

## Curriculum Vitae

**Ilene L. Dillon, M.S.W., M.F.T., L.C.S.W.**



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Professional Licenses: <b>Marriage, Family and Child Counselor</b>	#MFC 5747 CA; issued July 15, 1972
<b>Clinical Social Worker</b>	#LCS 7035 CA, issued May 7, 1979
<b>Instructor, California Community Colleges</b>	No. 357410 Lifetime; issued 7/31/89

Ilene Dillon works in these areas:

1. **Transpersonal Psychotherapist** (private practice, Marin County & Berkeley, CA)
2. **Teacher/Seminar and Retreat Leader** Privately, with local schools, colleges, businesses and online. Have taught internationally, in Australia and in Beijing, China.
3. **Professional Speaker.** Board member (1989-93), Northern California Chapter, National Speakers Association. Speaks internationally, nationally and statewide for government, continuing education, schools, Probation Services and prisons.
4. **Author, *Emotions in Motion: Mastering Life's Built-in Navigation System* and *Happiness is a Decision of the Heart*.** See Publications list (below).
5. **Radio Show Host**, "Full Power Living," from 2004 through 2017, dedicated to "awakening the world to the power and importance of human emotions." Also "Building Conscious Families" and "Emotionally speaking," The Women's Information Network ([www.theWINonline.com](http://www.theWINonline.com)) 2009 – 2010.
6. **Expert.** Known as "The Emotional Pro," Ilene is an expert on Mastering Emotions, Mastering Anger, Ending Co-Dependence, and Parenting Consciously.

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## Employment History

- 1972 to present      **Private psychotherapy practice.** Specialty in "Conscious Parenting" and "Identity Crisis" work with individuals, groups, families and couples. Ilene is very eclectic in her approach, and works with people of all descriptions and ages, including physically challenged individuals, children, abuse victims and perpetrators, and alternative lifestyle individuals/families, and more. She uses a Transpersonal model.
- 2001 to present      **Coach.** Internet and telephone coaching throughout the US, and in Hong Kong, France, Germany, and South Africa.
- 1984 to present      **Professional Speaker.** 2009 Conscious Relationship Summit Conference (online), Oakland's Women in Business Conference, Parent Cooperative Nursery Schools, S. F. CASA, The Windrush School, Australia and Beijing, China Rehabilitation Institute International Conference, 1998.
- 1994 to present      **Author.** *Emotions in Motion: Mastering Life's Built-in Navigation System, 99 Tips for Mastering Fear, The ABCs of Anger*, and 20 others
- 2004 to 2017      **Radio Host:** [Full Power Living](http://www.fullpowerliving.com), focused on bringing awareness of, and facility with, human emotions. Program concept, guest invitations, publicity, public relations, script writing, on-air hosting. (from Oct, 2009) Women's Information Network with Co-host, Life Coach Deki Fox Shows: Emotionally Speaking (ALL about emotions) and Building Conscious Families (building families of the future).
- 1992 to 2000      William Shear and Associates, Mill Valley, California. Seminar leader for California State Probation Officers. Seminars given throughout the state of California on the topics of "Dealing Effectively with Difficult People," "Anger Mastery," "Conscious Parenting," "Manipulation," "Crisis Counseling," "Loss, Death and Dying," "Eating Disorders," "Domestic Violence," "Communication," "Self Esteem" and "Gender Communication."
- 1974 to present      Teacher, Lecturer and Seminar Leader. Commonwealth Club, William Shear & Associates, China Rehabilitation Research Center (Beijing, China), C.O.P.E. (Adelaide, Australia), San Quentin State Prison, Federal Women's Correctional Facility (San Ramon, CA) and Dallas Association of Parent Educators (Dallas, TX). Also, Continuing Education programs of Sonoma State, Dominican College, College of Marin, and Tamalpais High School District. Lectures and presentations



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given to schools, government groups, civic groups, churches, singles groups, prisons, conferences, businesses, colleges, professional associations, social service organizations and on cruise ships.

1967 to 1970 Social Worker and Volunteer Coordinator for Travelers Aid Society, San Francisco, California. Designed, staffed and coordinated a Volunteer Training and Staffing program at the San Francisco Greyhound Bus Terminal and the San Francisco International Airport.

Prior to 1967 Experience in a variety of settings: Seattle low-income housing project Neighborhood House, Japanese-American Church, Drug treatment center, Suicide Prevention Center, Vocational Rehabilitation (mentally challenged young adults), Catholic Social Services, Far Eastern Department (University of Washington) and Letterman Army Hospital Psychology Department.

