

# TARA

TOOLS FOR AWAKENING  
RESOURCES AND AWARENESS

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Stephanie Mines, Ph.D.

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## STEPHANIE MINES, PH. D. Vita

### EDUCATION

**Ph.D.** Psychology, *Union Institute, Cincinnati, Ohio, 1986*

My doctoral dissertation was the result of research and application in the field of holistic or integrated therapy for people with physical disabilities. As an essential component to my research, I developed an ongoing group therapy and individual therapy process which included expressive therapy such as movement, writing and communication, relaxation and visualization. Abstract available on request.

**M.A.** *Creative Writing, San Francisco State University*

San Francisco, CA 1971. This thesis won the Joseph Henry Jackson Award for Poetry in 1974.

**B.A.** *Literature, University of Pittsburgh*  
Pittsburgh, PA, 1968.

### EMPLOYMENT

Jan 1996 -  
Present

**Writer and Teacher**

Author – *Two Births* (Random House, 1977); *Sexual Abuse / Sacred Wound: Transforming Deep Trauma* (Station Hill Press, 1996); *The Dreaming Child: How Children Can Help Themselves Recover From Illness and Injury* (The Dom Project, 1998); *We Are All In Shock: How Overwhelming Experience Shatters You and What You Can Do About It* (New Pages, 2003).

Dec 1993 -  
Present

**Program Director**

*The Dom Project*  
*Eldorado Springs, CO*

A non-profit (501.C.3) organization, dedicated to providing holistic lifestyle change and alternative health options for people who are HIV positive,

survivors of domestic violence and their children, survivors of sexual abuse, including children.

As Program Director, I created the TARA Approach for the Resolution of Shock and Trauma. This comprehensive treatment design is aimed at repatterning the damaging neurochemical, physiological, emotional and psychological impacts of shock and trauma. Responsible for disseminating information about this approach to communities in need, especially:

- People living with HIV & AIDS
- Survivors of domestic violence and at-risk moms and their children
- Survivors of sexual abuse, including children
- People suffering from chronic illness that results from shock and trauma

This job is simultaneously clinical and administrative. I not only supervise the training and implementation of the TARA Approach, I also work with program administrators and community representatives to interface with agencies and community needs.

Oct 1987 -  
Present

**Senior Adjunct Instructor**

*Psychology Department, Naropa University  
Boulder, CO*

Teaching "Introduction to the Jin Shin Tara Approach" to graduate and undergraduate students. Also, mentoring students in independent study and thesis development.

Jan 1982 -  
Jan 1996

**Psychotherapist in Private Practice**

*Boulder, CO*

Individual and group therapy: supervision provided by licensed psychologist, Gaia Mika, Ph.D.

Specialties: Healing the trauma of sexual abuse, working with people who are physically disabled (particularly head injury, minor learning disabilities, hearing disabilities, visual disabilities, speech disabilities, motor disabilities), recovery from traumatic experience.

May 1985 -  
Dec 1990

**Instructor**

*Boulder Graduate School  
Boulder, CO*

Designed and taught courses at the graduate level, including: Writing Development, Thesis Writing, introductory and intermediate courses in Energy Medicine; coordinated independent studies in Creative Writing and Energy Medicine.

1988 - 1994

**Field Faculty Adviser**

*Vermont College and Antioch College*

Guided graduate students through their masters degree process from beginning to end, overseeing and evaluating course work as well as supervising the

research, writing and completion of theses.

Feb 1984 -  
May 1987

***Psychotherapist and Community Liaison***

*Center For People With Disabilities  
Boulder, CO*

Conceptualized and conducted individual and group therapy for a two-year period; served as Staff Psychotherapist; developed creative approaches to meeting the needs of people with physical disabilities such as head injury, blindness, multiple sclerosis, cerebral palsy, hearing impairment, minor learning disabilities, and spinal cord injuries; wrote and produced video scripts, public relations materials, proposals and general publicity materials to demystify the lives of people with physical disabilities; responsible for fundraising and corporate grant writing; developed, coordinated and supervised volunteer program consisting of several hundred volunteers.

