

Curriculum Vitae
Anya Raven Hunter, MSW, LICSW
Holistic Counseling & Body-Mind Psychotherapy
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Professional Experience

Wellness Educator

**Cognitive Behavioral & Mindfulness Approaches to Weight Management.
State of Vermont, Workforce Development.
Vermont, 2011**

- Presented eight 3-hour workshops at eight State of Vermont employee sites across Vermont. Prepared and evaluated a questionnaire, and offered resources. Teaching style included didactic presentation and experiential exercises. Chosen from statewide pool of professionals in a state-RFP process.

Educator

**Continuing Education Presentation: Troubles with Food: A Clinician's Guide
to the Compulsive Overeating Spectrum of Eating Disorders
National Association of Social Workers, Vermont Chapter,
Burlington, Vermont: April 23, 2010**

- Offered 3-hour seminar on the compulsive overeating/binge eating spectrum of disordered eating to professional psychotherapists. Created syllabus, resource list, training materials. Teaching style included didactic presentation, experiential exercises, imagery, movement.

Psychotherapist & Wellness Educator

Montpelier, Vermont: 2001-present; Burlington, Vermont: 1988-2001; 2009-present

- General psychotherapy practice with adults and older teens & couples; includes work with depression, anxiety, grief, transition and loss; concerns about aging and eldercare; work, family and relationship issues; stress, pain and illness; spiritual issues. Gay/lesbian positive practice.
- Current specialization: integrative work with anxiety disorders, stress, stress-related illness, eating disorders and ACOA/codependency issues.
- From 1990-2000, specialized in holistic assessment and treatment of clients with addiction, co-dependency, dual diagnoses, and trauma.
- Stress management and wellness educator at Johnson State College, Champlain College, and Community College of Vermont, and in organizational and community settings.

2003-2005

Medical Social Worker, OB High Risk Clinic, Community Health Center

Burlington, Vermont

- Provide effective clinical and medical social work services to psychosocially high risk OB patients
- Conduct psychosocial assessments, diagnoses, case management, crisis interventions, behavioral medicine interventions
- Attend community meetings related to OB issues and maternal child health issues
- Attend to special cross-cultural needs of minority, immigrant and refugee OB patients
- Provide medical resident education on OB and maternal child health psychosocial issues
- Develop resident OB and Maternal Child Health syllabus chapters on psychosocial and cultural aspects of prenatal and well-child care

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2000-present

EAP Provider, Howard Center for Human Services, et al.

Montpelier, Vermont

- Provide EAP evaluation, referral, facilitation, short-term, solution-focused therapy, and follow-up services as a part of Employee Assistance Programs offered by HCHS and other EAP programs.

1999-2001

Emergency Team Clinician, Counseling Service of Addison County

Middlebury, Vermont

- Clinical crisis work (related to, for example, threat of harm to self or others, major mental illness, substance abuse, death/loss, health crisis); assessment, triage, intervention, follow-up, and work with multi-disciplinary team.

1997-1998

Act One/Bridge Program, Howard Center for Human Services

Burlington, Vermont

- Clinician, drug & alcohol crisis and stabilization unit; assessment, triage, intervention, support groups, referral and placement, and work with multi-disciplinary team.

1994-1995

Visiting Nurses Association

Colchester, Vermont

- Medical social work internship in home health/hospice program, including assessment, short-term counseling and support, and referral and follow-up for range of mental health issues.

Education

Basic and Intermediate Hypnotherapy ASCH-approved Certifications,

Hypnovations, Burlington, Vermont, 2009-2010

MSW – University of Vermont, Burlington, Vermont. May, 1997

MA in English – University of California at Berkeley, Berkeley, California. May, 1985

BA, psychology & art – Loretto Heights College/University Without Walls, Denver, Colorado. May, 1973.

Licensure

2000-present Clinical Social Worker, State of Vermont #089-0000796

1996-2000 Rostered Psychotherapist, State of Vermont

1985-1998 Body-Mind Therapist, American Bodywork Professionals Association

Publications

Health education articles published in *Burlington Free Press*, *Seven Days*, *Vermont Times*, and *Massage and Bodywork Magazine*: “Eating with Grace,” “Obstacles on the Healing Journey,” “The Creative Spirit and Her Shadows,” “Beyond Early Recovery,” “Healing Is a Form of Learning,” and “Stress Management 101.”

Community Service

King St. Youth Center Big Buddy Program, Burlington, Vermont: 1997 - present

New Directions (Washington Co. drug & alcohol prevention program) Board member: 2002 - 2008;

Board chair, 2005 – 2007

Respite House (residential hospice), Williston, Vermont: 1990 - 1995

Green Mtn. Peer Prevention Program, Burlington, Vermont: 1988 - 1990