

LYNN E. BRUESKE, ED.S., NCC, CCMHC, ACS, LMHC

PROFESSIONAL LICENSE AND CERTIFICATIONS

State of Florida, Mental Health Counselor, license #MH000209; Qualified Supervisor, 1999 to present.

National Board for Certified Counselors:

National Certified Counselor, certificate #33,209.

Certified Clinical Mental Health Counselor, certificate #33,209.

Approved Clinical Supervisor.

PROFESSIONAL EXPERIENCE

Flagler College

Associate Professor, Department of Social Sciences, 2013 to present.

Assistant Professor, Department of Social Sciences, 2006 to 2013.

Adjunct Faculty, Department of Social and Behavioral Sciences, 2002 to 2006.

Crisis Response Team, 2009 to present.

Private Practice: individual, marital/couple, family and group therapy, eating disorders, depression, stress disorders, dependency issues, situational/life adjustment disorders, personality disorders; critical incident stress management; 1984 to present.

Embry-Riddle Aeronautical University, Jacksonville Center, Adjunct Faculty, 2003 to 2006.

University of North Florida, Adjunct Faculty:

College of Education, Department of Counselor Education, 1997 - 2001.

College of Arts and Sciences, Department of Psychology, 1988 - 1996.

National Academy of Certified Clinical Mental Health Counselors: Faculty, Supervisor Training Workshop, 1992 - 1995.

Humana Hospital of Orange Park, Health Enrichment Center, Chief Behaviorist: supervision of behavioral therapists, group therapy, 1986 - 1990.

Mental Health Clinic of Jacksonville:

Coordinator, Crisis Support Services - administration of the department, supervision of staff and satellite clinics, supervision and training of graduate student interns; 1983 -1986.

Therapist, Outpatient Department, 1976 - 1983.

Resource/Referral Therapist, Anorexia Nervosa and Associated Disorders (ANAD), 1978 to present.

Resource/Referral Therapist, Anorexia Nervosa and Related Eating Disorders (ANRED), 1978 to present.

Mental Health Association of Northeast Florida:

Professional Forum Committee: 1989, 1990, 1991, 1992, 1993, 1994, 2000, 2001;
Chair: 1994, 2000, 2001, 2003.

Mental Health Forum Committee: 1976, 1977, 1978, 1989 - 1995.

Chair: 1992, 1993, 1995, 2004, 2005.

Professional Sponsor, Eating Disorders Support Group: 1983 - 1985, 2000 - 2001.

PRESENTATIONS

Child Guidance Center, Eating Disorders, 2018.

Child Guidance Center, Personality Disorders, 2018.

ICS, Inc., Improving Communication Skills: Moving Toward Effective Interactions, July 2013.

CTI Resource Management Services, Raising Responsible Children, 2012.

Renaissance Behavioral Health, Building Employee Motivation and Morale, 2012.

Noble Management, Inc., Fitting Fitness into Your Busy Day, 2011.

Century Ambulance, Taking Charge of Your Time: Foundation Skills for Successful Living, 2011.

Noble Management, Inc. Taking Charge of Your Health Care: Understanding and Utilizing the Health Care Delivery System, 2010.

Sea Star Lines, Healthy Relationships: Making Them Work; Making Them Stronger, 2010.

Taylor Engineering, Inc., What's Your Emotional IQ? Blending Your Heart and Mind, 2010.

AICS Holdings, Improving Communication Skills: A Management Development Program, 2010.

AICS Holdings, Coaching Techniques: Setting Up Employees for Success, 2010

Flagler College Resident Advisors Orientation, Bullying in the Dorms, 2010.

Fleet Landing, Smoking Cessation: Choices and Challenges, 2009.

Web.com, Smoking Cessation: Choices and Challenges, 2009.

Aboud Family Dentistry, Eating Disorders, 2009.

Sea Star Lines, Workplace Engagement,: Attracting and Retaining a Committed and Challenged Workforce, 2009.

Sea Star Lines, Dealing With Negativity in the Workplace, 2009.

Sysco, Inc.:

Team Building, 2004, 2005.

Effective Supervision, 2006.

American Mental Health Counselors Association, Annual Conference, 2000, "Eating Disordered Personalities".

