

Mark A. Dannenfels, MA, MPS, LPC

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<https://www.linkedin.com/in/markdannenfels>**SUMMARY**

Mark Dannenfels is an enthusiastic mindfulness teacher and psychotherapist, effective at providing quality instruction in mindfulness and fostering healing for patients seeking treatment for anxiety, depression, trauma, and addiction. Mark is a Certified MBSR Teacher and a licensed professional counselor. He is founding director of the Mindfulness Center of Atlanta. Mark's professional interest is in working at the point of intersection between mind-body practice and psychological healing, especially in the areas of trauma, addiction, anxiety and depression.

EDUCATION

- Spring Hill College, Mobile, AL-Master of Pastoral Studies: Theology, 2004
- Montclair University, Upper Montclair, NJ-Master of Arts: Counseling Psychology, 1991
- Ramapo College, Mahwah, NJ-Bachelor of Arts: Psychology, 1984

PROFESSIONAL LICENSES AND CERTIFICATES

- Certified Teacher of Mindfulness-Based Stress Reduction (MBSR), Center for Mindfulness in Medicine, Health Care and Society, (Qualified, 2009), (Certified, 2018)
- Mindful Eating ("Eat Right Now") Facilitator Training and Certification, Center for Mindfulness in Medicine, Health Care and Society, (Expected September, 2018)
- Mindful Smoking Cessation ("Craving to Quit") Facilitator Training and Certification, Center for Mindfulness in Medicine, Health Care and Society, (Expected September, 2018)
- Mindful Anxiety Reduction ("Unwinding Anxiety") Facilitator Training and Certification, Center for Mindfulness in Medicine, Health Care and Society, (Expected September, 2018)
- Yoga Alliance, Atlanta Yoga Fellowship, and Peachtree Yoga Center, Atlanta, GA-Yoga Teacher Certification 200 hour Training in the Theory and Practice of Teaching, Including Asana, Pranayama, Practical & Subtle Anatomy, Ethics and Yoga Philosophy (RYT 200), 2012

- Spring Hill College, Mobile, AL-Certificate in Spiritual Direction (CSD), 2004
- New Jersey State Board of Marriage and Family Therapy Examiners: New Jersey Alcohol and Drug Counselor Committee-Licensed Clinical Alcohol and Drug Abuse Counselor (LCADC), License # 37LC00085800, 2003 (inactive)
- Georgia Composite Board of Professional Counselors, Social Workers, and Marriage and Family Therapists-Licensed Professional Counselor (LPC), License # LPC003959, 2002

ADVANCED TRAINING

Advanced Training in Mindfulness, Meditation and Yoga Therapy

- Mindful Educator Essentials Professional Training, Mindful Schools Curriculum, 2016
- MBSR Individual Supervision, Margaret Fletcher, Oasis Institute, 2016
- Practicum in Mindfulness-Based Stress Reduction™: 9 Day Intensive, by Bob Ph.D., Lynn Koerbel, MA, Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, 2015
- Yoga Therapy in Cancer & Chronic Illness Professional Training (YCat), by Jhani Chapman, Integral Teachers Yoga Association, 2013
- Professional Training in Mind/Body Medicine (MBSR), by Jon Kabat-Zinn, Ph.D. and Saki Santorelli, EdD, MA, Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, 2009
- MBSR Fundamentals - 8 Week Course, 2008
- Clinical Training in Mind-Body Medicine, by Herbert Benson, MD, Mind/Body Medical Institute, 2002

Advanced Training in Trauma Counseling

- Eye Movement Desensitization Response (EMDR) Basic Training, Level II, by Deany Laliotis, LCSW-C, EMDR Institute, Inc., 2007
- Eye Movement Desensitization Response (EMDR) Basic Training, Level I, by Andrew Leeds, Kay Werk and Steve Silver, EMDR Institute, Inc., 2006
- Primary Certificate Practicum, by Albert Ellis, Albert Ellis Institute, 1999

