

Below is a list of leading experts, researchers and practitioners in the field of mental health by whom Ms. Codington has been personally trained.

Dan Siegel, MD, received his medical degree from Harvard University and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent and adult psychiatry. He served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavior, autobiographical memory and narrative.

Dr. Siegel is currently a clinical professor of psychiatry at the UCLA School of Medicine where he is on the faculty of the Center for Culture, Brain, and Development and the founding co-director of the Mindful Awareness Research Center. Dr. Siegel is also the Executive Director of the Mindsight Institute, the Medical Director of the LifeSpan Learning Institute and on the Advisory Board of the Blue School in New York City, which has built its curriculum around Dr. Siegel's Mindsight approach.

Dr. Siegel has published extensively for the professional audience. He is the author of numerous articles, chapters, and the internationally acclaimed text, *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are* (Guilford, 1999). This book introduces the field of interpersonal neurobiology, and has been utilized by a number of clinical and research organizations worldwide, including the U.S. Department of Justice, The Vatican's Pontifical Council for the Family, Microsoft and Google.

Dr. Siegel serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which contains over three dozen textbooks including: *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* (Norton, 2007), *The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration* (Norton, 2010), *Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind* (Norton, 2012), and *Mindsight: The New Science of Personal Transformation* (Bantam, 2010),

He has written four parenting books: *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* (Tarcher/Penguin, 2003) with Mary Hartzell, M.Ed., and the two *The New York Times* bestsellers *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* (Random House, 2011) and *No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind* (Bantam, 2014), with Tina Payne Bryson, Ph.D. Dr. Siegel's *The New York Times* bestseller *Brainstorm: The Power and Purpose of the Teenage Brain* (Tarcher, 2013), explores how brain development impacts teenagers' behavior and relationships.

Dr. Siegel's unique ability to make complicated scientific concepts exciting has led him to be invited to address diverse local, national and international groups of mental health professionals, neuroscientists, corporate leaders, educators, parents, public administrators, healthcare

providers, policy-makers, mediators, judges, and clergy. He has lectured for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, London's Royal Society of Arts (RSA), and TEDx.

Dennis D. Embry, Ph.D. is senior scientist at PAXIS Institute in Tucson and a co-investigator at Johns Hopkins Center for Prevention as well as co-investigator with the Promise Neighborhood Research Consortium, the University of Manitoba, University of South Carolina—overseeing 50 major prevention projects in the US and Canada. He is a member of the SAMHSA/CSAP experts group, and a nominee for the President's Advisory Council on Prevention for Health Care Reform. Current publications emphasize achieving sustainable, cost-efficient population-wide prevention effects across physical, mental, emotional, and behavioral disorders. He is an emeritus National Research Advisory Council Senior fellow of New Zealand.

Dr. Embry has engaged in work with First Peoples in New Zealand, the United States and Canada. He uses cultural wisdom and anthropology to inform choices of scientific strategies to better the lives of children, adolescents, families and groups. Many of his projects focus on simple strategies for families. Dr. Embry marries that cultural wisdom with findings from evolutionary sciences, from his association with the National Science Foundation initiative called the EVOS Institute.

Tina Payne Bryson, PhD is the Executive Director of The Center for Connection in Pasadena, California, where she offers parenting consultations and provides therapy to children and adolescents. Dr. Bryson earned her Ph.D. from the University of Southern California, where her research explored attachment science, childrearing theory, and the emerging field of interpersonal neurobiology. Dr. Payne-Bryson also co-authored the book "Whole Brain Child" with Dr. Daniel Siegel.

Eliana Gil, PhD is the Director of Starbright Training Institute for Child and Family Play Therapy where she provides three and four-day trainings on family play therapy and specialized therapy with youth (and their families) who experience childhood trauma. In the last decade Eliana has directed two child sexual abuse treatment programs in Northern Virginia (Inova Kellar Center and Childhelp Children's Center of Virginia) and she has worked in the field of child abuse prevention and treatment for the last forty years.

