

Janet Ware Doucette, MA LMHC

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- 01/12 – current **MINDSTREAM BIOFEEDBACK & CONSULTING, GREAT BARRINGTON, MA** *Behavioral Medicine Specialist*
Private practice clinical mental health counseling practice serving adults, individual and groups. Specializing in Buddhist Psychology, Mind Body Medicine approach and biofeedback for anxiety or depression due to stress related medical conditions such as diabetes, cardiovascular disease, cancer, chronic pain, anxiety and depression. Private office setting and Skype telecounseling for world- wide client base. Teaches meditation, clinical training/supervision on site locations and on-line formats.
- 09/99 – current **LECTURER AND WORKSHOP FACILITATOR, GREAT BARRINGTON, MA**
CANYON RANCH INSTITUTE, member of Integrated Medicine Program training staff for CME credit for health care practitioners, Meditation Instructor and weekly lecturer. CAPE COD COMMUNITY COLLEGE, Continuing Education Program for Nursing School, HARVARD VANGUARD MEDICAL ASSOCIATES, facilitator for Ways to Wellness Program, Kenmore Oncology Center Mind Body Cancer Program. DIABETES SISTERS NATIONAL CONFERENCE, Presenter. CAPE COD HEALING ARTS EXPO Presenter. FALMOUTH HOSPITAL, complementary and alternative medicine presenter. SELF CARE RETREAT for WOMEN WITH DIABETES, organizer, presenter. FOREST POND MEDITATION TRAINING, creator and presenter. (*See Speaker One-Sheet*)
- 09/07 – 8/12 **CANYON RANCH LENOX, MA** *Behavioral Medicine Consultant, Lecturer, Workshop Presenter*
Life Management therapist and executive coach in integrative health and healing department of internationally known wellness spa. Duties include mind body wellness consultations, executive coaching, spiritual development, guest lectures and workshops. Responsibilities include maintaining records and coordinating with nurse practitioners, doctors, physical therapists and other wellness practitioners. Developed spirituality services, expanded biofeedback services, designed key lectures and the Tranquility Meditation Workshop. Ongoing facilitation of meditation workshops.
- 3/01- 10/08 **MIND BODY WELLNESS & BIOFEEDBACK CENTER Orleans, MA** *Director of Clinical Biofeedback*
Director of Clinical Biofeedback, Supervision and Training in Mind Body Medicine. Licensed Clinical Mental Health Counselor and co-founder of counseling practice that provides stress evaluations, treatment, and psychotherapy to adolescents and adults with stress related disorders and chronic pain. Developer of Mind Body Health Groups: including Cardiovascular Awareness Training, Surviving Cancer and Beautiful Bones- Osteoporosis Program. Supervised and trained licensed clinicians in mind body medicine counseling techniques, clinical biofeedback, and Reiki Energy training. Appeared on NPR radio and WOMR talk radio.
- 9/2000 – 10/01 **South Bay Mental Health, Yarmouth, MA** *Staff Therapist*
Part time and Full time licensed clinical mental health counselor providing counseling and therapy to children, adolescents and adults. Individual, family and group therapy for mid to outer Cape Cod areas.
- 9/99 - 8/2000 **HARVARD VANGUARD MEDICAL ASSOCIATES, Boston, MA** *Psychotherapist & Biofeedback Specialist*
Clinician in Behavioral Medicine department providing counseling and biofeedback services to patients with various medical symptoms associated with stress, such as cardiovascular disease, cancer, IBS, and hypertension. Duties included general counseling, generation and updating of the Departmental Needs Assessment Database and program planning, Clinical Setting Program Expansion Project, co-facilitation of the Mind-Body Cancer Program at the Kenmore Oncology Center, and group facilitator for Personal Health Improvement Program (PHIP).
- 9/96- 6/30/99 **INDEPENDENCE HOUSE, Hyannis, MA** *Crisis Counselor*
Counselor providing services to battered women and survivors of incest and sexual assault and Co-facilitator for Sexual Assault Survivor Group. Developed Women’s Empowerment Group with outreach to community resources and education. Designed Agency Statistical Database for reporting service utilization. Active in annual Take Back the Night events, radio discussion and media events.

