



CURRICULUM VITAE

Kate Hudgins, Ph.D., T.E.P.

DrKateTSI@mac.com

+1 434 227 0245 (cell)

Website: www.drkatehudgins.com

EDUCATION

- Florida State University, 1975. B.A., Psychology
- University of Richmond, 1981. M.S., Experimental Psychology
- Virginia Commonwealth University, 1986. Ph.D., Clinical Psychology.

Advanced Post-Graduate Clinical Training

- **University of Wisconsin Medical School**, Department of Psychiatry 1985–1986. Doctoral internship in clinical psychology.
- **Gestalt Therapy Institute of Richmond** 1982–1985. Certification in 3-year training program in gestalt therapy with individuals, couples and families.
- **St. Elizabeth's Hospital**, Washington, D.C. NIMH Funded Internship in Group Psychotherapy and Psychodrama. 1981–1982.

LICENSES & CERTIFICATIONS

Therapeutic Spiral International, LLC
Phone 1-434-227-0245

n e-mail DrKateTSI@mac.com

- Certified Trainer, Educator, Practitioner of Psychodrama, Sociometry and Group Psychotherapy. 1990 to present.
- Licensed Clinical Psychologist. State of Virginia. 1987-2000.
- Licensed Clinical Psychologist. State of Wisconsin, 1988-1996.
- Certified Practitioner of Psychodrama, Sociometry & Group Psychotherapy, 1983-1992
- Developer and Certified Trainer in the Therapeutic Spiral Model™ 1992 to present

AWARDS & ELECTED POSITIONS

- 2009. **The Scholar's Award.** The American Society of Group Psychotherapy and Psychodrama.
- 2001 **The Innovator's Award,** The American Society of Group Psychotherapy and Psychodrama.
- 1995 **Fellow,** a nominated award from the American Society of Group Psychotherapy and Psychodrama
- 1991-2000 **Elected Member,** American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy
- 1984 **American Psychological Association: Graduate Student Award for Research, Individual Experiential Psychotherapy: Operationalized Manual for Doubling**
- 1984 **Clinical Graduate Student Award,** Virginia Commonwealth University
- 1982 **J.L. Moreno Award for Best Psychodramatist,** St Eliza-

Therapeutic Spiral International, LLC
 Phone 1-434-227-0245

beth's Hospital NIMH Training Program

- **Work Experience**
- **2002-present Therapeutic Spiral International, LLC**
- Managing Partner & Director of Training of The International Certification Program in Trauma Therapy using The Therapeutic Spiral Model™ which I developed over the past 25 years to prevent and treat trauma in the global community. Teaches certification, personal growth, and special populations workshops in over 35 countries. Specialization in prevention and treatment of cultural trauma in Asia including Taiwan and Mainland China. Also have two Diploma programs in TSM. One is a three year training program in Egypt for psychiatrists and psychologists using the Therapeutic Spiral Model to work with Middle East conflict. The other is a training program for educators and therapists in Seoul, Korea.
- **2007-Present Adjunct Professor at Hua Qiao University, Xiamen, China**
- Have provided on-going development of the first generation of psychologists and mental health centers here and at other uni-

Therapeutic Spiral International, LLC
Phone 1-434-227-0245

versities in China to prevent suicide and increase awareness of PTSD.

- **1999–2002 Therapeutic Spiral International Charity**
- Chairman of the Board & Director of Training for non-profit organization developing the Therapeutic Spiral Model™ in the global community. Global initiatives in both Western and Eastern countries to include Australia, New Zealand, Canada, UK, USA, Europe, Turkey, South Africa, Israel, Palestine, and Japan, Taiwan, Mainland China, Malaysia and Hong Kong.
- **1988–1999 Center for Experiential Learning, Ltd.** Sole owner of private training institute and private practice center using the Therapeutic Spiral Model™ to treat individuals, couples and families with trauma and addiction. Started providing international prevention and training in the Therapeutic Spiral Model in 1995.
- **1987–1989 University of Wisconsin Medical School**
 - Department of Pediatrics, Clinical Faculty, Staff Psychologist, Eating Disorders Program
- **1986–1987 Henrico Mental Health & Mental Retardation Services**
 - Clinical Coordinator of Outpatient Services

