

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

Life Script Mental Health Counseling Services PLLC  
<http://www.lifescrptcounseling.com>  
[info@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

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

Tapping Out of Trauma 1.0  
On line 09/19 through 11/19

\* 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>

Continuing Education Program Coordinator — July 2018 –July 2020

Advisor to the current Continuing Education Program Coordinator — July 2020 to present

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

Morneau Shepell/LifeWorks

EAP Workforce Solutions, LLC

Behavior Health Solutions

ENI/Employee Network Inc

LifeSolutions

Liberty/Yost

New Directions

ACI Enterprises Inc.

ESI Group EAP

Humana EAP

Cigna

ComPsych

Child & Family Services

## 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 Level 1 & 2 ,April 12-14, 2019,

SUNY Brockport—Emotional Assistant/Training Assistant

EFT Level 1 & 2, Sept 25-27, 2020

Emotional Assistant/Training Assistant for ZOOM on line training

EFT Level 1 & 2, Mar 13-15, 20/21

Emotional Assistant/Training Assistant for ZOOM on line 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
2019	Quilt of Valor
2021	Association for Comprehensive Energy Psychology Philanthropy Award 2021

## 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/nr8pmm>

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

## Mini-Presentations (continued)

A Course In Miracles Students	Introduction to EFT — 11/08/2015
Just My Fitness	Introduction to EFT — 5/21/16
NCADD - RA/DePaul	Treating Veterans Impacted by PTSD and Addictions With EFT — 07/13/16 3 hours
NYMHCA—Rochester Chapter	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
SUNY Brockport EDC 612/The Human Experience	Taming Trauma with EFT tapping—09/18 & 04/20—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	Taming Grief with EFT — 03/11/19
NCADD - RA/DePaul	Treating Veterans Impacted by PTSD and Addictions With EFT — 06/15/22 3 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