Her most recent books are "Termination issues in child therapy" (with Dr. David Crenshaw) as well as the Second Edition of "Play in Family Therapy, and Treating children with sexual behavior problems" (with Dr. Jennifer Shaw). In addition, Dr. Gil is the author of many other books, including "Helping abused and traumatized children: Integrating directive and non-directive approaches" and "Helping Children Heal from Interpersonal Trauma: The Power of Play, Cultural issues in play therapy" (with Dr. Athena Drewes); "Treating abused adolescents; Systemic Treatment of Families who Abuse;" "The healing power of play; Play in family therapy;" and "Sexualized children: Assessment and treatment of sexualized children and children who molest" (with Dr. Toni Cavanagh Johnson). Several of her books have been translated to other languages,

including Spanish. Dr. Gil also collaborated with Dr. Jennifer Shaw to co-author a book for children called "A kid's book about touching, touching problems, and other stuff."

Paris Goodyear-Brown, MSW, LCSW, RPT-S is the founder and director of Nurture House, a Licensed Clinical Social Worker and a Registered Play Therapist-Supervisor with 20 years of experience in treating families in need. She is also an adjunct professor of psychiatric mental health at Vanderbilt University and an internally known child development expert. She is the author of multiple books, chapters and articles related to child therapy. Her newest books include "Tackling Touchy Subjects," "The Handbook of Child Sexual Abuse -Identification, Assessment, and Treatment," "Play Therapy with Traumatized Children: A Prescriptive Approach" and "The Worry Wars: An Anxiety Workbook for Kids and their Helpful Adults."

Bessel Van Der Kolk, PhD is one of the world's most renowned experts in the field of trauma treatment. He has served as president of the International Society for Traumatic Stress Studies, medical director of the Trauma Center at JRI in Brookline, Massachusetts, director of the Complex Trauma Network within the National Center for Child Traumatic Stress, and professor of psychiatry at Boston University School of Medicine. He was a co-principal investigator in the PTSD field trials for the fourth edition of the *Diagnostic and Statistical Manual of Mental Disorders*. He is the author of multiple books including "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" and "Post-Traumatic Stress."

Louis Cozolino, PhD, professor of Psychology at Pepperdine University, is the author of several books including "The Neuroscience of Human Relationships," "The Neuroscience of Psychotherapy" and "The Healthy Aging Brain."

Theresa Kestly, PhD, is a psychologist, educator, consultant and registered play therapy supervisor. She is the author of "The Interpersonal Neurobiology of Play."

Phyllis Booth, LCPC, LMFT, RPT-S has published the second edition of the book "Theraplay" in 1999, and in 2010 the third edition of "Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play."

Pat Ogden, PhD, is the founder and director of the Sensorimotor Psychotherapy Institute and co-founder of the Hakomi Institute. She is the author of "Trauma and the Body" and "Sensorimotor Psychotherapy."

Jaak Panksepp, PhD, is the author of "The Archaeology of Mind" and Emeritus Professor of the Department of Psychology at Bowling Green State University.

Allan Schore, PhD, is a world-renowned psychological researcher and an Associate Clinical Professor at UCLA's School of Medicine. He is also the author of "Affect Regulation and the Repair of the Self," "Affect Dysregulation and Disorders of the Self," and "The Science of the Art of Psychotherapy." .

Stuart Brown, MD is the founding Clinical Director and Chief of Psychiatry at Mercy Hospital and Medical Center and an Associate Professor at UCSD in San Diego, California. He is the founder of the National Institute of Play. Trained in general and internal medicine, psychiatry and clinical research, he first discovered the importance of play by discerning its absence in a carefully studied group of homicidal young males. Over the course of his clinical career, he interviewed thousands of people to capture their play profiles. His cataloging of their profiles demonstrated the active presence of play in the accomplishments of the very successful and also identified negative consequences that inevitably accumulate in a play-deprived life. With the support of the National Geographic Society and Jane Goodall, he observed animal play in the wild. He became acquainted with the premier animal play experts in the world, and began to see play as a long evolved behavior important for the well-being and survival of animals. He subsequently came to understand that humans are uniquely designed by nature to enjoy and participate in play throughout life.

