

Barbara H. Arnold, LCSW
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EDUCATION

University of Georgia <i>PhD candidate in Social Work</i> Dissertation title: <i>Trauma and the Body: A Phenomenological Study of Practitioners’ Experiences Using Somatic Approaches to Treat Trauma</i> Committee members: Drs. Jennifer Elkins, chair, Roselyn Campbell, Kate Morrissey-Stahl	Athens, GA	Expected May 2022 <i>In Progress</i>
University of Georgia <i>Master of Social Work</i>	Athens, GA	May 2000 <i>Summa Cum Laude</i>
Appalachian State University <i>Bachelor of Social Work</i>	Boone, NC	May 1999 <i>Cum Laude</i>
Center for Massage and Natural Health <i>Massage and Bodywork Certification</i>	Asheville, NC	May 2003

LICENSURE

Licensed Clinical Social Worker	Georgia #CSW003790	2007-Present
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RESEARCH INTERESTS

- Trauma-informed social work education and practice
- Somatic approaches to trauma treatment
- Clinical social work
- International social work
- Feminist theory
- Qualitative research methods

RESEARCH EXPERIENCE

05/2019-08/2019	Sole Researcher
Somatic integrative approaches to addressing post-traumatic stress: A scoping review. <ul style="list-style-type: none">▪ Conducted a scoping review of approaches to treating traumatic stress that incorporated somatic movement.▪ Compiled and analyzed data derived from the scoping review▪ Created a scoping review table to summarize findings▪ Wrote up a summary of the research and submitted it for presentation at a national conference.	
08/2018-05/2019	Co-Researcher in Research Practicum

A survey exploring self-censorship when discussing sociopolitical issues in social work classrooms.

- Researched effective survey practices to increase survey responses
- Reviewed relevant literature on self-censorship, social work education, and survey construction and data collection
- Developed with other researchers a survey to capture information regarding self-censorship in the social work classroom experienced by MSW students
- Administered survey online and engaged in data collection and analysis
- Wrote up final conclusions of the research and edited final draft for submission to a conference for presentation.

01/17-05/17

Graduate Research Assistant

Gendered Complexities of Seeking Asylum in the US

- Reviewed and researched updated literature in the area of migration, asylum-seeking, torture, and the intersection of asylum-seeking barriers and gender.
- Conducted qualitative data analysis, deriving themes from in-depth semi-structured interviews of helping professionals in the area of assisting asylum-seeking individuals.

02/17-01/18

Graduate Student Participant

Short-Term International Experiences for Social Work PhD Students

- Conducted qualitative analysis of reflective pre and post-experience journal entries from students who had participated in a short-term professional learning experience for social work Ph.D. students in Croatia.
- Wrote reflective journal entries about experiences in Croatia collaborating with international social work students at a conference on international social development.

PUBLICATIONS

McPherson, J., **Arnold, B.H.** (in preparation). *Women's stories and the gendered complexities of seeking asylum in the US.*

McPherson, J., Jennings, P.F., **Arnold, B.H.**, Littleton, T., & Lee, M. (2020). *Creating global scholars: Experiential learning and reflection transform an international conference into a short-term study abroad.* Journal of Social Work Education.

Littleton, T., Jennings, P., Lee, M., **Arnold, B.H.**, & McPherson, J. (2017). *The purpose and scope of post-graduate education in social work: Implications for the advancement of social development.* In L. Rihter and G. Berc (Eds.), 20th Biennial International Symposium of International Consortium for Social Development: Book of Abstracts. Zagreb, Croatia: University of Zagreb, Faculty of Law, Department of Social Work.

TEACHING EXPERIENCE

COURSES TAUGHT

Instructor, The University of Georgia (expected Spring 2022)

- SOWK 7500: Integrative Analysis of Social Work Practice: Capstone

Instructor, The University of Georgia (expected Spring 2022)

- SOWK 7121: Social Welfare Policies, Programs, and Issues.

Instructor, The University of Georgia (Fall 2021)

- SOWK 7214: Advanced Social Work Practice with Individuals - Main campus

Instructor, The University of Georgia (Fall 2021)

- SOWK 7214: Advanced Social Work Practice with Individuals - Satellite campus

Teaching Practicum, The University of Georgia (Spring, 2019)

- SOWK 7121: Social Welfare Policies, Programs, and Issues. Under the supervision of lead professor Dr. Larry Nackerud.

