

Curriculum Vitae

Christina Veselak is one of the founders of St. Ephraim Center, and offers online Mental Health and Trauma Recovery Coaching, drawing from her deep experience as an Orthodox Christian for over 30 years. She combines this with Mental Health Nutrition Coaching to help people support their healing journeys by using food and nutrients to fully support the health and function of their brains.

She has been a licensed Marriage and Family therapist since 1985, and a certified nutritionist since 1993. She is currently licensed as an LMFT in Colorado. She is founder and director of **The Academy for Addiction and Mental Health Nutrition**, an online school for practitioners, offering a certification as a Recovery Nutrition Coach. In 2021, she founded **Eating Protein Saves Lives, Inc.**, to create a grass roots movement committed to educating the public about how keeping blood sugar stable by eating protein every 3-4 hours helps to reduce cravings and relapse in people recovering from addictive disorders. She is also a founding member and former Executive Director of **The Alliance for Addiction Solutions**. She speaks and teaches nationally on nutritional approaches to mental health and addiction treatment.

EDUCATION

SENSORIMOTOR INSTITUTE, Thornton, CO

- Certified Sensorimotor Psychotherapist, Level , 2013

COLORADO SCHOOL OF COUNSELING AND HYPNOTHERAPY, Longmont, CO

- Certified Medical/Dental Hypnotherapist, 2001

NATIONAL INSTITUTE FOR NUTRITIONAL EDUCATION, Aurora, CO

- Certified Nutritionist, (CN) 1994

SAN FRANCISCO STATE UNIVERSITY, San Francisco, CA

- Master of Science (MS) degree in Counseling Psychology, 1983

WESTMONT COLLEGE, Santa Barbara, CA

- Bachelor of Arts (BA) degree in Philosophy, 1978

Additional Training (partial list)

- Nutritional Approaches to Mental Health, Emotional Well-being and Addiction Recovery
- Psychological Treatment of Chronic Pain and Chronic Illness
- Chemical Dependency Assessment and Treatment
- Relapse Prevention
- Co-Dependency and ACA (adult child of alcoholic) Treatment (group and individual)
- EMDR, Level One Certification, and further EMDR training
- Psycho-neuro-immunology
- Various aspects of Functional/Complementary/Integrative Medicine
- Working with Borderline and other personality disorders
- Trauma Treatment, including childhood sexual abuse
- Sex Addiction

- Grief Counseling, Death and Dying Issues
- Domestic Violence Treatment, Victim Issues and Victim Treatment
- Ego State therapy, Inner Child Work, Guided Imagery and Visualization

LICENSES

- Colorado license as a Marriage and Family Therapist, 1998-present
- Private License as a Certified Nutritionist, 1994-present
- Alaska license as a Marriage and Family Therapist, 1996
- California license as a Marriage and Family Therapist, 1985

AREAS OF SPECIALIZATION

- Addiction and Co-dependency Treatment
- Chronic Relapse
- Nutrition and Mental Health/Addiction Recovery (natural, biochemical approaches to recovery)
- Pain Management and Chronic Illness
- Counseling within a Faith Context, Religious Addiction and Spiritual Abuse
- Women's Issues, including trauma, and victim issues

PROFESSIONAL EXPERIENCE

St. Ephraim Center

2012-present

- Co-Founder
- On-line Mental Health and Trauma Recovery Coach
- On-line Mental Health Nutrition Coach

The Academy for Addiction and Mental Health Nutrition

2015-present

Founder and Director

- Develops and presents online courses in Mental Health Nutrition for Recovery
- Consults with treatment programs to help them integrate a nutritional model into their programming

Mental Health Nutritional Consultant

1994-present

- Provides Nutritional and Health Assessments of adolescents and adults, including lab tests
- Provides Nutritional Recommendations, physician referral as needed and follow-up
- Clients include people with chronic illnesses, chronic pain, mental health disorders and chronically relapsing addicts/alcoholics.

- Relapse Prevention Services (Centennial, CO; Wayne, WV) 2006-present**
 Director
- Nutritional and Biochemical Assessment and Recommendations for addiction and mental health clients
 - Chemical Dependency Level of Treatment Assessments
 - Relapse Prevention and Recovery counseling and coaching
- Psychotherapist, Private Practice (Centennial, Aurora, Kodiak, Berkeley) 1987-2019**
- Individual therapy with adults and adolescents
 - Couples & Group Therapy - in the past
 - Instructor at the Denver School of Hypnotherapy (2006-2009)
 - Development and Presentation of seminars, retreats & staff trainings
 - Training and Supervision of interns
 - Instructor at Kodiak Community College (1997)
- Alliance for Addiction Solutions 2008-Present**
 Former Executive Director, Founding Member, National Trainer
- Raleigh House of Hope (Denver, CO) 2011-present**
 Nutritional and Treatment Consultant
- Developed Opiate Detox Regimen using nutritional supplements
 - Developed and Implemented Curriculum for 30 day residential treatment program for young adult opiate addicts
 - Provided nutritional assessments and recommendations for clients
 - Provides ongoing staff development and training
- Cogley Counseling Associates (Aurora, CO) 1998-2007**
 Domestic Violence Counselor (State Approved)
- Facilitated Female Offender Program and provided counseling to female victims
- National Institute of Nutrition Education (Aurora, CO) 2000-2002**
 Assistant to Dean
- Evaluated student practicums, and provided student support
 - Wrote Continuing Education courses
- Great Health Nutrition (Parker, CO) 1999-2001**
 In-House Nutritionist, Assistant Manager
- Nutritional Counseling, Customer Service, Ordering and Stocking Decisions, etc.

Safe Harbor Chemical Dependency Program (Kodiak, AK)

1996-1998

Outpatient Counselor/In-House Nutritionist

- Assessment and referral to appropriate levels of treatment
- DUI classes
- Classes on Nutrition and Early Recovery for residential clients
- Nutritional Assessments of residential clients

St. Rose Hospital, Life-Masters Chemical Dependency Unit (Hayward, CA)

1986-1988

Director of Family Services (until the program closed)

- Provided counseling and education to spouses and children of patients
- Developed and implemented treatment and aftercare programs for families

Serenity, Inc. (Redwood City, CA)

1984-1986

(A residential treatment program for adolescent, chemically dependent boys)

Unit Director

- Evaluation of potential residents
- Interviewed, hired, supervised, scheduled and motivated staff members
- Directed one unit of 14 adolescent boys

Floor Staff

- Provided individual, group and family therapy to residents and family members
- Supervised boys in daily activities
- Promoted to above position within nine months