



**MICHAEL BARNETT L.P.C.**

2900 Chamblee-Tucker Rd  
Building 8, Suite 200  
Atlanta, Georgia, 30341

T (770) 458-6886

F (770) 451-8748

michaelblpc@comcast.net

[www.EFTAtlanta.com](http://www.EFTAtlanta.com)

**PROFILE**

I have been practicing psychotherapy since 1986 and currently have my private practice in Northeast Atlanta where I have been for over twenty years. My practice spans the scope of individual, group, and couple's psychotherapy as well as supervision, consultation and EFT certification training for professionals who work with couples. My areas of specialty include marriage and couple's therapy, adolescent psychotherapy, addictive disorders and the treatment of mood disorders.

**LICENSES AND CERTIFICATIONS**

Professional Counselor's License, State of Georgia, 1993

Integrative Group / Psychomotor Therapist - Practitioner Level I, II, & III, 1992

Certified Ropes Course Instructor, C.O.P.E. Training Program, 1994

Registered Certified Emotionally Focused Couple Therapy Supervisor, 2008

Registered Certified Emotionally Focused Couple Therapy Trainer, 2009

**PROFESSIONAL BOARDS AND MEMBERSHIPS**

Board of Directors Camps Airy and Louise, Cascade Maryland

Board of Directors Siddha Yoga Meditation Center of Atlanta, 2001 - 2009

Board of Directors Licensed Professional Counselor's Association, 2003 - 2004

Member Licensed Professional Counselor's Association

Member American Mental Health Counselor's Association

**EXPERIENCE**

**PRIVATE PRACTICE — 1993 - PRESENT**

**SUBSTANCE ABUSE FREE ENVIRONMENTS (S.A.F.E.) 1993-1994**

Group and Individual Therapist for Adult Substance Abuse Intensive Outpatient Program

**GEORGIA BAPTIST HOSPITAL - NEWTON HOUSE 1990 - 1993**

Treatment Planning, Group, Individual and Family Therapy for adult inpatient dual diagnosis program

## **EDUCATION**

Emory University, 1982-1986, BA Psychology

West Georgia College, 1988-1989, MA Humanistic Psychology

West Georgia College, 1989-1990, Ed.S Counseling Education Psychology

## **RESEARCH**

### **EFT Addiction Research Project - February 2013 - Present**

Implementing EFT into the treatment protocol at Metro Atlanta Recovery Residences

Stabilizing relationship distress through creating secure attachment bonds as a means to creating a stable recovery from substance abuse and dependency

## **SKILLS**

Training and supervision: Guidance and oversight of EFT therapist and supervisor training, workshops and strategic planning for ICEEFT

Adult Psychotherapy: Marriage and Couple's Counseling, Depression, Anxiety, Substance abuse/Addictive disorders, Self Esteem, Life Transition/Loss, Abuse and trauma.

Adolescent Psychotherapy: Self Esteem, Family therapy, Social skills/Peer issues, Substance abuse/Addictive Disorders/Substance abuse, Depression, Anxiety, Behavioral/Conduct issues, Social Skills and Loss.

Groups: Ongoing Adult Experiential Therapy Group, Ongoing Marriage and Couple's Therapy Supervision Group.

Consultation and Supervision: Individual and Group Supervision and consultation for Therapists and Organizations.

Trainings, Workshops and Speaking Engagements: Ongoing Training of Marriage and Couples Therapists See List of Engagements for Topical Information.

## **WORKSHOPS AND SPEAKING ENGAGEMENTS**

### **PSYCHOLOGY AND PERSONAL GROWTH:**

Psychomotor Therapy Facilitator Training and Live Supervision - November 1992; Evelyn Frye and Associates, Nashville, TN.

Body Centered Psychotherapy - April 1992; "Choosing Life: Addiction and Recovery ", TV Talk Show on Codependency and Self Parenting - April 1994

Experiential Initiatives for Georgia Baptist Hospital Psychiatric staff - May 1994

How to Meditate - February 1995

"The Quintessential Relationship" - October 1995; Relationship skills for singles and couples

Family Sculpting Techniques with psychiatric patients - Georgia Baptist Hospital, May 1995

How to Meditate - July 1995

Working Your Own Program - April 1996, for the Family Workshop at the Phoenix Institute for Adolescents

Structural Family Therapy - June 1996, for Phoenix Institute for Adolescents Staff

## **WORKSHOPS CONTINUED:**

How to Meditate - October 1996

Adolescent Psychology - January 1997, for Phoenix Institute for Adolescents Staff

Treating Borderline Adolescents - March 1997, for Phoenix Institute for Adolescents Staff