Therapeutic Spiral International, LLC
Phone 1-434-227-0245

for public mental health service
run by the local government

- **1983-1985 Psychological Services Center, Virginia Commonwealth University**
- Assistant Director of University Student Testing & Counseling Center
- **1983-1985 Virginia Commonwealth University**
Instructor: Taught Personality & Nonverbal Communication.
- **1982-1983 Collegiate Schools, Richmond, VA**
Certified Psychological Technician for testing at private primary school for IQ & Personality testing 1982-
- **1982-1986 The Next Step, Inc**
President of the Board of Group Private Practice and Therapist providing Individual, Group, Couples and Family Therapy using experiential psychotherapy.

Editorships

- Consulting Editor, *Journal of Group Psychotherapy and Psychodrama*, 1991-present
- Editor, *Global Healing: Therapeutic Spiral International Charity Newsletter* 2000-2004
- Editor, *Psychodrama Network News*, American Society for Group Psychotherapy & Psychodrama 1993-1999.
- Editor, *The Center for Experiential Learning Newsletter*, 1987-2000

Therapeutic Spiral International, LLC
Phone 1-434-227-0245

Publications

Books

- Hudgins, M.K. (2002). *Experiential Treatment of PTSD: The Therapeutic Spiral Model*. New York: Springer Publishing. Translated into Chinese in 2005.
- Hudgins, M.K. & Kellermann, P.F. (2000). (Eds) *Psychodrama with Trauma Survivors: Acting Out Your Pain*. London: Jessica Kingsley Publishers. Translated into Chinese, Korean, Hebrew, Spanish, and several other languages.
- Hudgins, M.K. & Toscani, F. (2013) (eds) *Healing World Trauma with the Therapeutic Spiral Model: Stories From the Frontline*. London: Jessica Kingsley Publishers.
- Hudgins, M.K. , Culbertson, R. & Hug. Ed. (2009). *Action Against Trauma: A Trainer's Manual for Community Leaders Following Traumatic Stress*. Charlottesville, VA: University of Virginia, Foundation for the Humanities, Institute on Violence & Culture. Available at www.Lulu.com
- Hudgins, M.K., Lai, A., Chang, L., & Chang, S. (In Press). *The Indigenous Approach to the Therapeutic Spiral Model: An Alive Experience*. Taipei, Taiwan: Psychology Consulting.

Book Chapters and Articles

- Hudgins, K. (2017). A simple clinical action map to heal PTSD: The Therapeutic Spiral Model's internal role map.

Therapeutic Spiral International, LLC
Phone 1-434-227-0245

The Neuropsychotherapist, 6, (5) summer.

- Hudgins, K. (In Press a). PTSD unites the world: Prevention, intervention and training in the Therapeutic Spiral Model. In C. Stout (Ed). *Why Global Health Matters: Innovations and Inspiration*. Create Space.
- Hudgins, K. (In Press, b). Action across the distance with telemedicine: The Therapeutic Spiral Model to treat trauma—Online. In S.L. Brooke (Ed). *Telemedicine and the creative arts*. Springfield: Charles C. Thomas Publishers.
- Hudgins, K. (2016). Introduction to the Therapeutic Spiral Model. *International Expressive Arts Therapy Association Newsletter*.
- Hudgins, K. (2015). Spiral healing: A thread of energy and connection across cultures. In S.L. Brooke & C.E. Myers (eds). *Therapists creating a a cultural tapestry: Using the creative therapies across cultures*. p. 260-281. Springfield, IL: Charles C Thomas Publishers, LTD.
- Hudgins, K. (2014). Spontaneity and creativity: The path to healing trauma with the Therapeutic Spiral Model. *British Psychodrama Association*. 29, (1-2), 39-68.
- Hudgins, K. (2013). The spirit of healing trauma: The Therapeutic Spiral Model. In S.B.Linden (ed). *The heart and soul of psychotherapy: A transpersonal approach through theater arts*. p. 361-370. North America: Trafford Publishing. Available at www.trafford.com
- Hudgins, K. 2008), Nourishing the young therapist: Action Supervision with eating disordered clients using the Therapeutic Spiral Model™. In S. Brooke (ed.). *The*

