



Carolyn Bucey Eberle

BE KIND TO YOUR HUMAN

## Carolyn Bucey Eberle Bio & Resume

Carolyn can open the unlimited quantum reality for you to experience directly for yourself so you can claim the self-mastery tools to live from the sacred within you and cultivate the sacred around you. She works intuitively, yet grounds her orientation in neurobiology, attachment theory, ancient consciousness technologies, and evidence-based trauma practices.

Students and clients of Carolyn develop unique inner gifts that allow them to actually transform painful:

- Self-limiting beliefs and false-self concepts
- Negative emotions (such as grief, anxiety, depression, anger, insecurity)
- Past trauma
- Insecure attachment patterns
- Life transitions such as divorce
- Chronic Illness
- Health challenges
- Career stagnation
- Relationship difficulties providing conscious couples therapy

She is a pioneer and innovator. Former D.C. policy advocate for the underprivileged, Carolyn has been researching and exploring the world of healing for over 35 years. She lived and worked in Boulder, Cambodia, Nepal, Bangladesh and parts of Africa.

Yet the role best suited for Carolyn is that of an integrative trauma specialist, spiritual teacher and leader of the deep, profound and magical ways of helping others create true meaning and value in their life. She first saw the healing influence of subtle energy when she was a very young child. After experiencing childhood trauma, Carolyn's young-self woke in the middle of the night crying out in fear. In those painful moments' as she opened her eyes, she would see sparkling energy rushing in with comfort and support. Later, Carolyn took her first meditation class at just 14 years of age. Today she continues her spiritual awakening journey by researching and refining evidence-based best practices.

Being an overachiever, she has all the degrees you would want from someone supporting you through those painful, traumatic life challenges. Carolyn also is best known for her scientific yet integrative approach (mind, energy, body, spirit) to healing developmental trauma and supporting her client's spiritual awakening. She is the "therapists" therapist and enjoys supporting helping practitioners and others through her Transformational Coaching Certification Program, supervision, mentorship, and personal awakening programs and private sessions.

- MA, in Counseling 2003
- Licensed Professional Counselor, 2008
- 2001 Graduate of the Barbara Brennan School of Healing
- Hakomi 2008
- Advanced Studies Graduate from the Barbara Brennan School of Healing, 2003
- Certified Massage Therapist
- Mediation Teacher
- Completed several body-centered trauma training programs
- Reiki; Healing Touch Certified, Chi Kung

She is author of three books:

- *Explorer's Mind-The Map to Freedom*

- *How to Be Kind to Your Human - Transforming Emotional Pain to Power Manual*
- *Trauma Work to Dos and to Don'ts* (Transformation Tips from a mind, energy and body approach)
- Carolyn also has three other books in the editing process

About 10 years ago Carolyn founded the Carolyn Bucey Eberle School of Transformation and offers a sophisticated transformational coaching program that is deeply grounded in sacred practices as well as evidence-based trauma work. She also offers private sessions and teaches online classes and in-person weekend workshops.

**Her work bridges the once separate worlds of:**

- Mental Health Practitioners
- Body-Centered Trauma Experts
- Energy Healers
- Mindfulness Practitioners
- Spiritual and Intuitive Guides

## EDUCATION

- MA, Counseling, Regis University, December 2003
- LPC-Licensed Professional Counselor, 2008
- Barbara Brennan School of Healing Teacher Training Program Graduate, 2003
- Hakomi, 2003
- Barbara Brennan School of Healing Graduate, 2001
- Massage Therapy Institute of Colorado, CMT; Sept. 1998
- Year Certification Program in Chi Kung Energy Healing; and Healing Touch, 1998
- Meditation, Reiki II, Thai and Shiatsu Massage; Studied in Nepal and Thailand, 1994-1997
- American University, Washington Semester on Foreign Relations; January, May 1983
- University of Pittsburgh, Semester At Sea Program, August - December 1981
- B.A., Purdue University, School of Humanities, 1983; Major: Political Science, Minor: Journalism

**Other relevant trainings include:** an array of body-centered trauma trainings, meditation techniques (TM, Goenka, Vipassana, Mindfulness-based approaches) and energy healing certifications (Reiki, Healing Touch, Chi Kung).

