

ALEXANDRA ARBOGAST

Last Updated March 2017

ACADEMIC EDUCATION

Master of Social Work

Virginia Commonwealth University, Dean's Honors List

May 2009

B.A. in English Literature and Certificate in Community Studies

University of Colorado at Boulder, graduated summa cum laude

December 2003

LICENSES & CERTIFICATIONS

Licensed Independent Clinical Social Worker (LICSW)

Government of the District of Columbia, Department of Health, January 2013

Certified Yoga Therapist

The International Association of Yoga Therapists, March 2017

Certified iRest® Teacher

Integrative Restoration Institute, February 2017

Certified Level 1 & Level 2 Reiki Practitioner

Potomac Massage Training Institute, Washington, DC, April 2012

Certified in Mindful Yoga Therapy

The Veterans Yoga Project, January 2012

Certified Yoga Warriors Teacher

Yoga Warriors Program, Central Mass Yoga and Wellness, West Boylston, MA, May 2010

Certified 240-Hour Integral Yoga Teacher

Integral Yoga Academy, Satchitananda Ashram-Yogaville, May 2006

Certified Massage Therapist (CMT)

National Certification Board for Therapeutic Massage and Bodywork, August 2005

PSYCHOTHERAPY AND MIND-BODY THERAPY RELATED EXPERIENCE

Psychotherapist, Mindfulness Teacher, Life Coach

Private Practice, DC Metro-Area

October 2014 – Present

- Provide psychotherapy informed by cognitive behavioral therapy, mindfulness, somatic experiencing, iRest, yoga therapy and other mind-body interventions to assist clients in working through a range of bio-psycho-social-spiritual issues.
- Provide tele-coaching focused on helping clients clarify goals, learn skills for resiliency and

- self-management, overcome obstacles, and set out on a positive course of action.
- Assess client needs, evaluate progress, and document patient notes.
- Conduct workshops and presentations on topics related to mindfulness, self-care, and resiliency.

Senior Mind-Body Therapist and

Mind-Body Medicine Program Coordinator

October 2012 – Present

Walter Reed National Military Medical Center, Bethesda, MD

- Provide therapeutic yoga and mindfulness-based interventions for individuals and families (with a focus on wounded, ill, and injured service members) to help with a range of bio-psycho-social-spiritual issues.
- Develop and coordinate all activities of the Mind-Body Medicine Program at WRNMMC serving patients in the General Internal Medicine Clinic, the Warrior Clinic, the National Intrepid Center of Excellence and many other departments in the hospital.
- Conduct targeted assessments and evaluations, set goals for presenting problems, make appropriate referrals and document patient notes.
- Teach classes on stress management, mindfulness, yoga, and mind-body skills for students and staff at Uniformed Services University of the Health Sciences.
- Serve as part of an integrative wellness team.
- Present on topics related to yoga and other mind-body medicine modalities and its applications to military medicine at various conferences and symposiums.

Lead Facilitator, Mantram Repetition Study

June 2016 – November 2016

Henry M. Jackson Foundation for the Advancement of Military Medicine

- Lead Facilitator for “Mantram Repetition Program in Women with Advanced Ovarian Cancer: A Feasibility Study,” a 6-session internet delivered program/data-collection plan located in the GYN Oncology Department at Walter Reed National Military Medical Center.
- Provide a total of at least six coaching calls and two webinars per participant to guide and support them in learning mantram repetition and related stress management skills.
- Document main discussion points of calls and assess participants’ learning, adherence to practice, and completion of homework and tracking logs.

Mind-Body Therapist and

Co-Founder of the Mind-Body Medicine Program

August 2010 – October 2012

Walter Reed National Military Medical Center, Bethesda, MD

- Provide therapeutic yoga and mindfulness-based interventions for individuals and families (with a focus on wounded, ill, and injured service members) to help with a range of bio-psycho-social-spiritual issues.
- Conducted targeted assessments and evaluations, set goals for presenting problems, made appropriate referrals and documented patient notes.
- Taught classes on stress management, mindfulness, yoga and mind-body skills for students and staff at Uniformed Services University of the Health Sciences.
- Presented on topics related to yoga and other mind-body medicine modalities and its applications to military medicine at various conferences and symposiums.
- Co-created the first ever Mind-Body Medicine Program at WRNMMC and in the Military Health System.
- Served as part of an integrative wellness team.

Psychotherapist

June 2010 – February 2011

The Women's Center, Washington, D.C.

- Provided mindfulness-based psychotherapy to assist clients in working through a range of bio-psycho-social-spiritual issues.
- Conducted targeted assessments and evaluations, set goals for presenting problems, and documented patient notes.

Psychotherapist

November 2009 – July 2010

Meyer Treatment Center, Washington, D.C.

- Provided mindfulness-based psychotherapy to assist clients in working through a range of bio-psycho-social-spiritual issues.
- Conducted targeted assessments and evaluations, set goals for presenting problems, and documented patient notes.

Licensed Massage Therapist

July 2009 – August 2010

Natural Body Spa, Washington, D.C.

- Provided therapeutic massage, body-work and energy-work interventions to help clients with stress and pain management/reduction.
- Conducted targeted assessments and evaluations, set goals for presenting problems, and documented patient notes.

