

Ilana R. Amrani-Cohen
Trainer and Consultant
Email: ilanarac@gmail.com

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

Core Expertise

- **Leadership & Team Building** – Driving collaboration and clear communication to foster strong, effective teams.
- **Interactive Training & Facilitation** – Designing engaging workshops using experiential learning, storytelling, and creative techniques.
- **Mindfulness & Well-Being** – Implementing strategies to enhance resilience, reduce stress, and promote overall wellness.
- **Innovative Healing Methods** – Applying art, metaphors, and narrative techniques to support personal growth and trauma recovery.
- **Humor & Engagement** – Creating a supportive, comfortable learning environment by infusing humor and playful approaches to ease anxiety, boost engagement.

Professional Experience

Private Practice – Newton, Massachusetts | *2018 – Present*

Private Practitioner

- Provide consultation and training in stress management, trauma informed interventions, wellness practices, sleep, and laughter yoga.
- Develop and implement therapeutic games focused on resilience, team-building, and individual growth.
- Tailor services for individuals, organizations, and communities, particularly in high-stress or post-trauma environments.
- Specialize in complex trauma recovery and offer psychoeducation for managing stress and achieving emotional balance.

Trauma Center at Riverside Community Care | *2011 – Present*

First Responder and Community Trauma Response Clinician

- Provided psychological first aid for major incidents, including the Boston Marathon bombing and natural disasters.
- Delivered crisis intervention and follow-up support for affected individuals and families.
- Collaborated with mental health teams and first responders to ensure immediate and long-term care.

The Guidance Center at Riverside Community Care | 2009 – 2018 **Program Director & Trainer, Senior Social Worker**

- Led trauma-focused programs supporting individuals and families affected by domestic violence and systemic abuse. Founding member of the High Risk Assessment and Response Team (**CABHART**)
- Secured grants to fund trauma-informed services, including the Child Witness to Violence program and CABHART.
- Supervised clinical staff and mentored trainees in trauma-informed care.
- Trained organizations on vicarious trauma, self-care, and best practices for working with survivors.
- Trained nationally and internationally in Japan, Kenya, Tanzania, Nepal, Israel, Puerto Rico, and California.
- Participated in regional and statewide meetings with other domestic violence service providers to develop policies and services for Massachusetts.
-
- Organized a yearly conference on the topic of *Understanding Trauma and Caring for the Caregiver*

Cambridge Youth and Guidance Center | 2006 – 2009 **Director, Families with Voices**

- Managed domestic violence services, including child witness support and supervised visitation.
- Developed staff and community training programs on complex trauma.
- Coordinated services across Cambridge and Somerville, partnering with local agencies.
- Created and led a yearlong Trauma Seminar for social work professionals.

The Guidance Center at Riverside Community Care – Somerville, MA | 2009 – 2018 *Program Director & Trainer, Senior Social Worker & Supervisor*

- Directed four programs focused on the needs of individuals and families impacted by complex trauma, including those affected by domestic violence and systemic abuse.
- Secured grants to fund trauma-informed services, including the Child Witness to Violence program and the Cambridge Arlington Belmont High Risk Assessment and Response Team (CABHART).
- Provided supervision and mentorship to clinical staff and trainees, ensuring high standards of care and adherence to trauma-informed practices.
- Conducted training for community organizations, focusing on trauma-informed care, vicarious trauma, and self-care practices for professionals working with trauma survivors.
- Established international partnerships for trauma-informed training, including initiatives in Japan, Kenya, Tanzania, and Nepal.

Cambridge Youth and Guidance Center – Cambridge, MA | 2006 – 2009

Director of Families with Voices, Domestic Violence Services

- Oversaw programs addressing the needs of families impacted by domestic violence, including child witness programs and supervised visitation services.
- Developed and implemented training and educational programs for staff and external community partners to address complex trauma and domestic violence issues.
- Coordinated domestic violence services across the Cambridge and Somerville areas, collaborating with local organizations and government agencies.
- Created and facilitated a yearlong Trauma Seminar, training future social workers in trauma-informed practice.

