

CEA RUBIN

MSW, LMBT, RYT-500

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PROFESSIONAL EXPERIENCE

2023 – Present	Guest Lecturer <ul style="list-style-type: none">Regular guest lecturer in Master's of Social Work and UNC in London programs via the University of North Carolina at Chapel HillFormulated lesson plan and taught class for graduate students earning their Master's in Social about anxiety and mindfulness-based interventionsFormulated lesson plan and taught class to UNC Honor's students studying in London about healthcare systems in the USA, levels of care, the intersection of criminal justice system and mental health system, commonly used interventions, and the future of these systems	UNC-Chapel Hill
2021 – Present	Therapist and Clinical Social Worker <i>Therapist/Private Practice Owner/Independent Contractor at group practice</i> <ul style="list-style-type: none">Provide individual sessions, specializing in somatic therapy and treatment of Post-Traumatic Stress Disorder (PTSD) and Complex-PTSD, achieving high client satisfaction and positive therapeutic outcomesSuccessfully launched and managed a thriving private therapy practice, overseeing all aspects of business operations including client intake, scheduling, and billingEnsured adherence to state and federal regulations, ethical guidelines, and best practices in therapy, maintaining confidentiality and professional standardsManaged financial aspects of the practice including budgeting, accounting, and financial planning, ensuring profitability and sustainabilityConducted comprehensive assessments, developed individualized treatment plans, and utilized evidence-based practices to achieve clients' therapeutic goalsDeveloped and executed marketing strategies to build a robust client base, including online presence, community outreach, and networking events	Asheville, NC
2020 – 2021	Oasis Recovery Center <i>Clinical Therapist</i> <ul style="list-style-type: none">Delivered individual and group therapy sessions for clients recovering from substance addiction and co-occurring mental health disordersSpecialized in integrating yoga, meditation, mindfulness, and trauma-focused psychoeducation into therapeutic practices to enhance recovery outcomesTook on leadership roles within the clinical team, providing guidance and support to colleagues while contributing to team decision-making processesFacilitated nature-based therapy sessions, including leading therapeutic hikes to leverage natural environments for healing and personal growthOversaw case management responsibilities, including coordinating client care, developing treatment plans, and liaising with other healthcare professionals to ensure comprehensive support	Asheville, NC
2018 – 2019	Eliada Homes <i>Therapist</i> <ul style="list-style-type: none">Conducted individual therapy, group therapy sessions, and intake assessments for adolescents in a psychiatric residential treatment settingFacilitated equine-assisted therapy sessions, integrating therapeutic interactions with horses to support emotional and psychological healingPlayed a key role in community management, including developing and implementing strategies to reduce and eliminate restrictive interventionsContributed to policy practices focused on improving treatment protocols and enhancing patient care standardsReceived oversight and guidance from the Director of Performance and Quality Improvement and the Clinical Director, ensuring alignment with organizational goals and quality standards	Asheville, NC
2015 – 2018	Charles George VA Medical Center <i>Yoga Instructor</i>	Asheville, NC

- Led therapeutic groups in the Substance Abuse Rehab Residential Unit and Psychiatric Inpatient Unit, focusing on yoga postures, breathing techniques, and guided relaxation to support recovery and mental well-being
- Collaborated with on-staff psychologist and psychiatrist to initiate and develop the yoga program within the Psychiatric Inpatient Unit, integrating holistic practices into the treatment framework
- Worked closely with multidisciplinary teams to enhance therapeutic offerings and ensure comprehensive patient care

2014 – 2015 **Just Right Academy** Durham, NC
Yoga Instructor

- Taught self-calming techniques and body awareness through yoga to students aged 8 to 20 with ASD (Autism Spectrum Disorder) and behavioral issues
- Developed and implemented individualized yoga programs tailored to the specific needs and abilities of each student to support emotional regulation and physical awareness
- Utilized yoga practices to enhance self-regulation, reduce anxiety, and improve overall behavioral outcomes for students

2014 – 2015 **Orange County Rape Crisis Center** Chapel Hill, NC
Companion

- Responded to calls on a 24-hour crisis line, offering immediate support and resources to survivors of sexual assault and individuals affected by sexual violence
- Provided in-person support at hospitals and in court, ensuring survivors had access to necessary services and advocacy throughout their recovery process
- Completed 60 hours of specialized training in active listening and crisis intervention, learning the skills to effectively support and guide individuals in crisis

2015 **UNC Chapel Hill – Positive Emotions and Psychophysiology Lab** Chapel Hill, NC
Research Assistant

- Conducted a study assessing the impact of meditation techniques on participants
- Engaged with participants using scripted dialogue and interviews to gather qualitative data
- Monitored psychophysiological changes using ECG measurement tools
- Cleaned and entered data accurately to ensure integrity and reliability of study results
- Analyzed and interpreted data to contribute to research findings and conclusions

2014 **Chapel Hill-Carrboro City Schools** Carrboro, NC
Tutor

- Tutored high school students in the AVID Program to support postsecondary readiness for first-generation students and close achievement gaps
- Assisted elementary students with writing fundamentals through the CoachWrite program
- Provided individualized and group instruction to enhance academic skills
- Monitored student progress and offered targeted feedback to support learning outcomes

2014 - Present **Various yoga studios** North Carolina
Yoga Instructor

- Instructed yoga practices for adult students of all levels in both large group classes and private yoga sessions
- Designed and delivered personalized and group yoga lessons to enhance students' physical, mental, and spiritual well-being

2011 **Mecklenburg County Public Defender Office** Charlotte, NC
Intern

- Interviewed incarcerated clients, including those with mental health and substance abuse issues
- Assisted attorneys in creating probationary treatment plans as alternatives to incarceration
- Provided insights to support the development of tailored rehabilitation strategies

EDUCATION

2017 – 2020 **University of North Carolina at Chapel Hill - School of Social Work** Chapel Hill, NC
 Master of Social Work, Direct Practice concentration

- 2014 **University of North Carolina at Chapel Hill** Chapel Hill, NC
• *Post-Baccalaureate Classes*
- 2009 – 2013 **Davidson College** Davidson, NC
Bachelor of Arts in Theatre, minor in Spanish
• *Hamilton College Spanish-only program in Madrid, Spain (Fall 2011)*
• *Rawley P. Turner Drama Award for Acting*

RELEVANT CERTIFICATIONS AND TRAININGS

- 2017 - Present **Licensed Massage & Bodywork Therapist (NC #16448)**
- 675-hour foundational training program, Asheville School of Massage and Yoga
 - One-year apprenticeship in Trigger Point Therapy as part of continuing education
 - Ongoing training and private mentorship for CranioSacral Therapy, SomatoEmotional Release, Visceral Manipulation, and Lymphatic Drainage Therapy
- 2014-2016 **Asheville Yoga Center: Therapeutics and Foundational Yoga Teaching**
- 500-hour Therapeutically-Oriented Yoga training program
 - 230-hour Yoga Teacher Training Program

SKILLS

Nearly-Fluent in Spanish

Movement Practice

- Online coaching with Ido Portal and Royce Goldschmidt in movement practice, including: locomotion, bodyweight training, handstands, contact with floor, rhythm, spatial awareness, mobility, somatic interoception, juggling
- Fighting Monkey Rootless Roots ongoing workshops with Jozef Fucek
- Qi Gong, boxing, and martial arts
- Dance – Modern, Jazz, Ballet, Flamenco, Improvisation
- Other modalities and sports: Weightlifting, TRX, Lagree Method, Pilates, Softball, Volleyball, Tennis, Soccer, Swimming

Plays djembe and drumkit

Regular seated meditation practice for 10+ years