Workshops/Groups/Training Presenter on the following topics:

- Integrative Trauma Coaching Certification Program – (now offered in person and online)
- Group process mentorship/supervision
- Online self-mastery spiritual awakening coaching programs
- 5 Integrative keys for healing trauma and preventing re-wounding.
- Mind, energy, body spiritual clinical interventions for shifting insecure adult attachment patterns
- Techniques for healing your nervous system's reactivity and limbic triggers
- How anxiety can become a gateway to spiritual awakening
- How to heal your inner bitch or find her as the pathway to self-actualization
- Fundamentals of Barbara Brennan School of Healing
- Cornerstones for healing chronic illness and cancer
- Conscious couple's skills development to identify and transcend negative patterns
- Horse Initiated Psychotherapy (HIP) certification and private sessions
- Trinity - mind-body exercises for physical and emotional healing
- Conscious creation by developing the skills-set for balancing the yin and yang within you

## CURRICULUM VITAE

CAROLYN BUCEY EBERLE, LPC, Author, Speaker, Teacher

About thirty years' experience in private practice as coach/therapist/teacher/supervisor of licensed clinical mental health practitioners, energy healers, holistic practitioners, and others wanting to heal chronic illness, depression, anxiety, developmental trauma, insecurity, and recover from critical life stresses such as: divorce, corona virus, career, spiritual crisis, kundalini psychosis, grief, and life transitions.

Spiritual Teacher, Author, Public Speaker & Founder of Carolyn Bucey Eberle School of Transformation.

- Woman's leadership and spiritual growth
- Trauma, stress, depression and anxiety disorders
- Chronic illness, cancer, physical disease
- Self-Mastery Skills and Self-Regulation
- Relational dynamics and couples work
- Grief and loss transitioning
- Group psychotherapy dynamics
- Sexual abuse recovery
- Horse Initiated Psychotherapy

Publication: *Explorer's Mind-A Map to Freedom* (500 Page workbook on the Art and Science of Mind Energy Body Transformation) Available on Amazon.com

### RECENT PROFESSIONAL EXPERIENCE

***Healing Arts, Private Practice, Boulder, CO, (1996-present)*** 25 years in private practice teaching and refining my own form of mind-body-energy healing, spiritual awakening, body psychotherapy, emotional bodywork, and energy healing. I founded the Carolyn Bucey Eberle School of Transformation and teach my own trauma and spiritual awakening coaching certification program. I also teach in-person and online classes.

Boulder Mental Health Department (2003-2004) Emergency Psychiatric Services Worker, Volunteer. Evaluating and supporting persons in severe crisis at hospital emergency rooms, jails, homes and mental health centers.

Counseling Center, Boulder, CO, (2003-2004) Internship working with couples and adults.

### EDUCATION

- MA, Counseling, Regis University, December 2003
- LPC-Licensed Professional Counselor, 2008
- Barbara Brennan School of Healing Teacher Training Program Graduate, 2003
- Hakomi, 2003
- Barbara Brennan School of Healing Graduate, 2001
- Massage Therapy Institute of Colorado, CMT; Sept. 1998
- Year Certification Program in Chi Kung Energy Healing; and Healing Touch, 1998
- Meditation, Reiki II, Thai and Shiatsu Massage; Studied in Nepal and Thailand, 1994-1997
- American University, Washington Semester on Foreign Relations; January, May 1983
- University of Pittsburgh, Semester At Sea Program, August - December 1981
- B.A., Purdue University, School of Humanities, 1983; Major: Political Science, Minor: Journalism

### ADDITIONAL TRAININGS/CERTIFICATIONS

Body Psychotherapy  
Energy Healing: Reiki, Chi Kung, Healing Touch  
Visualization and Meditation Techniques

## OLD LIFE

### PAST PROFESSIONAL EXPERIENCE IN PUBLIC POLICY CONSULTANCIES (1991-1996)

The Asia Foundation, Nepal, 1996: Conducted \$14,000 research project to determine inhibitors to women's involvement in Nepal's political process. Recommended solutions to overcome barriers. Over 80 in-depth interviews and focus group discussions conducted with successful women elected officials and low to moderate income rural women. Literature review. Produced final report.

