

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

Heart and Soul Recovery, PLLC

COUNSELING | SUBSTANCE USE DISORDERS | PROCESS ADDICTIONS | TRAUMA

Asheville, NC 28805

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Masters-level LPC, LCAS, and CSAT 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. Passion for working with all addictions, trauma and/or co-occurring disorders in adolescents and young adults...passionate about recovery. Thorough understanding of how genetics, epe-genetics, attachment wounding, all forms of trauma, dysfunctional family systems, and cultural-multigenerational dysfunction contribute to substance use disorders and/or behavior addictions and/or mental disorders. Calming and objective in crisis situations. Security clearance.

I do my best to be a man of great integrity, to take responsibility for every area of my life, and treat myself and others with compassion.

AREAS OF CORE COMPETENCE

- Co-Occurring Disorders
- Mindfulness
- Sex, Love Addiction
- Sensorimotor Psychotherapy
- EMDR
- Internet Porn Addiction
- Substance Use Disorders
- Sex Addiction/Sex & Love Addiction
- Addiction Interaction Disorder
- Complex Family Systems
- Interpersonal Neurobiology Model
- Attachment Theory
- Bulimia and Anorexia for men
- Adolescents & Young Adults
- Relapse Prevention
- Mindfulness
- Multi-generational Trauma
- Person-Centered Approach

EDUCATION

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

Narupa 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 (CSAT) with International Institute of Trauma & Addiction Professionals (IITAP).
- EMDR Level I trained through and EMDRIA approved supervisor
- Sensorimotor Psychotherapy Level I training.

PROFESSIONAL EXPERIENCE

Owner of HEART & SOUL RECOVERY PLLC, Asheville, NC

2014–Present

Therapist in private practise

Treat adolescents, young adults, and adults, specializing in substance use disorders, process addictions (sex addiction, internet porn addiction, internet gaming disorder, eating disorders for men, intimacy disorders,) multi-generational trauma, nuclear family dysfunctional family systems, cultural trauma/dysfunction, pre and/or pari natal trauma, single “t” trauma, complex “T” trauma, anxious, dismissive, or disorganized attachment wounding, and/or co-occurring disorders. Faciliate a group for men who suffer from problematic sexual behaviors that runs semi-annually. Adminster the Sexaul Dependency Inventory SDI.4 (a battery of measures that looks at the ten types of sexual addiction and attachment style.) Adminsiter the Post Traumatic Stress Index, Revised (PTSI-R), which measure 11 domains of trauma.

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, 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.