

Michael Shiffman, PhD, LMFT, SEP

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Education

M.A., Eisner Institute for Professional Studies, Clinical Psychology, June 2017.

Ph.D., UCLA, (Sociology) 1994

M.A., UCLA, (Sociology) 1982

B.A., UCLA, (Sociology) 1976

Honors: Departmental Scholar, 1975, *magna cum laude*.

Somatic Training

- 2018 EMDR Basic Training, Part 2 (24 hours)
- 2017 EMDR Basic Training, Part 1 (24 hours)
- 2016 *Master Class , NeuroAffective Relational Model: Personality Disorders*
A three-module training (54 hours)
- 2016 *NeuroAffective Touch training*, Dr. Aline LaPierre
A five module training in the use of NeuroAffective Touch (60 hours)
- 2015 *From Isolation to Collaboration*, Dr. Aline LaPierre
Experiential Psychobiology training (21 hours)
- 2015 *The NeuroAffective Relational Model (NARM)*: Dr. Laurence Heller
A two- year clinical training (144 hours)
- 2014 *Mindful Body, Embodied Mind*: Dr. Aline LaPierre (18 hours)
- 2013 *The NeuroAffective Relational Model (NARM)*: Dr. Laurence Heller
A two- year clinical training (144 hours)
- 2013 *Experiential Psychobiology*: Dr. Aline LaPierre (18 hours)
- 2013 *Masters Class, Touch Skills Training for Trauma Therapists*
Kathy Kain, Los Angeles, (18 hours) June 7 – 9, 2013
- 2012 *The Resilient Child: Becoming a Resilient Adult*
Three-part Training (54 hours) Los Angeles, 2012 - 2013
- 2012 *Masters Class, Touch Skills Training for Trauma Therapists*
Kathy Kain, Los Angeles, (18 hours) October 26 – 28, 2012
- 2012 *Masters Class, Touch Skills Training for Trauma Therapists*
Kathy Kain, Los Angeles, (18 hours) March 30 – April 1, 2012
- 2012 *Touch Skills Training for Trauma Therapists*
Kathy Kain, Los Angeles, year-long training (96 hours)
- 2011 *Touch Skills Training for Trauma Therapists*
Kathy Kain, Los Angeles, year-long training (96 hours)
- 2010 *Trauma Resourcing: Resilience and Self-Regulation*
Kathy Kain, Los Angeles, June 5-6 (12 hours)
- 2010 Somatic Experiencing Practitioner,
Somatic Experiencing Trauma Institute (246 hours)
- 1994 Certified Massage Therapist, The Esalen Institute

Certifications

PACT Trained Level 2 Therapist 2020
EMDR Trained Practitioner, 2018
Certified NARM Therapist, 2014
Certified Touch Practitioner for Trauma Resolution, 2011
Certified Somatic Experiencing Practitioner, 2010

Professional Memberships

American Psychological Association – APA
Los Angeles County Psychological Association – LACPA
US Association for Body Psychotherapy – USABP
California Association of Marriage and Family Therapists – CAMFT
CAMFT, Los Angeles and San Fernando Valley Chapters
American Group Psychotherapy Association (AGPA)
Group Psychotherapy Association of Los Angeles (GPALA)
Foundation for Human Enrichment – SETI
International Society for the Study of Trauma and Dissociation (ISSTD)

Selected Presentations

“Introduction to *Somatic Regulation*” A four hour workshop on July 24, 2021.

“*Somatic Regulation: Grounding, Orienting, Tracking, Titration & Pendulation,*” A four hour workshop on April 17, 2021.

“*Effective Somatic Practices for Virtual Therapy in the Age of COVID-19,*” A presentation (90 minute) to the Desert CAMFT Chapter on November 20, 2020.

“*Somatic Regulation: Grounding, Orienting, Tracking, Titration & Pendulation,*” A four hour workshop on July 25, 2020.

“*Mindful Self-Care and Psychological Safety*” A 90 minute presentation on May 5, 2020.

