

Celeste Emelia Mattingly, LCSW

Licensed Clinical Social Worker Psychotherapist/ Healing Facilitator/ Author

15 Executive Drive, Unit #1M
Farmington, CT 06032-2839
(860) 470-5404 fax: (860) 321-7353
<https://celestiaempowerment.com>
cmattingly100@comcast.net

Summary of Qualifications

- ❖ Thirty-seven years of ongoing experience developing expertise in Adult Mental Health and Addiction Issues.
- ❖ Eclectic utilization of Behavior Modification, Dialectic Behavior Training (DBT), Twelve-Step Facilitation (TSF), Self-Psychology, RET, Cognitive Restructuring, Brief and Solution-Focused therapies with Integrative Holistic and Energy-Medicine emphasis.
- ❖ Creator of Celestial Psychology®.
- ❖ Possesses exceptional interpersonal and communication skills, both written and oral.
 - ❖ Remarkable capacity for instilling confidence in the therapeutic process.
- ❖ Exemplary work ethic. Works well independently and within an interdisciplinary team.
- ❖ Highly developed and inherent leadership, supervisory, and conflict-resolution skills.

Administrative Specialties

- ❖ Maintained successful psychotherapy private practice for 21 years.
- ❖ Successful upkeep of license, malpractice insurance (no claims), commercial insurance: Anthem, Beacon Behavioral Health, Cigna, United Behavioral Health, Medicare, Medicaid, and EAP credentialing panels.
- ❖ Navigates all aspects of managed care, including obtaining pre-certification / benefit information and providing ongoing treatment reporting (OTR), utilization reviews, appeals for claim denials, and billing.
- ❖ Upholds all aspects of HIPPA & NASW Confidentiality Compliance, including Security Metrics, verified internet safety.
- ❖ Mentored LCSWs, APRNs, and other licensed clinicians into private practice.
- ❖ Over two years of experience leading teams of professionals in various psychiatric and psychotherapeutic settings.
- ❖ Proficient at marketing, networking, and public relations.
- ❖ Possesses computer skills in Microsoft Word, Publisher, Excel, internet, social media, web design, and billing software.
- ❖ Supervised substance abuse programs.
- ❖ Developed and initiated client rules and regulation protocols at various facilities.
- ❖ Developed and renewed program curricula and schedules.
- ❖ Performed treatment efficacy research.
- ❖ Developed own Likert scale for substance abuse research.
- ❖ Developed and revised policy and procedures manuals at a variety of treatment facilities.
- ❖ Supervised intermediate care program- upholding state and health department regulations for safety and security.
- ❖ Supervised MSW and DARC interns at previous sites.
- ❖ Maintains 24-hour pager coverage- including a shared rotation with prominent community clinicians and psychiatrists for weekends, holidays, and vacations.
- ❖ Keeps impeccable industry-standard records.

Clinical Specialties

- ❖ Conducts individual, long-term, and brief eclectic psychotherapy (in-person and telehealth) for adult and geriatric populations.
- ❖ Maintains active client caseload—average seventy.
- ❖ Provides thorough DSM5 assessment and diagnosis.
- ❖ Prepares bio-psycho-socials with emphasis on spiritual/religious influences, individualized treatment, and discharge plans.
- ❖ Intervenes and supports the client at all stages of readiness and development.
- ❖ Upholds ASAM level-of-care guidelines and often refers clients to various treatment facilities for inpatient or partial hospitalization.
- ❖ Provides psychotropic-medication consultations with MDs, APRNs, and PCPs.
- ❖ Maintains a working knowledge of the latest medical and Holistic health treatments.
- ❖ Facilitated about a dozen ongoing therapy groups in private practice throughout the years.
- ❖ Facilitated up to 15 groups per week in other institutional settings.