Florida Mental Health Counselors Association:

Annual Conference, 1999, "Eating Disordered Personalities".

Annual Conference, 1995, "The Supervision Process".

Florida Counseling Association:

"Eating Disordered Personalities", 1991, 1995, 1998.

"Eating Disorders - The New Epidemic", 1985.

North East Florida Mental Health Counselors' Association:

"Eating Disorders: Inpatient & Outpatient Treatment Modalities", 1998, 2001.

"Clinical Supervision: Issues for Supervisors & Supervisees", 1998.

"Ethics for Mental Health Counselors", 1992.

Women's Enrichment Seminar, 1993:

"Food and Your Mood"

"Partners and Friends: Enhancing Relationships".

Mental Health Association of Northeast Florida:

Mental Health Forum (public):

“Eating Disorders in the 21st Century”, 2000.

“Gender Differences”, 1995.

“Nutrition and Mental Health”, 1994, 1995.

"Food and Your Mood", 1992, 1993.

"Enhancing Relationships", 1992.

"Eating Disorders - The New Epidemic", 1985, 1989.

"The Role of Publicly Supported Mental Health Treatment of Adults",
1977.

Mental Health Forum for Professionals:

“Stress Inoculation Training: Coping With Trauma, A Community
Perspective”, 2004

"Eating Disorders in the 21st Century", 2000.

"Procrastination, Dawdling, Irritability, Tyrannizing, Manipulation, and
Other Methods of Saying 'I Love You': Personality Disorders,
Etiology and Treatment", 1990.

First Coast Counseling Association: "Eating Disorders", 2000.

Flagler College:

“Body Image and the Media”, 2003.

“Body Image”, 2002.

Jacksonville University, Department of Nursing: “Eating Disorders”, 2003.

Florida Community College at Jacksonville: “Eating Disorders”, 2002.

Clay County Behavioral Health: “Eating Disorders”, 2003.

St. Johns County Mental Health Department: “Eating Disorders”, 2003.

St. Johns County Public Library System: “Teens & Body Image”, 2004.

River Region Human Services: “Personality Disorders”, 2002.

PACE Center for Girls: "Eating Disorders", 2001.

Department of the Navy, Naval Air Station Jacksonville, Naval Hospital, Department of
Family Practice:

"Eating Disorders in the 21st Century", 2000.

“Eating Disorders: Diagnosis and Treatment", 1988, 1989, 1990.

American Medical Fly Fishing Association: "Eating Disorders in a Fifteen Minute
Practice", 1994.

Florida Catholic Aids Network, Catholic Charities: "Bereavement and Aids", 1994.

State of Florida, Department of Health, Bureau of HIV/AIDS 1998 Conference:

"Avoiding Burnout"

"Stress Relief Exercises: Taking Care of Yourself Throughout the Workday".

Brandeis University National Women’s Committee: “Are the Golden Years Really
Golden?”, 2004.

City of Jacksonville:

Jacksonville Sheriff’s Office, “Mental Health and the Offender Population”, 2003.

Department of Parks and Recreation: "Stress/Time Management", 1995.

University Hospital of Jacksonville, Community Mental Health Center:

"Eating Disorders", 1984, 1987, 1990.

Baptist Medical Center:

Strengthening Families Series, 1995:
"Heightening Sensitivity in Treatment of HIV Patient"
"Eating Disorders".
Fourth Annual Psychiatric Update, 1991: "Eating Disordered Personalities".
Contemporary Issues, 1994: "Eating Disordered Personalities"
St. Vincent's Medical Center, Family Practice Residents' Program: "Eating Disorders",
1993.
Citibank, Medfit Services, Inc.: "Body Imagery", 2000, 2004.
Glenmoor: Flagler Forum
"Are the Golden Years Really Golden?", 2007
"Keeping the Golden Years Golden", 2008, 2013