“*Twilight Conversations: How Talking About Death Enriches Our Lives,*” Six-hour training with Sherry Angel, November 16, 2019

“*Mindfulness and Somatic Regulation,*” Six-hour training, August 27, 2019

“*Twilight Conversations: How Talking About Death Enriches Our Lives,*” Six-hour training with Sherry Angel, March 10, 2019

“*Mindfulness and Somatic Regulation,*” Six-hour training, January 19, 2019

“*Neuroaffective Regulation: Observation and Intervention for Systemic Regulation*” Six-hour training, September 22, 2018

“*Twilight Conversations: How Talking About Death Enriches Our Lives,*” Six-hour training with Sherry Angel, August 25, 2018

“Mindfulness and Clinical Practice,” Six-hour training, January 6, 2018

“Homeland Security Measures to Reduce Neurobiological Hijacking: Mindfulness and Somatic Therapy” Six-hour training, April 8, 2017

“Mindfulness in Clinical Supervision.” A talk for the 19th Annual Field Instructor and Preceptor Appreciation Breakfast, California State University, Los Angeles School of Social Work, May 1, 2015.

“Mindfulness, Chaos and Uncertainty: Working Our Edge in the Face of the Unknown.” Co-presented with Dr. Terry Marks-Tarlow, Los Angeles, California, May 31, 2014.

“Homeland Security Measure for the Prevention of Neurobiological Hijacking: Self-Regulation in the Face of Terrible Knowledge.” Vicarious Trauma: Wellness Strategies for Helping Professionals and their Organizations. A Program of Children’s Institute Inc., in Collaboration with the S. Mark Taper Foundation Child Trauma Training Academy, Los Angeles, California, November 8-9, 2012.

“Mindfulness Meditation as a Best Practice Intervention for Managing Stress and Processing Traumatic Events,” a presentation to the Los Angeles Fire Department Peer Support Program, November 7, 2007.

“Breaking Reactive Patterns: Mindfulness Meditation and Strong Emotions,” workshop presented at the 27th Annual Conference of the California Association of Drug and Alcohol Counselors, Sacramento CA, October 6, 2007.

“The Men's Movement: An Exploratory Empirical Investigation,” paper presented at the 80th Annual Meetings of the American Sociological Association, Washington D.C., August 26-30, 1985.

Reports & Publications

Leibowitz, Arlene, Michael Shiffman and Jonathan Fielding. *Evaluation of the Long-term Impacts of the Medi-Cal Managed Care Expansion Phase I*, report prepared for the California Department of Health Services under Interagency Agreement #9623930, 1998.

Shiffman, M. *Family Traumatization: Dissociation, Alexithymia and Post-traumatic Effects in Adult Children of Alcoholics*, doctoral dissertation (UCLA), 1994.

“The Men's Movement: An Exploratory Empirical Investigation,” in Michael Kimmel (ed.) *Changing Men: New Directions in Research on Men and Masculinity*, Sage, 1987.

“The Rise and Decline of Communist Leadership in the Transport Workers Union (CIO), 1933-1949,” in Maurice Zeitlin (ed) *How Mighty a Force: Studies of Workers' Consciousness and Organization in the United States*, Monograph and Research Series: 35: 213-306, Institute of Industrial Relations, UCLA, 1983.

Selected Employment

Private Practice, Licensed Marriage and Family Therapist (LMFT#122513),
October 19, 2020 to present. Psychotherapy for individuals, couples and groups.

Associate Marriage and Family Therapist, The Chicago School of Professional Psychology Westwood Counseling Center, October 2018 – July 31, 2019.
Internship with individual and group supervision. Clinic closed July 31, 2019.

Associate Marriage and Family Therapist, Eileen Paris, LMFT, 2017- present.
Private practice internship.

Associate Marriage and Family Therapist, David Plotkin, PhD & Associates, 2018.
Private practice internship.

MFT Trainee, Counseling West, 2016-2017
Traineeship with weekly group supervision and training.

Somatic Therapist, The Insight Center, 2006 – present.
Clinical practice based in relational bodytherapy that includes the therapeutic use of touch. Specialties include trauma resolution, anxiety and panic, substance abuse and recovery, sex and gender issues, and chronic pain.

