

# Thomas A. Porpiglia, MS, LMHC, DCEP, EFT-ADV, EAS-C, DCC

Life Script Mental Health Counseling Services PLLC

<http://www.lifescrptcounseling.com>

<mailto:info@lifescrptcounseling.com>

202 Dickinson Road

Webster, NY 14580

585-704-0376

## Professional Qualifications

New York State Licensed Mental Health Counselor—License #0003699

In private practice since 1994

Vietnam Veteran

Master Emotional Freedom Technique (EFT) Practitioner

Skilled in other Energy Psychology Techniques

Guides people in reclaiming their lives by reshaping their negative experiences with EFT & Energy Psychology

Intuitive, enthusiastic, compassionate, caring, resourceful, creative

Coach/Investigator for the Veterans Stress Project: <http://www.stressproject.org>

Uses creative combinations of Energy Psychology and traditional methods

Presented and taught EFT to professionals and non-professionals

Member of a peer supervision group focused on Energy Psychology Techniques

Uses EFT in group processes

Experienced group leader/facilitator and Domestic Abuse Educator

Extensive training in Transactional Analysis

Significant training in leading experiential processes

Created and presented innovative workshops/programs using EFT has a healing tool

## Education & Certifications

Bachelor of Science in Human Development

Empire State College

Rochester, NY, 1996

Masters of Science in Counseling Psychology\*

Hamilton University

Evanston, Wyoming, 2000

Advanced Transactional Analysis (450+ hours)

A Growing Place of Atlanta

Rochester, NY, 1992 - 1996

Mens Educational Non-Violence Facilitator Training

Genesee Hospital

Rochester, NY, 1998

Experiential Therapy Training

Adult Child & CoDependency Center

Rochester, NY, 1998

New Warrior Advanced Leadership

Training modules 1, 2, & 3

Philadelphia, Rochester & Dallas, 1994

NICABM - New Brain Science webinar

April - May 2012

Emotional Freedom Technique™

Life Script Counseling Services

Rochester, NY, 1998 (Basic Videos)

Tapas Accupressure Technique™

Carrie Schmidt & TAT videos

Victor, NY, 1999

Allergy Antidotes™ & Advanced Allergy Antidotes™

Sandi Radomski

Toronto, Canada, 2003

Association for Comprehensive Energy Psychology

Diplomate of Comprehensive Energy Psychology (DCEP)

2006

NICABM - Treating Trauma webinar

May - June 2012

Employee Assistance Specialist—Clinician (EAS-C)

May 2014, EAPA Rochester, NY/ EAPA National

Distance Counseling Credentialing

January 2015, Telehealth Certifications, Canandaigua, NY

\* Not pertinent to licensure

## Mini-Presentations (1 to 1.5 hrs. each):

Monroe County Medical Society (MCMS) Integrative Medicine Seminar	Introduction to EFT	October 2006
Monroe County Medical Society Integrative Medicine Seminar	Taste of Holistic Medicine Expo	
Curves of Webster	Weight Management with EFT	
Rochester Area EAPA Wellness Day	Introduction to EFT	
Groveland Correctional Facility	Introduction to EFT	
Greater Rochester EAPA Breakfast Meeting	Introduction to EFT	
Greater Rochester EAPA Breakfast Meeting	Treating Combat Stress/PTSD with EFT	
Annual Family Health and Fitness Fair	I Wanna Quit Butt....smoking cessation	
New York State Insurance Fund	Introduction to EFT	
Way To Be Fit Women's Fitness Center	Weight Management with EFT I Wanna Quit Butt....smoking cessation	
New York Counseling Association	Introduction to EFT	
MCMS Integrative Medicine Seminar	Treating Chronic Stress w/EFT	October 2009
NYMHCA Conference	Treating PTSD/Combat Stress w/EFT	April 2010
Waverly VFW Post	Treating PTSD/Combat Stress w/EFT—Research Results	— Jan. 22, 2011
Greater Rochester EAPA Breakfast Meeting	Treating PTSD/Combat Stress w/EFT—Research Results	—March 18, 2011
Rochester Wellness and Personal Growth	Intro to EFT	— February 08, 2012
Rochester Wellness and Personal Growth	Intro to EFT	— March 25, 2012
NYMHCA Conference	Intro to EFT	— April 22, 2012
Improving Response to Victims of Crime	Sponsored by NIDVAP – <a href="http://www.nidvap.org">http://www.nidvap.org</a> —Geneva, NY Working with Adult Survivors of Childhood Sexual Abuse w/EFT — 06/04/12 Working with Male Victims of Domestic Abuse w/EFT — June 4, 2012	
The Inner World of Crime : Living with Victimization and Healing from the Trauma	Sponsored by NIDVAP—Near Portland, ME Working with Adult Survivors of Childhood Sexual Abuse — 09/17/12 Healing Trauma Survivors Using Emotional Freedom Technique—09/17/12	
The Inner World of Trauma and Victimization	Sponsored by GIHAVT—Geneva, NY Healing Trauma Survivors Using Emotional Freedom Technique—11/03/12	
Beyond Victimization: Healing from Trauma	Sponsored by GIHAVT—06/04/13 Getting to the Core Issues When Treating Addiction	
Victims Deal, Survivors Heal, Thrivers Keep It Real	Sponsored by GIHAVT—07/16/13—Columbus Ohio Healing Trauma Survivors Using Emotional Freedom Technique	
Addictions: Getting to Core Issues	Catholic Family Center of Rochester/Hannick Hall—Newark, NY 01/29/13	
Beyond Victimization: Healing from Trauma	Sponsored by GIHAVT: Addictions: Getting to Core Issues—03/26/14	
Penfield School District	EFT for Anxiety	
University of Rochester/Strong EAP	EFT for Trauma — 02/10/2015	
Healing Shattered Lives	Addictions: Getting to Core Issues with EFT — 02/15/2015	
Genesee County BOCES	Introduction to EFT — 04/2015	
Guest Lecturer—SUNY Oswego	CPS 308 [Issues and Careers in Human Services] included Intro to EFT for Prof. Barbara Streets 11/03/2015	
A Course In Miracles Students	Introduction to EFT — 11/08/2015	
Just My Fitness	Introduction to EFT — 5/21/16	
NCADD	Treating Veterans Impacted by PTSD and Addictions With EFT — 07/13/16 3 hours.	

