

CAREN B. RIFKIN, LICSW, ACSW, BCB

82 Palomino Lane, Suite 703 • Bedford, NH 03110 • (603) 622-6667

**Professional
Accomplishments**

Clinical Expertise

Anxiety • depression • post traumatic stress • substance abuse • health issues stress related disorders • chronic pain conditions • autonomic nervous system health/self regulation • hypnosis • psychotherapy • biofeedback • relaxation training • eye movement desensitization reprocessing (emdr) • pediatric biofeedback, hypnosis, and relaxation training • employee assistance consultation • couples and family counseling • stress management training

Individuals • groups • couples • children • adolescents

Hospitals • emergency rooms • psychiatric units • counseling centers addiction treatment centers • private practice • business and industry

Program Development / Training

Developed sexual assault crisis center, chemical dependency family treatment program and outpatient alcoholism treatment program. Administered budgets, staff and program operations for all programs. Supervised and trained staff (1982-1987).

Trained emergency room and rescue squad personnel in the areas of psychiatric emergencies, crisis management, chemical dependency and stress management. Conducted employee assistance training programs and stress management trainings for the workplace (1982-present).

Founder and acting director of Jayme's Fund for Social Justice, a nonprofit organization that promotes human rights for children (2003-present).

Employment

Biofeedback and Counseling Center • Bedford, NH | Windham, NH
Private practice (1992-present)
Bedford Counseling Associates • Bedford, NH
Changing Point • Addictions Treatment Center • Ellicott City, MD
Union Memorial Hospital • Baltimore, MD
Physicians Memorial Hospital • LaPlata, MD

Affiliations

National Association of Social Workers
Association of Applied Psychophysiology and Biofeedback
Biofeedback Certification International Alliance
International Academy of Collaborative Professionals

Advanced Training

Fellow, Biofeedback Certification International Alliance
Applied Clinical Hypnosis
Eye Movement Desensitization Reprocessing (EMDR)
Pediatric Hypnosis, Biofeedback and EMDR
Psychophysiological Self-Regulation and Health
Disaster Mental Health

Education

Master of Social Work

CATHOLIC UNIVERSITY OF AMERICA, Washington, D.C. • 1980

Bachelor of Science • Psychology

UNIVERSITY OF MARYLAND, College Park, MD • 1978

AMERICAN COLLEGE IN PARIS, Paris, France • 1977