

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

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 Training
January 2015, Telehealth Certifications, Canandaigua, NY

EFT Level 1 & Level 2
April 12-14, 2019, SUNY Brockport

* Not pertinent to licensure

Other current CEUs certificates available on request.

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/>

Employee Assistance Program Provider (EAP)

2015 to present — Provides EAP services for:

- Empathia - LifeMatters
- LifeWorks
- EAP Workforce Solutions, LLC
- BDA Morneau Shepell
- Behavior Health Solutions
- ENI/Employee Network Inc
- LifeSolutions
- Liberty/Yost
- New Directions
- ACI Enterprises Inc.
- ESI Group EAP
- Humana EAP
- Cigna
- ComPsych

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
EFT Tapping Training Institute —April 12-14, 2019	Training Assistant to Craig Weiner, DC. Master Trainer

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
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
2019	Quilt of Valor

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/nr8pnmn>

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 – http://www.nidvap.org —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	
NYMHCA Rochester Chapter	EFT for Substance Abuse and Trauma — 2/9/19 — 1 hour	
Strong Recovery	EFT for Substance Abuse and Trauma — 03/8/19 — 1 hour	

LifeTime Care

Compeer PFC Dwyer Program

Taming Grief with EFT — 03/11/19

Stress Relief for Female Veterans — 02/03/20

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.

Tapping the Healer Within -- April 14, 2012

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

Personally Sponsored