Instructor at Georgia Mountains School of Massage (2007-2008)

- Ethics in Massage Therapy
- Business and Marketing for Massage Therapists
- Myofascial Release Massage Therapy
- Prenatal Massage Therapy

PROFESSIONAL EXPERIENCE

University of North Georgia (UNG)

2013-2021

Associate Director of Student Counseling

Watkinsville, GA

- Directed daily operations of the student counseling center at the Oconee campus of UNG serving approximately 2500 students.
- Managed budget and reporting for the campus student counseling center.
- Supervised one full-time clinician.
- Provided individual, couples, and crisis counseling for students regarding a wide array of developmental, mental, and emotional issues that affect student success.
- Provided presentations, workshops, and resources to students, faculty, and staff on relevant health and wellness topics.
- Consulted with campus administration, faculty, and staff regarding issues of concern, policy and procedure, and student-focused collaborations.
- Participated in regular meetings of the Behavioral Intervention Team (BIT) and provided clinical expertise.

University of North Georgia (formerly Gainesville State College)

2010-2013

Clinician and Wellness Coordinator

Gainesville, GA

- Provided individual, couples, group, and crisis counseling for students regarding a wide array of developmental, mental, and emotional issues that affect student success.
- Coordinated wellness programming and provided presentations, workshops, and resources to students on relevant health and wellness topics.
- Consulted with campus administration, faculty, and staff regarding issues of concern, policy and procedures, and student-focused collaboration.

Toccoa Clinic Medical Associates

2009-2010

Pediatric Psychotherapist

Toccoa, GA

- Provided individual and family therapy for children and adolescents referred by local pediatricians for a variety of mental, emotional, and behavioral challenges, including abuse and trauma.
- Administered therapeutic services including assessments, diagnoses, treatment plans, documentation, collaboration with child and family teams, and advocacy of clients in the context of their community.

- Cornerstone Counseling** 2008-2012
In-Home and Outpatient Psychotherapist Cleveland, GA
- Completed comprehensive substance abuse assessments for adolescents and adults.
 - Conducted thorough bio-psycho-social and family assessments and provided recommendations for the Department of Juvenile Justice and the Department of Family and Children Services regarding clients served.
 - Facilitated Comprehensive Child and Family Assessments (CCFA) for families with children recently removed from the home and provided in-depth recommendations for the consideration of DFCS and the court system.
 - Provided individual therapy for children, adolescents, and families in office and in-home settings.
- Mandala Wellness Retreat Center and Spa** 2006-2011
Psychotherapist and Massage Therapist Sautee-Nacoochee, GA
- Provided individual and group therapy for clients on wellness retreats addressing life transitions, post-traumatic stress, life balance, weight loss, and smoking cessation.
 - Facilitated workshops on life skills for stress reduction, life balancing, and holistic approaches to mind-body health.
 - Rendered massage and bodywork services to non-clinical clients targeting specific health concerns and stress relief.
- Georgia Mountain School of Massage** 2006-2009
Teaching Faculty Gainesville, GA
- Taught classes including Ethics of Massage Therapy, Prenatal Massage Techniques, Myo-facial Release, Business and Marketing, and other classes as needed.
 - Provided clinical supervision to students completing their practice hours at the student clinic.
- Private Practice** 2008
Psychotherapist Dahlonega, GA
- Provided individual and family therapy for clients seeking outpatient clinical services with a special focus on post-traumatic stress and healing.
- Families Together, Inc.** 2004-2006
Psychotherapist Asheville, NC
- Provided individual and family therapy in office and in-home settings for families with children at risk for out-of-home placement.
 - Participated in a collaborative team process to provide crisis intervention, prevention, and effective treatment strategies for families in need.
- Eliada Homes for Children, Inc.** 2001-2002
Case Manager Asheville, NC
- Co-facilitated the opening of the first Level IV group cottage for high-risk adolescents in North Carolina, treating teens stepping down from or preventing the increased level of care to inpatient hospitalization and detention facilities.

- Provided case management and group therapy services for the youth residing on campus.
- Lead Child and family teams in the coordination and provision of services.

PEER-REVIEWED CONFERENCE PRESENTATIONS

Arnold, B.H. (2020). *Somatic integrative approaches to addressing post-traumatic stress: A scoping review*. Paper presentation at the Council on Social Work Education's (CSWE) 2020 APM, Virtual.

Arnold, B.H., Gower, K., Grogan, C, Mois, G., & Otalora-Villareal, T. (2020). *A survey exploring self-censorship when discussing sociopolitical issues in social work classrooms*. Poster presentation at the Society for Social Work Research (SSWR) 2020 Annual Conference, Washington, DC.

