

# CHRISTI BEMISTER, PSYD, PLLC

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## EDUCATION

**PsyD & PsyS & MA**  
**Humanistic & Clinical Psychology**  
Michigan School of Psychology, MI

**MA, Educational Technologies**  
School of Education,  
University of Michigan School, MI

**BA, Human Resource Administration, *summa cum laude***  
Concordia College, Ann Arbor, MI

**AS, Information Processing**  
Washtenaw Community College, Ann Arbor, MI

## CERTIFICATIONS

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**Realization Process Senior Teacher**  
Meditation, Embodiment, Healing Ground, & Empathic Ground,  
Judith Blackstone, PhD

**Havening™**  
Ron Ruden, PhD, MD

**Progressive Thought Field Therapy (PTFT)**  
Kevin Laye

**Advanced & Basic Certification**  
Brennan Healing Science  
Barbara Brennan, PhD

**Advanced Shamanic Study**  
Dream Change, John Perkins

**Certification in Instructional Development**  
Executive Education Center  
University of Michigan, Ann Arbor

## PUBLICATIONS

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Bemister, C. L. (2012) *Adult Sibling Well-Being: Influences of Autism*. Ann Arbor, Michigan: ProQuest.

Bemister, C. L. (2008) *The Experience of Family Members' Growing up with Autism: A World of Silent Suffering*. Ann Arbor, Michigan: ProQuest.

## CLINICAL WORK

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Chronic pain and addiction recovery specialty, solutions focused using mindfulness, sensory integration, psychodynamic therapy, body-oriented/somatic, narrative, transtheoretical, and positive psychotherapy with adults and geriatric clients; intake assessments; administration and scoring of MMPI-2; case conferences; support integration of psychology with medically based pain clinics; contact with Psychiatrists, Physicians, Social Workers, Nurses, Physician Assistants, and other professionals as necessary.

Clients' issues range from personal development, mental health recovery from trauma, depression, anxiety, post-traumatic stress, other mental health issues as presented; cognitive-behavioral issues include reframing unhealthy beliefs into life-sustaining action; physical health challenges ranging from cancer, chronic pain, auto-immune disorders, addiction recovery and others as they present; spiritual challenges with life/death transitions and helping an individual explore and find connection to a greater source.

Session formats: individuals and couples; individual incorporated bioenergy assessments when applicable, psychotherapy, and special topic six-week minimum groups (i.e., trauma recovery, addiction recovery, mindfulness) as necessary or requested. Invited speaker to focus on the integration of energy healing and mental/physical health. Business consulting focused on relationship management.

## GROUP WORK

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### **Realization Process, A Monthly Deep Dive**

Monthly practice group doing exercises within the Realization Process practices. Co-teach with Marcia Haarer, LMSW

### **Trauma Recovery Therapy Group**

(co-facilitated with Marcia Haarer, MSW). Group therapy in conjunction with a workbook developed by facilitators to create structure and to facilitate the process of trauma recovery. Six to twelve week start times with sessions running continuously.

## TEACHING

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### **The Healing Relationship of Nondual Space and Chronic Pain**

This weekend offers an introduction to trauma, the brain, and chronic pain. We will examine a simplified biology of the brain and how trauma affects the brain. You will learn to locate and inhabit areas of the brain most associated with chronic pain.

### **Advanced Healing Relationship of Nondual Space and Chronic Pain**

Healing from trauma and chronic pain is not an intuitive process. Instinctively, automatically, one may contract or grasp in reaction to extreme sensory events. These intense sensory experiences obstruct communication between the left (thinking) and the right (emotional) brain hemispheres in an attempt to manage overwhelm. So, rather than intuition, it takes focused intention and effort for healing to happen. This workshop continues the learning of the biology of the brain and how areas of the brain are changed by trauma leading to chronic pain.

### **Realization Process Teacher Training, Part 1**

Ongoing yearly: Meditation, Embodiment, Trauma Repair, and Empathic Ground. Co-teach with Marcia Haarer, LMSW, includes the main Realization Process practices gentle movement practices to attune to fundamental consciousness within one's body. These practices cultivate internal unity, balance, fluidity, presence, and subtle energy within the body.

### **Trauma and Chronic Pain: Realization Process as a Path to Healing.**

Introduction to the brain stressed with trauma and its relationship to chronic pain. Introduction to modified exercises within the Realization Process to directly focus on chronic pain.

### **Brennan Healing Science Intern Instructor**

Freshmen students: Taught, assigned, and assessed homework related to basic psycho-spiritual and healing science skills. Barbara Brennan School of Healing, Boca Raton, Florida

### **Lead Educational Trainer for Technology Integration**

University of Michigan, Instructional Technology. Project management, implemented and evaluated new technology via training sessions and workshops for groups of faculty, students, and support staff, implementing computers into their work, courses, programs and/or curriculum across the university system.