Co-Founder, The Insight Center, 2006 – present.
The Insight Center is dedicated to teaching mindfulness meditation and somatic practices to professionals and the general public. I have developed curriculum for a continuing education training program in mindfulness practices and somatic therapy. I teach classes, lead workshops and retreats, provide individual counseling, lead corporate trainings, maintain the Center's continuing education authorizations, and coordinate trauma related clinical trainings for other faculty.

The Insight Center is authorized to provide continuing education by the *American Psychological Association*.

Founder, MettaWorks™, 2002 – 2006.
Created MettaWorks as a vehicle for technology consulting including hosting and developing websites. MettaWorks also provided technical consulting and program evaluation services.

Founder, LA Dharma™, 1999 – present.
Launched new non-sectarian Buddhist organization. Organized two events with 500 participants, more than 60 daylong events with invited teachers, and more than 60 half-day or evening events. Taught mindfulness meditation classes for beginning and experienced meditators since 2002. Host meditation and study groups, administer special events, manage and develop websites, support technology infrastructure.

Co-Founder and Director of Evaluation, Pivotal Point™, 1999 – 2003.
Prepared all necessary paperwork for 501(c)3 incorporation. Developed classroom-based programs for public and private schools, prepared program curriculum, brochures and website. Wrote and negotiated contracts, designed evaluation instruments, collected pre-

post test data from schools under contract, developed and hosted website. Conducted program evaluations and delivered presentations to principals and staff.

Senior Grant Writer, Tarzana Treatment Center, 1999.

Prepared three related grants for the funding of one residential and two non-residential adolescent substance abuse treatment programs for a total request of \$1.2 million dollars. Two were funded for just less than one million dollars.

Project Manager, UCLA Department of Pediatrics, 1998.

Assisted in the design of two national research projects and served as liaison with two Federal agencies and a non-profit foundation; developed proposals, budgets and presentations; supervised small staff; developed survey instruments and research strategies; conducted site visits; installed and managed computer networks. Doubled Federal project budget and integrated new funding from Bureau of Indian Affairs.

Project Manager, UCLA School of Public Policy and Social Research, 1997 – 1998.

Full management responsibility for a project to evaluate Medi-Cal managed care for the California Department of Health Services (CDHS). Served as liaison to CDHS; responsible for final project design, agency compliance, budget, data collection (phone interviews and focus groups); and wrote progress reports, portions of final report, and prepared final report for delivery. Participated in special monthly meetings of the CDHS executive committee in Sacramento. Trained and supervised staff, coordinated and supervised consultants, created and managed technical systems for mission critical data.

Technical Analyst, CyberMedia, Inc., 1995 – 1996.

As the 2nd technical support engineer, I helped develop and supervised the technical support department and assisted the growth from 1 to 75 people.

Program Evaluator, Children's Institute International, 1994.

Evaluated the child sexual abuse training program. Prepared end-of-year report and a successful annual renewal proposal for their \$1.25 million budget.

Technical Support Specialist, Quarterdeck Office Systems, 1992 – 1994.

Provided telephone technical support to the general public and corporate clients for cross-platform computing (UNIX and Windows) and memory management.

Technical Analyst, Integrated Technologies, 1990 – 1997.

Provided comprehensive technical consulting and training services to individuals, companies and universities. Provided training for software applications, graphics design and desktop publishing; supported networks and evaluated hardware and software for compatibility and client suitability.

Programmer Analyst, UCLA International Studies and Overseas Programs, 1988 – 90.

Provided training, database management and desktop publishing services. Supported software and hardware for 120 workstations used by 150 students, faculty and staff. Designed, implemented and administered Novell network for accounting department.

Programmer Analyst, UCLA Center for the Study of Women, 1985 – 1988.

Set up the Center's founding computer systems, provided training, database design and management, desktop publishing services, and technical support for the director and seven staff.

Instructor, Loyola Marymount University, Summer 1985.

Taught the *Sociology of the Family*.

Teaching Associate, UCLA Department of Sociology, 1984 – 1985.

Assisted with *Sociology of the Family*, *Sociology of Emotions*, *Social Change*, *Social Movements*, *Mass Communication*, *Social Stratification*, and *Introductory Sociology*.

