

YVONNE CASTAÑEDA, LCSW
Bilingual/Bicultural Psychotherapist
Adjunct Professor
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CORE VALUES

Respect, Truth, Compassion

LICENSURE/CERTIFICATIONS

LCSW, August 2018
LICSW, Sept 2020
EMDR Therapist, July 2020
iPEC Certified Life Coach, 2014

EDUCATION

Master of Social Work, Boston College, 5/2018
BA International Affairs, Florida International University, 5/1994

LANGUAGES

Fluent in English, Spanish
Proficient in French, Brazilian Portuguese

RELEVANT TEACHING EXPERIENCE
HIGHER EDUCATION

Boston College Graduate School of Social Work **1/2020- Present**

ADJUNCT FACULTY-

Course: *Social Welfare System*

- *Provide students with an understanding of the relationship between contemporary social welfare policy and social work practice
- *Provide students with an opportunity to examine how policy influences practice and how social workers influence policy
- *Examine the role and application of policy analysis in addressing disparities and exclusion of vulnerable populations

Course: *Basic Skills- Clinical Track*

- *Introduce students to the following themes: biopsychosocial perspective, strengths perspective, "person-in-environment," the therapeutic relationship, assessment skills, problem-solving models, integration of theoretical frameworks into practice, values, ethics and legal issues

Boston College School of Theology and Ministry **9/2019- Present**

ONLINE COURSE FACILITATOR- Certificate of Leadership (in Spanish)

Courses:

- Leadership Foundations- Values, Skills and Styles*
- Proactive and Reactive Leadership: Advocacy and Conflict Resolution*
- Leadership for Latinx Women*

"If we have no peace, it is because we have forgotten that we belong to each other."
-Mother Theresa

SOCIAL WORK FIELD EXPERIENCE

MGH/NEW Health Charlestown – Family Medicine 5/2020- Present
INTEGRATED BEHAVIORAL HEALTH CLINICIAN

- *Psychosocial care and bio-psychosocial assessments for adult patients
- *Identify high-risk psychosocial factors of patients that impact health status and communicate with providers as to the influence of those factors on medical care.
- *Work effectively as part of an interdisciplinary health care team with an emphasis on same day appointment availability for patients in crisis situations
- *Provide clinical interventions to patients that address psychosocial, environmental, age-specific and cultural issues in order to maximize emotional, social and physical well-being and the effective use of health care and community resources.

East Boston Neighborhood Health Center- Adult Medicine 9/2017- 4/2020
INTEGRATED BEHAVIORAL HEALTH CLINICIAN

- *Graduate School Intern from 9/2017- 4/2018*
- *Psychosocial care and bio-psychosocial assessments for adult patients
 - *Identify high-risk psychosocial factors of patients that impact health status and communicate with providers as to the influence of those factors on medical care.
 - *Work effectively as part of an interdisciplinary health care team with an emphasis on same day appointment availability for patients in crisis situations
 - *Provide clinical interventions to patients that address psychosocial, environmental, age-specific and cultural issues in order to maximize emotional, social and physical well-being and the effective use of health care and community resources.

Excel Academy Charter Schools- Orient Heights 8/2016- 6/2017
SCHOOL BASED COUNSELOR- Intern

- *Primary interventions for students identified as exhibiting behavioral difficulties which impeded their social development and academic success.
- *Provided information and strategies to assist parents in confronting behavioral challenges.
- *Complied with required reporting on all levels of student interventions and programs.
- *Complied with counseling standards, FERPA and all federal and state confidentiality laws

LEADERSHIP EXPERIENCE

The Healthworks Group; Republic Fitness 12/2014 to 5/2017
GENERAL MANAGER

Club Operations/Management of 15,000 square foot fitness club with 1500 members and 50 employees. Responsible for 4 million in overall revenue.

The Healthworks Group; Back Bay 10/2013- 12/2014
GENERAL MANAGER

Club Operations/Management of 45,000 sq. ft. facility with 3300 members, 6 department heads and 85 employees. Responsible for 7 million in overall revenue.

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**The Sports Club LA/Boston
GENERAL MANAGER**

5/2011- 9/2013

Club Operations/Management of 114,000 sq. ft. luxury health club with ancillary services for 6000 members; 15 department managers and 300 front line employees. Responsible for 18 million in overall revenue.

**The Sports Club LA/Miami
Fitness and Group Fitness Manager**

9/2010- 5/2011

Sales and Operations of Fitness Department: 90 Private Trainers and Group Fitness Instructors
Responsible for 1.5 million in overall department revenue.

Equinox Fitness Miami – South Beach, Coral Gables and Aventura

Personal Trainer

11/2005- 5/2007

Personal Training Manager

5/2007- 9/2010

Sales and Operations of Fitness Department: 25 Private Trainers

PUBLIC SPEAKING/WORKSHOP FACILITATIONS

<i>Wellness Matters</i>	EBNHC- Provider Summit, November 2019
<i>Self-Care For Leaders.</i>	CBRE- New England, September 2018
<i>Yoga in the Workplace</i>	CBRE- New England, August 2018
<i>Yoga Workshop for Golfers</i>	CBRE- New England, August 2018
<i>Yoga Workshop for Runners</i>	Equinox Fitness- 2016, 2017, 2018, 2019
<i>Flat Tire Syndrome</i>	CBRE- New England, September 2017
<i>Your Body is Not the Enemy!</i>	CBRE- New England, October 2017
<i>Flat Tire Syndrome</i>	Highliner Seafoods, Portsmouth, NH July 2016
<i>Yoga in the Workplace, a Workshop</i>	Highliner Seafoods, Peabody, MA July 2016
<i>Cambiando Vidas (Spanish)</i>	Club Body Shop, Dominican Republic; 2015
<i>Strong Body, Strong Leader (Spanish)</i>	Club Body Shop, Dominican Republic, 2015
<i>Flat Tire Syndrome (Spanish)</i>	Club Body Shop, Dominican Republic, 2015
<i>Wellness Workshop</i>	KPMG Wellness Seminar; 2014 and 2015
<i>Wellness Workshop</i>	Wayfair Wellness Seminar; 2014 and 2015
<i>Core Value Leadership</i>	The Healthworks Group, Boston, 2014
<i>Core Value Leadership</i>	CBRE Boston, 2015
<i>ALFPA Women's Leadership Summit</i>	Goldman Sachs, NYC; 2012
<i>ALFPA Women's Leadership Summit</i>	Boston; 2012
<i>Strong Body, Strong Leader</i>	Cordial Connections, 2013
<i>Strong Body, Strong Leader</i>	Millennium Partners SCLA, 2011-2013

PUBLICATIONS

The Whole Wide World
A Novel by Yvonne Castaneda
America Star Books, 2004

ADDITIONAL SKILLS/CERTIFICATIONS

National Academy of Sports Medicine: CPT, CES, PES
2nd Dan Japanese Karate

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REFERENCES

Smaiyr Million Director, Executive Leadership for Women
Babson College
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781.760.5968

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Advocates, Inc.
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