

TRACY LAMPERTI, LMHC, BCETS  
2020 Bridge Rd.  
Eastham, MA 02642  
774-722-5919

### EMPLOYMENT

THERAPIST, Private Practice, Brewster, MA

October 1998 – Present

- Family, couple, individual, group counseling to all ages
- Psychosocial Assessment, Treatment Planning, Referral, Consultation, Aftercare planning, Expert Witness testimony
- Trauma, transition, divorce, stress, addiction, anxiety, depression, crisis management, personality disorders, court involved
- Solution focused, cognitive behavioral, expressive, psychodynamic, play therapy

THERAPIST, Psychiatric Collaborative, Inc. & Collaborative Care, Inc., Chatham, MA

October 1998 – February 2002

- Same as above, as member of private group practice

THERAPIST, South Bay Mental Health, South Yarmouth, MA

Aug. 1996 – November 1998

- Same as above, as employee of a clinic serving clients primarily in their own environment.

SOCIAL WORKER, Department of Social Services, South Yarmouth, MA

June 1993 – August 1996

- Family Assessment, Service Planning and referral, Risk Assessment, Crisis Intervention, Preparation and initiation of Care & Protection Petition, Legal testimony, Extensive interaction with collateral agencies and community services, 210/Adoption decision making and planning

GRADUATE INTERN, South Bay Mental Health, S. Yarmouth, MA

Sept. 1995 – May 1996

- 600 hour Internship; Provided individual, family and group counseling

GRADUATE PRACTICUM, Department of Social Services, S. Yarmouth, MA

May 1994 – Dec. 1994

- 150 Hour Practicum; Provided clinical social work as noted above but focusing on the aspects of termination, transference and countertransference. Developed and ran adolescent group focusing on peer support and awareness.

RECREATION & EDUCATION COORDINATOR, Career Apprenticeship Program, Hyannis, MA

Feb. 1993 – June 1993

- Developed and implemented group workshops (recreational, educational, social and emotional) to facilitate client growth and development among learning challenged young adults. Provided case management and money management to individual clients. Supervise clients as a group for the purpose of skill building and to facilitate age appropriate social and emotional behavior.

OUTREACH CASEWORKER, The KEY Program, Inc., Alternatives For Youth, Fall River, MA

Sept. 1991 – Nov. 1992

- Provided individual, family and group counseling to adolescents and their families.
- Designed and facilitated Life-Skill, problem solving, recreational and peer groups.
- Advocated with; Dept. of Youth and Social Services, schools, counseling agencies, Courts, and prospective employers.
- Conducted intakes and formulated assessments, treatment plans, monthly and daily progress reports, and aftercare planning.
- Monitored client behavior through intensive tracking and implementation of behavior management techniques.
- Participated in the on-call system providing 24-hour crisis intervention.

RESIDENTIAL RELIEF COUNSELOR, Project RAP, Cornerstones Home for Children ages 8-12, Beverly, MA

Feb. 1990 – May 1991

- Provided 1:1 behavior modification
- Worked in a team approach to enforce house rules and facilitate a positive environment
- Utilized Token Economy system in managing children's behavior in the residence and at home provided support and feedback to parents during visitation.

RAPE CRISIS COUNSELOR, Project RAP, North Shore Rape Crisis Center, Beverly, MA

Feb. 1990 – May 1991

- Completed 35-hour certification program. Provided crisis counseling, intervention and referral both over the phone and through direct contact at the hospital. Assessed clients' needs and emotional state providing support and development of emergency plan when necessary.

