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CERTIFICATION

- 2007 Board Certified Clinical neuropsychologist, American Board of Professional Psychology / American Board of Clinical Neuropsychology
- 2014 Teacher certification in Mindfulness-Based Stress Reduction (MBSR) by the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School.

WORK EXPERIENCE

- 2013–Present **EXECUTIVE DIRECTOR, FOUNDER**, South Florida Center For Mindfulness, Boca Raton & Fort Lauderdale, Florida. Providing Mindfulness Based Stress Reduction (MBSR) and other Mindfulness Based Interventions (MBIs) to the community as well as to the health care employees of Memorial Healthcare Systems Also conducting research regarding the effectiveness of MBIs on cognitive, emotional, and behavioral functioning.
- 1996-Present **PRESIDENT**, South Florida Psychology, Boca Raton Florida. Providing Psychological and Neuropsychological assessment of adults and children, and psychotherapy for individuals, couples, and families. Specializing in the treatment of depression, anxiety, chronic pain, substance abuse, and eating disorders.
- 2014-Present **PRESIDENT**, International Seminars Group, Boca Raton, Florida. We are a continuing education sponsor for psychologists, approved by the American Psychological Association.

EDUCATION

- 1995 Ph.D., Clinical Psychology, Neuropsychology Concentration
Nova Southeastern University, Fort Lauderdale, Florida
- 1993 M.S., Psychology
Nova Southeastern University, Fort Lauderdale, Florida
- 1990 B.A., Science
Florida Atlantic University, Boca Raton, Florida
- 1979 A.A.S., Nursing (R.N.)
Clinton Community College, Plattsburgh, New York

MINDFULNESS EDUCATION AND TRAINING

- 2011 8-week class in Mindfulness-Based Stress Reduction (MBSR), led by Valerie York-Zimmerman
- 2012 5-Day Silent Retreat, Spirit Rock, California
- Mindfulness-Based Stress Reduction in Mind-Body Medicine, led by Jon Kabat-Zinn and Saki Santorelli from the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School at Mount Madonna, California.
- 9-day summer Intensive Practicum in Mindfulness-Based Stress Reduction: Living Inside Participant-Practitioner Perspectives, led by Florence Meleo-Meyer and Melissa Blacker from the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School at Rhinebeck, NY and Worcester, MS.
- 2013 7-day Silent Retreat, Insight Meditation Society, Barre, Massachusetts
- Supervision in Mindfulness-Based Stress Reduction with Carolyn West, PhD from the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School.
- 2014 Teacher Development Intensive: An Advanced MBSR Teacher Training/Retreat led by Bob Stahl and Caroline West from the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School at Petaluma, California.
- 11th Annual International Scientific Conference, Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Worcester, MA
- Teacher Certification in Mindfulness-Based Stress Reduction (MBSR) by the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School.
- 2015 7-day Silent Retreat, Insight Meditation Society, Barre, Massachusetts

PUBLICATIONS

- Mittenberg, W., Theroux, S., Aguila-Puentes, G., Bianchini, K., Greve, K., and Rayls, K. (2001). Identification of Malingered Head Injury on the Wechsler Adult Intelligence Scale – 3rd Edition. The Clinical Neuropsychologist, 15 (4), 440-445.
- Rayls, K.R., Mittenberg, W., Burns, W., & Theroux, S. (2000). A Prospective Study of the MMPI-2 Correction Factor After Mild Head Injury. The Clinical Neuropsychologist, 4 (1), 1-5.
- Mittenberg, W., Ustarroz, J.T., Zielinski, R., Arbonies, A.C., Fichera, S., & Ferreras, A.A. (1999). Postconcussional syndrome: A guide to treatment with patients. Anales de Psiquiatria, 15, 315-323.
- Mittenberg, W., Tremont, G., Fichera S., Zielinski, R., & Rayls, K., (1996). Cognitive behavioral prevention of post concussion syndrome. Archives of Clinical Neuropsychology, 11 (2), 139-145.
- Fichera, S., Mittenberg, W., Zielinski, R., Rayls, K., & Tremont, G. (1995). Frontal and subcortical contributions to the severity of post traumatic agitation. Archives of Clinical Neuropsychology.
- Zielinski, R, Theroux-Fichera, S., Rayls, K., Tremont, G. & Mittenberg, W. (1995). The effects of alcohol on neuropsychological functioning following head injury. Archives of Clinical Neuropsychology, 10, (4), 409.
- Mittenberg, W., Theroux-Fichera, S., Zielinski, R. & Heilbronner, R. (1995). Identification of Malingered Head Injury on the Wechsler Adult Intelligence Scale, Revised. Professional Psychology: Research and Practice, 26 (5), 491-498.
- Theroux-Fichera, S., Weinstein, J.M., Zielinski, R., Gold, S., & Mittenberg, W. (1994). Recovery of Temporal Orientation after head injury. The Clinical Neuropsychologist, 8, 344.
- Fichera, S., Zielinski, R., Tremont, G. & Mittenberg, W. (1994) Psychometric Properties of the Agitated Behavior Scale. Archives of Clinical Neuropsychology, 9, 127.
- Fichera, S., Zielinski, R., & Mittenberg, W. (1993). Neuropsychological Correlates of Post-Traumatic Agitation. Journal of Clinical and Experimental Neuropsychology, 15, P. 105.
- Mittenberg, W., Zielinski, R., & Fichera, S. (1993). Recovery from Mild Head Injury: A Treatment Manual for Patients. Psychotherapy in Private Practice, 12 (2), 37-52.
- Zielinski, R., Theroux-Fichera, S., Tremont, G., Rayls, K.R. & Mittenberg, W. (in press). Normative Data for the Agitated Behavior Scale. The Clinical Neuropsychologist.
- Zielinski, R.E., Fichera, S.M. & Mittenberg, W. (1993). Vocabulary as a premorbid indicator of I.Q. in head injury. The Clinical Neuropsychologist, 15 (4), P. 335.

