

Amy Matias PhD, MSW, LICSW, CGP
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CLINICAL EXPERIENCE

Matias Counseling, Cambridge, MA January 2010 to present
Owner

- Provide individual, couples, and group psychotherapy for adults, specializing in the areas of trauma and addiction.
- Provide training seminars and workshops in the areas of childhood trauma, sexual abuse, mindfulness, wellness and assertiveness.

Center for Change, Cambridge, MA September 2003 to December 2010
Consultant in Private Practice

- Led weekly long-term groups for adults with histories of childhood trauma.
- Led a one-year weekly group for women survivors of sexual abuse.
- Provided individual and couples therapy

North Charles, Cambridge, MA September 2004 to April 2005
Counselor

- Provided substance abuse counseling to men and women at a methadone clinic for opiate addiction.
- Developed and led groups on relapse prevention, HIV/AIDS.
- Advocated for client rights and privileges within and outside of the agency.

TRAININGS AND WORKSHOPS

Experience Process Training Group March 23, 2022
Beth Israel Lehey Health Behavioral Services and NSGP

From “On the Zoom” to “In the Room” May 2021
With Oona Metz and NSGP

Faculty: NSGP Training Program: Structured and Thematic Groups May 2, 2020

Faculty: Day-Long Experience Group (4-7 years experience) June 7, 2019
38th Annual NSGP Conference, Boston, MA

Getting off the Runway February 28, 2019
AGPA Connect 2018, Los Angeles, CA

So you want to Start a Group? April, 13, 2018
15th Biennial Social Work Symposium, Framingham, MA

Getting off the Runway March 3 2018
AGPA Connect 2018, Houston, TX

Let me Disappoint You: Assertiveness Training for Women Cambridge Innovation Center, Kendall Square MIT	October 17, 2018
Getting off the Runway 2016 Annual NSGP Conference	June 11, 2017
Mind-Body Practice: An Introduction to Meditation Clinical Conversation Series for Mental Health Counselors, Boston, MA	October 6, 2016
Kick-Start Your Life Self Care Bootcamp; A Retreat for Women Arlington, MA	2012 to 2015
Staying Safe Staying Stuck Arlington Chamber of Commerce, Arlington, MA	February 12, 2015
Tune in and Tune up Your Life Burlington Chamber of Commerce	October 12 2014
Training: Treatment for Sexual Abuse Healing Ministry of the Archdiocese of Boston	December 2011
Art Therapy for Survivors of Childhood Sexual Abuse Healing Ministry of the Archdiocese of Boston	Fall, 2010, Spring 2011

ADDITIONAL EXPERIENCE

Wheelock College, Boston, MA Counseling Intern • Counseled college students in areas related to substance abuse, food and body image, sexual assault, suicidality, developmental tasks, trauma, peer and family relationships, and stress management.	August 2003 to June 2004
Lesley College, Cambridge, MA Counseling Intern •Co-founded and co-led a support group for women with body image issues.	August 2003 to June 2004
Victory Programs, Shepherd House, Dorchester, MA Counseling Intern • Provided substance abuse counseling to women in a multicultural, residential setting.	September 2002 to May 2003
Choate, Hall & Stewart, LLP, Boston, MA 2003 Clark & Elbing, LLP, Boston, MA Patent Associate • Authored United States patent and legal opinions and assessed biotechnology inventions. • Taught basic scientific concepts to lawyers working on biotechnology litigation cases.	January 1998 to September 2003
Dartmouth College, Hanover, NH Graduate Research Assistant/PhD. Thesis Work • Conducted scientific research in the field of human acute myeloid leukemia. • Published multiple peer reviewed research articles.	August 1992-December 1997

- Presented at national and international scientific meetings.
 - Trained and supervised undergraduate and graduate students in the research laboratory.
 - Created and oversaw undergraduate research projects.
 - Taught undergraduate biology courses as a teaching assistant.
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EDUCATION

Boston University, Boston, MA
M.S.W., Social Work, May 2004

Dartmouth Medical School, Hanover, N.H.
Ph.D., Biochemistry, December 1997

University of New Hampshire, Durham, N.H.
B. S., Biochemistry, May 1992

PUBLICATIONS (as Amy Lewis)

- One first author publication in the Journal of Virology (1999).
- Two second author publications in the Journal of Virology (1995) and the Journal of Biological Chemistry (1996)
- Contributing author on three publications in the journals Cell (1996), Journal of Biological Chemistry (1996) and Journal of Biological Chemistry (1998).