### EDUCATION

MASTER OF ARTS IN COUNSELING PSYCHOLOGY  
Lesley University Graduate School, Cambridge, MA, May 1996

BACHELOR OF SCIENCE IN PSYCHOLOGY

Curriculum Vitae of Tracy Lamperti, LMHC, BCETS 12/2019

Minor: Business Administration  
Salem State College, Salem, MA, May 1991

LICENSURE

LICENSED MENTAL HEALTH COUNSELOR #4195 June 24, 1998 – Present  
MASSACHUSETTS LICENSED SOCIAL WORKER #3027123 August 1996 – October 2002

CERTIFICATION

HEALTHY SEXUALITY 2008  
BOARD CERTIFIED EXPERT IN TRAUMATIC STRESS 2002  
RAPE CRISIS COUNSELOR 1990  
EARLY CHILDHOOD EDUCATION 1987  
REFUSE TO BE A VICTIM, NRA, CERTIFIED INSTRUCTOR 2012  
DARKNESS TO LIGHT, CERTIFIED FACILITATOR 2011  
DIALECTICAL BEHAVIOR THERAPY 2021

PROFESSIONAL MEMBERSHIP

MASSACHUSETTS MENTAL HEALTH COUNSELORS ASSOCIATION 2012 – ?  
AMERICAN ASSOCIATION OF CHRISTIAN COUNSELORS 2006 – Present (7/13/22)  
NEW LIFE MINISTRIES 2006 – Present  
AMERICAN ASSOCIATION OF EXPERTS IN TRAUMATIC STRESS 2002 – Present (3/1/23)  
AMERICAN COUNSELING ASSOCIATION 1999 – Present (8/31/22)  
THE CHRISTIAN BUSINESS NETWORK 2/14/2022 - Present

TRAINING/CONTINUING EDUCATION

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THE NEW RULES FOR TREATING CHRONIC PAIN: ADDICTION-FREE SOLUTIONS IN THE ERA OF OPIOID CRISIS  
PESI, Self-Study, December 30, 2021, Stephen F. Grinstead, DR AD, LMFT, ACRPS (CEUs 6.25)

DIALECTICAL BEHAVIOR THERAPY (DBT): 4-DAY INTENSIVE CERTIFICATION  
PESI, Digital Seminar, December 2-6, 2021, Lane Pederson, Psy.D, LP (CEUs 25.25)

REWIRE THE ANXIOUS BRAIN: NEUROSCIENCE-INFORMED TREATMENT OF ANXIETY, PANIC AND WORRY  
Pesi, Hyannis, MA, December, 16, 2019, Janene M. Donarski, Ph.D., L.P., LMSW, CCATP (CEUs 6.25 - in person)

TRAINING AND EDUCATION IN SEXUAL AND DOMESTIC VIOLENCE IN COMPLIANCE WITH CHAPTER 260  
November 29, 2019 (CEUs 0 - online)

CHANGING HOW WE FEEL BY CHANGING HOW WE THINK  
Institute for Brain Potential, Hyannis, MA, October 18, 2019, Paula S. Butterfield, Ph.D., PCC (CEUs 6 - in person)

CONSCIENTIOUS EATING: MENTAL HEALTH, INFLAMMATION AND THE AGING BRAIN  
Institute for Brain Potential, Hyannis, MA, April 17, 2019, Lisa E. Goehler, Ph.D., (CEUs 6 - in person)

RESONANT RELATIONSHIPS  
Cape Cod Institute, Eastham, MA, June 25-29, 2018, Fran Johnston, Ph.D. (CEUs 15 - in person)

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HEALTH WELLNESS ASSESSMENT: WHERE TO START  
Light University, Online Learning, December 28, 2017 (CEUs 1)

TURNING YOUR GREAT IDEA TO HELP OTHERS INTO A BOOK OR SEMINAR  
Light University, Online Learning, December 28, 2017 (CEUs 2)

NEUROSCIENCE FOR CLINICIANS, BRAIN CHANGE FOR STRESS, ANXIETY, TRAUMA, MOODS AND SUBSTANCE ABUSE  
Pesi, Hyannis, MA, November, 15, 2017, Charles A. Simpkins, Ph.D. (CEUs 6.25)