UNICEF, Bangladesh, 1995: Produced an eight-page training and policy document on Oral Rehydration Therapy (ORT) to motivate governments, health workers and NGOs to campaign to reach an 80 percent world-wide ORT usage rate.

Adventist Relief Agency, Bangladesh, 1993: ADRA operated five, integrated Women in Development (WID) programs in the northern part of Bangladesh. Program components included: education, health, dhai training, and income generating activities such as skills training, small business development and loan generation. Reviewed current activities and designed areas for expansion and improvement. Wrote a \$800,000 proposal that included a detailed implementation plan for the next five-year operational period and specified areas for improvement and expansion. The proposal secured full funding for the project and has been successfully operating for the past four years.

Southport Institute for Policy Analysis, USA, 1991: Part of an evaluation team for SIPA to determine the effectiveness of the Family Support Act, a United States government funded program designed to reduce the number of women and children receiving welfare by providing them with education, health and training opportunities.

Capital Perspectives, USA, 1990: Writer/editor of national newsletter distributed to more than 1000 national and grassroots members so they can be apprised of the latest advances in literacy and job training research, policies, publications, conferences and program designs. Developed training materials for organization's grassroots membership. Issue areas included: education, literacy training, welfare, child care and vocational and job training.

Coalition on Human Needs, Director of Field Operations, USA (1988-1991): The Coalition on Human Needs had 100 national members -such as The Children's Defense Fund - and 2000 grassroots members. Provided technical assistance to national and grassroots membership so women and children are empowered overcome poverty. Lobbied the U.S. Congress and state legislators for better services for the poor. Issue areas focused on welfare reform, education, job training, health reform and the federal budget. Other major work responsibilities included the following activities:

- Managing federal/state lobbying/advocacy efforts in the USA and developing grassroots campaigns to improve the economic status of women and children.
- Coalition building and networking with other organizations. As a result of activities, three new state-based coalitions were formed to combat poverty.
- Public speaking at conferences and training seminars.
- On-site technical assistance to national, state and local policy makers, administrators, program operators and advocates. As a result of activities, local programs increased their operating budgets, implemented substantial improvements in service delivery to the poor and began advocating policy makers for improvements in education, job training, health and welfare polices.
- Writing reports and manuals on women empowerment, job training and welfare programs.

70001 Training and Employment Institute, Government Relations Specialist, USA (1984-1988): Lobbying the U.S. Congress to legislate improved programs to empower the nation's poor so they can get out of poverty. Also provided technical assistance to local programs.

## PUBLICATIONS

- *Explorer's Mind*, A 500+ page map to self-mastery; curriculum for year's certification program
- Mind-Body Healing: various research papers and reports on: integrated mind-energy-body healing, body psychotherapy, and prenatal trauma. Available at: [www.mindenergybodyinstitute.com](http://www.mindenergybodyinstitute.com)
- "Implementation Manual on the Carl D. Perkins Vocational Education Act"
- Fund Raising Guide: local grassroots organizations raise money for service activities to help the poor (100 pages)
- "State Coordination Guide Book" outlines all the major programs offered at the state and local levels to assist the poor in the United States (200 pages)
- "Implementation Manual on The Family Support Act" (75 pages)
- "Guide on How to Research and Monitor the JOBS program under the Family Support Act of 1988" (200 pages)
- "ORT Advocacy Manual"
- "Nepal: Women In Politics"

## PERSONAL INFORMATION

Lived and Worked In Asia for 7.5 Years: Bangladesh, Nepal, Cambodia

Language: Bangla – fair      Two adult children