

ALEXANDRA ARBOGAST

(Last updated December 2021)

PROFESSIONAL EXPERIENCE

Wellness Coordinator – TBI Outpatient Clinic
National Intrepid Center of Excellence (NICoE)
Walter Reed National Military Medical Center
8901 Rockville Pike, Bethesda, MD 20889

February 2019 – Present

- Plan, design, implement, and oversee a new Wellness Program for the Traumatic Brain Injury Outpatient Clinic at the National Intrepid Center of Excellence.
- Provide health and wellness coaching, education, and mind-body skills-training for patients (individual sessions and group programs) to improve health and well-being with an emphasis on improving cognition, psychological well-being, sleep, pain management, stress management, trauma recovery, fitness, disease prevention and healthy lifestyle behaviors.
- Provide a variety of educational offerings and engage in outreach efforts to promote healthy lifestyles, stress management, and work/life balance for staff, providers, and students in the military health system.
- Conduct assessments, collect feedback, and track patient progress.
- Engage in program evaluation efforts for continual improvement of services.
- Present on topics related to mind-body wellness and its applications to military medicine at various conferences and symposiums.
- Provide support, assistance and input into research activities related to mind-body wellness.
- Create a variety of educational and promotional materials related to wellness for patients and staff.
- Collaborate with a multi-disciplinary team of providers on patient care, group programming, and health promotion efforts.
- Participate in on-going continuing education to enhance knowledge and skills in the fields of holistic therapy, coaching, health, wellness, and mind-body medicine.

Holistic Psychotherapist & Coach
Private Practice

January 2013 – Present

- Provide holistic psychotherapy, coaching, and mind-body skills training both in-person and via phone/video.
- Develop and maintain a website and create therapeutic and educational materials.
- Conduct assessments, collect feedback, and track client progress.
- Participate in on-going continuing education to enhance knowledge and skills in the fields of psychotherapy, coaching, health, wellness, and mind-body medicine.

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Mind-Body Medicine Program Coordinator and Senior Therapist

October 2012 – February 2019

Walter Reed National Military Medical Center
8901 Rockville Pike, Bethesda, MD 20889

- Planned, designed, implemented, and oversaw activities of the Mind-Body Medicine Program at Walter Reed National Military Medical Center serving patients in the General Internal Medicine Clinic, the Warrior Clinic, the National Intrepid Center of Excellence and many other departments in the hospital.
- Provided health and wellness coaching, education, and mind-body skills-training for patients (individual sessions and group programs) to improve health and well-being with an emphasis on improving cognition, psychological well-being, sleep, pain management, stress management, trauma recovery, fitness, disease prevention and healthy lifestyle behaviors.
- Provided a variety of educational offerings and engaged in outreach efforts to promote healthy lifestyles, stress management, and work/life balance for staff, providers, and students in the military health system.
- Contributed to national best practice book on yoga for veterans.
- Provided support, assistance and input into research activities related to mind-body medicine.
- Conducted assessments, collected feedback, and tracked patient progress.
- Engaged in program evaluation efforts for continual improvement of services.
- Presented on topics related to mind-body wellness and its applications to military medicine at various conferences and symposiums.
- Created a variety of educational and promotional materials related to wellness for patients and staff.
- Collaborated with a multi-disciplinary team of providers on patient care, group programming, and health promotion efforts.
- Participated in on-going continuing education to enhance knowledge and skills in the fields of holistic therapy, coaching, health, wellness, and mind-body medicine.

Lead Facilitator

June 2016 – November 2016

Henry Jackson Foundation
6720A Rockledge Dr, Bethesda, MD 20817

- 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.
- Provided 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.
- Documented main discussion points of calls and assessed participants’ learning, adherence to practice, and completion of homework and tracking logs.

ALEXANDRA ARBOGAST

Mind-Body Medicine Therapist

August 2010 – October 2012

Walter Reed National Military Medical Center
8901 Rockville Pike, Bethesda, MD 20889

- Co-created the first ever Mind-Body Medicine Program in the General Internal Medicine Clinic at Walter Reed National Military Medical Center (and in the Military Health System at large).
- Developed and implemented a model to educate and train patients and providers in mind-body wellness practices.
- Provided health and wellness coaching, education, and mind-body skills-training for patients (individual sessions and group programs) to improve health and well-being with an emphasis on improving cognition, psychological well-being, sleep, pain management, stress management, trauma recovery, fitness, disease prevention and healthy lifestyle behaviors.
- Provided a variety of educational offerings and engaged in outreach efforts to promote healthy lifestyles, stress management, and work/life balance for staff, providers, and students in the military health system.
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Psychotherapist (LGSW)

June 2010 – February 2011

The Women's Center
1025 Vermont Avenue #310, Washington, D.C. 20005

- Provided integrative psychotherapy and coaching to individuals and couples to help with a range of problems and diagnoses.
- Conducted psychosocial assessments, diagnosed according to DSM-IV-TR, and made appropriate treatment referrals.
- Tracked and documented on patient progress.
- Regularly met with Clinical Social Work Supervisor to refine skills.
- Participated in on-going continuing education to enhance knowledge and skills in the fields of psychotherapy, coaching, health, wellness, and mind-body medicine.

ALEXANDRA ARBOGAST

Psychotherapist (LGSW)

November 2009 – July 2010

Meyer Treatment Center

5028 Wisconsin Avenue #400, Washington, D.C. 20016

- Provided integrative psychotherapy and coaching to individuals and couples to help with a range of problems and diagnoses.
- Conducted psychosocial assessments, diagnosed according to DSM-IV-TR, and made appropriate treatment referrals.
- Tracked and documented on patient progress.
- Regularly met with Clinical Social Work Supervisor to refine skills.
- Participated in on-going continuing education to enhance knowledge and skills in the fields of psychotherapy, coaching, health, wellness, and mind-body medicine.

