically Ill Patients (2007)
- Simply Being: The Appropriate Use of Self in the Therapeutic Relationship (1998)

Maine Chapter of the National Association of Social Workers: Augusta, ME (1994-2006)

Friday Seminar Series

- A Holistic Approach to Clinician Self-Care in Trauma Work (2006)
- Spirituality, Values, and Clinical Social Work Practice (2004)
- Building Resilience Through Spirituality (2003-2004)
- The Spiritual Dimension of Social Work Practice (2000-2001)
- The Practice of Self-Acceptance in Recovery from Chemical Dependency and Childhood Trauma (1998-1999)
- Body-Centered Psychotherapy in the Treatment of Sexual Trauma (1994-1995)

Conference Presenter: *Diversity in Times of Adversity* (2005)

- Circle of Meaning: A Narrative Tool for Exploring Spiritual/Religious Diversity

Conference Presenter: *Celebrating Resilience: Social Work in the 21st Century* (2002)

- Building Resilience Through Spirituality

Conference Presenter: *Social Work Community: Facing the Challenge of Change* (1998)

- Mindfulness and the Practice of Self-Acceptance in the Treatment of Chemical Dependency

Vermont Chapter of the National Association of Social Workers: Montpelier, VT (2006)

Conference Presenter: *NASW Annual Conference*

- Integrating a Spiritually Sensitive Focus Into Clinical Practice
- Motivational Interviewing and the Stages of Change

Lutheran Social Services AODA Task Force Annual Training: Wisconsin Dells, WI (2006)

Two Day Training:

- The Circle of Meaning: Exploring the Multi-Dimensional Nature of Spirituality in Addiction Counseling & Recovery

Mental Health HIV Collaborative Services Program: Baltimore, MD (2005)

Clinical Training Presenter

- Integrating a Spiritually Sensitive Focus Into Clinical Practice

Maine Health Target Diabetes Collaborative: Freeport, ME (2004)

Conference Presenter: *Target Diabetes Collaborative II*

- Motivational Interviewing Skills: The Art of Health Promotion in the Treatment of Diabetes

World Health Organization China Institute on Substance Abuse: Prevention, Treatment and Rehabilitation: Beijing, China (2002)

Presentations:

- Working with Women in Recovery
- Spirituality and Addictions
- Evoking Hope: Strengths-Based Counseling Techniques

The National Center on Addiction and Substance Abuse at Columbia University: New York, NY (2002)

Conference Presenter: *National Conference Celebrating Caseworks for Families*

- Spirituality and Substance Abuse: Integrating a Spiritually Sensitive Focus into Treatment

The Center: The Learning Resource for Substance Abuse and Health (ETP): Hartford, CN (1999-2000)

One Day Training

- Simply Being: The Appropriate Use of Self in the Therapeutic Relationship
- Boundary Setting and the Use of Self in the Therapeutic Relationship with Co-Occurring Disorders
- Mindfulness and the Practice of Self-Acceptance in Recovery from Chemical Dependency and Childhood Trauma

NAMI (National Alliance for the Mentally Ill) Maine State Conference: China, ME (2000)

Half Day Training

- Spirituality and Depression

Western Mass Substance Abuse Providers: Holyoke, MA (2000)

One Day Training

- Self-Realization and Fulfillment in Ongoing Recovery

Adcare Educational Institute: Augusta, ME (1999)

Half Day Training

- Weekend Intervention Program: Clinician Self-Care

Maine Association of Alcoholism and Drug Abuse Counselors (MAADAC): Augusta, ME (1998)

One Day Training

- Soul Work: Advanced Clinical Practice with Chemically Dependent Adults

The Recovery Center at Mercy Hospital: Portland, ME (1998)

Conference Presenter: *New Strategies and Approaches for Addiction Treatment*

- Mindfulness and the Practice of Self-Acceptance in Recovery

Interfaith Counseling Services: Newton, MA (1998)

Conference Presenter: *Envisioning Spirituality in the Workplace*

- In Search of Meaning in the World of Work: Mindfulness and the Practice of Self-Acceptance

NJ Task Force on Women and Alcohol Annual Conference: Cape May, NJ (1996)

Keynote Speaker: *Global Healing One Person at a Time*

- Alcoholism: A Misplaced Search for the Transcendent Experience

Rutgers University School of Social Work Continuing Education Department: Family Preservation Institute: New Brunswick, NJ (1991-1995)

One Day Training

- Points of Intervention in Sexually Abusive Families Parts I-IV
- Advanced Case Seminar

University of New England College of Professional and Continuing Studies: Biddeford, ME (1994)

One Day Training

- Introduction to Experiential Therapies in the Treatment of Addictions

MAHEC's Annual Addiction: Focus on Women Conference: Asheville, NC (1994)

Five Day Course

- Beyond Survival from Chemical Addictions: A Spiritual Journey Toward Integration

Special Seminar

- Women and Spirituality

PUBLICATIONS

Burke, P. A., & Carruth, B. (2012). Addiction and psychological trauma: Implications for counseling strategies. In L. L. Levers (Ed.), *Trauma counseling: Theories and interventions*. New York: Springer.

