

Steven E. Sawyer LCSW, CSAC

www.SteveSawyerLCSW.net

Embark Outdoor Behavioral Health Division 2018-Current

Chief Clinical Consultant

Oversee and consult on 3 Wilderness Therapy programs including Deschutes Wilderness Therapy, New Vision Wilderness, and First Light Wilderness Therapy. Regularly making program and field visits ensuring clinical excellence. This includes ongoing clinical training, Acute case consultation, parenting programming, alumni programming and conference presentations.

New Vision Wilderness 2016 to Current

Chief Clinical Consultant

Oversee the clinical training of 6 Trauma Specialized intervention programs, 5 residential and 2 Wilderness Based programs. Including Curriculum development, Training, and Quality Assurance.

Brainspotting International Senior Trainer 2014 to Current Certified Senior Trainer Providing Brainspotting Phase 1 and Phase 2 Trainings across the country. Trained 1000+ Clinicians

Digging Roots Developmental Trauma Focused Brainspotting

Author 2020

Authored an Intensive 3 day treatment training with education, demonstration and practice.

New Vision Wilderness Program 2007 to Current Owner/Director of Clinical Services

Program Development, Treatment co-ordination, and implementation for an intensive wilderness treatment intervention in Wisconsin's only wilderness therapy program.

Dynamic Interventions LLC 2007 to Current Consultant/Owner

Case Supervision of outpatient Alcohol and Drug Abuse Clinics.

Providing trainings and seminars for staff development statewide in clinical and educational settings.

Training and Supervision of multiple Clinics, Residential Tx agencies, and Counties in the Institute of HeartMath *INTERVENTIONS* Program

Institute of HeartMath

2007. Therapeutic Development Staff
Development and Publication of HeartMath Interventions TX training Program

2020 Author of Resilient Heart Trauma Informed Certification Program

Alternatives in Psychological Consultation, S.C.

1998 to 8/07

Director of Outpatient Services Responsible for coordinating all clinical referrals, contract negotiations, human resource coordination, program expansion and development and marketing.

Wilderness Program Director Develop, market, and facilitate an experiential treatment program for adolescents. Clients range from trauma victims to alcohol and drug abusers.

AODA Group Facilitator Provide group treatment to highly resistant youth in the Milwaukee area. This includes the utilization of a highly successful seven-group program developed in Walworth County.

Masterminds Criminal Thinking and Anger Management Developer Develop and facilitate a program used to intervene with highly resistive and explosive teens. This includes the use of a somatic treatment model and the HeartMath program to increase inner affect management skills.

Life Skills Program Director Developed Life Skills Program for youth ages 10 to 16, provided client needs assessments and staff supervision, marketing, group coordination, documentation, and reporting.

Independent Contractor, Sheboygan County

2003 to Present *Therapist*

Specialize in preventing out-of-home placements for the county's highest-risk youth. Work extensively with trauma related issues, family dynamic reconstruction, behavioral management programming, and parental education

Light House Therapy Clinic

2003 to Present *Therapist*

Work extensively with traumatized youth and adults utilizing a somatic model of intervention. Clients range from veterans to six-year old children who are struggling with trauma.

Lad Lake Residential Treatment Center

1997 to 2000

Youth Counselor

Provided Crisis Prevention and Intervention Training (CPI), behavior modification techniques to youth, individual and group counseling, unit supervision, and home visits.

Walworth County: AODA Group Facilitator

Provided an intensive 7 week program to youth that had been adjudicated in the court system with drug cases. The program focused on a motivational enhancement model and included education, personal risk assessment, and follow up care planning.

Conference Presentations, Trainings and Seminars:

Keynote Addresses

Northwest NATSAP Regional Conference Spring 2020

Pe'ta: Igniting Resilience during Challenging times

Alaska State Resilience Conference Winter 2023

Pe'ta: Igniting Resilience during Challenging times

NADAC Alaska State Conference October 23rd 2019

Cut from the Herd: Addictions through a Trauma and Attachment Lense

Conference for Clinical Excellence March 9th 2018

Going for the Roots: Moving Beyond PTSD in Childhood Trauma

Break Out Sessions

- ➤ **NW Regional Natsap Bend 6/2015:** Synchronicity: Passing the Baton through Therapeutic Collaboration and Transition

- ➤ **Trauma and Attachment Conference 6/2015:** Teaching Teens and Tweens Self Regulation
- ➤ **IECA Spring Conference 2015:**Synchronicity: Passing the Baton through Therapeutic