Licensed Massage Therapist

July 2009 – August 2010

Natural Body Spa (CLOSED)

1104 24th Street, NW, Washington, D.C. 20037

- Provided a variety of therapeutic massage and bodywork services.
- Taught mind-body self-care techniques to clients and staff.
- Participated in on-going continuing education to enhance knowledge and skills in the fields of holistic therapy, health, wellness, and mind-body medicine.

ACADEMIC EDUCATION

Master of Social Work

May 2009

3.8 Cumulative GPA

Virginia Commonwealth University School of Social Work

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

December 2003

3.7 Cumulative GPA, summa cum laude

University of Colorado at Boulder

LICENSES & CERTIFICATIONS

Licensed Clinical Social Worker

Licensed in Maryland (LCSW-C), October 2017

Licensed in the District of Columbia (LCSW), January 2013

National Board Certified Health and Wellness Coach

The National Board for Health & Wellness Coaching, March 2021

Certified Mindfulness Meditation Teacher

The Greater Good Science Center, UC-Berkeley, May 2019

ALEXANDRA ARBOGAST

Certified Yoga Therapist

The International Association of Yoga Therapists, March 2017

Certified iRest® Meditation Teacher

Integrative Restoration Institute, February 2017

Certified 240-Hour Integral Yoga Teacher

Integral Yoga Academy, Satchitananda Ashram-Yogaville, May 2006

Certified Massage Therapist

National Certification Board for Therapeutic Massage and Bodywork, August 2005

PUBLICATION

Contributor, “Best Practices for Yoga with Veterans” Book

Yoga Service Council and The Omega Institute, published 2016

PRESENTATIONS & WORKSHOPS (HIGHLIGHTS)

Arbogast, A. (2021, February) *Mindfulness for the Military*. Presented to a Senior Seminar class at Georgetown University.

Arbogast, A. (2019, September) *Mindfulness for Substance Use Disorders*. Presented at the 3rd Annual Substance Use Disorder Symposium at National Institute for Health, Bethesda, MD. Sponsored by National Capital Region Medical Directorate in association with NCRPI and WWPCI.

Arbogast, A. (2019, August) *Yoga for Pain Management*. Presented at the 9th Annual Pain Care Skills Training sponsored by National Capital Region Medical Directorate in association with National Capital Region Pain Initiative.

Arbogast, A. (2017, August) *Mindfulness: Theoretical basis and practice*. Presented at the annual Counseling, Advocacy, and Prevention (CAP) Training to 300 clinicians, Arlington, VA.

Arbogast, A., & Scott, P. (2016, October) *Mindfulness meditation: Is it all in your head?* Wellness Series presentation at Uniformed Services University of the Health Sciences, Bethesda, MD.

Arbogast, A., Leas, M., & Valdes, L. (2015 & 2016, August) *Mind-Body Day*. Organized and facilitated a day of mind-body wellness offerings including mindfulness, yoga, and relaxation skills for the staff at Camp David, Thurmont, MD.

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Arbogast, A. (2016, May) *Yoga for the management of co-morbid stress and anxiety in dizziness*. Presented at the annual Military Vestibular Rehabilitation and Therapy Conference, National Intrepid Center of Excellence, Bethesda, MD.

Arbogast, A. (2016, March) *Introduction to mindfulness for stress reduction and resilience*. Presented at the annual Navy Nurse Corps 2016 Senior Nurse Business Executive Meeting, Bureau of Medicine and Surgery (BUMED), Falls Church, VA.

Arbogast, A. (2015, September) *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.

Arbogast, A. (2015, September) *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.

Arbogast, A. (2014, May) *Yoga and mind-body skills for stress reduction and resilience*. Presented at the annual conference for Coast Guard Flag Officer Spouses, Coast Guard Headquarters, Washington, DC.

Arbogast, A., Clinton, L., & Millegan, J. (2013, September) *Mind-body skills for Pain Management*. Presented at the annual Pain Care Symposium, Portsmouth Naval Hospital, Portsmouth, VA.

Arbogast, A. (2013, July) *Teaching Mind-Body Skills in a Military Setting*. Presentation for clinicians at the Chicago School of Professional Psychology, Washington, DC.

ADDITIONAL RELEVANT TRAINING (EXAMPLES)

Transcendental Meditation (TM)

The David Lynch Foundation, February 2021

Whole Health Coaching Program

Veterans Health Administration, New Jersey VAMC, August 2019

2-Year Mindfulness Meditation Teacher Certification Program

Teachers: Tara Brach and Jack Kornfield

Awareness Training Institute and UC Berkeley's Greater Good Science Center

May 2017-May 2019

Somatic Experiencing Practitioner, Intermediate Level

Somatic Experiencing Trauma Institute, February 2015

Somatic Experiencing Practitioner, Beginner Level

Somatic Experiencing Trauma Institute, June 2014

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

Omega Institute for Holistic Studies, June 2012

Trauma Resiliency Model, Veteran & Warrior Level 1

Trauma Resource Institute, March 2012

Certificate in Mindful Yoga Therapy

The Veterans Yoga Project, January 2012

Mindfulness for Pain Control

Psychotherapy Networker conference, March 2011

The Practice of Meditation for Trauma

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

Clinical Program on Psychotherapy Practice, 1st Year

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

Certificate as a Yoga Warriors Teacher

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