Selected Trainings Attended

- 2020 *Clinical Application of the Adult Attachment Interview*
Joni Lavick, LMFT
October 17, 2020
- 2020 *The Opposite of Addiction is Connection*
Andrew Susskind, LCSW
September 26, 2020
- 2020 *Stories of Ourselves*
Elaine Rosenson, LMFT
August 15, 2020
- 2020 *Got a Griever in your Office?*
Debi Frankle, LMFT
June 20, 2020
- 2020 *The Parenting Process*
Eileen Paris, PhD, PsyD, LMFT
May 16, 2020
- 2020 *Mindfulness and Compassionate Art Therapy*
Noah Hass-Cohen, PsyD, ATR-BC, LMFT
April 18, 2020
- 2020 *Paradoxes of Neuroplasticity*
Terry Marks-Tarlow, PhD
March 14, 2020
- 2020 *Clinical Application of the Adult Attachment Interview*
Joni Lavick, LMFT
February 15, 2020
- 2020 *The Stories of Ourselves*
Elaine Rosenson, LMFT
January 25, 2020
- 2019 *Clinical Application of the Adult Attachment Inventory*
Joni Lavick, LMFT
October 26, 2019
- 2019 *Healing Shame Core Workshop: The Lyon/Rubin Method for Healing Shame*
Brian Mahan with Sheila Lyon LMFT, and Brett Lyon, PhD, SEP
October 19-20, 2019

- 2019 *Transgender and Gender-fluid Clients: What Therapists Need to Know*
Casey Wietzman, LMFT and Grace O'Connor, AMFT
September 14, 2019
- 2019 *Understanding Interpersonal Neurobiology*
Terry Marks-Tarlow, PhD
April 20, 2019
- 2019 AGPA Connect: National Conference, Los Angeles,
February 25 - March 3.
- 2019 *Clinical Application of the Adult Attachment Inventory*
Joni Lavick, MFT
February 16, 2019
- 2018 GPALA Fundamentals of Process Group Psychotherapy
November 3-4, 2018
- 2018 *A New Understanding of Addiction*
Joni Lavick, LMFT & Gaetano Vacarro, PhD
September 8, 2018
- 2018 *The Mask of Self-Deception*
Terry Marks-Tarlow, Ph.D.
June 23, 2018
- 2018 *Introduction to Voice Dialogue*
Elaine Rosenson, LMFT
April 21, 2018
- 2018 *Acceptance and Commitment Therapy Boot Camp*
Steven Hayes, Ph.D., Robyn Walser, Ph.D., Kelly Wilson, Ph.D.
February 15-18, 2018
- 2017 *Repairing Intimate Relationships*
Eileen Paris, Ph.D., Psy.D.
June 10, 2017
- 2017 *Clinical Application of the Adult Attachment Inventory*
Joni Lavick, MFT
May 6, 2017
- 2017 *Voice Dialogue*
Elaine Rosenson, MFT
April 22, 2017
- 2017 *Clinical Application of the Adult Attachment Inventory*
Joni Lavick, MFT
March 25, 2017
- 2017 *The Wacky World of Fractals*
Terry Marks-Tarlow, Ph.D.
February 25, 2017
- 2017 *The 21st Century Psychotherapist*
Joni Lavick, MFT
February 11, 2017
- 2016 *NeuroAffective Touch Training*
Aline LaPierre, Psy.D.
- 2016 *Working with Guilt and Shame*
Laurence Heller, Ph.D.
November 12, 2016