WORKSHOPS PRESENTED

Clinical Supervision Training:
Jacksonville, 1998, 1999, 2001, 2003, 2005.
Tampa, 1999.
Washington, DC, AMHCA Annual Conference, 1999.
Daytona Beach, FMHCA Annual Conference, 2000.
Chiemsee, Germany, American Counseling Association, European Branch,
Annual Conference, 2000.
Advanced Clinical Supervision Training:
Jacksonville, 2000.
*Tomorrow's Worth Waiting For: A Training Workshop to Recognize and Intervene With
Teen Suicide:*
Clay County Behavioral Health, 2004.
Jacksonville Sheriff's Office, 2003.
Mental Health Forum for Professionals, Mental Health Association of Northeast
Florida, 2003.
National Association for the Mentally Ill, Jacksonville Chapter, 2003.
National Association of Social Workers, Duval Chapter, 2004.
North East Florida Mental Health Counselors' Association, 2003.
St. Johns County Mental Health Services, 2004.
Sutton Place, 2004.
Tools for Success: Building Bright Futures, Duval County Public Schools, 2005.
Our Lady Star of the Sea Catholic Church, 2005.

CONTINUING EDUCATION:

2018:
Ethics in Therapy: Quick Tips I, Professional Development Resources, 2018.
Domestic Violence: Child Abuse and Intimate Partner Violence, Professional
Development Resources, 2018.
Ethics & Risk Management: Expert Tips IV, Professional Development
Resources, 2018.
Preventing Medical Errors in Behavioral Health, Professional Development

Resources, 2018.
Florida Mental Health Laws and Rules, Professional Development Resources, 2018.
Forensic Psychology, Professional Development Resources, 2018.
Biology of Aging, Professional Development Resources, 2018.
Clinical Supervisory Training Continuing Education Course, CEU4YOU, 2018.
Clinical Supervision: Combining Outcome and Process, Heisel and Associates, 2018.

2017:
Preventing Medical Errors in Behavioral Health, Professional Development Resources, 2016.
Ethics & Risk Management: Expert Tips VII, Professional Development Resources, 2016.

2016:
Medical Marijuana, Professional Development Resources, 2016.
Lewy Body Dementia: Information for Patients, Families, and Professionals, Professional Development Resources, 2016.

2015:
Children's Exposure to Violence, Professional Development Resources, 2015.
Preventing Medical Errors in Behavioral Health, Professional Development Resources, 2015.
Florida Mental Health Laws and Rules, Professional Development Resources, 2015.
Understanding Infant Mental Health, Elite Continuing Education, 2015.
Narcissistic Personality Disorder – Has it Become an Epidemic? Elite Continuing Education, 2015.
The Heroin Abuse Epidemic in America: Identification, Treatment and Prevention, Elite Continuing Education, 2015.
Supervision of Social Workers, Elite Continuing Education, 2015.
Post-Therapy on Disasters, Elite Continuing Education, 2015.
Mindfulness: The Healing Power of Compassionate Presence, Professional Development Resources, 2015.
A Dissociative Identity Disorder Casebook, Professional Development Resources, 2015.

2014:
Clinical Supervision: Framework for Success, Professional Development Resources, 2014.
Frontotemporal Disorders: Information for Patients, Families, and Caregivers, Professional Development Resources, 2014.
Autism Subtypes, Feeding Issues & Nutrition Considerations, Professional Development Resources, 2014.
Understanding the Biology of Mental Disorders, Professional Development

Resources, 2014.
College Drinking Prevention Curriculum, Professional Development Resources, 2014.
Ethics in Psychotherapy: Practical Tips I, Professional Development Resources, 2014.
Ethics in Psychotherapy: Practical Tips II, Professional Development Resources, 2014.

2013:

Preventing Medical Errors, Professional Development Resources, 2012.
Ethics and Boundaries, Professional Development Resources, 2012.
Domestic Violence, Professional Development Resources, 2012.
Psychopharmacology: What You Need to Know Today About Psychiatric Medications, CMI Education Institute, 2013.
How Children Become Violent, Professional Development Resources, 2013.

2012:

Treatment of Individuals with PTSD and Comorbid Disorders, Florida Mental Health Counselors Association.
The Future of the Clinical Mental Health Profession, Florida Mental Health Counselors Association.
The Current State of the LMHC Scope of Practice, Florida Mental Health Counselors Association.
The DSM V (5) Workshop, Florida Mental Health Counselors Association.
Preventing Medical Errors in Behavioral Health, Professional Development Resources.
Ethics and Boundaries in Psychotherapy, Professional Development Resources.
Domestic Violence: Child Abuse and Intimate Partner Violence, Professional Development Resources.