Advanced Training in Alcohol and Other Drug Abuse and Addiction

- Rutgers University, New Brunswick, NJ and New Jersey Alcohol and Drug Counselor Committee, New Brunswick, NJ-Certificate *in Alcoholism and Drug Abuse Counseling*, 1990

Advanced Training in Personality Type and Relationship Counseling

- Focus (Facilitating Open Couple Communication, Understanding and Study) and Refocus Training the Trainers Seminar, Marie Micheletto, Focus, Inc., 2008
- Myers-Briggs Type Indicator: Using Type to Improve Team Performance, by Nancy Barger, Center for Applications of Psychological Type, 2007
- Myers-Briggs Type Indicator Step II (Form Q) Training, by Jean M. Kummerow, Center for Applications of Psychological Type, 2007
- Myers-Briggs Type Indicator Qualifying Program, by Gerald P. Macaid, Center for Applications of Psychological Type, 2006

Advanced Training in Contemplative Practice and Centering Prayer

- Leadership Training, by Thomas Keating, O.C.S.O, Contemplative Outreach Ltd., 2005
- Primary Training as Commissioned Presenter of the Centering Prayer Method, by Contemplative Outreach International, 2004
- La Salle University, Philadelphia, PA-*Certificate in Youth Ministry*, 1981

PROFESSIONAL EXPERIENCE

Mindfulness Center of Atlanta, Atlanta, GA

2009 – Present

Founding President, Clinical Director, Educator

- Founded and developed the Mindfulness Center of Atlanta, whose mission is to increase the well-being and healing of those experiencing chronic stress, psychological distress and chronic illness using evidence-based, integrative, mind-body practices, offered through training courses, retreats and counseling.
- Facilitate weekly classes, workshops and intensive retreats in mindfulness based interventions to assist stress reduction (MBSR), cancer, addiction, anxiety, depression, and mindful smoking cessation (Georgia State University pilot study). Mindfulness programs are conducted at the center as well as in corporations, hospitals, retreat centers, schools, private and community organizations and health facilities.

Dannenfels and Associates, P.C., Atlanta, GA
Founding President, Psychotherapist, Educator

1990 – Present

- Founded and developed private psychotherapy practice, specializing in the treatment of trauma, PTSD, anxiety, panic, chronic stress, depression and substance abuse/dependence
- Provide direct service of psychotherapy to individuals, couples, families and groups
- Created and administered 16-session curriculum for DUI offender's treatment program. Curriculum was approved and adopted by 6 counties throughout New Jersey. Managed five offices in two states, supervising both clinical and administrative staff members
- Facilitated a regional Psychotherapy Peer Supervision Group, meeting weekly for case conferences, continuing education, and networking

Spring Hill College, Atlanta, GA
Adjunct Lecturer and Spiritual Director

2004 – Present

- Teach accredited courses to students, leading to graduate and undergraduate degrees in theology and pastoral ministry
- Develop curricula and accredited courses for graduate and undergraduate degree and certificate programs
- Provide academic guidance and consultation to students participating in the program

Our Lady of the Assumption Church, Atlanta, GA
Director of Religious Education and Formation of Adults

2004 – Present

- Develop and implement curricula for all adult education programs of approximately 3000 adult church members; hire and supervise all guest speakers; ongoing development and program expansion
- Prepare and administer budget for all adult education programs and personnel
- Developed, supervised and taught 40 week-long program for adult converts, designed to educate individuals on church teachings and an exploration of their faith as a journey
- Organize, direct and facilitate parish retreats on multiple topics, assisting spiritual formation and education of parish members

Saddle River Day School, Saddle, River, NJ
School Counselor**1993-2001**

- Provided individual and group counseling to students, grades K-12 and their families. Made referrals, when appropriate
- Conducted faculty in-services and assisted in staff development and training
- Created and implemented parent education programs
- Consulted with staff/faculty regarding student concerns
- Provided support and counseling for staff/faculty
- Consultant to Headmaster
- Development and supervision of leadership program for middle and high school students