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Social Welfare Specialties

- ❖ Provides affordable outpatient treatment to clients of all socio-economic backgrounds.
- ❖ Provides advocacy and case-management for adult and geriatric populations.
- ❖ Collaborates with the Justice System and the Department of Children and Families.
- ❖ Prepares Social Security Disability (SSD) documentation for clients as needed.
- ❖ Maintains a working knowledge of state and federal entitlement and benefit programs.
- ❖ Highly developed knowledge-base and sensitivity related to the impact of various social, cultural, and gender issues on the mentally- ill, substance-abusing, and spiritually-disempowered populations.

RELATED EMPLOYMENT HISTORY

Sole Proprietor/Independent Contractor, *Psychotherapy Healing Services, LLC (circa 1999)* 15 Executive Drive, #1M, Farmington, CT 06032 (June 2020 - Present)

Founder/CEO, *The Sanctuary for Celestial Empowerment & The Foundation for Celestial Psychology*, 10 Grassmere Avenue, Suite #300, West Hartford, CT 06110 (2009 – April 2020)

Sole Proprietor/Independent Contractor, *Psychotherapy Healing Services, LLC*, 100 South Main Street., West Hartford, CT (November 2007 – August 2014)

Sole Proprietor/Independent Contractor, *Psychotherapy Services, LLC*, 779 Farmington Ave., West Hartford, CT (September '99 – November 2007)

Primary Therapist, *Saint Francis Care BH*, Mount Sinai PHP, Hartford, CT (June '00 - March '01)

Fee-for-Service Group Facilitator, *Reid Treatment Center*, Avon, CT (Sept. '99 - June '00)

Substance Abuse Coordinator, *Catholic Family Services*, New Britain, CT (Jan. '99 - Aug. '99)

Primary Therapist, *Rushford Treatment Center*, Middletown, CT (Sept. '97 - Jan. '99)

Primary Therapist/CD and Relapse Prevention Track Coordinator/Team Lead,

RiverEast Partial Hospital Program – Natchaug Psychiatric Hospital, Vernon, CT (Jan. '96 – Sept. '97)

Clinical Social Worker/Trauma Track Intern, *Institute of Living*, Hartford, CT ('95)

Psychiatric Social Worker Intern, *DMHAS, Merritt Hall*, Middletown, CT ('94)

Clinical Counselor Intern, *Blue Ridge Treatment Center*, Bloomfield, CT ('93)

Community Counselor/Night Manager, *Women's Halfway House, Southeastern Council Alcohol and Drug Dependence*, New London, CT ('84 – '86)

EDUCATION

MSW – Springfield College, School of Social Work **Advanced Generalist Program**,
Springfield, MA - maintained 4.0 - graduated 1995

BS Human Services/Applied Behavioral Science Focus

Charter Oak College, Newington, CT - graduated 1992

Completed over 10,000 hours of formal and informal independent study—post-licensure.

Professional Affiliations

National Association of Social Workers (NASW) — Member since 1994

Presenter of numerous NASW approved Workshops on Spirituality & Psychology since 2011

Holistic Health Chamber of Commerce — Member since 2013

Connecticut Community of Addictions Recovery (CCAR) — Member since 1999

Connecticut Holistic Health Association — Member since 2002

Spiritual Emergence Network founded by Christian Grof — Member since 2013

Association for Spirituality & Psychology, New York, NY — Member since 2011

Founder of *The Foundation for Celestial Psychology*® 2008

Founder of *The Sanctuary for Celestial Empowerment* 2009

References Available Upon the Development of Mutual Interest

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Extra-Curricular Specialties

Creator of *Celestial Psychology*®

Registered Trademark 2008

Books Available on Amazon

Celestial Psychology®: *A Workbook for Chakras, Psychological Theory & Conscious Evolution*
&

Celestial Psychology®: *A Guidebook for Creating Miracles, Luminosity & Conscious Evolution*

Publishing

Creator of Adam Kadmon Publishing

Website Design

celestiaempowerment.com ~ re-Design by Shoi (2020)

celestialpsychology.com (WordPress self-maintained)

Brochure & Logo Designs Examples Available Upon Request

Social Media

Constant Contact Newsletter Creator and Manager Since 2010 Maintains 1100+ email data-base
Created, Wrote, & Published over 350 newsletters with industry-standard above average 25% Open Rate
Manages 3 Facebook Pages, and 1 LinkedIn account since 2011

Energy Medicine & Consciousness-raising expertise. Various certifications & studies since 1970.