Burke, P.A. (2006). Enhancing hope and resilience through a spiritually sensitive focus in the treatment of trauma and addiction, In B. Carruth (Ed.). *Psychological Trauma and Addiction Treatment*. New York: Haworth Press.

Burke, P, A., Carruth, B. & Prichard, D. (2006). Counselor self-care in work with traumatized, addicted people, In B. Carruth. (Ed.). *Psychological Trauma and Addiction Treatment*. New York: Haworth Press.

- Burke, P. A. (2005, May/June). Circle of meaning: A narrative tool for exploring the multi-dimensional nature of spirituality. *Counselor: The Magazine for Addiction Professionals*, 6(3), 22-28.
- Burke, P. A. (2004). Book Review: *International Aspects of Social Work Practice in the Addictions*, Straussner, S. L. & Harrison, L. (Eds.). *Counselor: The Magazine for Addiction Professionals*, 5(3), 75.
- Burke, P. A. (2001). True Leader: A Parable. *The Spirituality and Social Work Forum*, 8(2), 4-5.
- Burke, P. A. (1999). The Healing Power of the Imagination. *The International Journal of Children's Spirituality*, 4(1), 9-17.
- Burke, P. A. (1999) Book Review: The Therapeutic Use of Stories, Dwivedi, K. D. (Ed.), *The International Journal of Children's Spirituality*, 4(2), 240-241.
- Burke, P. A. (1998). The Mammogram. *Mobius: The Journal of Social Change*, 9(4), 18-19.
- Burke, P.A. (1995). *Breathe Deeply! Healing Stories For The Soul*. Brunswick, ME: Audenreed Press.
- Burke, P. A. (1981). Bar Use and Alienation in Lesbian and Heterosexual Women Alcoholics, Unpublished Masters Thesis, Boston University School of Social Work.
- Carruth, B. & Burke, P. A. (2006). Psychological Trauma and Addiction Treatment, In B. Carruth (Ed.). *Psychological Trauma and Addiction Treatment*. New York: Haworth Press.
- Center for Substance Abuse Treatment. (2009). *Clinical Supervision and Professional Development of the Substance Abuse Counselor*. Treatment Improvement Protocol (TIP) Series 52. DHHS Publication No. (SMA) 09-4435 Rockville, MD: Substance Abuse and Mental Health Services Administration. (**Patricia A. Burke: Field Reviewer**).
- Center for Substance Abuse Treatment. (2008). *Managing Depressive Symptoms in Substance Abuse Clients During Early Recovery*. Treatment Improvement Protocol (TIP) Series 48. DHHS Publication No. (SMA) 08-43531 Rockville, MD: Substance Abuse and Mental Health Services Administration. (**Patricia A. Burke: Expert Advisory Board**).
- Substance Abuse and Mental Health Services Administration. (2014). *Trauma-Informed Care in Behavioral Health Services*. Treatment Improvement Protocol (TIP) Series 57. HHS Publication No. (SMA) 13-4801. Rockville, MD: Substance Abuse and Mental Health Services Administration. (**Patricia A. Burke: Contributing Author**)
- Substance Abuse and Mental Health Services Administration. (2018). *Medications To Treat Opioid Use Disorder*. Treatment Improvement Protocol (TIP) Series 63, Full Document. HHS Publication No. (SMA) 18-5063FULLDOC. Rockville, MD: Substance Abuse and Mental Health Services Administration. (**Patricia A Burke: KAP Team Lead Content Expert**)

ADVANCED CLINICAL/SUPERVISION CERTIFICATIONS

Board-Certified Clinical Supervisor (CCS), Maine Board of Alcohol and Drug Counselors, certified 2004.

Clinical Alcohol, Tobacco, and Other Drugs Social Worker (C-CATODSW), National Association of Social Workers, certified 2000.

Board Certified Diplomate in Clinical Social Work (BCD), American Board of Examiners in Clinical Social Work, certified 1988.

Diplomate in Clinical Social Work (DCSW), National Association of Social Workers, certified 1987.

PROFESSIONAL ASSOCIATIONS

Motivational Interviewing Network of Trainers

National Association of Social Workers

The Co-Occurring Collaborative Serving Maine

NALGAP: The Association of Lesbian, Gay, Bisexual, Transgender Addiction Professionals