- 2016 *Voice Dialogue Training Group*
Elaine Rosenson, MFT
April – November (28 hours)
- 2016 *The 21st Century Psychotherapist*
September 24, 2016
Joni Lavick, MFT
- 2016 *Penetrating the Defenses & Surmounting Shame*
Susan Warren Warshow, LCSW and Jon Fredersickson, MSW
September 17-18, 2016
- 2016 *Surmounting Shame: Video Analysis of the Change Process 2*
Susan Warren Warshow, LCSW
July 30, 2016
- 2016 *Repairing Family Trauma*
Eileen Paris, Psy.D., Ph.D.
June 11, 2016
- 2016 *Beyond Safety in to Play*
Terry Marks-Tarlow, Ph.D.
June 4, 2016
- 2016 *Surmounting Shame: Video Analysis of the Change Process*
Susan Warren Warshow, LCSW
April 16, 2016
- 2016 *Seemed like the Right Call at the Time: Good Intuition or Bad Judgment*
Terry Marks-Tarlow, Ph.D.
February 27, 2016
- 2015 *The Body Remembers, Integrating the Body and Mind for Trauma Recovery*
Babette Rothschild, LCSW
November 13-14, 2015
- 2015 *Being Creativity: Fine-Tuning the Inherent Potential of the Psychotherapist*
Terry Marks-Tarlow, Ph.D. and Victoria Stevens, Ph.D.
October 24, 2015
- 2015 *The Parenting Process: Interrupting Generational Trauma*
Eileen Paris, Psy.D., Ph.D.
October 9-10, 2015
- 2015 *The Body-Mind of Professional Self-Care*
Babette Rothschild, LCSW
March 20, 2015
- 2013 *Case Consultation,*
Dr. Peter Levine
Los Angeles, March 23, 2013
- 2011 *Healing Moments in Trauma Treatment*
UCLA Extension, March 11 – 13, 2011
- 2010 *Regulating and Maintaining Connections: Faces, Eyes, Voices and Touch in Relational, Somatic and Developmental Therapies*
Dr. C. Sue Carter and Dr. Stephen Porges
San Francisco, December 4, 2010
- 2010 *When Stress Causes Pain: Innovative Treatments for Mind-Body Disorders,*
UCLA, March 27 – 28.
- 2009 *Case Consultation,* Dr. Peter Levine
San Diego, December 5.

2005 *Evolution of Psychotherapy Conference: Voice of the Masters*
 Anaheim Convention Center, December 7 – 11, 2005.

Selected Meditation Workshops and Trainings

Dharma Study with Rev. Hye Wol Sunim, February 2007 - present
 Weekly Private Dharma Study Intensive, Rev. Hye Wol Sunim, 2005 -2006
 10-Day Vipassana Course, SN Goenka, December 2005
 Opening to Drama in Daily Life, John Travis, May 1, 2005
 Lovingkindness and the Dhammapada, Rev. Hye Wol Sunim, April 17, 2005
 Lovingkindness and the Dhammapada, Rev. Hye Wol Sunim, March 20, 2005
 When Jealousy and Envy Sweep Us Away, Then What?, Yvonne Rand, March 5, 2005
 Lovingkindness and the Dhammapada, Rev. Hye Wol Sunim, February 20, 2005
 Meditate with Rev. Hye Wol Sunim, Rev. Hye Wol Sunim, January 30, 2005
 10-Day Vipassana Retreat, SN Goenka, December 2004
 Half-Day of Mindfulness, Rev. Hye Wol Sunim, December 5, 2004
 Half-Day of Mindfulness, Rev. Hye Wol Sunim, November 14, 2004
 7-Day Vipassana Retreat, Victor Byrd, June 13, 2004
 14-month Satipatthana Sutta Study, Rev. Hye Wol Sunim, 2004-2005
 Working with Difficult Relationships, Yvonne Rand, January 31, 2004
 Embracing Your Life with the Heart of a Buddha, Tara Brach, January 16, 2004
 Transforming Ourselves, Transforming the World, Diana Winston & Donald Rothberg,
 October 26, 2003
 Paying Attention to Body and Mind, Ruth Denison, July 12, 2003
 Knowledge of Oneself and the Dhamma, Jason Siff, May 31, 2003
 Why Aren't You Smiling, Wes Nisker, May 24, 2003
 Practice in Daily Life, Jason Siff, May 3, 2003
 Tranquility and Concentration, Jason Siff, April 5, 2003
 7 Day Vipassana retreat
 Discernment and Investigation in Meditation, Jason Siff, March 1, 2003
 Realizing the Treasure of the Dharma, Ed Brown, February 22, 2003
 Awareness in Meditation, Jason Siff, February 15, 2003
 One Dharma & the Awakening of Faith, Joseph Goldstein & Sharon Salzberg, Jan 14, 2003
 10 Day Vipassana Course, SN Goenka, December 2002
 Meditation Workshop, Jason Siff, November 16, 2002
 Awakening in the Body, Julie Wester, November 9, 2002
 A limitless Invitation, Trudy Goodman, October 19, 2002
 Meditation Workshop, Jason Siff, October 12, 2002
 Meditation Workshop, Jason Siff, September 21, 2002
 The Spirit of Practice, John Travis, September 14, 2002
 Meditation Workshop, Jason Siff, July 20, 2002
 Relationship as Practice, Debra Chamberlin-Taylor, June 22, 2002
 Meditation Workshop, Jason Siff, June 8, 2002
 Entering the Heart of Creativity, Mayumi Oda, May 18, 2002
 Meditation Workshop, Jason Siff, May 11, 2002
 7-Day Jhana and Satipatthana Retreat, Leigh Brasington, April 29, 2002
 Lovingkindness Meditation, Guy Armstrong & Sally Clough, April 20, 2002
 Meditation Workshop, Jason Siff, April 13, 2002
 The Rhythm of Connection, Trudy Goodman, March 30, 2002