Collaboration and Transition

- ➤ **WisStateSocialWorkConference5/2015:**Brainspotting:NeurologicalAttunement
- ➤ **NATSAP 2015 National Conference** Passing the Baton: Successful Therapeutic
- ➤ **Brainspotting Level 1 Training** Trainer Eau Claire Wisconsin
- ➤ **Maryland CEU Event 11/2014:** Healing through an Integral Nervous System
- ➤ **Attach National Conference 10/2014:** Healing through a NS Approach
- ➤ **International Brainspotting Institute 10/2014:** Advanced Trainers Certification
- ➤ **NW Regional Natsap Bend 6/2014:** Maintaining Self Care in the Tx World
- ➤ **Trauma and Attachment Conference 5/2014** The Therapeutic Staircase
- ➤ **IECA Chicago:**Cutting Edge Trauma Therapies
- ➤ **Natsap National 2013:**Rebuilding Relationship and Attachment Through Relational Immersion
- ➤ **IECA Chicago 2013** Cutting Edge Psychotherapy and Advanced Trauma Work
- ➤ **Trauma and Attachment Conference 5/2013:** The Therapeutic Staircase: Understanding a True Holistic Therapeutic Journey
- ➤ **IECA Boston 2012** Losing the Mask: Increasing Relational Integrity by Losing the Level System
- ➤ **NATSAP Northeast Regional Conference 2012** Losing the Mask: Increasing Relational Integrity by Losing the Level System
- ➤ **NATSAP Midwest Regional Conference 2012** Losing the Mask: Increasing Relational Integrity by Losing the Level System
- ➤ **OBHIC Wilderness Symposium 2013** Losing the Mask: Increasing Relational Integrity by Losing the Level System, The Orchestra: The Fine Art of Strategic Group Facilitation
- ➤ **Boys and Girls at Risk Conference 2012** Gender Differences in Trauma Intervention
- ➤ **Trauma and Attachment Conference 2012** Mastery: Relational Immersion in Treatment
- ➤ **WAAODAConference2012**Quest:UnderstandingTrueDualDiagnosisIntervention
- ➤ **NATWC (National Association of Therapeutic Wilderness Camping) Nashville,** The Edge of Chaos – Successful AODA Treatment Utilizing Wilderness Therapy
- ➤ **Wisconsin Family Based Services Conference March 2011** Adolescent AODA and Trauma: Brain, Balance and Breaking Through
- ➤ **Adolescent & Families Conference April, 5 2011** The Fire Within: Keynote Address
- ➤ **CALO Attachment and Trauma Conference, Missouri April 15 2011** Taking the Trauma Out of Wilderness
- ➤ **IECA Toronto MAY 14 2011**
How Does Wilderness Intervention Work?

- ➤ **Wisconsin Association Family Care Agency Key Not Intensive Training 9/27/2011** Adolescent AODA and Trauma: Brain, Balance and Breaking Through
- ➤ **Wisconsin Juvenile Intake Association September 28 2011**
On The Edge of Chaos: Treating Alcohol and Drug Issues with Wilderness Therapy
- ➤ **Wisconsin Juvenile Detention Association October 12-14, 2011** Practical and Applicable Trauma Informed Care
- ➤ **CALO Attachment and Trauma Conference April 2012** Mastery: Rebuilding Relationship and Attachment
- ➤ **IECA May 2-5, 2012 in Boston**
Losing the Mask: Increasing Relational Integrity by Losing the Level System
- ➤ **Wisconsin Association of Alcohol and Drug Conference** Quest: A Journey in Dual Diagnosis Work with Resistant Teens
- ➤ **Boys and Girls at Risk Conference 6/15/2012**
On the Edge of Chaos: Treating Adolescent Male Trauma Utilizing Wilderness Therapy
- ➤ Tough Love International: *Crossing the River a Model for Intervening with Teens*
- ➤ Waukesha County Town Board: *Intervening with youth using drugs.*
- ➤ Wrap Around Milwaukee: *Building Collaborative Teams*
- ➤ Unity Church Parents Resource Night: *Working with Struggling Teens*
- ➤ Pulaski High School: *Understanding Drugs and the Brain*
- ➤ East Junior High School: *The Struggles of Youth Drug Use*
- ➤ Wauwatosa Community Center: *Stress Management 101*
- ➤ Sheboygan County Living Center: *Understanding Stress in the Body*
- ➤ Tough Love International: *Strategies For Interacting With Teens Resistant To Treatment*
- ➤ *WAOA Conference 07: The Storm: Strategies For Interacting With Teens Resistant To Treatment*
- ➤ *WSSWA Confernce 06 and 07 The Storm/ Crossing the River*
- ➤ *WSCA 05 06 Crossing the River/ The Volcano*
- ➤ *State of Wisconsin Bureau of Substance Abuse Conference 07 The Volcano/ Trauma Intervention*
- ➤ *Sheboygan School District: Resilient Educator HeartMath Training*
- ➤ *Wawatosia School District: Resilient Educator HeartMath Training*
- ➤ *Connections Counseling Clinic: : Resilient Educator HeartMath Training*
- ➤ *Franciscan Skemp Hospital: The White Elephant: Strategic Stress Management*
- ➤ *Children Come First Conference: Wilderness Therapy: Opening the Therapeutic Window*
- ➤ *National Wilderness Therapy Symposium: Utilizing HeartMath in Wilderness Therapy*

Awards:

11/2018 Institute of HeartMath: International Humanitarian Heart Award

11/03/03 Tough Love International: Community Award

6/96; 6/97; 6/98; 6/99; 6/00 Student Athlete Award: University Wis. Milwaukee

Training:

Dissociation: Recognition and Treatment Verbal Judo: Diffusing Crisis through Words Crisis Prevention
Intervention Strategic Therapy and Boundaries Strategic Family Therapy Attachment Development Early Childhood
Development
Trauma: Diagnosis, Implications and Interventions
Trauma: Implications in the Developing Brain
Trauma: Understanding Gender Differences
David Grove Traumatic Memory Reprocessing
David Grove Healing with Metaphors: A Somatic Model
Documenting Effectively
Sand Tray Play Therapy
First Aide Level 1
Life Guard Level 1
HeartMath BioFeedback Resilient Educator Training the Trainer Certification\ HeartMath Interventions Program
Brain Spotting Level 1-4
Brain Spotting Attachment and Dissociation
Brainspotting Trainers Training

Publications

2004 Recovery: Adolescent Group Facilitation, Motivational Enhancement Therapy Based

**2007. HeartMath Interventions: Establishing a New Baseline for Sustained Behavioral
Change**

2016 Transforming Stress for Teens

2020 Resilient Heart Trauma Informed Certification Program

Memberships

National Association of Social Workers: Member since 2000