Therapeutic Spiral International, LLC

Phone 1-434-227-0245

- Creative Therapies and Eating Disorders*. Springfield, IL: Charles C. Thomas publications.
- Hudgins, M.K. (2007a). Building a Container with the Creative Arts: The Therapeutic Spiral Model to Heal Post-traumatic Stress in the Global Community. In S. Brooke (ed) *The Use of Creative Therapies with Sexual Abuse Survivors*. Springfield, IL: Charles C. Thomas publications.
- Hudgins, M.K. (2007b). *Clinical Foundations of the Therapeutic Spiral Model: Theoretical Orientations and Principles of Change*. (eds) In C. Baim, J. Burmeister & M. Maciel (Eds.) *Psychodrama: Advances in Theory and Practice*. London: Routledge.
- Hudgins, M.K. (2003). *The Therapeutic Spiral Model to Treat PTSD in Action*: In P.F. Kellerman and M.K. Hudgins, (eds) *Psychodrama with Trauma Survivors: Acting Out Your Pain*. Translated into Chinese.
- Hudgins, M.K. (2000). *The Therapeutic Spiral Model to Treat PTSD in Action*: In P.F. Kellerman and M.K. Hudgins, (Eds) *Psychodrama with Trauma Survivors: Acting Out Your Pain*. London: Jessica Kingsley Publishers
- Hudgins, M. K. (1998). *Experiential Psychodrama with Sexual Abuse*. In Greenberg, L., Lietaer, G. & Watson, J. (Eds.), *Handbook of experiential psychotherapy*. New York: Guilford Press.
- Hudgins, M.K. (1989). *Anorexia Nervosa: Experiencing the self through Psychodrama and Gestalt therapy*. In Hornyak, L.M. & Baker, E.K. (Eds.) *Experiential Therapies with Eating Disorders*. New York: The Guilford Press.
- Hudgins, M.K. & Drucker, K. (1998). Using the Containing

Therapeutic Spiral International, LLC
Phone 1-434-227-0245

Double to Prevent Uncontrolled Regression with Trauma Survivors. *The International Journal of Action Methods*.

- Hudgins, M.K., Drucker, K., & Metcalf, K. (2000). The "Containing Double": A Clinically Effective Psychodrama Intervention for PTSD. *The British Journal of Psychodrama and Sociodrama*
- Hudgins, M.K., and Kiesler, D.J. (1987). "Individual Experiential Psychotherapy: An Initial Validation Study of the Intervention Module of Psychodramatic Doubling". *Psychotherapy*, 24, 245-255.
- Hudgins, M.K. & Kiesler, D.J. (1985). *Individual Experiential Psychotherapy: An Initial Validation Study of the Intervention Module of Psychodramatic Doubling*. Unpublished Dissertation. Virginia Commonwealth University.
- Hudgins, M.K. and Kiesler, D.J. (1984). *Instructional Manual for Doubling in Individual Psychotherapy*. Richmond, Virginia: Virginia Commonwealth University.
- Hudgins, M.K. & Preston, J.C. (1981). "Psychodramatic expansion of the Johari Window". *Journal of Group Psychotherapy, Psychodrama, and Sociometry*.
- Hudgins, K. & Toscani, F. (2014). Containment = Safety with action methods. *The Journal of Psychodrama, Sociometry and Group Psychotherapy*, 62, (1), 105-110.
- Hudgins, M.K., Drucker, K., & Metcalf, K.. (1998). *Instructional Manual for the intervention module of Containing Double*. Charlottesville, VA.: The Center for Experiential Learning.
- Forssmann-Falck, R.F. and Hudgins, M.K. (1992). "Therapist-