McPherson, J., **Arnold, B.H.** (2017). *Women's stories and the gendered complexities of seeking asylum in the US*. Oral presentation at the 63rd Annual Program Meeting of the Council on Social Work Education (CSWE), Dallas, TX.

Littleton, T., Jennings, P., Lee, M., **Arnold, B.H.,** & McPherson, J. (2017). *The purpose and scope of post-graduate education in social work: Implications for the advancement of social development*. Oral presentation at the International Consortium of Social Development, Zagreb, Croatia.

Arnold, B.H., (November 2014). *Creating vision boards as a therapy tool and self-care practice*. Oral presentation at the Southeastern Conference for Counseling Center Professionals, Johnson City, TN.

Arnold, B.H., (January 2013). *Holographic memory resolution: A breakthrough technique for working with trauma*. Oral Presentation at the Georgia College Counseling Association (GCCA) 2013 Conference. Saint Simons Island, GA

Arnold, B.H., (September 2012). *Holographic memory resolution: A breakthrough technique for working with trauma*. Oral Presentation at the Southeastern Conference for Counseling Center Professionals. Savannah, GA.

INVITED GUEST LECTURER

Arnold, B.H., (October 2021). *Trauma, EMDR, and somatic approaches to trauma treatment*. Presentation to Assessment and Treatment of Trauma, SOWK 7240, University of Georgia.

Arnold, B.H., (October 2021). *Preventing and addressing compassion fatigue and burnout in the helping professions*. Presentation to the National Student Speech and Language Hearing Association (NXXLHA), NC Central University Chapter.

- Arnold, B.H.**, (February 2020). *Connecting with and assessing community and nonprofit needs*. Presentation to the learning community, #SPEW: Active citizenship in Pop Culture, ENGL 1102 and COMM 2050, University of North Georgia.
- Arnold, B.H.**, (September 2019). *Empathy skills for literature*. Presentation to Gender and Literature, ENGL 2140, University of North Georgia.
- Arnold, B.H.**, (September 2019). *Connecting with and assessing community and nonprofit needs*. Presentation to the Learning Community, #SPEW: Active Citizenship in Pop Culture, ENGL 1102 and COMM 2050, University of North Georgia.
- Arnold, B.H.**, (August 2019). *Developing empathy to make connections in English literature*. Presentation to World Literature, ENGL 2112, University of North Georgia.
- Arnold, B.H.**, (April 2019). *Trauma treatment and EMDR*. Presentation to Assessment and Treatment of Trauma, SOWK 7240, University of Georgia.
- Arnold, B.H.**, (April 2019). *Healthy relationships: Developing awareness and understanding the research*. Presentation to Human Behavior and Development, PSYC 2103, University of North Georgia.
- Arnold, B.H.**, (November 2018). *Stress management and making sustainable change*. Presentation to English Composition I, ENGL 1101, University of North Georgia.
- Arnold, B.H.**, (August 2018). *Developing empathy to make connections in English literature*. Presentation to World Literature, ENGL 2112, University of North Georgia.
- Arnold, B.H.**, (October 2017). *Healthy relationships: Developing awareness and understanding the research*. Presentation to Human Behavior and Development, PSYC 2103, University of North Georgia.
- Arnold, B.H.**, (October 2016). *Navigating difficult conversations in the classroom*. Presentation to English Composition II, ENGL 1102, University of North Georgia.
- Arnold, B.H.**, (September 2016). *Developing empathy to make connections in English literature*. Presentation to English Composition I, ENGL 1101, University of North Georgia.
- Arnold, B.H.**, (February 2016). *Communication skills for difficult topics in class*. Presentation to Accelerated Learners in English Composition I, ENGL 1101, University of North Georgia.
- Arnold, B.H.**, (January 2015). *Setting goals for success in college*. Presentation to Success Skills for College Students class, UNIV 1101, University of North Georgia.
- Arnold, B.H.**, (June 2014). *Stress management skills for success in college*. Presentation to Success Skills for College Students, UNIV, 1101, University of North Georgia.

Arnold, B.H., (April 2008). *Finding balance in your busy life*. Presentation at the Healthy Living Seminar, Brenau University.

Arnold, B.H., (March 2008). *Mirror, Mirror: A self-reflective approach to balanced living*. Health and Fitness Fair, Brenau University.

Arnold, B.H., (August 2007). *Finding balance: How to take care of yourself and others effectively*. Resident Assistants' Orientation, Brenau University.