## Professional Affiliations

Association for Comprehensive Energy Psychology (ACEP): <http://www.energypsych.org>

New York State Mental Health Counselor's Association (NYMHCA): <http://www.nymhca.org>

Employee Assistance Professionals Association (Rochester Chapter): <http://www.eaparochester.com>

Irondequoit Chamber of Commerce: <http://irondequoitchamber.org/>

Veterans Business Council: <http://www.veteransbusinesscouncil.org>

Stand-Up Guys: <http://www.standupguys.org/>

**Founding Member:** Veterans Stress Project: <http://www.stressproject.org>

## Full Workshop Presentations:

The Retreat House at Green Lane

Tapping the Healer Within

The Secret to Attracting Prosperity and Abundance

Does Your Mirror Lie? Creating a Realistic Body Image.

Personally Sponsored

Tapping the Healer Within -- April 14, 2012

Tapping the Healer Within — October 1, 2016

## Radio Interviews

Soul Medicine – Dawson Church, PhD

Healthy Life 02/18/10

Veterans Radio Show – Patrick Welch, PhD

WECK Radio 02/22/10

EFT Radio -- Jondi Whitis

EFT for Vets and Families 11/21/10

Change Your Life with Dr. Meami Craig

WHAM Radio Rochester, NY, 11/20/11 & 11/27/11 smoking cessation

## Published Articles:

Rochester Healthy Living

Authored article on Energy Psychology

In Good Health

Authored article on Male Depression

Insider Magazine

Interviewed by Pam Cowan

Nature's Wisdom Magazine

Authored article on Smoking Cessation

New Health Digest

Authored article on Smoking Cessation

Messenger Post Newspapers

Authored article on Smoking Cessation

Interviewed by Linda Quinlan

Salem News

Researching the Effectivity of Emotional Freedom Technique On Combat Post Traumatic Stress Disorder/Trauma — July 2012

<http://salem-news.com/articles/july222011/ptsd-eft-tp.php>

PTSD Can be Managed — June 2011

<http://salem-news.com/articles/june302011/managing-ptsd-tp.php>

Somatic Psychotherapy Today

Using Emotional Freedom Technique to Treat Veterans and PTSD

<http://www.somaticpsychotherapytoday.com/wp-content/uploads/2015/09/volume-5-number-4-Fall-2015.pdf> Page 42

Nova Publications

Veterans, Political, Social and Health Issues: Chapter 4

Using Emotional Freedom Technique to Treat Veterans and PTSD

RocMetaphysical

On-going article contributions Sept. 2016 to present <https://www.rocmetaphysical.com/>

## Television Interviews

WROC-TV8 Rochester, NY

Coming Home with PTSD: A Local Soldier's Story — April 27, 2012

<http://tinyurl.com/p9epb4u>

Unusual Therapy Gives Local Veteran Relief From PTSD — May 2, 2012

<http://tinyurl.com/nr8pmnm>

Related Article: Web Extra: Dan and Angie Hoaglin Explain PTSD — April 20, 2012

<http://tinyurl.com/ncvd87o>

## Other Group Facilitation Experience:

The Omega Institute - 2006	The Promise of Energy Psychology (functioned as a Training Assistant to David Feinstein, PhD Co-author of the book by the same name.)
The Bamboo Bridge - 2000-2003	Co-Led healing weekends for veterans in Rochester, Indianapolis and DC
The ManKind Project – 1994 - 2000	Senior Staff on 21 weekends in Rochester, Philadelphia, and New England Co-facilitator for integration groups
Pathway Houses of Rochester	Group facilitator for men in Recovery
Richards House	Co-facilitated group w/Eric Fairchild
1998-2008: Genesee Hospital Rochester Rehabilitation Delphi Drug and Alcohol Council	Co-leader for Domestic Abuse & Domestic Violence groups at all 3 facilities.
Life Script Mental Health Counseling Services PLLC	Facilitating on-going EFT group for low income individuals (on-going)
Hannick Hall - 2014	Facilitated 5 week pilot EFT group process with women in Substance Abuse Recovery
Offsprings Charities - 2015	Facilitated women survivors of Domestic Abuse/Domestic Violence/Intimate Partner Violence
The Association for Comprehensive Energy Psychology - 2015	Training Assistant to Michael Galvin, PhD for the Level One Certification Training