

SARAKAY COHEN SMULLENS, MSW, LCSW, CGP, CFLE, BCD

EDUCATION

1958 – 1960	Skidmore College	Saratoga Springs, N.Y.
1960 – 1962	Goucher College, BA	Towson, Md.
1963 – 1964	Catholic University School of Social Work	Washington, D.C.
1964 – 1965	University of Pennsylvania School of Social Work, MSW	Philadelphia, Pa.
1972 – 1981	Training Psychotherapy Eli Marcovitz, M.D., Training Psychiatrist Philadelphia Psychoanalytic Association	

CERTIFICATION

1969 – Present	Academy of Certified Social Workers
1976 – 1987	National Registry of Health Care Providers <i>Clinical Social Work Reg. #231</i>
1987	National Board of Examiners in Clinical Social Work <i>Charter Member Certificate #4110</i>
1987 - Present	Board Certified Diplomate in Clinical Social Work
1988	American Board of Examiners in Clinical Social Work <i>Certificate #016422</i>
1988 - Present	Certified Family Life Educator National Council on Family Relations
1995 - Present	Certified Group Psychotherapist American Group Psychotherapy Association

LICENSURE

1989-2000	Pennsylvania <i>#SW-000557-E</i>
2000	Pennsylvania <i>#CW-000577-L</i>
2003	Pennsylvania <i>#CW-000577-L</i>
2005	Pennsylvania <i>#CW-000577-L</i>
2007	Pennsylvania

2009 #CW-000577-L
Pennsylvania
2011 #CW-000577-L
Pennsylvania
#CW-000577-L

ACADEMIC APPOINTMENTS

1974– 1978
Instructor
Mental Health Technology
College of Allied Health Professionals
Hahnemann Medical University

1978 – 1990
Senior Instructor
Mental Health Technology
College of Allied Health Professionals
Hahnemann Medical University

1990 – 1997
Clinical Assistant Professor
Mental Health Technology
College of Allied Health Professionals
Hahnemann Medical University

TEACHING EXPERIENCE

1970 – 1978
YMHA of Philadelphia
Courses, seminars, lectures, workshops

1974 – 1997
Department of Mental Health Sciences
Hahnemann Medical University
Courses, seminars, lectures, workshops

1983 – 1987
Temple University
Educational Courses for Men and Women

1986 – 1989
Philadelphia College of the Arts
Courses

PROFESSIONAL ORGANIZATIONS

Academy of Certified Social Workers
American Group Psychotherapy Association
Authors Guild
Fellow, Pennsylvania Society for Clinical Social Work
National Association of Social Workers

NASW Pennsylvania Chapter
National Council on Family Relations
Philadelphia Area Group Psychotherapy Society

COMMUNITY ACTIVITIES

- 1960 – 1962
Goucher Committee for Towson Integration
Successfully and peacefully accomplished
- 1967 – 1971
Democratic 8TH Ward Committeewoman
- 1971
Initial group of women who created Women's Way
- 1977 – 1986
Member
Community Education and Public Relations Committee
Jewish Family and Children's Agency
- 1987 – 1992
Board Member
Family Service of Philadelphia
- 1984 – Present
Woman's Board
Thomas Jefferson University Hospital
1989 – 1995 Secretary
- 1990 – 1999
Board of Overseers
School of Social Work
University of Pennsylvania
1997 – Originator and subsequent Planning Committee
The Crystal Stair Award
1999 – Co-Chair Crystal Stair Award Committee
- 1990 – 1994
Board Member
Center City Residents' Association
- 1993 – 1998
Pro bono consultant
District Attorney's Office
City of Philadelphia
- 1994 – 1999
Board Member
Philadelphia Chapter
American Jewish Congress
- 1994 – 1997
Child Welfare Advisory Board of Philadelphia
1994 – Vice Chair
1995 – 1997 Chair
- 1997-1999
Member - Interdisciplinary Task Force of the Child Welfare System
And subsequent Implementation Team and Task Force
Formed following burn injury of Tara M
- 1994 - 2006
Founder and Coalition Member

Sabbath of Domestic Peace (an inter-faith, inter-disciplinary task force with the mission to educate clergy about domestic violence)

2005- 2008

Alumnae/I Trustee Goucher College

2008 - Present

Trustee Goucher College, active participant in various committees

2010 – Present

Trustee Goucher College

Chair Campus Life Committee

Member Executive Committee Board of Trustees

PROFESSIONAL ACTIVITIES

1962 – 1963

Democratic National Committee

Washington, D.C.

