

## **RUTH CASTELLANO, LPC**

615 Hope Road, Building 3A  
Eatontown, NJ 07724

732.859.9283 (c)  
732.380.1575 (w)  
[rcastellano@lcwcnj.com](mailto:rcastellano@lcwcnj.com) (e)

### **QUALIFICATIONS**

- Co-founder of Lighthouse Counseling and Wellness Center, Inc
- Adjunct Professor at Georgian Court University, Psychology Department
- New Jersey State Licensed Professional Counselor
- Graduate of Georgian Court University Counseling Psychology Program
- EMDR Level I and II completed 2001
- Extensive Supervisory Experience
- Sexual Assault Response Team (SART Advocate)
- Critical Incident Debriefing for the Ocean County Emergency Response Team (CISM trained)
- Designed and Implemented multiple Sandplay Trainings for Professionals
- Association for Play Therapy Approved CE Provider (#06-175)
- National Board for Certified Counselors Approved CE Provider (#6253)
- California Board of Behavioral Sciences Approved CE Provider (PCE 4233)

### **EDUCATION**

1997 Masters in Counseling Psychology, Georgian Court University  
1994 BA in Psychology, Georgian Court University

### **PROFESSIONAL PRESENTATIONS AND TRAININGS**

2010 *Introduction to Sandplay Therapy*  
6<sup>th</sup> International Conference on Social Work in Health and Mental Health – Dublin, Ireland

2010 *Introduction to Sandplay Therapy*  
NASW-NJ 2010 Annual Conference – Atlantic City, New Jersey

2010 *Sandplay Level I, II, III – Intensive Sandplay Training Weekend*  
Lighthouse Counseling & Wellness Center, Inc. – Eatontown, New Jersey

2010 *Introduction to Sandplay Therapy*  
Long Branch School System In-Service Training – Long Branch, New Jersey

2009 *Introduction to Sandplay Therapy*  
Monmouth University – Long Branch, New Jersey

2009 *Introduction to Sandplay Therapy*  
Georgian Court University – Lakewood, New Jersey

2009 *Sandplay Level I, II, III – Intensive Sandplay Training Weekend*  
Lighthouse Counseling and Wellness Center, Inc. – Eatontown, New Jersey

2009 *Sandplay Level I, II, III – Intensive Sandplay Training Weekend*  
Lighthouse Counseling and Wellness Center, Inc. – Eatontown, New Jersey

2009 *Introduction to Sandplay Therapy Training –*  
Newark Public School System EC Expo – Newark, New Jersey

2009 *Introduction to Sandplay Therapy Workshop*  
Rumson Fair Haven High School – Rumson, New Jersey

2009 *Introduction to Sandplay Therapy Workshop*  
Monmouth University – Long Branch, New Jersey

2009 *Introduction to Sandplay Therapy*  
NASW-NJ 2009 Annual Conference, Atlantic City, New Jersey

2009 *Intermediate Sandplay Therapy Training – 6 Month Training Program*  
Lighthouse Counseling and Wellness Center, Inc. – Eatontown, New Jersey

2009 *Intermediate Sandplay Therapy Training – 6 Month Training Program*  
Lighthouse Counseling and Wellness Center, Inc. – Eatontown, New Jersey

2008 *Intermediate Sandplay Therapy Training – 6 Month Training Program*  
Lighthouse Counseling and Wellness Center, Inc. – Eatontown, New Jersey

