

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

Life Script Mental Health Counseling Services PLLC

<http://www.lifescryptcounseling.com>

<mailto:info@lifescryptcounseling.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 Training

January 2015, Telehealth Certifications, Canandaigua, NY

\* Not pertinent to licensure

# Employment History

1994 to Present:

Life Script Mental Health Counseling Services PLLC—Private Practice

- Provide mental health counseling services for individuals, couples and veterans experience depression, anxiety, PTSD, relationship difficulties, grief, loss, and smoking cessation
- Provide group therapy for low income individuals
- Administer evaluations for depression, anxiety, PTSD, ACEs, Moral Injury
- Manage all office functions—scheduling, billing, record keeping, paying rent and utilities, etc.

2008 to present:

Founding Member and volunteer for the Veterans Stress Project: <http://www.stressproject.org>

- Assisted in treating veterans with PTSD and gathering research data on the effectivity of Emotional Freedom Techniques
- Worked with veterans in person, over the phone and via Skype to apply Emotional Freedom Techniques/tapping to traumatic memories
- Administered pre-treatment, post treatment and during treatment evaluations to determine progress
- Kept records of evaluations
- Reported evaluation outcomes to the lead researcher
- Managed their web site

October 1999 to October 2000:

Pathway Houses of Rochester—transitional housing for men in recovery

- Group facilitator for men in recovery
- Individual counseling sessions for men in recovery
- Record/note keeping for individual sessions
- Attended Staff Meetings

October 1999 to April 2000

Richards House/Veterans Outreach Center - Halfway house for veterans in recovery

- Co-facilitated groups of veterans in recovery
- Attended staff meetings
- Monitor resident sign in and sign out after hours
- Administer medications when required

August 1998 to April 2008:

Genesee Hospital  
Rochester Rehabilitation  
Delphi Drug and Alcohol Council

- Co-leader for Domestic Abuse & Domestic Violence groups at all 3 facilities.
- Write group notes

## 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>

Currently the Continuing Education Program Coordinator — July 2018

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

Assisted in obtaining Continuing Education Units for EAP programs attended by LMHCs

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

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

## Employee Assistance Program Provider (EAP)

2015 to present — Provides EAP services for:

Empathia/Wegmans

Employee Network Inc.

BDA/Morneau Shepell

Ceridian/LifeWorks

EAP Workforce Solutions

Behavioral Health Solutions

Life Solutions

Liberty/Yost Management

E 4 Health

ACI Enterprises Inc.

## Group Facilitation Experience

I volunteered to help facilitate the following group trainings

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

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

## 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 <a href="http://salem-news.com/articles/july222011/ptsd-eft-tp.php">http://salem-news.com/articles/july222011/ptsd-eft-tp.php</a> PTSD Can be Managed — June 2011 <a href="http://salem-news.com/articles/june302011/managing-ptsd-tp.php">http://salem-news.com/articles/june302011/managing-ptsd-tp.php</a>
Somatic Psychotherapy Today	Using Emotional Freedom Technique to Treat Veterans and PTSD <a href="http://www.somaticpsychotherapytoday.com/wp-content/uploads/2015/09/volume-5-number-4-Fall-2015.pdf">http://www.somaticpsychotherapytoday.com/wp-content/uploads/2015/09/volume-5-number-4-Fall-2015.pdf</a> Page 42
Nova Publications	Veterans, Political, Social and Health Issues: Chapter 4 Using Emotional Freedom Technique to Treat Veterans and PTSD
Off Script Therapy	by Luc Watelet—Contributed material to Chapter 9, Page 195

## Awards

2001	ManKind Project Ron Herring Man of Service Award
2002	Life Results Essence Award

## 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>

## 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
RocTalk—Mark Shuttleworth	Legends 102.7, WLGZ, Rochester, NY, 07/02/17
Rochester Free Radio—Wanda Miller	WFRZ 106.3, Everyday Health & Wellness—4/18/18

## 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	
NYMHCA	Introduction to Emotional Freedom Techniques — 11/11/17—1 hour	
Wellness Center in Fairport	Introduction to Emotional Freedom Techniques—2/17/18 & 4/11/18—2 hours	

## 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 for Health & Wellbeing—5/12/18 & 7/7/18—6 hours