APPLIED MINDFULNESS  
Cape Cod Institute, Eastham, MA, August 15-19 2016, Flint Sparks, Ph.D. (CEUs 15)

THE PHARMACY IN YOUR KITCHEN: AN OVERVIEW OF MEDICAL AND MEDICINAL FOODS  
Institute for Brain Potential, Hyannis, MA, May 11, 2016 (CEUs 6)

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FUNDAMENTAL INTENSIVE TRAINING IN ERICKSONIAN APPROACHES TO HYPNOSIS  
The Milton H. Erickson Foundation, Inc., Phoenix, AZ, July 14-18, 2014 (CEUs 30)

USING THE DSM-5 FOR REVOLUTIONIZING DIAGNOSIS & TREATMENT  
Pesi Healthcare, Hyannis, MA, February, 10, 2014, Robert Bogenberger, MA, Ph.D. (CEUs 6.25)

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ADVANCED TECHNIQUES OF THERAPY  
Cape Cod Institute, Eastham, MA, August 12-16, 2013, Jeffery Zeig, Ph.D. (CEUs 15)

ADULT AND PEDIATRIC FIRST AID/CPR/AED  
American Red Cross, Hyannis, MA May 29, 2013

TOOLS FOR LIFE FOCUSING, LEVEL I  
Carol J.S. Nickerson, LICSW, CFT, Harwich, MA, March 31 & April 5, 2013 (CEUs 14)

CERTIFIED INSTRUCTOR, REFUSE TO BE A VICTIM  
National Rifle Association, Fairfax, VA, July 2012

MARRIAGE MENTORING  
American Association of Christian Counselors, Forest, VA, January 4, 2012 (CEUs 10)

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AUTHORIZED FACILITATOR WORKSHOP, STEWARDS OF CHILDREN  
Darkness to Light, Stoughton, MA, May 12, 2011 (CEUs 7)

STEWARDS OF CHILDREN  
Darkness to Light, www.d2l.org, April 17, 2011 (CEUs 2.5)

IMAGO: A THEORY AND THERAPY OF COUPLEHOOD  
Cape Cod Institute, Eastham, MA, Harville Hendrix, Ph.D., July 19-23, 2010 (CEUs 15)

BRIDGING THE GAP, COLLABORATION OF LEGAL AND MENTAL HEALTH PROFESSIONALS  
Kathleen Snow, Esq., Barnstable Probate and Family Court, 2010

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BIPOLAR: A NEW SLANT ON THE DISORDER  
Cross Country Education, Cape Cod, MA, Jay Carter, Psy.D., DABPS, Sept. 22, 2009 (CEUs 6)

SPIRITUALITY, THE MIND, AND BELIEFS  
Cape Cod Institute, Eastham, MA, Andrew Newberg, MD, Aug. 18-22, 2008 (CEUs 15)

CHILD AND ADOLESCENT NEEDS AND STRENGTHS (CANS)  
UMASS Medical School, Barnstable, MA, June 10, 2008 (CEUs 5 ½)

REINVENTING MID-LIFE: SLEEP, AGING & OVEREATING  
Institute for Natural Resources, Concord, CA, April 18, 2008 (CEUs 6)

HEALTHY SEXUALITY  
Light University, AACC, January 2008 (CEUs 25)

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A GESTALT APPROACH TO ORGANIZATIONAL DEVELOPMENT  
Cape Cod Institute, Eastham, MA, June 27-July 1, 2005, Edwin Nevis, Ph.D. (CEUs 15)

SELF-HARM: EATING, INJURY, BODY-MODIFICATION  
Cape Cod Institute, Eastham, MA, Aug. 23-27, 2004, Sharon Farber, Ph.D. (CEUs 15)

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RESURRECTING SEX  
Cape Cod Institute, Eastham, MA, Aug. 23-27, 2003, David Schnarch, Ph.D. (CEUs 15)