Bergenfield School District, Bergenfield, NJ
Student Assistance and Drug Abuse Counselor**1990-1993**

- Provided education, assessment, intervention and referral services to students and families
- Conducted in-service training for district staff /faculty
- Acted as liaison to treatment facilities and community agencies to ensure appropriate care of students
- Developed and implement parent education programs
- Developed and supervised leadership program with ongoing education and training of participants

The Furman Clinic, Inc., Hoboken, N.J.
Clinical Program Coordinator**1989-1990**

- Administered overall clinical program for adolescent and adult drug addicts and their families
- Provided individual, group and family counseling
- Supervised primary counselors, community liaison, secretarial staff, and psychiatric consultants
- Conducted case management staff meetings and monitored client charts
- Maintained records for billing and population statistics
- Maintained contact with referral agents and hospital detoxification unit

PUBLICATIONS

- Spears, C. A., Dannenfels, M. A., Bell, S. A., Carter, B. P., Scarlett, C. A., & Wetter, D. W. (April, 2018). *Mindfulness-based Smoking Cessation among Predominantly Low-Income, African American Smokers*. Poster presentation at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Dannenfels, Mark A. *Surfing Your Emotional Waves: How to Break the Cycle of Worry and Regret*. Conscious Life Journal, 2016.
- Dannenfels, Mark A., *The Merton Annual, Vol 19 (The Merton Annual series)* by Victor A. Kramer. Book Review: Dennis Billy, C.Ss.R. *With Open Heart: Spiritual Direction in the Alphonsian Tradition*. Liguori, Missouri: Liguori Publications, 2003.
- Dannenfels, Mark A., *Waiting for the Sun: The Value of Pausing*. Spiritual Directors International Blog, Guest Author. <http://www.sdiworld.org/blog/waiting-sun-value-pausing>, 2014.

PROFESSIONAL AFFILIATIONS/COMMUNITY SERVICE INVOLVEMENT

Aquinas Center of Theology at Emory University **2017 – Present**
Advisory Board

- The Aquinas Center of Theology at Emory University is a not-for-profit organization that assists inquiring persons to enhance their knowledge of the living Catholic tradition so they can better engage the spiritual and moral life of the Church.

Ignatius House Jesuit Retreat Center **2014 – 2017**
Board of Directors

- Ignatius House Jesuit Retreat Center is a not-for-profit organization dedicated to providing a sacred place of peace and quiet in the tradition of the Spiritual Exercises of St. Ignatius of Loyola. The Center offers Silent Retreats lasting 2 days, 5 days, 8 days and 30 days. The Center also offers Days of Reflection, weekly classes and spiritual direction to individuals and groups of all faiths.

Society For the Integration of Spirituality and Psychology **2010 – 2016**
Board of Directors

- The Society for the Integration of Spirituality and Psychotherapy (SISP) is a not-for-profit organization dedicated to exploring the common boundary between psychological healing and spiritual growth. SISP's purpose is to provide a forum for sharing experiences, education, knowledge and research in the vital, cutting-edge field of psychotherapy

PROFESSIONAL ASSOCIATION MEMBERSHIPS

- American Association for Counseling and Development
- Association for Psychological Type International
- C.G. Jung Society of Atlanta
- Contemplative Outreach-Atlanta
- EMDR International Association
- Georgia Composite Board of Professional Counselors, Social Workers, and Marriage and Family Therapists
- Henri Nouwen Society
- International Society for Traumatic Stress Studies
- The International Thomas Merton Society
- National Alliance on Mental Illness
- National Association of Alcoholism and Drug Abuse Counselors
- New Jersey State Board of Marriage and Family Therapy Examiners: New Jersey Alcohol and Drug Counselor Committee
- The Society for the Integration of Spirituality and Psychotherapy
- Spiritual Directors International
- William James Society
- Yoga Alliance Professional and Trade Association