Therapeutic Spiral International, LLC
Phone 1-434-227-0245

- Patient Transactions Early in Treatment with Borderline Patients. *Clinical Review*, 6, (1), 1-4.
- Forssmann-Falck, R.F. and Hudgins, M.K. (1988). The Stage-Process Model: Operationalization of the Psychotherapy Process With the Borderline Patient (p. 73-83). Annals of Clinical Research.
- Perry, R., Saby, K., Wenos, J, Hudgins, K., & Baller, J. (In Press). Psychodrama intervention for female service members using the Therapeutic Spiral Model. *The Journal of Psychodrama, Sociometry and Group Psychotherapy*.

Monographs

- Please see www.drkatehudgins.com for additional and more recent monographs and small press articles.
- Hudgins, M.K. (1993a). The types of re-experiencing dramas. Monograph. Madison, WI; The Center for Experiential Learning, Ltd..
- Hudgins, K. (1993b). The principles of conscious re-experiencing with developmental repair. Monograph. Madison, WI: The Center for Experiential Learning, Ltd.
- Hudgins, M.K. & Sheridan, M.J. (1990). The three-child model of recovery. Monograph. The Center for Experiential Learning, Ltd..
- Hudgins, K. & Toscani, F. (1996). The therapeutic spiral model with political refugees. Monograph. The Center

Therapeutic Spiral International, LLC
Phone 1-434-227-0245

for Experiential Learning, Ltd..

Hudgins, K. & Toscani, F. (1993) The containing double: An experiential intervention for safety with trauma survivors. Monograph. The Center for Experiential Learning, Ltd..

Toscani, F. & Hudgins, K. (1996). TSIRA: The trauma survivors' role atom: A clinical map to guide experiential intervention. Monograph. The Center for Experiential Learning, Ltd.

Toscani, F. & Hudgins, K. (1995a). The therapeutic spiral model: Cultural adaptations. Monograph. The Center for Experiential Learning.

Toscani F. & Hudgins, K. (1995b). Action trauma team building: Wholeness of the team. Monograph. The Center for Experiential Learning.

Small Press Articles

Hudgins, K. (1994). The helper-self in action. *Psychodrama Network News*. Washington, DC, March. edition.

Hudgins, K. (1993a) Spirituality in action. *Recovery & Discovery*. Madison, WI.

Hudgins, K. (1993b). Role theory revised. *Recovery & Discovery*. Madison, WI.

Hudgins, K. (1990a). Doubling: A psychodrama technique for finding the inner child. *Addiction Letter*, , Richmond, VA., January edition.

Hudgins, K. (1990b). Using Psychodrama Technique as a therapeutic tool. *Addiction Letter*, , Richmond, VA., Oct.edition.

Therapeutic Spiral International, LLC
Phone 1-434-227-0245

Toscani, F. & Hudgins, K. (1996). The trauma survivor's in
trapsychic role atom: TSIRA. *Psychodrama Network News*.
Washington, DC, March. edition.

Videos

- Hudgins, K. (1993). Healing sexual trauma with action meth-
ods. Madison, WI: Digital Recordings, Inc.

International Presentations

I can provide a list of over 60 international presentations done from 1984 when I accepted the American Psychological Association Graduate Student Award for Research until my most recent at the International Expressive Arts Therapy Association Meeting in Hong Hong, October 2015. I have been a keynote speaker, plenary speaker or pre-conference presenter at over 30 organizations and conferences.

Therapeutic Spiral International, LLC
Phone 1-434-227-0245

n e-mail DrKateTSI@mac.com