

# JEFFREY A. STEIGER LCSW

PSYCHOTHERAPIST ~ COLLABORATIVE DIVORCE COACH

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## Education

- NEW YORK UNIVERSITY - Under Graduate, BSW, 1982
- NEW YORK UNIVERSITY - Graduate, MSW, Summa Cum Laude, 1984
- POST GRADUATE INSTITUTE FOR MENTAL HEALTH, 1985
- NEW SCHOOL FOR SOCIAL RESEARCH, 1981 - 1983

## Additional Training/ Collaborative Model

- CENTER FOR MEDIATION AND LAW, Mediation Training, , 2006
- NEW YORK ASSOCIATION OF COLLABORATIVE PROFESSIONALS (NYACP), Basic Interdisciplinary Training, , 2005
- HUDSON VALLEY COLLABORATIVE DIVORCE ASSOCIATION (HVCD A), Basic Interdisciplinary Training, , 2004
- PRIVATE TRAINING LED BY JAYNE GUMPEL, Based on the work of Harville Hendricks; "Couples Training - Getting the Love You Want - a Guide for Couples", 1995

## Teaching/ Trainer (Collaborative/Corporate)

- International Academy of Collaborative Professionals (IACP)-  
The Collaborative Mosaic Conference/ Toronto, Canada,  
"Working With Difficult Couples", led with Micki McWade, October 25-28, 2007
- HVCD A/NYACP - Led on-going dialogues in both organizations discussing such topics as:
  - The Role of the Divorce Coach
  - How to Work with Impasse in the Collaborative Process
  - How to Work with Difficult Couples
- NYACP - Co-chair meetings committee with Joan Jablow, developing topics and protocols for on-going interdisciplinary meetings in the organization, 2007 - present
- MORGAN STANLEY, CITIGROUP, DUETSCH BANK, Corporate Trainer - Part of a team of mental health professionals asked to provide crisis management following 9/11 in 2001 for several major financial institutions directly affected by the tragedy, 2001.
- MORGAN STANLEY, CITIGROUP, DUETSCH BANK, Employee's Assistance Programs - Psycho-Educational Seminars/Trainings, 2002 - 2006
  - Stress Management
  - Conflict Resolution
  - Balancing Your Personal/Professional Life
  - Elder Care
  - Caregiving for Someone That You Love

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# J E F F R E Y A . S T E I G E R L C S W

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- SOUL GOALS, Marymount College /Private Practice – Created and taught this on-going series designed to help individuals and groups identify their true gifts and skills and create a plan to develop this professionally, 2002 - 2005

## Private Practice

- Private practice in New York City and Westchester County for 25 years, 1985 – present
  - Work with individuals, couples and families
  - Psychoanalytic psychodynamic background with special training in marriage and family training
  - Led groups for men and women with a focus on interpersonal relationships and their changing roles in our society

## Collaborative Practice

- Divorce Coach; trained by the HUDSON VALLEY COLLABORATIVE DIVORCE TEAM (2004) and the NEW YORK ASSOCIATION OF COLLABORATIVE PROFESSIONALS (2005)
- CENTER FOR MEDIATION AND LAW, Mediation Training, 2006
- Work extensively on full team cases using the Interdisciplinary Collaborative Divorce Model, 2004 - present
- One of the original Mental Health Professionals asked to serve on the Board of the New York Association of Collaborative Professionals when it became interdisciplinary, 2007- present
- The Father's Group – On-going group designed to help fathers go through the divorce process. Explores parenting issues, transitioning post-divorce and interpersonal communication, 2006 – present

## Employment

- WESTCHESTER MEDICAL CENTER – Mobile Crisis Team, Evaluating / Addressing Psychiatric Emergencies in Westchester County, 2003 - 2005
- PHELPS MEMORIAL HOSPITAL - Part of interdisciplinary team responsible for evaluating, diagnosing and treating patients in out-patient mental health clinic. Attended regular in-service trainings appropriate for clinical setting including many on medication management, 1999 – 2003

## Licensing / Certifications / Associations

- New York State License / Certification #R – O32442 – 1
- Board Member, New York Association of Collaborative Professionals
- International Academy of Collaborative Professionals
- Hudson Valley Collaborative Divorce Team
- Hudson Valley Regional Association
- National Association of Social Workers

## Podcast / Radio

- Life Care, Inc - “Divorce – From Crisis to Collaboration”, 2007
- “Ex – Over EZ” – Radio show with host Al Frankel discussing Collaborative Divorce, 2006