2011:

Medical Reserve Corp Core Competencies Training, Nova Southeastern University.
Preventing Medical Errors in Behavioral Health, Professional Development Resources.
Ethics and Boundaries in Psychotherapy, Professional Development Resources.

2009:

NOVA (National Organization for Volunteer Assistance) 40 Hour Basic Crisis Response Team Training, Flagler College, 2009
Bioterrorism: Mass Prophylaxis Preparedness and Planning (FEMA), St. Augustine, 2009

2008:

Learning & the Brain: Rewiring the Brain to Improve Learning, Public Information Services, Inc. and Harvard Graduate School of Education.

Domestic Violence: Intimate Partner Violence, Professional Development Resources.
Preventing Medical Errors, Professional Development Resources.
Ethics and Boundaries in Psychotherapy, Professional Development Resources.

2007:

Self-Mutilation Behavior in Youth and Adults: Causes, Treatment and Prevention, Cross Country Education.
Childhood Developmental Disorders: Practical Strategies, Interventions, & Treatments, Summit Professional Education.

TELEVISION APPEARANCES

Eating Disorders
Stress Management
Depression
Enhancing Relationships

PROFESSIONAL ASSOCIATIONS

AMHCA, American Mental Health Counselors Association, 1978 to present.

FMHCA, Florida Mental Health Counselors Association, 1980 to present.

Northeast Florida Mental Health Counselors Association:

Co-founder and Charter Member, 1990 to 2006. (Association disbanded, 2006)

Treasurer, 1990-1991, 1991-1992, 1992-1993.

Parliamentarian, 1998 - 2001.

Mental Health Association of Northeast Florida, 1976 to present:

Board of Directors, 1989-1992, 1992-1995, 1999-2005: Vice-Chair, 1991-1992, Chair-Elect, 1992-1993, Chair, 1993 - 1994, Immediate Past Chair, 1994-1995.

President's Advisory Board, 2008 to present.

National Academy of Certified Clinical Mental Health Counselors, Board of Directors, 1991 - 1996; Chair 1995-1996.

National Board for Certified Counselors, 1994 to present:

Clinical Mental Health Academy Committee, 1994-1996; Chair, 1995-1996.

Board of Directors, 1996, 1997 - 2002: Secretary, 1998 - 1999; Chair-Elect, 1999-2000; Chair, 2000-2001; Past Chair, 2001-2002.

PUBLICATIONS AND RECOGNITION

Brueske, Lynn E. *Stress Inoculation Training: Coping With Trauma, A Community Perspective*. Developed for the Mental Health Association of Northeast Florida (2004).

Brueske, Lynn E. *Tomorrow's Worth Waiting For: A Training Workshop to*

Recognize and Intervene with Teen Suicide. Developed for the Mental Health Association of Northeast Florida (2003).

Brueske, Lynn E. and Walton, Robert S. "Becoming a Private Practitioner". Harold Hackney, Editor *Practice Issues for the Beginning Counselor*. Allyn and Bacon (2000), Boston.

Jacksonville Sheriff's Office: Certificate of Appreciation, 2004.

Mental Health Association of Northeast Florida:
Board Member of the Year: 2002-2003.
Presidential Award: 1993, 1995, 2005.
Mental Health Professional Volunteer of the Year: 1985.

OTHER ORGANIZATIONS

St. Johns County Department of Health, Medical Reserve Corps, 2010 to present.

St. Johns County Board of County Commissioners, Health & Human Services Advisory Council, 2004 - 2011, member; Vice-Chair, 2005-2006; Chair 2006-2008.

American Red Cross, North Florida Chapter: Disaster Mental Health Team, 2002 to present.

EDUCATION

University of Florida, Gainesville, Florida:
Ed.S., Specialist in Education, Counselor Education, 1976.
M.Ed., Master of Education, Counselor Education, 1976.
M.A. Certificate, Master of Arts Certificate, Latin American Studies, 1976.
B.A., Bachelor of Arts, Psychology, College of Arts and Sciences, 1974.
B.A. Certificate, Bachelor of Arts Certificate, Latin American Studies, 1974.

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