A Parent's Guide to Adolescent ADHD - November 1997, Ridgeview Institute

Experiential Psychotherapy - February 1998, "Choosing Life: Addiction and Recovery" Radio talk show

Beneath the Tip of the Iceberg: The Emotional Undercurrents of Addictive Processes, Ridgeview Institute- March 2000

The Golden Vessel of Adolescence – Atlanta International School, Feb., 2000

Introduction to Meditation – Springs Yoga Studio – October 2003

Psychomotor Therapy – Georgia State Group Therapy Seminar – November 2003

Therapist's Toolbox: How to Create and Sustain a Successful Practice – February 2004

The Eye of the Storm: Self Care in the Midst of Trauma and Client Distress – May 2004

## **EFT Training:**

The Art, Heart and Science of Marriage and Couple's Psychotherapy - Ridgeview Institute 2006

Emotionally Focussed Therapy for Couple's Four Day Externship, Co-Facilitate with Gail Palmer, Argosy University, 2008

WSB Radio "Change your mind Change your Life " Program Interview - Emotionally Focussed Therapy for Couples January 2009

Emotionally Focused Therapy Four Part Advanced Core Skills Training Series - Co-Facilitate with Gail Palmer, 2008 - 2009

Introduction to EFT Training - LPCA convention, Callaway Gardens, May 2009

EFT 4-Day Externship, February 25-29, 2010

EFT Four Part Advanced Core Skills Training 2010

The Art Heart and Science of Couples Therapy - GPA Seminar, November 19, 2010

Breaking through Toxic Relationship Patterns - MCS Annual Training Seminar, December 3, 2010

EFT 4-Day Externship, Feb.22-25, 2011; Argosy University Atlanta

Core Skills Advanced Training Series 2011, Atlanta, Ga.

Breaking Through Toxic Relationship Patterns, Boca Raton FL.; June 17, 2011

EFT 4-Day Externship, Boca Raton, Fl., November 3-6, 2011

Core Skills Advanced Training, Boca Raton, Florida, January - September 2012

From Reaction to Interaction: Working with Reactive Couples - Georgia Psychological Association annual convention, April 20, 2012

EFT Stage One: Denver Center for EFT, June 15, 2012

4-day EFT Externship, Orlando, Florida, November 2012

Addressing addiction, Fostering Attachment with EFT, Denver Colorado, February 2013

EFT Core Skills training series, Atlanta January - November, 2013

EFT Core skills training series, Orlando Florida, February - December 2013

Introduction to EFT, Mercer University, April 2013

Addressing Addiction, Fostering Attachment with EFT, Atlanta Georgia, May 2013

4-Day Externship in EFT, Atlanta, GA., January, 2014

4-Day Externship in EFT, Boca Raton, Fl., February, 2014

EFT Core Skills Advanced training series, Atlanta, GA., Feb-December 2014

EFT Core Skills Advanced Training Series, Boca Raton, Fl., March - December 2014

Addressing Addiction, Fostering Attachment with EFT, New York City, February, 2014

4-Day Externship in EFT, Atlanta Ga, January, 2015

Core Skills Advanced training Series Boca Raton, Fl, February-December 2015  
Core Skills Advance training series March- December 2015  
From Reaction to Interaction: Working with reactive couples, Georgia Psychological  
Association workshop, March 2015  
Addressing Addiction and Fostering Attachment with EFT, Berkeley Ca., April 2015  
4-Day EFT Externship Tampa Fl., April 2015  
Addressing Addiction and Fostering Attachment with EFT, Toronto, Canada April 2015

## **OUTDOOR EXPERIENTIAL THERAPY AND TRAINING - FACILITATOR AND PROJECT MANAGER FOR EXECUTIVE ADVENTURES INC. :**

### **PERSONAL GROWTH**

Adventure Based Counseling - June 1995,  
"Choosing Life: Addiction and Recovery"  
WSB Radio Talk Show – September 1995, Psychotherapy and It's Applications  
Flying Through Fear - November 1996, High Adventure Ropes Course Experience  
Natural High - April 1997, High Adventure Ropes Course Experience  
Camp Bluebird Cancer Support Retreat - May 1997, May 1998  
ABC Facilitator's Debriefing Training - December 1997, Westminster Academy  
Senior Orientation Program – September 2000, Atlanta International School  
Freshman Orientation Program – September 2002, Atlanta International School  
Social Services Staff Support/Teambuilding - Peachford Behavioral Health System  
January 2004

### **TEAM BUILDING/STAFF DEVELOPMENT**

Alio and Associates - March 1995  
John Wieder Homes - June 1996  
New Life Institute - May 1998  
Ernst and Young – New Manager's Transition Program – October 2003  
Dozens of Other Client Programs Upon Request