

VITA

DECEMBER 2005

EDUCATION

- 1976 M.S., Psychology – Counseling Emphasis
- 1974 B.A., Psychology
- 1973 One Year Undergraduate Training, Psychology
University of California, Santa Barbara
- 1972 A.A., Psychology
Santa Barbara City College, California

LICENSES, CERTIFICATES AND AFFILIATIONS

- Marriage, Family Therapist, California State License Number M15131
- Founding Treasurer and Board of Directors, National Association for children of Alcoholics
- Level II Practitioner, Eye Movement Desensitization and Reprocessing (EMDR)
- California State Board of Behavior Science Examiners, Registered Hypnotherapist number 1266
- Disaster Mental Health Services Technician, American Red Cross, Santa Barbara, CA Chapter
- California Community Colleges Community College Counselor, Credential Number 1607749
- California community College Instructor, Credential Number 244122
- Colorado Department of Health, Alcohol and Drug Abuse Counselor, Certification Number 258 (Inactive)

PROFESSIONAL EXPERIENCE

- 1980 – Present Independent Private Practice and Consultant, Santa Barbara, CA. Specialization in alcohol/drug related issues and services for adult children of alcoholics/trauma. Individual, couple, family and group psychotherapy.
- 1986 – Present Facilitate one-day, weekend and five-day intensive psychotherapy and educational groups for Esalen Institute, Big Sur, CA; Mt. Madonna Center, Watsonville, CA; and La Casa de Maria, Santa Barbara, CA.
- 2000 – Present Conduct disaster pre-assignment interviews and debrief interviews for the American Red Cross.
- September 1999 – Psychologist, Institute for Shipboard Education, University of Pittsburgh, PA
- December 1999 Provide education, emergency, intervention and on-going psychotherapy for 700 students, staff and faculty on global voyage.
- 1992 – 1998 Facilitate Monthly Process Group for licensed psychotherapists, Los Angeles, CA.
- 1983 – 1985 Consultant, Pinecrest Hospital Alcoholism Treatment Program, Santa Barbara, CA

Design and implement educational and therapeutic inpatient program component for adult children of alcoholics.

1982 – 1983 Consultant, Zona Seca Drug Abuse Agency, Santa Barbara, Ca
Facilitate monthly staff “process sessions,” and teach courses for adult children of alcoholics.

1982 – 1983 Substance Abuse Consultant, Cate High School, Carpinteria, CA
Design and implement school-wide alcohol/drug use survey, including information dissemination, intervention, identification and referral of troubled students. Provide in-service training for faculty and staff.

1980 – 1982 Director, Alcohol/Drug Awareness Program, University of California, Santa Barbara

Develop first full-time University of California intervention and education program; design and implement training program for Peer Health Educators; train professional staff; develop media campaign; provide assessment and referral; organize student participant outreach programs; and co-facilitate group psychotherapy for children of alcoholics.

1976 – 1980 Psychologist, Midwestern Colorado Mental Health Center, Gunnison, Colorado

Clinical Psychologist, Drug Abuse Program Coordinator, Crested Butte Office Coordinator, Rape Program Coordinator, Emergency Therapist.

1975 – 1983 Trainer, Human Communications, Castle Air Force Base, Merced, CA
Conduct two-week intensive workshops for NCO supervisors in cognitive and experiential learning of communication skills.

TEACHING EXPERIENCE

1984 – Present Adjunct Faculty, University of California Extension Programs at Irvine/Los Angeles/Riverside/Santa Cruz/Santa Barbara.

Design and conduct courses on children of alcoholics and childhood trauma; train professionals to treat childhood trauma.

1981 – Present Instructor, Santa Barbara City College Adult Education Santa Barbara, CA

Design and conduct educational and therapeutic community courses on children of alcoholics, childhood trauma, codependency and forgiveness.

1980 – 1982 Instructor, Health Education, Student Health Services, University of California, Santa Barbara

Design and conduct course on Alcohol/Drug Awareness including training of Peer Health Educators.

1979 Adjunct Professor, Division of Education, Western State College, Gunnison, Colorado

Prepare and implement Individual Adjustment course with focus on experiential learning.

1978 – 1979 Adjunct Professor, Division of Social Studies, Western State College, Gunnison, Colorado

Prepare and implement a programmed learning course on Introductory Psychology

1976 – 1980 Drug Education, Ruland Junior High School, Gunnison, Colorado
Design, implement and evaluate affective drug education program. Results: significantly lower drug use among participants in one-year follow-up.