2008 *Intermediate Sandplay Therapy Training – 6 Month Training Program*

- Lighthouse Counseling and Wellness Center, Inc. – Eatontown, New Jersey
- 2008 *Introduction to Sandplay Workshop*  
Long Branch School System - Long Branch, New Jersey
- 2008 *Introduction to Sandplay Workshop*  
Georgian Court University – Lakewood, New Jersey
- 2008 *Sandplay Level I, II, III – Intensive Sandplay Training Weekend*  
Lighthouse Counseling & Wellness Center, Inc. – Eatontown, New Jersey
- 2008 *Sandplay Level I, II, III – Intensive Sandplay Training Weekend*  
Lighthouse Counseling & Wellness Center, Inc. – Eatontown, New Jersey
- 2008 *Sandplay Level I, II, III – Intensive Sandplay Training Weekend*  
Lighthouse Counseling & Wellness Center, Inc. – Eatontown, New Jersey
- 2008 *Introduction to Sandplay Therapy*  
New Jersey Counseling Association Annual Conference - Somerset, New Jersey
- 2008 *The Power of Touch, Talk and Play* – Lead Trainer: Betta de Boer-van der Kolk, LCSW, CRS  
Sheraton Hotel and Conference Center, Eatontown, New Jersey (Conference Sponsor)
- 2008 *Introduction to Sandplay Therapy*  
NASW-NJ 2008 Annual Conference - Atlantic City, New Jersey
- 2007 *Sandplay Level I, II, III – Intensive Sandplay Training Weekend*  
Lighthouse Counseling & Wellness Center, Inc. – Eatontown, New Jersey
- 2007 *Sandplay Therapy – Healing Children Through Symbolic Play*  
Fair Haven Friends of Different Learners - Fair Haven, New Jersey
- 2007 *Sandplay Level I, II, III – Intensive Sandplay Training Weekend*  
Lighthouse Counseling & Wellness Center, Inc. – Eatontown, New Jersey
- 2006 *Introduction to Sandplay Training*  
Georgia Court University - Lakewood, New Jersey
- 2006 *Sandplay Level I, II, III – Intensive Sandplay Training Weekend*  
Lighthouse Counseling & Wellness Center, Inc. – Eatontown, New Jersey
- 2006 *Sandplay Level I - Introduction to Sandplay*  
Lighthouse Counseling and Wellness Center, Inc.– Eatontown, New Jersey
- 2006 *Sandplay Level II – Deepening the Experience*  
Lighthouse Counseling and Wellness Center, Inc. – Eatontown, New Jersey
- 2006 *Sandplay Level III – Couples, Families and Groups*  
Lighthouse Counseling and Wellness Center, Inc. – Eatontown, New Jersey
- 2005 *Introduction to Sandplay Training*  
Georgia Court University – Lakewood, New Jersey
- 2005 *Sandplay Level I - Introduction to Sandplay*  
Lighthouse Counseling and Wellness Center, Inc.– Eatontown, New Jersey
- 2004 *Introduction to Sandplay Therapy* – Trainer: Lois Carey, MSW, LCSW, RPT-S  
Lighthouse Counseling and Wellness Center, Inc. - Eatontown, New Jersey (Training Sponsor)
- 2002 *EMDR in the Treatment Setting*  
Co-Presented at the New Jersey Counseling Association Workshop

### **PROFESSIONAL EXPERIENCE**

- 2004 – Present *Psychotherapist and Owner – Lighthouse Counseling and Wellness Center, Inc*  
Eatontown, New Jersey
- 2002 – Present *Adjunct Professor – Georgian Court University, Psychology Department*  
Lakewood, New Jersey
- 2001 – 2004 *Psychotherapist – Private Practice*  
Ocean County, New Jersey
- 1998 – 2002 *Staff Therapist, Drug/Alcohol Counselor, Prevention Specialist – St. Francis Center*  
Brant Beach, New Jersey
- 1997 – 1998 *Family Service Specialist – Division of Youth and Family Services*  
Monmouth County, New Jersey
- 1996 – 1997 *Day Training Worker- Association for Retarded Citizens*  
Monmouth County, New Jersey
- 1994 – 1995 *Child Care for Children and Families – Early Intervention Program*

- 1995 Monmouth County, New Jersey  
*Professor Assistant – Georgian Court College*  
 Lakewood, New Jersey
- 1994 *Substitute Counselor – Providence House*  
 Ocean County, New Jersey

### **PROFESSIONAL MEMBERSHIP**

- American Counseling Association (present)  
 New Jersey Counseling Association (present)  
 Association for Play Therapy (2005 - present)  
 Sandplay Therapists of America (2005 - present)  
 East Coast Sandplay Association (2006 – present)  
 Sexual Assault Response Team (SART) (2000-2005)  
 Critical Incident Debriefing for the Ocean County, NJ Emergency Response Team (2000-2005)

### **CLINICAL SUPERVISION & PLAY THERAPY TRAINING**

- 2006 – 2010 4.5 APT CE's awarded monthly – Lois Carey, MSW, BCDSW  
 Center for Sandplay Studies – Upper Grandview, NY
- 2002 – Present Bi-weekly Peer Group Supervision  
 Lighthouse Counseling and Wellness Center, Inc. – Eatontown, NJ
- 2000 – 2001 Monthly TFT and EMDR Supervision – Victoria Britt, MSW, LCSW  
 Montclair, NJ
- 1998 – 2002 Weekly Individual and Group Supervision – Terry Lewis, MSW, LCSW  
 St. Francis Counseling Center, Brant Beach, New Jersey