### **Lead Educational Trainer for Microsoft Office Software**

University of Michigan, Business School. Developed, implemented, evaluated, and granted certification for faculty, students, and support staff.

### **Lead Educational Trainer for Computing Integration**

University of Michigan, Business School. Developed, implemented, and evaluated training sessions, seminars and workshops for university personnel.

## PROGRAM DEVELOPMENT

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### **Resonant Leadership: Positive Aspects of Character Development**

With Marcia Haarer, MSW. Progressing the theoretical framework of Wilhelm Reich, John Pierrakos, and Alexander Lowen. Program teaches to recognize innate strengths as well as areas to be developed leading to healthy balance. Twelve-week program.

### **Energy Anatomy of Addiction: Workshop Series.**

Seven sessions designed to discuss ways addictions can impact energy anatomy and offers an explanation and process to resolve addiction.

### **Presenters' Workshop**

Developed and presented with Dr. Anne Harrington. Workshop was designed to teach presentation skills while using multimedia. This workshop was incorporated into the University of Michigan, Business School, Teacher Development Program.

### **Certification Program Microsoft Office Software**

for the University of Michigan, Business School. Developed certification for mastering office software programs, Word, Excel, Power Point, Project.

## INVITED PRESENTATIONS, CONFERENCES & PRESENTATIONS

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Adult Sibling Well-Being: Influences of Autism poster presentation at the 120<sup>th</sup> Annual Conference of The American Psychological Association, Orlando, Florida.

Adult Sibling Well-Being: Influences of Autism paper presentation at the 5<sup>nd</sup> Annual Conference of The Society for Humanistic Psychology, Sponsored by Division 32 (APA), Philadelphia, Pennsylvania.

Adult Sibling Well-Being: Influences of Autism paper presentation at the 2012 Annual Conference of the Michigan Academy of Science Arts & Letters, Psychology Division, Alma College, Alma Michigan.

The Experience of Family Member's Growing up with Autism: A World of Silent Suffering poster presentation at the 117th Annual Conference of the American Psychological Association, Division 32, Toronto, Canada.

Energy Medicine and Mental Health. University of Michigan, Department of Family and Integrative Medicine; Cardiovascular Research Center Lecture Series for Nurses (with John Stracks, MD). (*Follow up comment by Dr. John Stracks: "The group loved what you did, and I thought your participation raised the day from something good to something excellent."*)

Energy Dynamics of Mental Health. University of Michigan, Integrative Medicine Faculty Education Program.

## INVITED PRESENTATIONS, CONFERENCES & PRESENTATIONS (CONT.) \_\_\_\_\_

The Experience of Family Member's Growing up with Autism: A World of Silent Suffering poster presentation at MiSPP Student Orientation. Michigan School of Professional Psychology, Farmington Hills.

The Experience of Family Member's Growing up with Autism: A World of Silent Suffering poster presentation at the 2<sup>nd</sup> Annual Conference of The Society for Humanistic Psychology, Sponsored by Division 32 (APA), Boston, MA

Introduction to Resonant Leadership (with Marcia Haarer, MSW)  
University of Michigan, Business School, undergraduate course comparing leadership personality typing methods

Teambuilding & Conflict Resolution Using Resonant Leadership (with Marcia Haarer, MSW) Three Chairs Co

Introduction to Resonant Leadership (with Marcia Haarer, MSW) Three Chairs Co. staff and general public.

Introduction to Resonant Leadership (with Marcia Haarer, MSW)  
University of Michigan, Continuing Education for Women, Advanced Leadership Seminar

Introduction to the Energetics of the Human Anatomy, The Social Work Networker Community Gathering.

Testing the Waters in Distance Education: You Don't have to get Your Hair Wet (with Rebecca Kamp) presented at the 2<sup>nd</sup> Annual Information Technologies Conference for Social Work Education and Practice, West Virginia.

Instantaneous Change (with Marcia Haarer, MSW) at the Office of the '90's, University of Michigan.

The Importance of Effective Visual Aids for a Multilingual Audience (with Bush-Bacelis, J.) presented at the 14th Annual EMU Conference on Languages and Communication for World Business and the Professions, Ypsilanti, Michigan.

Communication and Persuasive Strategies: The Missing Link (with Bush-Bacelis, J.) presented at the 59<sup>th</sup> Annual Convention of the Association of Business Communication, San Diego, California

Living Your Future Now *without fear* (with Marcia Haarer, MSW) to the general public and therapy group members

What is Bodywork? (with Marcia Haarer, MSW) to the general public and therapy group members.

## **PSYCHOLOGICAL TEST EXPERIENCE**

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Minnesota Multiphasic Personality Inventory- 2 (MMPI-2)

Wechsler Adult Intelligence Scale III (WAIS-III)

Draw-a-Person Test (DAP)

Thematic Apperception Test (TAT)

Bender-Gestalt Motor-Visual Test

NEO Personality Inventory- Revised (NEO PI-R)

Milam Multiaxial Clinical Inventory 2 (MCMI-2)