EDUCATION

2000	Lesley University Graduate School, Cambridge, MA	Master of Arts, Clinical Mental Health Counseling, GPA 3.95
1996	Lesley University, Cambridge, MA	BA in Behavioral Science, with High Honors GPA 3.97
1994	Cape Cod Community College	Associate of Arts in Psychology, with High Honors. GPA 3.97
1972	University of Massachusetts - Amherst	Undergraduate Program in Biological Sciences

CERTIFICATIONS & SPECIAL TRAINING

Certified Rape Crisis Counselor - Boston Rape Crisis Center/Hyannis MA Site (1999)
 Certified Personal Health Improvement Program group facilitator - Harvard Pilgrim Health Care., Boston, MA (1999)
 Mind-Body Therapies - Behavioral Medicine Dept of Harvard Vanguard Medical Associates, Boston, MA (1999)
 Biofeedback & Psychophysiology Training - Cambridge Hospital & Health Alliance Center, Cambridge, MA (2000)
 Licensed Clinical Mental Health Counselor by State of Massachusetts and the Board of Allied Mental Health. (2002)
 Clinical Hypnotherapy Training by New England Society of Clinical Hypnosis. Newton-Wellesley Hospital (2005)

PROFESSIONAL AFFILIATIONS:

Member of Phi Theta Kappa, National Honor Fraternity
 Member, Association for Spirit at Work
 Member, Association for Applied Psychophysiology and Biofeedback
 Presenting Member of Biofeedback Society of New England
 Founding Member of Spirit in Business World Institute (www.spiritinbusiness.org)
 Consultant and Expert Partner, Wild Divine Online (www.wilddivineonline.com)
 Charter Member HeartMath Institute
 Cape Cod Community College. Adjunct Teacher of Mind Body Medicine for Nursing Program.
 Falmouth Hospital, Member of Complementary and Alternative Medicine Education Staff
 Contributor, Management Innovation Exchange (<http://www.managementexchange.com>)

PUBLICATIONS & ARTICLES

Myth & Mandala: the healing experience of near death © 1996, JW. Doucette. Lesley University. Cambridge, MA
 The Peaceful Self: handling stress in the information age © 1995, JW. Doucette. Lesley University. Cambridge, MA
 Biofeedback: Dissolving the Imaginary Boundaries between Mind and Body. ©2003, J.W Doucette. Cape Cod Healing Arts Magazine
 The Mindful Muse © 2003-20101 Mindful Technology Quarterly Newsletter
 The Stress Relief Training Guide © 2010 Janet Ware Doucette.
 Biofeedback 101 Training Manual © 2010 Janet Ware Doucette.
 HRV Biofeedback Training Manual © 2010 Janet Ware Doucette.

MULTI-MEDIA PRODUCTIONS, SOFTWARE DESIGNS & MUSIC

The Mindful Moment DVD : Visual Meditations for Desktop Computers (DVD) ©2001
 Mindful Awareness Audio CD ©2006
 Inner Refuge Audio CD ©2006
 Tranquility Meditations Audio CD ©2008
 Take A Break, Relaxation Software. © 1998 Janet Ware Doucette. Mindful Technology.
 Relax! Relaxation Software. © 1999 Janet Ware Doucette. Mindful Technology.
 Wellness Mentor. Mind Body Software © 1999 Janet Ware Doucette. Mindful Technology.

LECTURE PRESENTATIONS, KEYNOTES, TRAINING SEMINARS

The Power of Intentional Insight
 The Art of Transforming Stress
 Cultivating Tranquility for an Inspired and Optimal Life
 Seeing Tranquility Meditation Workshop
 Mindfulness Meditation Workshop