Regional Coordinator for the Young Democrats

1965 – 1966

Society to Protect Children

Philadelphia, Pa.

From Cruelty

Protective Service Counselor

1966 – 1968

Philadelphia Psychiatric Hospital

Philadelphia, Pa.

Family Therapist

1968 – 1973

Jewish Family Service of

Philadelphia, Pa.

Philadelphia

Marriage and Family Counselor

1971 – 1973

Jewish Family Service of

Philadelphia, Pa.

Philadelphia

Director of Family Life Education

1973 – Present

Private practice of Marital, Couple,

Philadelphia, Pa.

Family and Group Psychotherapy

Pro bono referrals treated throughout career

1976 – 1981

Philadelphia Inquirer

Philadelphia, Pa.

Columnist and Writer dealing with

Issues of Relationships and Public Policy

1981 – 1982

The Philadelphia Bulletin, Philadelphia, Pa.

Columnist

1968 – Present

Multiple presentations, lectures, articles, and commentaries

presented to community groups and academic settings, and appearing in newspapers and on local and national radio television programming

(List available on request)

2008 - Appointed to Private Practice Committee of the National Association of Social Workers

2008- Present

Regular contributor to the Huffington Post, Your Tango and Broad Street Review

2009 - Present

Appointed to Planning Committee of "One Book Philadelphia."

2009- present

Clinical Consultant, Philadelphia Theater Exile

PEER REVIEWED ARTICLES

2001 - Smullens, SK., "Counseling the Clergy on How to Help Victims of Domestic Violence," *Annals of the American Psychotherapy Association*, Vol.4/No.6, pgs. 15-18.

2002 – Smullens, SK, "The Five Cycles of Emotional Abuse: Investigating a Malignant Victimization," *Annals of the American Psychotherapy Association*, Vol. 5/No.5, pgs. 16-17.

2003 – Smullens, SK, "Developing an Emotional Sense of Direction: A Therapeutic Model for the Treatment of 'Emotional Abuse,'" *Annals of the American Psychotherapy Association*, Fall, Vol. 6/No. 3, pgs. 17-21.

2010 – Smullens, SK, "The Codification and Treatment of Emotional Abuse in Structured Group Therapy," *International Journal of Group Psychotherapy*, Vol. 60, No 1, pgs. 111-130, January 2010.

REPRINTS AND EXCERPTS

1997 – Smullens, SK, "Because I Promised," from Whoever Said Life is Fair? Love Adds a Little Chocolate, Medard Kaz, Servant Publications, Ann Arbor, MI, pgs 106-108.

1999 – Smullens, SK, et.al., "Responding to Domestic Violence: Making Changes, Bringing Hope,"
Publication of the Sabbath of Domestic Peace, 1999.

2002 – Smullens, SK, "Moment of Catharsis: A Dysfunctional Family Business Turns Itself Around," from Setting Yourself Free, *Family Business*, Autumn 2002, pgs. 6-8.

2003 – Smullens, SK, "Emotional Abuse and Office Dynamics," *EAP Digest*, Spring 2003, pgs 26-29.

2003 – Smullens, SK, "The 5 Cycles of Emotional Abuse: Investigating a Malignant Victimization," Reprinted in *Network (Newsletter for Certified Family Life Educators of the National Council on Family Relations)*, Summer, Vol. 15/No.3, pgs 4, 6, 9.

