

ERIC BELSTERLING, M.A., LPC, LCAS, CSAT-Candidate

COUNSELING | SUBSTANCE USE DISORDERS | PROCESS ADDICTIONS | TRAUMA

Asheville, NC 28805

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Masters-level LPC, LCAS, and CSAT-Candidate with 18+ years working with Substance Use Disorders, Process Addictions, and Co-Occurring Disorders with children, adolescents and adults in clinical, residential, and wilderness therapy settings. Expertise working with Co-Occurring disorders, unresolved complex-trauma, sex addiction, men's eating disorders, and recovery from all addiction. Thorough understanding of how genetics, attachment wounding, trauma, epe-genetics, family systems, and cultural-multigenerational trauma contribute to substance use disorders, mental disorders and process addictions. Calming and objective in crisis situations. Security clearance.

AREAS OF CORE COMPETENCE

- Co-Occurring Disorders
- Trauma Resolution
- Complex Trauma
- Eating Disorders
- Attachment Theory
- DWI Assessments
- Substance Use Disorders
- Sex Addiction/Sex & Love Addiction
- Addiction Interaction Disorder
- Complex Family Systems
- Interpersonal Neurobiology Model
- Integral Theory/Integral Recovery
- Process Addictions
- Adolescents & Young Adults
- Relapse Prevention
- Mindfulness
- Multi-generational Trauma
- Person-Centered Approach

EDUCATION

M.A., Transpersonal Counseling Psychology (emphasis on **Wilderness Therapy**), 2006

Naropa University, Boulder, CO

- GPA 3.8
- Masters Thesis published in National Association of Therapeutic Wilderness Professionals.
- Due to demeanor and crisis experience, selected as co-leader of wilderness expedition; successfully met challenge of group being stranded by a flash flood.

B.A., Art, 1990

Millersville University, Millersville, PA

Certifications:

- Licensed Professional Counselor (LPC).
- Licensed Clinical Addictions Specialist-Provisional (LCAS) with North Carolina Substance Abuse Professional Practice Board (NCSAPPB).
- Certified Sex Addiction Therapist-Candidate (CSAT-C) with International Institute of Trauma & Addiction Professionals (IITAP).

PROFESSIONAL EXPERIENCE

HEART & SOUL RECOVERY, PLLC, Asheville, NC

2014-Present

Therapist

Treat children, adolescents, and adults, specializing in working with trauma, complex trauma, substance use disorders, process addictions, sex addiction, sex & love addiction, eating disorders, intimacy disorders, , attachment wounding, and/or co-occurring disorders.

ANGEL LIGHT COUNSELING/MARS HILL COUNSELING

2014-Present

DWI assessments and facilitated a group for DWI offenders for John Williams M.Ed. LCAS

Therapist

Assess clients arrested for DWI for appropriate level of treatment. collaborating with NC DMV system. Facilitate weekly group of up to 10 clients learning about Substance Use Disorder spectrum, disease model of addiction, NC DWI laws, Universal Stages of Change Model, and developmental model of the disease. Administer UAs and insure clients are cleared from the NC State 508 system once treatment is completed.

ELIADA HOME INC., Asheville, NC

2010-2014

Level-IV residential treatment center for children and adolescents.

Clinical Supervisor

Managed clinical responsibilities for caseload of up to 15 youth with various co-occurring disorders, in Lions Cottage, Reuter Cottage, and/or Earle Cottage. Implemented clinical model and oversaw clinical safety of cottage. Collaborated with cottage manager and case manager in weekly multi-staff meetings; led service trainings

- Created treatment plans for individual clients; ensured implementation of treatment goals.
- Documentation included weekly case notes, comprehensive clinical assessments, psychological evaluations, and monthly multiple treatment team updates to ensure progress and appropriate after-care placement.
- Led in-service trainings for all staff on treating co-occurring disorders.
- Supervised cottage staff in creating and implementing individualized, person-centered treatment plans for specific co-occurring disorders, trauma, and/or complex trauma.
- Created and facilitated a co-occurring disorders group and curriculum for both male and female populations.
- Facilitated bi-weekly face-to-face family sessions with multiple family members.
- Recognized by parents, students, and colleagues for ability to establish therapeutic rapport and foster client's internal motivation to change.

OCTOBER ROAD, Asheville, NC

2010

Outpatient program SUD unit.

Primary Substance Abuse Therapist

Case management of caseload of up to 45 at intensive outpatient program (IOP) for co-occurring disorders, working collaterally with DSS, POs, and other referent agencies.

- Created person-centered treatment plans with the client; conducted thorough biological, psychological, social, and spiritual assessments.
- Conducted individual therapy and group therapy, facilitating as many as 40 clients in a group.
- Co-facilitated a multi-family session with supervisor every other week.
- Administered urine analysis and breathalyzer tests weekly.

PHOENIX OUTDOOR/SUWS OF THE CAROLINAS

2006-2010

Adolescent wilderness therapy program specializing in substance-use disorders. Merged with SUWS in 2008.

Primary Therapist/Field Supervisor, Old Fort, NC, 2008-2010

Primary Therapist, Leicester, NC, 2006-2007

Directed the treatment for caseload of up to 10 adolescent boys; directed field staff of up to 3 instructors. Administered initial assessments (differentiating primary from principal problems) and final assessments; created Individual Treatment Plans; led psychoeducational groups; facilitated weekly parent calls/family sessions; interacted with referring professionals and agencies; collaborated with educational consultants to ensure appropriate after-care placement. Weekly case notes and discharge reports. Facilitated end-of-treatment family sessions.

- Supervised staff on working with specific co-occurring disorders, created specific interventions in accordance with client's ITP, and identified and handled various stages of group dynamics.
- Introduced yoga and rostered Hospitals & Institutions 12-Step (Narcotics Anonymous) meetings to the program.

FOUR CIRCLE RECOVERY CENTER, Horse Shoe, NC

2007-2008

Young adult (ages 18-28) dual diagnosis wilderness therapy program.

Master Instructor

Buck-stops-here accountability for overall safety of up to 14 young adults in both wilderness and residential settings. Kept progress notes; dispensed medication; worked with therapist in implementing ITP-appropriate interventions; led daily psychoeducation groups. Collaborated with clinical, field, and logistics teams in taking clients to outside 12-step groups.

- Trained new staff on wilderness therapy, natural vs. logical consequences, group dynamics, nonviolent crisis intervention techniques, and facilitating substance use disorder-specific groups.
- Earned Instructor of the Month Award.
- Introduced sweat (earth) lodge ceremony to program. Built lodge.

ST. MARY'S HOME FOR BOYS, Beaverton, OR

2001-2003

Level 5 residential treatment facility for adjudicated, dual diagnosis boys ages 13-18; highest level of care for lockdown facility.

Lead Behavioral Health Technician

Collaborated with therapist to implement interventions for a milieu of up to 16 adolescent boys, many of them sex offender and/or sexually abused. Ensured safety of milieu; dispensed medication, kept progress notes. Worked intensively with 2 of the boys. Actively involved in youth activities (e.g., basketball, softball, football, soccer).

EARLY CAREER:

- **Head Instructor**, SUWS OF IDAHO, Shoshone, ID, 1999-2001
- **Behavioral Health Technician**, BANNER BEHAVIORAL HEALTH, Scottsdale, AZ, 1998-1999. Collaborated with nursing staff in adult inpatient psychiatric hospital for dual diagnosed adults and adolescents.
- **Psychological Technician**, THE NEW FOUNDATION, Scottsdale, AZ, 1996-1998. Residential treatment center for at-risk youth.