IsraAID – Israel and U.S. | 2016 – Present

Consultant and Trainer

- Led trauma-informed interventions for professionals and communities affected by disasters, including the aftermath of natural disasters in Nepal, Puerto Rico, and California.
- Provided mental health support to IsraAID Fellows in countries affected by global disasters, delivering specialized consultation on stress, anxiety, and trauma management during crisis situations.
- Developed and delivered cross-cultural training for diplomats, UN officials, and community leaders, particularly focusing on resilience during the pandemic.

- Facilitated workshops for community leaders, first responders, and social service agencies on post-trauma recovery, stress management, and building resilience in the face of adversity.

Hadassah University Hospital – Jerusalem, Israel |
– 1984

1981

Medical and Psychiatric Social Worker

- Provided psychosocial support for patients and families in high-stress medical environments such as cardiac intensive care, open-heart surgery, and internal medicine wards.

Education

- **Doctor of Philosophy (Ph.D.)**, Boston College School of Social Work, 1999
- **Program in Systemic Family Therapies**, The Family Institute of Cambridge, 1987-1988
- **Master of Social Work (MSW)**, Boston University School of Social Work, 1985
- **Bachelor of Social Work (BSW)**, Hebrew University, Jerusalem, Israel, 1980

Certifications

- **Polyvagal Theory for Embodied Trauma Recovery**, Dr. Arielle Schwartz, 2024
- **Polyvagal Theory and Neuroscience of Connection**, Dr. Sherrie ALL, 2024
- **Treatment of Complex Trauma & Dissociative Disorders (Level 2)**, Dr. Janina Fisher, 2024
- **Reiki Master**, Usui System of Natural Healing, Cambridge, MA, 2016
- **Certified Laughter Yoga Teacher**, Dr. Madan Kataria, Bangalore, India, 2015
- **MBSR – 8 weeks course on Mindfulness Based Stress Reduction**. Newton Ma 2015
- **EMDR Certification for Child Trauma**, Child Trauma Institute, 2007
- **EMDR Level II Certificate**. EMDR Institute Inc. Cambridge MA 2004
- **EMDR Level I Certificate** Sponsored by EMDR Institute, Inc. Miami, Florida

2002

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 1999

Awards and other positions

- **Lachman-Davis Award for Outstanding Field Work**,
School of Social Work Hebrew University, Jerusalem, Israel
1978
- **The Dr. Joseph H. Brenner Leadership Award**,
Community Legal Services and Counseling Center, Cambridge MA 2011
- **Excellence in Field Instruction Award** 2015
Boston University School of Social Work, Field Education Department
- Trauma Clinic Seminar led by Bessel van Der Kolk
Mass. Mental Health, Boston, MA
1986-1989
- Early Childhood Advisory Council, Somerville, MA 1999-
2014
- Domestic Violence Task Force, Cambridge, MA
2000- 2014

- Middlesex County DA Roundtable, Cambridge, MA 1999-2006

Professional Memberships

- **ISASW** Israeli Association of Social Workers (1978-1993)
- **American Association for Mental Health Affiliation with Israel**, (Director, 1989-1993)

Selected Presentations

- **Harvard Business School**, Fostering Resilience: Thriving under Life's Challenges (Feb 2025)
- **Riverside Community Care**, Therapeutic Uses of Mandalas and Metaphors (Oct 2022)
- **Jewish Family and Children Services**, Wellbeing and Resilience Fostering (May -June 2022)
- **Refael advanced Defense Systems**, Stress Reduction for Executives. (2019, 2022)
- **Ministry of Education, North Division Principals of Arab Schools, Israel.** Stress Reduction workshop. February 2022)
- **MGH Speaker's Series**, Fostering & Teaching Resilience, (Feb 2021)
- **Massachusetts General Hospital**, Children and Trauma (Oct 2020)
- **Trauma-Informed Interventions in Nepal, Puerto Rico, and California**, IsraAID (2015 – 2018)

Special Interests

Therapeutic uses of Mandalas, wellness, travel, cooking, reading, and riding in the Pan Mass Challenge to raise funds for cancer research