



# CV: Brenda Schaeffer, D.Min, M.A.L.P., C.A.S.



BRENDA SCHAEFFER  
D.Min, M.A.L.P., C.A.S.

Brenda M. Schaeffer, D.Min., M.A.L.P., C.A.S.  
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## Summary of Qualifications

- D.Min. in Spiritual Psychology: University of Creation Spirituality, 2000
- Master of Arts in Human Development: St. Mary's College, 1976
- Licensed Psychologist, 1986
- Certified Addiction Specialist, American Academy of Health Care Providers in the Addictive Disorders, Specialty in Sexual Addiction, 1996
- Clinical Member of International Transactional Analysis Association, 1976
- Associate Member of International Association of Enneagram Teachers, 1995
- Published Author: *Love or Addiction? The Power and Peril of Teen Sex and Romance*, *Love's Way*, *Is It Love or Is It Addiction?*, *Loving Me, Loving You*, *Power Plays*, *Signs of Healthy Love*, *Signs of Addictive Love*, *Addictive Love Help Yourself Out*, and *Corrective Parenting Chart*
- Over 600,000 publications in print and in five foreign languages: English, Spanish, German, Portuguese, Chinese
- College faculty and guest lecturer appointments
- International, national lecturer, workshop presenter, keynote speaker
- Extensive national media experience: television, radio, internet, press
- Professional trainer of psychotherapists, educators, communication consultants
- Executive Board Member of the National Council on Sexual Addictions and Compulsivity, 1992-1998
- Founder, owner and Clinical Director of Brenda M. Schaeffer and Associates, a mental Health Clinic, 1989-1995
- Owner and Director of Healthy Relationships, Inc., current
- Co-founder of the Institute for Integrative Healing Practices, Inc., a non-profit for the education and preservation of eastern, western and indigenous healing practices, 1995
- Host of radio talk show: *"It's All About Love"*, *Sex, Love and Enlightenment*
- Established a net radio talk show: Love on Line
- Editor for two newsletters: *Healthy Relationships* and *Bridging the Sacred and Secular*
- Developed a professional training and graduate course: Creation Psychology to integrate science and spirituality
- Over 25 years experience as a psychotherapist, trainer of therapists, clinical supervisor, communication consultant
- Expert training in child development, trauma, transactional analysis, gestalt, hypnotherapy, the enneagram, dreams, guided imagery, body work, sexual addiction/compulsivity, transpersonal, indigenous and spiritual psychology
- Examples of published articles:
  - "The Enneagram and Addiction Recovery", with Jennifer Schneider, M.D., *Enneagram Applications*, 2001.
  - "Love Addiction", *Paradigm*, Winter 2003.
  - "From Power Plays to Power Sharing", *Paradigm* Spring 2005,
  - "What is Love?", *Recovery Today*, July, 2001;
  - "Love Addiction: What Is It? Who Gets It? And Why?", *Recovery Today*, February, 2002.

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## Experience

1987- present: private practice in clinical psychology— individual, couple, family and group therapy, and personal growth retreats, training and consulting— for Brenda Schaeffer and Associates and Healthy Relationships, Inc.

1986 to present: best-selling author with Hazelden and Harper San Francisco

1995 to present: workshops and training for the Institute for Integrative Healing Practices: Healing the Spirit Within, Bridging the Sacred and Secular, Indigenous Psychology, Healers on Healing, Creation Psychology

1995 to present: faculty, University of St. Thomas Continuing Education Program

1989-1995: owner and clinical director of Birchwood Centers Inc. a licensed Mental Health Clinic

1984-1989: President and trainer/therapist/communication consultant Transactional Analysis Institute of Minnesota

1984-1986: Psychotherapist, Institute for Therapy and Behavior Change

1976-1984: Visiting teacher at the University of Minnesota School of Education Department of Psychology, the College of St. Scholastica Department of Education and Psychology, and the University of Wisconsin Department of Counseling

2004-present: Clinical Consultant, Life Works Community, Ltd, London and Old Woking, England

2003-present: Featured Guest: KARE 11, Minneapolis, NBC affiliate

In addition, Brenda has worked as a consulting therapist and trainer in adoption services, adolescent treatment, children's services and the criminal justice system. She has presented at several treatment centers such as Hazelden, Life Works Community, and the Meadows.

## Invitational Events

*Dr. Schaeffer has been invited to present numerous keynotes, workshops and training nationally and internationally. Some of note: European Addictions Conference, the Esalen Institute in Big Sur, CA., the Omega Institute in New York, the Society of Chilean Psychologists in Santiago, Chile, the Whole Life Expo in Chicago, and presentations in London, Hawaii, Singapore, Geneva, Brussels, Montreal, St. Johns, New Brunswick, Mexico and Jamaica. She has been featured guest on hundreds of national television and radio shows including Sally Jesse Raphael, The O'Reilly Report on Fox News, Wisdom Radio's "Deep Healing" with Dr. Emmett Miller, and Jeff Ray's "Unchain Your Mind" and Public Radio. She has been featured in several magazines and newspapers such as Elle, Cosmo, US Weekly, Washington Post, London's Independent, Lotus, Changes, New Woman, Addiction and Recovery, Minneapolis Star and Tribune, Twin Cities Reader, St. Paul Pioneer Press, Recovery Today, The Phoenix, Twin Cities Wellness, The Edge, The Virginia Gazette,*

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