

Ilana R. Amrani-Cohen

ilanarac@gmail.com

Trainer and Consultant

**Team Building • Stress Management • Sleep • Resilience • Laughter Yoga • Complex Trauma
Wellbeing • Reiki**

Areas of Strengths and Skills

- Leadership and team building
- Dynamic training style
- Participatory and inclusive training modalities
- Mindfulness based skills
- Creative expressions
- Story telling
- Use of humor
- Fostering an atmosphere of acceptance

Professional Experience

Private Practice – Newton, Massachusetts

2018- present

Private Practitioner

Provide training and consultation: Team Building, Stress management, Sleep, Complex Trauma, Domestic Violence, Wellness, and Laughter Yoga. Development and use of therapeutic games

IsraAID- Israel and U.S.

Consultant and Trainer

2016- present

Provided trauma informed interventions to professionals in Nepal, Puerto Rico and Chico California following natural disasters. Provided psychological support to IsraAid Fellows placed in seven disaster zone countries around the globe. Trained professionals, clergy and UN diplomates on ways to deal with stress and anxiety during the pandemic. Consults to trauma response team from IsraAID.

Trauma Center at Riverside Community Care

2011- Present

First Responder and Community Trauma Response Clinician

Provided psychological first aid to communities affected by Boston Marathon bombing. Provide support and first crisis response to communities affected by suicides, fires and disasters nationally and internationally.

The Guidance Center at Riverside Community Care, Somerville, MA 2009- 2018

Senior Social Worker and Supervisor, Program Director and Trainer

Directed three programs that assist people affected by complex trauma. Secured funding for Child Witness to Violence program and the Cambridge Arlington and Belmont High Risk Assessment and response team (CABHART). Participated in agency wide Diversity and Inclusion committee. Provided training to community agencies.

Cambridge Youth and Guidance Center, Cambridge, MA 2006-2009

Director of Families with Voices, Domestic Violence Services

- Directed, supervised and managed staff and trainees in four programs: *Children with Voices*, a child witness to violence program; *Community Based program*, which provided domestic violence services in community settings; *The Meeting Place*, a supervised visitation program and *Cambridge Arlington Belmont High Risk Assessment and Response Team*, (CABHART)
- Participated in grant writing and developed domestic violence services for the agency
- Coordinated in-service training related to complex trauma and self-care
- Developed and taught a yearlong Trauma Seminar (certificate program for interns)
- Participated in regional and statewide meetings with other domestic violence service providers to develop policies and services
- Initiated and co-founded Cambridge Arlington Belmont High Risk Assessment and Response Team
- Provided training on issues of complex trauma, safety at home visits and domestic violence to both staff at the agency, other community providers and in internationally such as in Japan, Kenya, Tanzania, and Nepal
- Developed and coordinated a network of providers for the delivery of DV services in the Cambridge and Somerville area as well as in statewide forums.
- Coordinated monthly community meetings with DV providers.
- Organized a yearly conference on the topic of *Understanding Trauma and Caring for the Caregiver*
- Tracked consumer data and program outcomes related to program and responsible for the *Kids in Action* outcome evaluation study
- Served as liaison with DCF domestic violence unit

Cambridge Youth and Guidance Center, Cambridge, MA. 1993- 2006

Clinical Social Worker and Supervisor.

- Worked with children, adolescents and parents in individual, family and group modalities
- Supervised staff and trainees on issues regarding clinical as well as administrative and managed practice issues
- Consulted with schools and community services on issues relating to community need, program development and treatment coordination
- Developed and conducted in-service training for clinical staff

Maane--Adolescent Counseling Clinic, Jerusalem, Israel. 1990-1993

Group Coordinator

- Responsible for developing needs assessments and new programs for group treatment of adolescents

- Facilitated groups and coordinate treatment with school counselors
- Participated and organized workshops and training seminars on child abuse issues
- Trained 30 adolescents to staff a hotline for teens

American Association for Mental Health Affiliation with Israel, Jerusalem, Israel. 1989-1993

Israel Director

- Organized study tours for visiting American mental health professionals in Israel.
- Established criteria for distribution of contributions to projects in Israel
- Responsible for advertising, organizing and evaluating applications for financial assistance to mental health related projects and organizations in Israel

Private Practice Somerville, MA and Jerusalem, Israel 1988-1993

Private Practitioner.

- Provided therapy to children and families
- Treated adult clients with a range of issues including trauma in childhood
- Ran workshops and seminars on diagnosis and treatment of child abuse and sexual offenders

Somerville Mental Health Clinic, Somerville, MA. 1985-1989

Outpatient Therapist.

- Treated child and adolescent victims of child sexual and physical abuse and neglect
- Co-led a group for juvenile sex offenders.
- Conducted family meetings and consultations with families
- Participated in on-going systemic/family therapy supervisory group
- Co-led a group of mothers of sexually abused children
- Consulted with schools, courts and DCF
- Supervised master's level social work students
- Organized in-service training seminars

Hadassah University Hospital, Jerusalem, Israel 1981- 1984

Medical and Psychiatric Social Worker.