Yoga Teacher and Licensed Massage Therapist

May 2008, May 2009, June 2010

Mid-Atlantic Vipassana Network retreat, Richmond, Virginia

- Taught yoga and breathing techniques to individuals of varying ages and abilities
- Provided relaxation and deep tissue massage, as well as reflexology, acupressure, and energy work

Licensed Massage Therapist

July 2007 – July 2009

Back In Action Health Resource Center, Richmond, Virginia

- Provided therapeutic massage, body-work and energy-work interventions to help clients with stress and pain management/reduction.
- Conducted targeted assessments and evaluations, set goals for presenting problems, and documented patient notes.

Licensed Massage Therapist and Yoga Teacher

February 2006 – July 2007

Elements Aveda-Concept Spa, Great Wolf Lodge, Williamsburg, Virginia

- Provided therapeutic massage, body-work and energy-work interventions to help clients with stress and pain management/reduction.
- Taught therapeutic yoga skills to help clients with stress and pain management/reduction.
- Conducted targeted assessments and evaluations, set goals for presenting problems, and documented patient notes.

PUBLICATIONS

Contributor, "Best Practices for Yoga with Veterans" Book

Yoga Service Council and The Omega Institute, published 2016

PRESENTATIONS & WORKSHOPS (RECENT EXAMPLES)

Arbogast, A, Leas, M., & Valdes, L. Organized and facilitated *Mind-Body Day* for staff at Camp David. Taught several different kinds of yoga, mind-body skills classes, hosted a Relaxation Station, and an informational table. Camp David, Thurmont, MD, August 2015 and 2016.

Arbogast, A. *Yoga for the Management of Co-morbid Stress and Anxiety in Dizziness*. Military Vestibular Rehabilitation and Therapy Conference, National Intrepid Center of Excellence, Bethesda, MD, May 2016.

Arbogast, A. *Introduction to Mindfulness for Stress Reduction and Resilience*. Navy Nurse Corps 2016 Senior Nurse Business Executive Meeting, Bureau of Medicine and Surgery (BUMED), Falls Church, VA, March 2016.

Arbogast, A. *Yoga and Mind-Body Skills for Women's Health*. Presented at a meeting of the Federal Advisory Committee on Women Veterans, National Intrepid Center of Excellence, Bethesda, MD, September 2015.

Arbogast, A. *Mindfulness for Pain Management*. Taught a 4-hour didactic/experiential workshop for providers at the annual Pain Care Symposium, Walter Reed National Military Medical Center, Bethesda, MD, September 2015.

Arbogast, A. *Yoga and Mind-Body Skills for Stress Reduction and Resilience*. Presented at an annual conference for Coast Guard Flag Officer Spouses, Coast Guard Headquarters, Washington, DC, May 2014.

Arbogast, A., Clinton, L., and Millegan, J. *Mind-Body Skills for Pain Management*. Presented at the annual Pain Care Symposium, Portsmouth Naval Hospital, Portsmouth, VA, September 2013.

Arbogast, A. & Glowacki, A. *Art and Science of Mind-Body Medicine*. George Mason University, Fairfax, VA, September 2013.

Arbogast, A. *Teaching Mind-Body Skills in a Military Setting*. Chicago School of Professional Psychology, Washington, DC, July 2013.

ADDITIONAL MIND-BODY, MINDFULNESS & YOGA THERAPY RELATED TRAINING

2-Year Mindfulness Meditation Teacher Certification Program
Greater Good Science Center, UC Berkeley, starting May 2017

An Integrated Awakening: Insight Meditation Retreat
Insight Meditation Society, April 2016

Mantram Meditation Training
Walter Reed National Military Medical Center, February 2016

Somatic Experiencing Practitioner, Intermediate Level

Somatic Experiencing Trauma Institute, February 2015

Somatic Experiencing Practitioner, Beginner Level

Somatic Experiencing Trauma Institute, June 2014

Healing Touch Level 1

Healing Touch Program, Fredericksburg, VA, February 2013

Professional Training in Mindfulness Based Stress Reduction in Mind-Body Medicine

Omega Institute for Holistic Studies, June 2012

Essential Skills in Comprehensive Energy Psychology, Level 1 Training

Association for Comprehensive Energy Psychology, March 2012

Trauma Resiliency Model, Veteran & Warrior Level 1

Trauma Resource Institute, March 2012

Five Powers of the Yogi

Frank Jude Boccio, Integral Yoga Academy, Satchitananda Ashram-Yogaville, November 2011

Mindfulness for Pain Control

Psychotherapy Networker conference, March 2011

The Power of Pranayama

Integral Yoga Academy, Satchitananda Ashram-Yogaville, March 2011

The Practice of Meditation for Trauma

The Center for Spirituality and Social Work, Catholic University of America, January 2011

4-Day Insight Yoga Teacher Training Intensive

Triangle Yoga with Sarah Powers, Chapel Hill, NC, 2010

Clinical Program on Psychotherapy Practice, 1st Year

Washington School of Psychiatry, Washington, D.C., 2010

Mind-Body Medicine Advanced Training Program

The Center for Mind-Body Medicine, Washington, D.C., February 2010

Mind-Body Medicine Professional Training Program

The Center for Mind-Body Medicine, Washington, D.C., September 2009

Raja Yoga Intensive

Swami Karunananda, Satchitananda Ashram-Yogaville, unknown date

3-Day Yoga Training with Sean Corn

Yoga Source, Richmond, VA, April 2009