PRESENTATIONS

- 6/12/2014 “Mindfulness for Health Care Professionals”, presented to the staff at Memorial Regional Health Care System, Hollywood, Florida
- 11/6/2013 “The Neural Correlates of Mindfulness”, presented to the Rehabilitation Psychology Awareness Group, Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, Florida
- 11/7/2013 “Mindless Eating: Are We Addicted to Certain Foods?”, presented to fitness professionals at the East Coast Alliance (ECA) Annual International Fitness Convention in Fort Lauderdale, Florida
- 10/11/2013 “Mindfulness in the Rehabilitation Setting”, presented to Rehabilitation professionals at Memorial Regional Hospital, Hollywood, Florida
- 8/30/2013 “What is Mindfulness?”, presented to the student body of Donna Klein Jewish Academy, Boca Raton, Florida
- 11/29/2012 “Mindful Eating and Emotional Processing”, presented to the public at Infinite Health and Wellness Center, Fort Lauderdale, Florida
- 11/11/2011 “Lose Weight, Find Your Self”, presented to fitness professionals at the East Coast Alliance (ECA) Annual International Fitness Convention in Fort Lauderdale, Florida
- 7/9/2009 “Preparing For Board Certification by ABPP – Career Progression”, presented at the Florida Psychological Association’s Annual Convention, Manalapan, Florida
- 6/9/2006 “Recovery of Mild Head Injury”, presented to practicum students and interns at the Center for Group Counseling, Boca Raton, Florida
- 11/18/2000 “Identification of Malingered Head Injury on the WAIS-III”, presented to the National Academy of Neuropsychology 20th Annual Conference in Orlando, Florida.
- 9/17/1997 "Supervision for Psychologists and Dietitians/Nutritionists" presented with Christie Caggiani, RD, LDN to the Nutrition Entrepreneurs Meeting in Boca Raton, FL
- 6/6/1997 "Developing Intimacy Through the Therapeutic Relationship" presented to mental health practitioners for continuing education credits at the Renfrew Center, Florida.
- 7/11/1996 "Pain and How To Help Yourself: Relaxation and Biofeedback" presented to the general public at the West Boca Community Outreach Center, Boca Raton, FL
- 6/27/1995 "Cognitive-Behavioral Prevention of Postconcussional Syndrome" presented to the Dept. of Veterans Affairs Medical Center psychology staff.
- 2/9/1995 "End of Life Treatment Decisions" presented in corroboration with a Multidisciplinary treatment team from Dept. of Veterans Affairs Medical Center to freshman medical students at the University of Miami School of Medicine, Miami, Florida.

- 11/3/1994 "Frontal and subcortical contributions to the severity of post-traumatic agitation" presented at the 1994 National Academy of Neuropsychology Meeting in Orlando, Florida.
- 10/6-7/1993 "Behavioral Management of The Agitated Patient" presented to trauma nurses at University of Miami/Jackson Memorial Medical Center.
- 10/13/1992 "Psychosocial Aspects of Critical Care Nursing" presented at Plantation General Hospital as a component of their Critical Care Curriculum.

PROFESSIONAL AFFILIATIONS

Diplomate

2007 – Present American Board of Professional Psychology/American Board of Clinical Neuropsychology

Board Member: Research Committee Chair

2014 – 2015 Mindful Kids Miami, Inc.

Member

1995-Present American Psychological Association (APA)
(Division 38: Health Psychology & Division 40: Clinical Neuropsychology)

2009-Present Aerobics and Fitness Association of America (AAFA)

2007- Present ECA World Fitness Alliance

2007 - Present American Association of Clinical Neuropsychology (AACN)

2004 - 2012 Florida Psychological Association (FPA)

1999 - 2011 International Neuropsychological Society (INS)

1993 - 2011 National Academy of Neuropsychology (NAN)

REFERENCES: Available on request