2009 – Review of "Blackbird," Broad Street Review, Philadelphia, PA

November 2009 – Case Presentation, "Glorya and Sid," Therapist's Notebook, Social Work Today.

- 2010 – Smullens, SK, “Why We Do It,” *Private Practice Section of NASW Journal*, July 2010
- June 2011 – “Addressing the Prevalence of Emotional Abuse with College Age Female Students,” NASW Newsletter, Intersections in Practice.

RECENT PRESENTATIONS

- October 9, 2002 – Smullens, SK, Presentation, “The Five Cycles of Emotional Abuse”
12th Annual Regional Conference
Building Strong Families Committee Pennsylvania/Delaware Council on Family Relations,
Grantville, Pa.
- February 21, 2003 – Presentation, “The Five Cycles of Emotional Abuse: The Perpetuation of an Intergenerational Victimization”
Eleventh Annual Conference on Parent Education
Sponsored by the Center for Parent Education
University of North Texas, Denton, Texas.
- March 18, 2003 – Workshop, “Setting Yourself Free: Breaking the Cycles of Emotional Abuse”
92nd Street YM-YWHA
New York, New York
- April 3, 2003 – Moderated Panel on Emotional Abuse at Philadelphia Free Library, Philadelphia, PA
- April 23, 2003 – Presentation, “The Five Cycles of Emotional Abuse: Investigating a Malignant Victimization”
17th Annual Children’s Interagency Training Conference
State College, Pennsylvania
- June 7, 2003 – Presentation, “Emotional Abuse: A Psychohistorical Perspective”
25th Annual Convention
International Psychohistorical Association
New York University
New York, N.Y.
- August 23, 2003 – Presentation, “Emotional Abuse: Admitting What We Don’t Know, Codifying What We Do”
American Psychotherapy Association National Conference
San Antonio, Texas
- October 3, 2003 – Workshop, “The Cycles and Impact of Emotional Abuse”
Strawberry Fields, Inc.
State College, PA
- October 17, 2003 – Workshop, “Emotional Abuse: Admitting our Gaps, Codifying Our Knowledge”
American Association for Marriage and Family Therapy

Long Beach, CA

October 23, 2003 – Presentation, “The Five Cycles of Emotional Abuse: Diagnosis and Intervention”
The Texas Chapter of the National Association of Social Workers
Arlington, Texas

October 28, 2003 – Presentation, “Managing the Unmanageable”
Center City Proprietors’ Association, Philadelphia, PA

November 8, 2003 – Parent Workshop: “Together We Can and Will Make a Difference,” School District of Philadelphia, The 1st Annual Student Anti-Violence Conference, Philadelphia, PA

December 1, 2003 – Presentation, “Understanding the Impact of Emotional Abuse,” 92nd Street Y, New York, NY

January 7, 2002 – Presentation, “The Five Cycles of Emotional Abuse: A Malignant Continuum,” The Pennsylvania Society of Clinical Social Work”

February 23-28, 2004 – Presentation, “Uncovering the Roots of Emotional Abuse in Group Therapy’s Dynamic Process”
American Group Psychotherapy Association, New York, NY

March 18-24, 2004 – Presentation, “The Five Cycles of Emotional Abuse: Origins, Implications, and Treatment: A Personal/Professional/ Political Continuum”
PA Chapter of the National Association of Social Workers, Pittsburgh, PA

March 29, 2004 – Presentation, “The Five Cycles of Emotional Abuse: A Malignant Continuum”
Jewish Family and Children’s Service, Philadelphia, PA

June 25-26, 2004 – Presentation, “The Five Cycles of Emotional Abuse”
The Second Conference on Intimate Violence, The University of Pennsylvania School of Social Work
Philadelphia, PA

March 7-12, 2005 – “The Five Cycles of Emotional Abuse: A Personal, Professional, Political Continuum,” American Group Psychotherapy Association Conference- New York, NY

March 20-23, 2005 - “The Five Cycles of Emotional Abuse: A Personal, Professional, Political Continuum,” Jewish Women International Conference-Washington D.C.,

March 31- April 2, 2005 – Plenary Address: “The Five Cycles of Emotional Abuse: Implications for Practice,” PA Chapter of the National Association of Social Workers, Harrisburg, PA
Workshop: “The Five Cycles of Emotional Abuse: Origins, Implications, and Treatment.”

