

LAUREN HELLER KERSTEIN, LCSW

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EDUCATION

- 6/1995 Master of Social Work, George Warren Brown School of Social Work,
Washington University, St. Louis, MO
- 6/1993 Bachelor of Arts in Psychology and Education Studies, Washington University

WORK EXPERIENCE

- Spring 2011- **University of Denver**
Present *Adjunct Professor*
Teach *Mental Health Interventions with Children* in the Spring quarters.
- 12/1999- **Lauren H. Kerstein LCSW, P.C.**
Present *President, Denver, CO*
Began private practice for children, families and adults. Providing individual, play, group and family therapies in office and in families' homes through the lifespan. Consulting in schools. Providing trainings and presentations locally and in other states. Areas of expertise include autism spectrum disorders, anxiety, depression, and trauma. Supervising multiple individuals both who contract to the practice as well as toward licensure. Completing billing and administrative work.
- 12/1999- **Temple Sinai**
6/2012 *Early Childhood Education Consultant, Denver, CO*
Providing consultation to the preschool program around educational issues, developmental concerns, socialization, emotional/behavioral issues, self-help skills, and learning disabilities. Working as a team with teachers, directors, families and other involved professionals. Providing training to families and teachers. Coordinating services in home and school environments.
- 11/1999- **Colorado Agency for Jewish Education (CAJE)**
8/2003 *Early Childhood Education Consultant, Denver, CO*
Consulting in two preschools with children 1 ½ to 5 years of age. Providing consultation around educational issues, developmental concerns, socialization, emotional/behavioral issues, self-help skills, and learning disabilities.
- 1/1999- **Developmental Disability Consultants, P.C.**
11/1999 *Program Manager, Child and Family Services, Denver, CO*
Provided individual and group supervision to child and family team. Conducted individual, play and family therapy with adults and children who have experienced trauma, have emotional and/or behavioral difficulties, have developmental delays or Autism Spectrum Disorders (ASD). Provided school consultation around behavior, academic and developmental issues. Trained staff in intervention strategies for children with ASD. Provided evaluations and assessments of parental capacity for parents with developmental disorders and/or mental health issues.
- 5/1998- *Psychotherapist, Denver, CO*

10/1998 Provided individual, play and family therapy. Consulted with families around childcare/school programming. Developed group work for children with emotional and behavioral difficulties and developmental delays. Developed community-based parent-child groups.

Mount St. Vincent Home

5/1998-
10/1998 *Psychotherapist, Day Treatment Preschool, Denver, CO*

Conducted play therapy with children who have experienced multiple traumas and were exhibiting emotional and behavioral difficulties. Provided home-based and center-based family therapy. Provided interventions and group therapy on the milieu.

10/1997-
5/1998 *Treatment Leader, Day Treatment Preschool, Denver, CO*

Oversaw day treatment and integrated childcare program. Conducted play therapy with children who have experienced multiple traumas and were exhibiting emotional and behavioral difficulties. Provided home-based and center-based family therapy. Provide crisis intervention. Supervised education and mental health staff. Provided ongoing case management. Completed intake process, comprehensive psychosocial assessments, and ongoing reviews of treatment goals and progress. Maintained regular contacts with early childhood community and collaborated to meet family needs.

1/1996-
10/1997 **JFK Center for Developmental Disabilities,
University of Colorado Health Sciences Center, Denver, CO**
Social Work Intern

Provided consultation for children with Autism Spectrum Disorders (ASD) as member of school inclusion team. Developed and facilitated curriculum and interventions for children with ASD and other developmental delays. Performed evaluations, presented cases, completed comprehensive psychosocial assessments and provided case management. Provided individual therapy to children, adolescents and adults with developmental delays and behavioral difficulties. Coordinated psychotherapy group for adolescents and adults with developmental disabilities. Participated in ongoing training around autism, asperger's disorder, metabolic, genetic and other developmental disorders.

WRITING

- Kerstein, L.H. (2013). Current Title: *A Week of Switching, Shifting, and Stretching: How to Make my Thinking More Flexible*. Shawnee Mission: Kansas: AAPC Publishing.
- Kerstein, L.H. (2010). *Asperger Syndrome: Diagnosis, Treatment Issues, and Intervention Options*. Brockton, MA: Western Schools.
- Kerstein, L.H. (2008). *My Sensory Book: Working Together to Explore Sensory Issues and the Big Feelings They Can Cause: A Workbook for Parents, Professionals, and Children*. Shawnee Mission: Kansas: AAPC Publishing.
- Kerstein, L.H. & Gabriels, R.L. (2003) *Sib to Sib: Making Connections* in R.L. Gabriels & D.E. Hill (Eds) *Autism: From research to individualized practice*. London: Jessica Kingsley Publishers.
- Co-author of unpublished paper entitled, *Supporting the Social and Emotional Development of Young Children and Families in Colorado. A Review of Early Intervention Issues*.
- Heller, L. (1993). *Analysis of Suicide Notes as a Function of Ego Development*. Unpublished undergraduate thesis. Washington University, St. Louis, MO.

PRESENTATIONS: *(This is a sample of some of the presentations conducted both locally and nationally for different organizations such as The Autism Society of America, The Autism Society of Colorado, Cherry Creek School District, Jefferson County School District, and the Behavioral Institute for Children and Adolescents.)*

- Anxiety Disorders in Children and Adolescents with Autism Spectrum Disorders
- Effective Interventions with Children with Autism Spectrum Disorders
- Creating Effective Interventions: A Closer Look at Autism Spectrum Disorders, ADD, Learning Difficulties and Other Related Challenges
- An Examination of Behavior- Proactive, Reactive and Everything In-Between
- Sensory Issues and Emotions
- Interventions for Individuals on the Autism Spectrum
- Overview of Asperger's Syndrome
- A New Perspective on Behavioral Difficulties in Children and Adolescents with Asperger's Syndrome
- Disorders that Impact Relationship Skills Including Autism Spectrum Disorders and NVLD: A Closer Examination of the Pieces of the Puzzle
- Bringing Down the House: Ways to Assist Children with Self Regulation
- Back to the Basics: Maintaining classroom order, fostering self-esteem, communication with children and parents
- Parenting for Success: A Look at Expectations, Discipline and "Academics"
- Stopping at the Gas Station: Ways to Prevent Caregiver Burnout
- Integrating the Information in Our Environment: Sensory Integration Strategies for the Classroom
- Social Skills and Asperger's Syndrome
- Sib to Sib: Expanding Relationships in Children with Autism Spectrum Disorders
- Numerous presentations regarding social/emotional and behavioral needs of children and adolescents with Asperger's Syndrome