Liana Lowenstein, MSW, RSW, CPT-S is the recipient of the 2014 Monica Herbert Award from the Canadian Association for Child and Play Therapy (CACPT) for Outstanding Contribution and Dedication to Child Psychotherapy in Canada. She is the best-selling author of multiple books including “Paper Dolls and Paper Airplanes: Therapeutic Exercises for Sexually Traumatized Children,” “Creative Interventions for Troubled Children & Youth,” “Creative Interventions for Bereaved Children,” “Creative Interventions for Children of Divorce” among others.

Barbara Fredrickson, PhD is Kenan Distinguished Professor of Psychology and Award-winning Director of the PEP Lab at the University of North Carolina. One of the most highly-cited contributors to psychological science, Barb is best known for her broaden-and-build theory of positive emotions. Her work has been featured in the New York Times, The Economist, CNN, NPR, PBS, U.S. News & World Report, USA Today, Oprah Magazine, and elsewhere. She has twice been invited to brief His Holiness the Dalai Lama on her research.

Karen Purvis, PhD is the director of the TCU Institute of Child Development. She has devoted the past decade to developing research-based interventions for at-risk children. She was awarded the Heroes in Healthcare Award in 2006 by the Dallas Business Journal, and co-authored the best-selling adoption book, *“The Connected Child.”*

Robert Naseef, PhD has practiced for over 20 years as a psychologist. He is a graduate of Temple University specializing in families of children with disabilities (particularly children on the Autism Spectrum) and has published several articles on the subject, including the book *“Special Children, Challenged Parents: The Struggles and Rewards of Raising a Child with a Disability”* (1997)

Eric Gentry, PhD is an internationally recognized leader in the study and treatment of traumatic stress and compassion fatigue. His Ph.D. is from Florida State University where he studied with Professor Charles Figley—a pioneer in these two fields. In 1997, he co-developed the Accelerated

Recovery Program (ARP) for Compassion Fatigue—the world’s only evidence-based treatment protocol for compassion fatigue.

Sandra Bloom, MD is a Board-Certified psychiatrist, graduate of Temple University School of Medicine and recently was awarded the Temple University School of Medicine Alumni Achievement Award. Dr. Bloom served as Founder and Executive Director of the Sanctuary programs, inpatient psychiatric programs for the treatment of trauma-related emotional disorders. Dr. Bloom has established a training institute, the Sanctuary Leadership Development Institute, to train a wide variety of programs in the Sanctuary Model®.

Terry Kottman, PhD, Registered Play Therapist-Supervisor, NCC, LMHC, founded The Encouragement Zone, a center where she provides play therapy training and play therapy supervision. In 2014, Terry was honored to receive the Lifetime Achievement Award from the Association of Play Therapy.

Edward Hudspeth, PhD, RPh, is Chair and Assistant Professor of Counselor Education and Director of the Institute for Play Therapy at Henderson State University. He's the editor for *The International Journal of Play Therapy*, as well as president for the Arkansas Association for Play Therapy. He received his Doctor of Philosophy in Counselor Education and Supervision from the University of Mississippi in 2009. Dr. Hudspeth is a Registered Play Therapist Supervisor, Licensed Professional Counselor (MS & AR), nationally Approved Clinical Supervisor, and Registered Pharmacist.

Trudy Post-Sprunk, MEd, LMFT, LPC, RPT and CPT and Supervisor in each of those areas. She has been a Psychotherapist since 1971 and has been in private practice in Tucker, GA since 1985. In 2014 she was awarded the National Award for Promotion and Education of Play Therapy by the National Association for Play Therapy.