RESEARCH, PUBLICATIONS AND PAPERS

- Bowden, J.D. and Gravitz, H.L., Genesis: Spirituality in Recovery from Childhood Trauma. Health Communications, Inc., Pompano Beach, Florida, 1988.
- Gravitz, H.L. and Bowden, J.D., Guide to Recovery: A Book for Adult Children of Alcoholics. Learning Publications, Inc., Holmes Beach, Florida, 1985. Reissued as Recovery: A Guide for Adult Children of Alcoholics. Simon & Schuster, New York, NY. 1987. Translations: Japanese and Portuguese.
- Bowden, J.D. and Gravitz, H.L., Genesis: Recovery Within Yourself and Beyond. *Changes Magazine*, 2, 1987, 8-9, 41-42.
- Gravitz, H.L. and Bowden, J.D., The Use of a Recovery Continuum for Adult Children of Alcoholics. *Focus on Family and Chemical Dependency*, 8, 1985, 6, 38-39.
- Gravitz, H.L. and Bowden, J.D., Therapeutic Issues of Adult Children of Alcoholics, *Alcoholism Health and Research World*, 8, 1984, 25-29.
- Bowden, J.D. and Gravitz, H.L., Clinical Issues for Adult Children of Alcoholics, Unpublished manuscript. 1982.
- Gravitz, H.L. and Bowden, J.D., Therapeutic Strategies for Adult Children of Alcoholics' Psychotherapy Groups. Unpublished manuscript. 1982.
- Bowden, J.D., Kelly, M., and Hume, M., Effectiveness of Drug Education in a Rural Eighth Grade. Program Evaluation Midwestern Colorado Mental Health Center, 1979.
- Bowden, J.D., et al, Androgyny and Other Measures of Masculinity-Femininity. *Journal of Consulting and Clinical Psychology*, 44, 1976, 766-770.

CONFERENCE AND WORKSHOP PRESENTATIONS

- 1988-1991 Speaker for Recovery Resources, Inc. at conferences in New York, California, New Jersey and Washington. Topics included Adult Children of Alcoholics/Trauma; Codependency; the Psychology of Money; Inner Child Healing.
- February 1987, 1988 Personal and professional track workshops at second, third and fourth National Conventions on Children of Alcoholics in California and Louisiana. Sponsored by the National Association for Children of Alcoholics.
- February 1988 "Codependence: Pernicious, Baffling & Cunning." Workshop presented at Fourth National Convention on Children of Alcoholics. Sponsored by the U.S. Journal of Drug and Alcohol Dependence, San Francisco, CA
- February 1987 "Strategies for Professionals Who Work with Adult Children of Alcoholics and Trauma." Sponsored by University of Alaska, Anchorage, Alaska.
- November 1986 "Ericksonian Strategies for Working with Children of Alcoholics and Other Children of Trauma." International Ericksonian Congress. Phoenix, Arizona.
- October 1986 "Spirituality in Recovery for Adult Children of Alcoholics and those who work with them." Keynote speaker for First National Canadian Conference for Children of Alcoholics. Sponsored by the Canadian Association for Children of Alcoholics, Toronto, Canada.

April 1986 "Hidden Strengths in the Recovery of Adult Children of Alcoholics." First International Conference on Strengthening the Family. Sponsored by Pepperdine University, Malibu, CA.

February 1986 "Enough of the Problem: A Guide to Solutions through Spirituality." Presented at Second National Convention on Children of Alcoholics. Sponsored by The U.S. Journal of Drug and Alcohol Dependence, Washington, D.C.

June 1985 "Alcoholism: A Family Disease." Keynote Speaker for Women and Alcoholism Conference. Sponsored by Wingspread, Santa Cruz, CA.

June 1985 "Therapeutic Strategies for Adult Children of Alcoholism." Keynote speaker for California Association of Marriage, Family, Child Therapist Association, Santa Barbara, CA.

February 1985 Closing Plenary and Workshop (Survival to Genesis: A Guide to Recovery for Adult Children of Alcoholics) First National Convention on Children of Alcoholics. Sponsored by the U.S. Journal of Drug and Alcohol Dependence, Orlando, Florida.

February 1985 "Treatment Strategies for Professionals Working with Adult Children of Alcoholics: In-service training for clinical staff, Riverside County Mental Health Center, Hemet, CA.

September 1984 "From Survival to Genesis: Recovery for Adult Children of Alcoholics," Children of Alcoholics: The Integration of Theory into Practice Conference sponsored by University of Minnesota, Minneapolis, Minnesota.

March 1984 "Recovery Continuum for Adult Children of Alcoholics," Children of Alcoholics: A National Perspective Conference sponsored by Westchester County Mental Health, New York, NY.

June 1982 "Special Therapeutic Strategies for Children of Alcoholics" Second Annual Conference of Children of Alcoholics, Sponsored by NCA of Santa Barbara and Pinecrest Hospital.

MEDIA PRESENTATIONS

June 1995 Publisher's Weekly. Recovery: A Guide for Adult Children of Alcoholics termed a "classic" in the field of recovery.

July 1987 "There is a Way" Television Show. ABC Network and Cable. An interview on the impact of the children of alcoholics' movement on the recovery process.

July 1987 "Counseling Corner" Television Show. Santa Barbara, Access Network. An interview on identification and treatment for children of alcoholics.

March 1986 "When a Parent Drinks: How Children Cope." Parents Magazine, pp. 104-198. Article by Jane Marks featuring the recovery continuum developed by Dr. Gravitz and myself.

February 1986 "Alive and Well" Television Show. USA Cable Network. An interview on my and Dr. Gravitz's work on the recovery process for adult children of alcoholics.

August 1985 The Liberated Male, Syndicated Column by Jim Sanderson. "Treating Adult Children of Alcoholics." Featured my and Dr. Gravitz's work in helping found the National Association for Children of Alcoholics, and favorably reviewed our book, Guide to Recovery.

June 1985 Santa Barbara News-Press. "Adult Children of Alcoholics," Feature article in the People Section.

March 1985 KPFK Radio Show. One hour segment discussing my and Dr. Gravitz's work on the recovery process of adult children of alcoholics, Los Angeles, CA

June 1983 Washington Post. "Focus: The Children of Alcoholics." My and Dr. Gravitz's work featured in article.