

RESUME OF JANE AYRES, M.A., LMHC

Office Address: 229 Billerica Road
Chelmsford, MA 01824

EDUCATION

Boston College: Master of Arts Degree in Counseling Psychology, (Cum 3.75) May, 1985.

Tufts University: Awarded 50% academic scholarship for Counseling Psychology Program.
3.8 Cum for all courses completed. September, 1983

University of Massachusetts: Bachelor of Arts in Psychology, Magna Cum Laude, March 1982. Cumulative average 3.783. Dean's List recognition for all consecutive semesters (4.0 Cum, Fall 1980). Received Highest Cumulative Average Award from the College of Liberal Arts, University of Massachusetts.

ADDITIONAL AWARDS / RECOGNITIONS

Guest lecturer at University of Hawaii, Oahu, HI (2 campuses)
'Living Whole' - Mind, Body, Spirit – Inspirational Knowledge for Healthy Living – October 2016

Guest lecturer at University of Belize, Belmopan, Belize
'Living Whole' - Mind, Body, Spirit – Inspirational Knowledge for Healthy Living – February 2016

Guest lecturer at Kripalu Center for Yoga & Health, Stockbridge, MA
'Living Whole' seminar by Jane Ayres – Mind, Body, Spirit, October 2014, October 2015 and April 2016.

Guest lecturer in Psychology at Phillips Academy Andover, Massachusetts July 2004.

Received Recognition and Appreciation Award for dedication to rape survivors and their families. Award was presented by former Attorney General Thomas Riley - Commonwealth of Massachusetts Middlesex District Attorney's Office, April 1996.

Received Distinguished Public Service Award for community service in clinical supervision for Rape Crisis Services of Greater Lowell. Award was presented by University of Massachusetts - Lowell, April 1992.

Recognition as Alumnus in Psychology by University of Massachusetts - Lowell Psychology Department April 29, 1997. Keynote speaker at Psychology Department graduation / awards banquet.

ORGANIZATIONS

Massachusetts Psychological Association (1988 - 1992) Member of **Public Information Committee** presented research results with a panel of Psychologists on local television production "Psychologists Are Talking", May 1990. Conducted **research** involving University students entitled "**Why Children are Growing up too Fast**". All research was approved by the University of Massachusetts Ethics in Research Committee.

EXPERIENCE

9/85 - Present: **Psychotherapist in private practice.** Office located at 229 Billerica Rd., Chelmsford, MA. Conducting psychotherapy for individuals and couples including adults, adolescents and pre-adolescents. Intensive psychotherapy for depression, anxiety, eating disorders, trauma survivors and communication problems. **EMDR** (Eye Movement Desensitization and Reprocessing).

9/85 - 9/94 Psychotherapist in private practice with **Dr. Albert J. Kearney**, co-author with **Dr. Joseph Cautela** - '**The Covert Conditioning Handbook**' 1986, Springer Publishing and '**The Covert Conditioning Casebook**' 1993, Brooks-Cole Publishing.

**Spring 1988 -
Spring 2002**

Adjunct Faculty in Psychology University of Massachusetts - Lowell
Taught the following day courses with excellent evaluations (will provide upon request)

Abnormal Psychology
Adolescent Psychology
Child Psychology
Human Life Span

General Psychology
Human Development I
Human Development II
Dynamics of Interpersonal Relations

Fall 1989 -1990 Taught additional courses and provided counseling for students in **Project Restart-University of Massachusetts** retention program.

Fall 1991 - 1998 **Clinical supervisor** for the **Rape Crisis Services of Greater Lowell**. Providing clinical supervision for crisis intervention team of volunteer women and men who are providing counseling for victims of sexual trauma.

October 1987 -

September 1990 Member of **Allied Medical Staff** at **Holy Family Hospital**, Methuen, MA. Functioning in the administration of psychological test protocols. All testing and evaluations conducted in in-patient psychiatric unit.

**January 1987 -
May 1987**

Consultant to **Lunenburg Public Schools**. Conducted psychological and educational testing at the **Turkey Hill Middle School**, Lunenburg, MA. Administered a broad range of revised exams evaluating psychological and academically related problems. Reported results as a member of a **Core Evaluation team** with the goal of identifying student's learning deficiencies and recommending methods of treatment.

**January 1982 -
August 1983**

Vocational counselor for special needs adolescents, **Merrimack Education Center**, Chelmsford, MA. Project C.O.A.P. - **Center for Occupational Awareness and Placement** in Chelmsford, MA. Duties: Trained, counseled and supervised special needs adolescents on local worksites. Taught Job Awareness curriculum in the classroom and implemented individualized math and reading instruction, conducted vocational and academic special needs testing and assessment.

**July 1981 -
May 1985**

Employed part-time by the **Chelmsford Independent** writing poetry for which they received the **New England Writer's Association Award**. I have also published poetry in an international poetry publication "**Driftwood East**" and additional local publications.

Summer 1979

Counselor at **Alternative House**, home for battered women Lowell, MA. Responsibilities included counseling women in crisis situations and accompanying clients in meeting legal and basic living needs.

My prior experience includes various administrative assistant positions for reputable organizations. I acquire excellent **business organizational skills** and a **natural expertise in interpersonal relations**. My business experience along with my excellent references will be provided upon request.