### **POST GRADUATE CONTINUING EDUCATION AND SEMINARS ATTENDED**

- 2009 *School Based Play Therapy III* – Lois Carey, LCSW (4.5 CE)  
 2009 *School Based Play Therapy II* – Lois Carey, LCSW (4.5 CE)  
 2009 *School Based Play Therapy I* – Lois Carey, LCSW (4.5 CE)  
 2009 *Moral, Physical, Spiritual Choice in Sandplay III* – Lois Carey, LCSW (4.5 CE)  
 2009 *Moral, Physical, Spiritual Choice in Sandplay II* – Lois Carey, LCSW (4.5 CE)  
 2009 *Moral, Physical, Spiritual Choice in Sandplay I* – Lois Carey, LCSW (4.5 CE)  
 2009 *Reiki and Mental Health* – Carla LaFoie (2 CE)  
 2009 *Adolescent Gynecological Issues and Mental Health* – Laurie Jeffers, MSW, FNP (2 CE)  
 2009 *Dynamic Listening Therapy for Sensory Issues in Children and Adults* – Alex Freer, Key to Me Therapy (2 CE)  
 2008 *Supervision in Sandplay Therapy II* – Lois Carey, LCSW (4.5 CE)  
 2008 *Supervision in Sandplay Therapy I* – Lois Carey, LCSW (4.5 CE)  
 2008 *Eating Disorders in Sandplay III* – Lois Carey, LCSW (4.5 CE)  
 2008 *Eating Disorders in Sandplay Therapy II* – Lois Carey, LCSW (4.5 CE)  
 2008 *The Power of Touch, Talk and Play*, Betta de Boer-van der Kolk, LCSW, CRS (14 CE)  
 2007 *Eating Disorders in Sandplay I* – Lois Carey, LCSW (4.5 CE)  
 2007 *Exploring the Masculine in Sandplay Therapy* – Lois Carey, LCSW (4.5 CE)  
 2007 *Exploring the Feminine in Sandplay Therapy* – Lois Carey, LCSW (4.5 CE)  
 2007 *Social Work, Ethics and Professional Responsibilities*, Christine Heer, Esq., LCSW, D.V.S. (5 CE)  
 2007 *Frontiers of Trauma Treatment*, Bessel van der Kolk, M.D. (15 CE)  
 2006 *Frontiers of Trauma Treatment*, Bessel van der Kolk, M.D. (15 CE)  
 2005 *Frontiers in Trauma Treatment*, Bessel van der Kolk, M.D. (15 CE)  
 2005 *2-Day Sandplay Training*, Dottie Higgins (12 CE)  
 2004 *Jungian Sandplay Therapy*, Lois Carey, MSW (6 CE)  
 2004 *Frontiers in Trauma Treatment*, Bessel van der Kolk, M.D. (15 CE)  
 2003 *One Year Series: Chakra, Energy, Sandplay*, Stephanie Hagadorn, M.A. (36CE)  
 2002 *Defense Mechanisms and Sandplay Therapy*, S. Hagadorn, M.A. (24 CE)  
 2002 *New York Association for Play Therapy –Trauma Resolution with Sandplay* (7 CE)  
 2002 *Level V Sandplay Therapy – Couples and Pairs*, Stephanie Hagadorn, M.A. (18 CE)

2002 *Experiential Sandplay Intensive – Level I & II*, S. Hagadorn, M.A. (24 CE)

2002 *Experiential Sandplay Intensive – Level III & IV*, S. Hagadorn, M.A. (24 CE)

2001 *Assessment and Treatment of Sexually Abused Children (2 Day)*, Eliana Gil, (12CE)

2001 *CISM (Critical Incident Stress Management)*, Steve Crimando

2001 *Domestic Violence... A Road to Understanding*, Sponsored by St. Francis Counseling

2001 *EMDR Level II*, EMDR Institute, Cambridge, Massachusetts (17 CE)

2001 *Summer of Safety, Date Rape Drugs and Impact on Survivor*, St. Francis Counseling

2000 *EMDR (2 Day): Kitcur Model: The Strategic Developmental Model for EMDR*, Maureen Kitchur

2000 *APSAC: NJ Child Maltreatment in the New Millennium: Breaking Cycles and Building Resiliency*

2000 *Mastering the Key Connection (3 Days): Clinical Training on Trauma Services in the Public Domain*

2000 *Growing Up with Domestic Violence*, St. Francis Counseling Center

1999 *Sexual Assault Response Team (SART) Training*, St. Francis Counseling Center

1999 *EMDR Level I*, EMDR Institute, New York, New York (17 CE)

1999 *Addiction Severity Index*, CADC Institute

1999 *EPIC Facilitator Training*, St. Francis Counseling Center

1999 *Adkins Life Skills (Institute for Life Coping Skills)*, Robert Hazlet, Ph.D.

1997 - 1998 *Multiple Training as DYFS Caseworker on Trauma Resolution and Resource Development*