

SARAKAY COHEN SMULLENS, MSW, LCSW, BCD

EDUCATION

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

CERTIFICATION

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

LICENSURE

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| 1989-2000 | Pennsylvania<br>#SW-000557-E |
| 2000      | Pennsylvania<br>#CW-000577-L |
| 2003      | Pennsylvania<br>#CW-000577-L |

## ACADEMIC APPOINTMENTS

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- 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

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- 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

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Academy of Certified Social Workers  
American Association for Marriage and Family Therapy  
American Group Psychotherapy Association  
American Psychotherapy Association  
Authors' Guild  
Fellow, Pennsylvania Society for Clinical Social Work  
National Association of Social Workers  
NASW Pennsylvania Chapter  
National Council on Family Relations  
Pennsylvania Association for Marriage and Family Therapy  
Philadelphia Area Group Psychotherapy Society

## COMMUNITY ACTIVITIES

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- 1960 – 1962  
Goucher Committee for Towson Integration  
*Successfully and peacefully accomplished*
- 1967 – 1971  
Democratic 8<sup>TH</sup> 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
- 1995 - Present  
Founder  
*Sabbath of Domestic Peace (an inter-faith, inter-disciplinary task force with the mission to educate clergy about domestic violence)*

2004 – Present  
Board Member  
Anti-Violence Partnership of Philadelphia

## PROFESSIONAL ACTIVITIES

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1962 – 1963  
Democratic National Committee  
*Regional Coordinator for the Young Democrats* Washington, D.C.

1965 – 1966  
Society to Protect Children  
From Cruelty  
*Protective Service Counselor* Philadelphia, Pa.

1966 – 1968  
Philadelphia Psychiatric Hospital  
*Family Therapist* Philadelphia, Pa.

1968 – 1973  
Jewish Family Service of  
Philadelphia  
*Marriage and Family Counselor* Philadelphia, Pa.

1971 – 1973  
Jewish Family Service of  
Philadelphia  
*Director of Family Life Education* Philadelphia, Pa.

1973 – Present  
Private practice of Marital, Couple,  
Family and Group Psychotherapy  
*Pro bono referrals treated throughout career* Philadelphia, Pa.

1976 – 1981  
Philadelphia Inquirer  
*Columnist and Writer dealing with  
Issues of Relationships and Public Policy* Philadelphia, Pa.

1981 – 1982  
The Philadelphia Bulletin  
*Columnist* Philadelphia, Pa.

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)*

## PEER REVIEWED ARTICLES

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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.

#### REPRINTS AND EXCERPTS

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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.

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, “Setting Yourself Free,” *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.

#### RECENT PRESENTATIONS

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October 9, 2002 – Smullens, SK, Presentation, “The Five Cycles of Emotional Abuse”  
12<sup>th</sup> 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”  
17<sup>th</sup> Annual Children’s Interagency Training Conference  
State College, Pennsylvania

- June 7, 2003 – Presentation, “Emotional Abuse: A Psychohistorical Perspective”  
 25<sup>th</sup> 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 1<sup>st</sup> Annual Student Anti-  
 Violence Conference, Philadelphia, PA
- December 1, 2003 – Presentation, “Understanding the Impact of Emotional  
 Abuse,” 92<sup>nd</sup> 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

## FUTURE PRESENTATIONS

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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

## BOOKS

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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*

## AWARDS & HONORS

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1962

Peace Medal  
*Women's International League for Peace and Freedom*  
*Maryland Chapter*

1996

Louise Waterman Wise Award  
*American Jewish Congress, Pennsylvania Region*

2002

Honored Author  
Diamond Jubilee  
Borrowers Ball 2002  
*The Free Library of Philadelphia*

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