Trusting your Buddha Knowing, James Baraz, March 23, 2002
 Meditation Workshop, Jason Siff, March 9, 2002
 Unlearning Meditation, Jason Siff, February 23, 2002
 Meditation Workshop, Jason Siff, February 9, 2002
 Core Practice: A Complete Experience, Shinzen Young, January 12, 2002
 Awakening in the Body, Julie Wester, November 10, 2001
 Coming Back to Life, Joanna Macy, August 18, 2001
 The Body in Spiritual Practice, Robert Hall, July 28, 2001
 Entering the Heart of Creativity, Mayumi Oda, May 26, 2001
 Why Aren't You Smiling?, Wes Nisker, April 21, 2001
 The Happiness of the Buddha, Howard Cohn, March 17, 2001
 Sunlun Meditation, Ralph Steele, February 3, 2001
 The Power of Intention, James Baraz, January 20, 2001
 Wisdom and Compassion, James Baraz and Joseph Goldstein, January 19, 2001
 10-Day Vipassana Course, SN Goenka, December 1999
 7-Day Vipassana Retreat, Shinzen Young, December 1997
 7-Day Vipassana Retreat, Shinzen Young, December 1995

Community Service

Founder, L.A. Dharma, 1999.
 Past Chair, Region 2 Steering Committee, Adult Children of Alcoholics, 1992 - 1993.
 Trustee, Adult Children of Alcoholics, World Service Organization, 1990 - 1993.
 Chair, Office Committee, Adult Children of Alcoholics, World Service Organization, 1992.
 Region 2 Trustee, Adult Children of Alcoholics, World Service Organization, 1991 - 1992.
 Office Committee, Adult Children of Alcoholics, World Service Organization, 1990 - 1992.
 Organizer and Speaker, *Pathways to Recovery*, December 7, 1991.
 Ballot Committee, Adult Children of Alcoholics, World Service Organization, 1990.
 Chairperson, Adult Children of Alcoholics Annual Birthday Party, 1990.
 Co-chair, Adult Children of Alcoholics Annual Birthday Party, 1989.
 Secretary, Los Angeles Chapter of the National Organization for Changing Men, 1989.
 National Council of the National Organization for Changing Men, 1987 - 1989.
 Chairperson, Roster Committee, National Organization for Changing Men, 1987 - 1989.
 Co-chair, Adult Children of Alcoholics Annual Birthday Party, 1988.
 Chair, Strategic Planning Committee, National Organization for Changing Men, 1987.
 Regional Planning Committee, National Organization for Changing Men, 1985 - 1986.
 Board of Directors, Los Angeles Chapter of the National Organization for Changing Men, 1985-86
 Co-Founder, Los Angeles Chapter of the National Organization for Changing Men, 1985
 Co-founder, *Another Way: Men Exploring Alternatives to Violence*. The domestic violence project of the Los Angeles Chapter of the National Organization for Changing Men, 1985.
 Co-coordinator, *Conference on Men's Lives and Masculinity*, USC, September 14, 1985.
 California Men's Gathering Planning Committee, 1984.

Committee for Abortion Rights and Against Sterilization Abuse, Los Angeles, 1981 - 1983.
Coordinator, Reproductive Rights National Network Western Regional Conference, 1982
Crisis Telephone Counselor, Los Angeles Suicide Prevention Center, 1978.