WORKSHOP PRESENTATIONS

Arnold, B.H., (January 2021). *What you need to know to start your semester*. Presentation for students and parents, University of North Georgia.

Arnold, B.H., (August 2020). *Working with trauma and posttraumatic stress: Chaplain training*. Presentation for student chaplains, University of North Georgia.

Arnold, B.H., (January 2020). *Coffee and conversation with a Counselor: Accessing student support*. Presentation for students, faculty, and staff, University of North Georgia.

Arnold, B.H., (October 2019). *Get your sh*t together: Time management and organization for the college student*. Workshop for students, University of North Georgia.

Arnold, B.H., (November 2018). *Sexual health for the LGBTQ+ community*. Presentation for Spectrum student club, University of North Georgia.

Arnold, B.H., (November 2017). *Health and wellness for college students*. Workshop for students, University of North Georgia.

Arnold, B.H., (April 2016). *Suicide awareness and prevention*. Presentation for faculty and staff, University of North Georgia.

Arnold, B.H., (March 2016). *Understanding trauma and post-traumatic stress*. Presentation for students and the first-year experience program, University of North Georgia.

Arnold, B.H., (February 2014). *Goal setting and making sustainable change*. Workshop for students, University of North Georgia.

Arnold, B.H., (April 2013). *Sexual assault prevention and awareness*. Workshop presentation for Students, University of North Georgia.

Arnold, B.H., (March 2013). *Balancing your life with mindfulness and yoga*. Workshop presented to students, University of North Georgia.

Arnold, B.H., (February 2013). *Goal setting and making sustainable change*. Presentation for student club members, University of North Georgia.

Arnold, B.H., (February 2013). *Sexual health and responsibility*. Workshop presented to students, University of North Georgia.

Arnold, B.H., (November 2012). *Healing your relationship with food and your body*. Workshop presented to students, Gainesville State College.

Arnold, B.H., (October 2012). *Alcohol 101*. Workshop presented to students, Gainesville State College.

Arnold, B.H., (September 2012). *Stress reduction for health and wellness*. Workshop presented to students, Gainesville State College.

Arnold, B.H., (April 2008). *Balance and wisdom through self-reflection*. The Alive & Well Women's Conference and Wellness Fair, Brenau University.

Arnold, B.H., & Muller, P., (January 2008). *Living in balance*. Workshop presented to the sales team at a corporate retreat, Abbott Pharmaceuticals.

SERVICE & AWARDS

- Chair of Nigel's Nest campus food bank steering committee, the University of North Georgia, (2018-2021)
- Member of campus Behavior Intervention Team, the University of North Georgia, (2013-2021)
- Recipient of the Eleanor Crawford Award for extraordinary loyalty, dedication, and service, the University of North Georgia, (September 2020)
- Student Success Advocate Team Member, the University of North Georgia, (2018)
- Guest Reviewer for the Journal of Evidence Informed Social Work special issue on human trafficking (12/2017)

PROFESSIONAL DEVELOPMENT HIGHLIGHTS & SKILLS

Internal Family Systems (IFS), five-day workshop. Cape Cod Institute, Cape Cod, MA. Richard Schwartz (07/2017)

The Wise and Loving Heart: Meditation for Freedom, five-day workshop. Kripalu Center for Yoga & Health. Lennox, MA. Jack Kornfield (06/2015)

Emotional Freedom Technique (EFT) Professional Skills Level I. Association for Comprehensive Energy Psychology Conference. Alexandria, VA. (2013)

Neuroscience, Yoga, and Mindfulness for Transforming Trauma and Addiction. Kripalu Center for Yoga & Health. Lennox, MA. Jim Hopper and Dana Moore. (2011)

Holographic Memory Resolution (HMR) Level I, II, and III. Chicago, IL and Ann Arbor, MI.
Brent Baum. 2011

Brainspotting Level I. Atlanta, GA. Robert Weiz. 2011

Eden Energy Medicine Basic Training. Caribbean Islands. Donna Eden. (2011)

Somatic Psychotherapy, The Body Never Lies: Hidden Prescriptions for Healing the Body-Mind.
Kripalu Center for Yoga & Health. Douglas Brady. (2010)

Advanced Eye Movement Desensitization and Reprocessing (EMDR) Specialty Training, Step
by Step: Making EMDR Effective and Developmentally Appropriate for Children and
Adolescents. Chicago, IL. Ana Gomez. (2009)

EMDR Level I & II. EMDR Institute. Atlanta, GA. Roger Solomon. (2004)