BOARD CERTIFICATION IN ACUTE TRAUMATIC STRESS  
American Association Of Experts In Traumatic Stress, 2002 (CEUs 8)

PARENTING YOUR OUT-OF-CONTROL TEENAGER

ERICKSONIAN HYPNOSIS

Cape Cod Institute, Eastham, MA, July 9-13, 2001, Jeffery Zeig, Ph.D. (CEUs 15)

CONSTRUCTING THE SEXUAL CRUCIBLE: INTEGRATING SEXUAL AND MARITAL THERAPY

Cape Cod Institute, Eastham, MA, July 24-28, 2000, David Schnarch, Ph.D. (CEUs 15)

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MIND-BODY MEDICINE IN CLINICAL PRACTICE

Albert Einstein College of Medicine, July 5-9, 1999, James S. Gordon, M.D. (CEUs 15)

THE ASSESSMENT AND TREATMENT OF JUVENILE FIRESETTERS

Child & Family Service of Cape Cod, June 4, 11 & 18, 1999 (CEUs 16.5)

EXPLORING THE MYSTERIES OF EMDR

Arbour Health System, 2/5/1999 (CEUs 6.5)

RECOGNIZING AND UNDERSTANDING STRESS AND DEPRESSION IN FAMILIES WITH CHILDREN BIRTH TO THREE  
MSPCC & The Psychiatric Collaborative, 11/18/98 (CEUs pending)

TREATMENT OF CHILDREN & ADOLESCENTS WITH ATTACHMENT DISORDERS

Bradley Hospital, 6/26/98, Beverly James

TRAUMA REACTIVE CHILDREN/THE EFFECTS OF NEGLECT

South Bay Mental Health, 4/3/98, Kevin Creeden/Maureen Tempesta Carnes (CEUs 6)

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GESTALT THERAPY WITH CHILDREN: WINDOWS TO OUR CHILDREN

Albert Einstein College of Medicine, August 18-22, 1997, Violet Oaklander (CEUs 15)

DIALOGUE IN GESTALT THERAPY: A RELATIONAL APPROACH TO DEVELOPMENT IN PSYCHOTHERPY

Albert Einstein College of Medicine, June 23-27, 1997, Lynn Jacobs (CEUs 15)

WORKING WITH INVOLUNTARY CLIENTS

The Gestalt Institute of New England, Cape Cod Site, 1/11/97

CRITICAL ISSUES IN WORKING WITH ADOPTIVE FAMILIES

South Bay Mental Health, 10/18/96 (CEUs 6)

GESTALT TRAINING, Cape Cod Gestalt Institute, Barnstable MA

Dec. 1994 – Mar. 1995, Introductory (30 hours)

April 1995 – June 1995 (30 hours)

Sept. 1995 – Dec. 1995 (36 hours)

SOCIAL WORK TRAINING, Dept. of Social Services, 1993 – 1996

Pre-service training

Specialized Family Assessment

Service Planning

SEX ABUSE, OFFENDER, ASSESSMENT AND TREATMENT WORKSHOP

South Bay Mental Health, Dec. 1994 (CEUs 6)

SOLUTION-ORIENTED BRIEF THERAPY WORKSHOP, Steven Friedman, Ph.D., Sept. 1994

THE KEY PROGRAM, INC., 1991-1992

Family Dynamics and Family Work; Treatment Planning and Clinical Assessment; Therapeutic Recreation; Group Dynamics; Individual and Group Counseling; Crisis Intervention and Non-Violent Physical Restraint; Educational Services

TEACHING ADOLESCENTS PROBLEM-SOLVING SKILLS THROUGH PEER GROUPS

St. Aloysius Home, 1992

“PASS-IT-ON” INDEPENDENT LIVING

Kathy Crowe, 1992

RAPE CRISIS HOTLINE RESPONSE CERTIFICATION, North Shore Rape Crisis Center, Beverly, MA

Feb. 1990 (35 hour certification)