June 10, 2005 – “The Five Cycles of Emotional Abuse in Family, Community and

Society,” International Psychohistorical Association, New York, NY.

March 2, 2006 – Workshop on Emotional Abuse at the National Association of Social Workers Pennsylvania

April 5, 2006 - Workshop on Emotional Abuse at the National Association of Social Workers Massachusetts

November 13, 2006 – Presentation on Emotional Abuse and the Role of the Clergy, Sabbath of Domestic Peace, Philadelphia, PA

December 17, 2006 – Led Post Show Discussion on “Beauty and the Beast,” Enchantment Theater, Philadelphia, PA

2009 – Multiple presentations and After Show Commentary on David Harrower’s Play “Blackbird,” Philadelphia, PA

March 18, 2009 – Panelist for the Women’s Alliance of the Jewish National Fund: “Women, Our Amazing Journey.”

April 9, 2009 – Appearance on Parent’s Tool Talk Radio Show discussing “Overcoming Emotional Abuse,” Philadelphia

April 21, 2009 – Workshop for staff of Lift Philadelphia on emotional abuse of the young

February 26, 2010 – “Water, Water Everywhere: Using Awareness of Group Dynamics for Professional Replenishment,” American Group Psychotherapy Association Conference, San Diego, CA

March 2011 – “Water, Water Everywhere: Achieving Capacities for Resilience and Change through Self Care and Professional Replenishment,” Workshop American Group Psychotherapy Association Conference, New York, NY

BOOKS AND BOOK CHAPTERS

- 1980 Whoever Said Life is Fair?: a Guide to Growing through Life’s Injustices
Published by Charles Scribners
Reprinted by Berkeley Books in 1982, 1988
Translated and published in Japan 1985 as: This Mad, Wonderful Journey Called Life
Whoever Said Life is Fair? Reissued in 2000 by iUniverse.com, Inc.
- 2002 Setting Yourself Free: Breaking the Cycle of Emotional Abuse in Family, Friendships, Work and Love, *Published by New Horizon Press in October 2002*
- 2008 Smullens, SK: “The University of Pennsylvania School of Social Work: Reflections of a Graduate,” in A Century of Social Work and Social Welfare at Penn, edited by Ram A. Cnaan, et. al. University of Pennsylvania Press, Philadelphia, 2008.

- 2011 “Courage” and “Loyalty” – Two chapters in Wisdom for Parents, edited by Robert E. Keim & Arminta I. Jacobson, de Sitter Publications, Canada, 2011
- 2011 “Friendship” – Chapter in Coming of Age: an eBook for Those Over Fifty, edited by Gloria Hochman, Temple University Press, Philadelphia, 2011

AWARDS & HONORS

- 1962 Peace Medal
*Women’s International League for Peace and Freedom
Maryland Chapter*
- 1962 Listed in Who’s Who in American Colleges and Universities 1962
- 1996 Louise Waterman Wise Award
American Jewish Congress, Pennsylvania Region
- 2002 Honored Author
Diamond Jubilee
Borrowers Ball 2002
The Free Library of Philadelphia
- August 26, 2002– Setting Yourself Free named as a “Best Read” by Today’s Books
- 2003 Woman Leader of Distinction Award
*The Eastern Region Women’s Ministry
Pennsylvania Baptist State Convention, Inc.*
- 2004 Co-Recipient of Life Time Achievement Award
Pennsylvania Chapter, National Association of Social Workers
Awarded at Annual Meeting March 2004
- 2004 “A Woman of Distinction” Award Recipient, Jewish Women International
Pennsylvania Chapter
Awarded May 2004
- 2009 Review of “Blackbird” listed in The Best of the Broad Street Review for 2009