May 1981 -  
Sep 1984

***Program Coordinator***

*Academy of Independent Scholars  
Boulder, CO*

This organization, which has now ceased operation, was the unique brainchild of Professors Kenneth Boulding and Lawrence Senesh of the University of Colorado. It provided an affiliation for senior scholars to allow them to publish their work and serve in their communities.

Worked closely with the founders to develop programs which were successfully funded by the National Science Foundation, The National Endowment for the Arts and Humanities, the University of Colorado and Westview Press, to present innovative educational programs uniting elders with their communities; wrote grants; responsible for administrative coordination and program development; edited and supervised publications.

**DANCE and  
PERFORMANCE ARTS**

- Ballet training from the age of 5 until the age of 17. A significant portion of my training was under the direction of Ivan Kirov, the principal dancer in the famous ballet film, "Spectre de la Rose."
- Improvisational movement and natural movement training with Joya Cory and Nina Wise, San Francisco, 1972-1975.
- Dance therapy training at Naropa University, Boulder, 1983-1986.
- Movement technique and improvisational movement training with Paul Oertel, a principal dancer in the Nancy Spanier Dance Theater, 1985-1988.
- Writer in Residence for the San Francisco Public Schools, 1973-1978. Work included presenting and performing poetry readings throughout the country and particularly in California; created performing arts/poetry pieces for both children and adults that were presented in public schools,

libraries and museums throughout the country. My poetry performance pieces, which included music and movement, were presented at the San Francisco Museum of Art, Evergreen State College and the Lone Pine Center for the Performing Arts in Lone Pine, California.

- Choreographed, wrote and performed, "The Sacred Wound," a poetry and movement performance at the Boulder Art Center in a benefit performance for Safehouse, a shelter for battered women, October 1991. This performance addressed the issue of healing from sexual abuse through poetry, movement and music, and was well-received both as a statement of healing *and* as a work of art.

## PUBLICATIONS

- Mines, Stephanie, *We Are All in Shock* (New Jersey, Career/New Pages, 2003)
- Mines, Stephanie, *The Dreaming Child: How Children Can Help Themselves Recover From Illness and Injury*, The Dom Project, 1998.
- Mines, Stephanie, *Sexual Abuse/Sacred Wound: Transforming Deep Trauma*, Barrytown, NY: Station Hill Press, 1996.
- Editor and author of resource directory, Bury, Ed, *Vagabonding in America*, New York: Random House, 1982.
- Mines, Stephanie, editor, *Quasar: An Anthology of Poetry*, Washington DC: National Endowment for the Arts, 1981.
- Editor, Howland, James, *Traditional Acupuncture and Your Health*, Santa Rosa, CA: Auricle Press, 1980.
- Mines, Stephanie, *Belly Poems*, San Francisco: Cassandra Publications, 1979.
- Mines, Stephanie, editor, *Noe Valley: An Anthology of Poetry*, Washington DC: National Endowment for the Arts, 1978.
- Mines, et al., *Two Births*, New York: Random House, 1977.
- Editor, Bury, Ed, *Vagabonding in Europe and North Africa*, Berkeley, CA: Bookworks, 1970.
- Poetry and short stories published in numerous journals, magazines and other periodicals, as well as in anthologies such as *Contemporary Women Poets* and *Amerus*.

## AWARDS

- Grants from the National Endowment for the Arts to edit and publish chap books and poetry anthologies from poets in the San Francisco Bay area where I conducted poetry workshops, 1977-1979.

- Joseph Henry Jackson Award for Poetry, 1974.

## CONSULTATION

- 1984 – 1988     Consultant and Teacher for Creative Writing Workshops  
                         Boulder Valley Schools, Boulder CO  
                         Elementary Level
- 1978 – 1980     Consultant and Teacher, California Poets in the Schools  
                         San Francisco and Sonoma Counties, CA  
                         Elementary and Secondary Levels
- 1974 – 1979     Writer in Residence  
                         San Francisco Public Schools, San Francisco, CA  
                         Elementary and Secondary Levels

References available upon request.

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