- Worked in the open-heart surgery, cardiology, intensive cardiac care and internal medicine wards with patients and families

Education

Doctor of Philosophy 1999
 Boston College School of Social Work
 Boston, MA

Program in Systemic Family Therapies 1987-1988
 The Family Institute of Cambridge, Boston, MA

Master of Social Work 1985

Boston University School of Social Work
Boston, MA

Advanced study for a certificate in group work 1983-1984
Fishon-Riviere Institute for Psycho-Social Studies
Jerusalem, Israel

Bachelor of Social Work 1980
Paul Berwald School of Social Work
Hebrew University, Jerusalem, Israel

Academic Appointments

- Lecturer Boston University School of Social Work Fall 2017
- Clinical Field Instructor Boston University School of Social Work 2010-2018
- Clinical Field Instructor Salem State School of Social Work 2010-2011
- Clinical Field Instructor, Boston College School of Social Work 2009-2010
- Clinical Field Instructor Smith College School of Social Work 2006-2008
- Clinical Supervisor, Harvard University, Department of Psychology 2008-2009
- Clinical Field Instructor, Hebrew University School of Social Work 1989-1991
- Continuing Education Instructor, Hebrew University School of Social Work 9/1999-2/1999
Developed and taught a course on short-term dynamic treatment and crisis intervention to Bet Shemesh Social Services Department

Additional studies

- Reiki Master – certificate Usui System of Natural Healing, Cambridge Ma 2016
- MBSR – 8 weeks course on Mindfulness Based Stress Reduction. Newton Ma 2015
- Certified Laughter Yoga Teacher trained by Dr. Madan Kataria, Bangalore India 2015
- Emergency Management Institute, FEMA ICS 100 2011
- EMDR for Children Certificate Child Trauma Institute Greenfield, MA 2007
- EMDR Level II Certificate. EMDR Institute Inc. Cambridge MA 2004
- EMDR Level I Certificate Sponsored by EMDR Institute, Inc. Miami, Florida 2002

Professional membership

- ISASW- Israeli Association of Social Workers 1978-1984
- American Association for Mental Health Affiliation with Israel 1987-1989
- Israel Director, American Association for Mental Health Affiliation with Israel 1989-1993
- ISASW- Israeli Association of Social Workers 1989-1993

Honors and Other Positions

- Lachman-Davis Award for Outstanding Field Work, School of Social Work Hebrew University 1978
- Child Abuse and Neglect Task Force, Somerville, MA 1985-1986
- Trauma Clinic Seminar, Mass. Mental Health, Boston, MA 1986-1989
- Early Childhood Advisory Council, Somerville, MA 1999- 2014
- Domestic Violence Task Force, Cambridge, MA 2000 - 2014
- Domestic Violence Task Force, Somerville, MA 2000 - 2008
- Middlesex County DA Roundtable, Cambridge, MA 1999-2006
- The Dr. Joseph H. Brenner Leadership Award, Community Legal Services and Counseling Center, Cambridge MA 2011
- Excellence in Field Instruction Award Boston University School of Social Work, Field Education Department 2015

Selected Invited Presentations

- Therapeutic uses of Mandala Making October 2022
- Improving Sleep Patterns during the Pandemic, Riverside Community Care March 2021
- MGH speaker’s series Fostering and Teaching Resilience February 2021
- MGH Speaker’s series Children and Trauma: Treatment in the Context of Pandemic and Social Injustice October 2020
- Managing Professional stress through games stories movement and laughter Continuing Education at Boston College March 2020
- Mandala Making workshop, Continuing Education at Boston College June 2020
- Needs assessment and self-care skills for professionals in Chico California following the fires with IsraAID 2018
- Trauma informed intervention and self-care skills for professionals through IsraAID in Puerto Rico following Hurricane Maria 2018
- Trauma informed interventions through IsraAID, two weeks training for professionals in Nepal post the earthquake 2015
- International Family Violence and Child Victimization Research Conference, University of New Hampshire, Portsmouth, New Hampshire. Paper Presentation: “Treating the Effects of Interpersonal Violence: A Comparison of Two Group Models” Liu, S., Morrison Dore, M., Amrani-Cohen, I. July 2012
- Nynaza Province Children Services, Kisumu, Kenya, Trauma effects on Children and Self Care workshops April 2011
- Massachusetts General Hospital, Invited presentation, Boston MA, Bullying Conference, “Aggressively Reactive Child or a Bully?” June 2010
- The 22nd annual conference: A System of Care for Children’s Mental Health; Expanding the Research Base, Tampa Florida, March 2009, Poster Presentation: “Addressing Mental Health Problems in Children Exposed to Domestic Violence” Amrani-Cohen, I., Morrison Dore, M., Ayers, C. S.
- Early Intervention and Healthy Families, Invited Presentation, The Guidance Center February 2008

- Cambridge, MA, Self-Care and Vicarious Trauma-Experiential Workshop
- Victims of Violence, Cambridge Hospital, Invited presentation, Somerville, MA February 2008
Affects of Exposure to Domestic Violence on Parents and Children
 - Brookline Community Mental Health Center, Invited Lecture, Brookline, MA November 2007
Working with families in the Context of Domestic Violence
 - Government of Japan National Network of Domestic Violence Workers, April, May 2007
Invited Three- day Training Tokyo, Japan, Presentations included:
 - Attachment, Brain Development and Age Perspective
 - The brain Structures and Functions under Trauma
 - Child Developmental Tasks in the Presence of Trauma
 - Parenting in the Context of Domestic Violence
 - Group Work with Children and Their Parents (Presentation of Groups conducted at the Children with Voices Program)
 - Vicarious Trauma and Caring for the Caregivers
 - Visiting Professionals from Japan, Invited lecture Cambridge, MA February 2005
Children with Voices Program Presentation: Affects of Domestic Violence on Children and Parents
 - Visiting Professionals from Kosovo, Invited presentation, Cambridge, MA February 2004
Children with Voices Program Presentation and Data about Risk Indicators for Participants

Special Interests

The therapeutic uses of Mandalas, traveling, cooking, reading and riding the Pan Mass Challenge bike athletic fundraiser for Cancer research.