

Sigrid I. Dildine, MSW, LCSW-C, NBCDCH, D.A.P.A.  
6935 Wisconsin Avenue ♦ Suite 304 ♦ Bethesda, Maryland 20815 ♦ (301) 299-2477

## **LICENSES**

Maryland License No. 8475  
D.C. License No. LC302515

## **EDUCATION/CERTIFICATIONS**

Certified Diplomate—The American Psychotherapy Association  
Certified Diplomate in Clinical Hypnotherapy, National Board for Certified Clinical Hypnotherapists  
Eye Movement Desensitization and Reprocessing, EMDR Institute, Inc./Humanitarian Assistance Programs, Inc.  
Mediation/Alternative Conflict Resolution, The Maryland Institute for Continuing Professional Education of Lawyers, Inc.  
Board Certified Practitioner of: (a) Neuro-Linguistic Programming) and (b) Ericksonian Hypnotherapy and Brief Therapy, The American Hypnosis Training Academy  
University of Maryland, MSW, Clinical Social Work, 1992  
Teaching Degree in Secondary Education, Bridgewater State College, 1978  
The American University, Foreign Languages: German, Spanish, French, 1973

## **HONORS**

Phi Kappa Phi Honor Society  
Who's Who Among Human Services Professionals

## **PROFESSIONAL EXPERIENCE AND INTERNSHIPS**

Private Practice, Rockville, MD

Therapist, May 1992-present, provide short- and long-term psychotherapy/NLP/hypnotherapy and related mental health services to adolescents, adults, couples and families.

The Pinnacle Center for Mental Health and Human Relations, Waldorf, MD (group private practice)

Therapist (Contractual Managed Care Provider), March 1999-May 2004, provide short- and long-term psychotherapy/NLP/hypnotherapy to adolescents, adults, couples and families; conduct intake evaluation, crisis intervention, family assessment/developmental history; provide related mental health services, i.e. pharmacotherapy education, referral to and collaboration with psychiatrist; provide parenting and blended family parenting skills and divorce/family breakdown psychoeducation; conduct EAP/workplace counseling.

Cornerstone Healthcare Systems-Corner Clinic, Glen Burnie, MD (multidisciplinary clinic)

Contractual Outpatient Mental Health Therapist (Contractual Managed Care Provider), October 1998-present, provided clinical supervision and adult individual psychotherapy.

Silver Hill Services to Families and Children, Camp Springs, MD (group private practice)

Therapist (Contractual Managed Care Provider), Sept. 1992-?, provide short- and long-term psychotherapy/NLP/ hypnotherapy to adolescents, adults, couples and families; conduct intake evaluation crisis intervention, family assessment/developmental history, provide related mental health services, i.e. pharmacotherapy education, referral to and collaboration w/ psychiatrist; provide parenting and blended family parenting skills and divorce/family breakdown psycho-education; conduct EAP/workplace counseling.

Center for Mental Health, Washington, DC (nonprofit outpatient mental health services)

Therapist, July 1993-March 1995, provided individual psychotherapy and related mental health services to populations ranging from dysthymic to schizophrenic.

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The American University Center for Psychological and Learning Services, Washington, DC  
Therapist-Intern, Sept. 1990-May 1992, provided intake interviewing, diagnostic assessment and short- and long-term individual psychotherapy to students; participated in consultation and outreach programs for campus groups, co-facilitated summer Orientation program activities; co-  
led ten-week process-oriented support group for ACOA students.

St. Luke's House, Bethesda, MD (residential rehabilitative mental health center)  
Therapist-Case Manager Intern, Sept. 1989-May, 1990, rehabilitative counselor and case manager for chronically mentally ill adult residents; co-led small groups; participated in staffing, provider meetings and in-house training workshops.

### **PUBLICATIONS**

Dildine, S. and Siegfried, L. (1995). "Social Work Roles in Implementing the Newly Gained Right of Psychiatric Patients to Refuse Medication;" Journal of Health and Social Work.  
Dildine, S. (1990). "Policy and Protocol for Field Placement of MSW Student Interns" (St. Luke's House).

### **SEMINAR PRESENTATIONS**

Stress Management for International Fulbright Scholars  
Stress Management for University Law Students and Faculty  
Communication and Counseling Workshop for University Resident Advisors  
Surviving Loss—Stress Management to divorced/separated members of community

### **PROFESSIONAL AFFILIATIONS**

Board Member, The Washington Society of Psychoanalytic Psychology (chapter member of the American Psychological Association)  
Member, The Washington School of Psychiatry  
Associate Member, District of Columbia Psychological Association  
Associate Member, North American Association for Neuro-Linguistic Programming  
Member, The American Academy for Family Mediation  
Member, The National Association of Social Workers  
Member, Maryland Society for Clinical Social Workers  
Affiliate Member, Family Therapy Networker  
Participant, The Baltimore-Washington Institute for Psychoanalysis

### **LANGUAGES**

German (fluent); Spanish (conversational); French (proficient)

### **REFERENCES**

Furnished upon request