Installed New England's first Tachyon-Energy Chamber 2018- for meditation & healing.

NASW Approved Workshops Prepared & Presented:

- ***Spirituality & Psychology: Are They Really Separate?*** 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by D&S Associates 2011
- ***The Egoic Mind: What is it and how can understanding this and other New Thought/spiritual or metaphysical concepts assist mental health clients?*** 3 CEC NASW Approved Workshop written by Celeste E. Mattingly, LCSW hosted by NASW at April 2011 Conference
- ***A Seminal Look at Psychological Theory and the Human Chakra System*** 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by *The Foundation for Celestial Psychology*®, held at *The Center for Holistic Empowerment*, February 2012
- ***Spirituality & Psychology: Overcoming the Schism*** 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by *The Foundation for Celestial Psychology*®, held at *The Center for Holistic Empowerment*, October 2013
- ***Keeping Psychotherapy Alive & Competitive: Navigating The DSM-5's Medical Model, and the Growing Culture of Spirituality in the New Age Supermarket.*** 3 CEC NASW Approved Workshop written by Celeste E. Mattingly, LCSW hosted by NASW at April 2014 Conference
- ***Working with the Spiritually Emergent Client: Is it Spiritual Emergence or Psychiatric Emergency?*** 7.5 NASW Approved CEC Workshop written by Celeste E. Mattingly, LCSW hosted by *The Foundation for Celestial Psychology*®, held at *The Sanctuary for Celestial Empowerment*, 2015 to present.

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**Psychosocial Summary of Life
Experiences & Education**

1965 to 1969:

Survived Catholic High School—maintained reverence for the Christ Consciousness,
while cultivating interest in world religions.

Throughout high school studied Krishnamurti, philosophy, and Absurdist Theatre.

Received kudos for essay writings on consciousness & Sociology exam score.

1969 to 1975:

“Grateful survivor of the seventies!”

Attended UCONN and studied English, Dramatic Arts, and of course, Consciousness-Raising
(of the nonacademic type).

Studied Metaphysics independently with various local groups.

Authors included: Roberts, Nicolle, Gurdjeiff, Ouspensky,

Wilber, Cayce, Keyes, and many others.

Completed 40-Day Arica Training in Amherst, MA, with Oscar Ichazo of Arica Chile.

Studied T'ai Chi, I Ching, Silva Mind Control, and various world religions.

1975 to 1984:

Fell asleep and fell deeply into the darkness of drink, drugs, dependency, and decadence.

June 15, 1984 to present:

Woke up!

And began a rigorous and continuous path of Spiritual Awakening with relinquishment of substances;
studied all the self-help fellowships and acquired mastery of the 12-Steps.

Began reading and practicing the lessons of *A Course in Miracles*. *August 26, 1986 to present.*

Completed Bachelor's in Human Services with an *Applied Behavioral Science Focus*. *1992.*

Completed *Master of Social Work* with 4.0 average and

kudos for exemplary clinical work, writing, and presentation skills. *1995.*

*****Founded Psychotherapy Healing Services, LLC. *1999 to present.* *****

Earned Reiki I & II level practitioner in the Usui tradition. *2002.*

Received ordination as reverend in the *original* Universal Life Church. *2002 to present.*

Achieved Certification as Reconnective Healing® Practitioner. *2008 to present.*

Completed Levels I-IV *Arcturian Healing Method* and various ongoing trainings with

Energy Medicine Practitioner & Teacher, Eugenius Ang, PhD. *2008 to present.*

Studied Quantum Physics with Amit Goswami. *2020 to present.*

Installed New England's First Professional Tachyon Chamber. *2018 to present.*

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References

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&
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