### **Education and Training**

Undergraduate Two years undergraduate work, College of William and Mary, VA. B.A., University of Washington, Seattle. 1966

Graduate One Year, School of Social Work, Univ. of Washington, Seattle. M.S.W., School of Social Welfare, UC-Berkeley, CA. 1972

Specialized Gestalt and Multiple Psychotherapy, San Francisco, 1970. Advanced Training in Family Systems Therapy, Family Therapy Institute, San Rafael, CA 1971-1972

Professional Development Program, Natnl. Speakers Association. Eye Movement and Desensitization Reprogramming (EMDR), 2001 Therapist as Life Coach, Oakland, California, 2001 w/ Dr. Ofer Zur Read @ 50 books per year on Personal Growth topics for Full Power Living radio show, create questions and interview the authors. Guests have included Dr. Harville Hendrix, Dr. Jean Shinoda-Bolen, Dr. Bruce Lipton, Steve Sisgold, Dr. Susan Page,, and many other experts on therapy, relationships and personal growth. Full List of shows/guests available on request or at [www.emotionalpro.com](http://www.emotionalpro.com).

### **Professional Affiliations**

National Speakers Association (1984 to 2014)

California Association of Marriage and Family Therapist

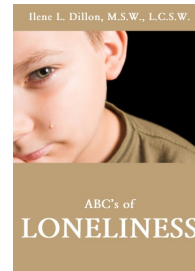
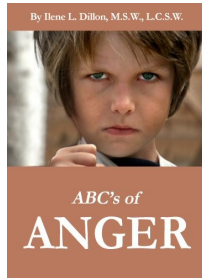
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### **Publications**

“Emotions in Motion: Mastering Life’s Built-in Navigation System,” BWB Publications, Fort Worth, Texas, 2019.

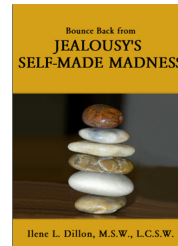
“Choosing Love as A Way of Life” in Happiness is a Decision of the Heart, Insight Publishing Company, Sevierville, TN 37862, 2004.

Exploring [Emotion] With Your Child, (Enchante' Ltd, Palo Alto, California), a 7-volume series on the emotions of Loneliness, Grief, Anger, Guilt, Hurt, Fear and Jealousy. Available nationally in bookstores such as Borders Books. Some have been revised and re-named, such as The ABCs of Love: Building Emotional Foundations for Life, and include the emotions of Anger, Loneliness, and Love.



The Bounce Back Series, self-help booklets on the topics of how to "bounce back" from:

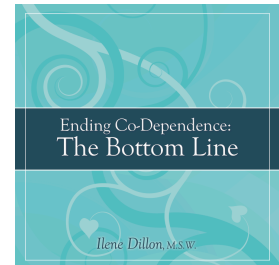
1. Making a Fool of Yourself
2. Anger and Argument
3. Low Self-Esteem
4. Being a Victim
5. Having Your Energy Sapped (Co-dependence)
6. Jealousy



99 Tips for Mastering Fear, 2002, self-published, available on [www.emotionalpro.com](http://www.emotionalpro.com)

CD Minicourses: Four Building Blocks of Self-Esteem, Stop Anger Now! and Ending Co-Dependence: The Bottom Line (produced through My Expert Solution)

CD Album: Awaken to Your Emotions (6-CD album) (W/ Life Coach Deki Fox)



(Revised October, (Revised October, 2016)  
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“Emotions in the Intensive Care Unit,” *End-of-Life Communication in the ICU* (David W. Crippen, MD, Editor, 2008, Springer + Business Media, LLC)

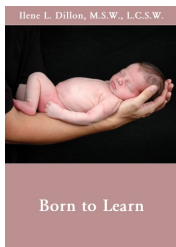
“A U.S. Husband and Wife Perspective,” *The Generational Puzzle*, edited by Joyce Knudsen, Ph.D., 2012, The Image Maker, Inc.)

“Ilene Dillon, MFT, LCSW, Therapist and Internet Educator,” *Amazing Mentors: The REAL Hot Mama’s Path to Power*, (compiled by Karilee Halo Shames, 2013, Inkwell Productions)

“The Strength of Seven Generations,” *Mother’s Message in a Bottle: Loving Letters for Life*, (edited by Tyler Hayden, 2014, Nimbus Publishing Limited)

“Turning Anger Into Enthusiasm,” 10 hour video course created for the Women’s Information Network, 2010.

Co-author with Dr. Robert Fink, “From the Trenches,” a column in *The Equal Parents’ Advocate*, Coalition of Parent Support, (Cupertino, California) 1998-1999.



Book In progress: The Exchange Student Model for Parenting

“Child Caught In The Middle” and other articles appearing in Family News, published by A.P.P.L.E. Family Center, San Rafael, California, 1996-98.

“Teaching Models for Graduate Training in Psychotherapy,” *Family Therapy* (Journal of the Family Therapy Institute of Marin), Vol. III, No. 2, Libra Publishers, Inc., 1976.

For two years, until it closed down in 1990, Ilene wrote a monthly parent-advice column for The Fax, a weekly newspaper published in Fairfax, CA. She has also written as guest columnist for The Marin Independent Journal, San Rafael, CA, and the San Francisco Chronicle.

Personal Appearance, March 8, 1997: Rolonda (Watts--nationally-televised talk show) expert on “spanking”. She has also appeared on radio in Australia, in California and on numerous mainstream and Internet shows, such as Bianca Tyler’s *The Let’s Talk, Mom Show*.

Ilene's ideas have been featured in a variety of publications and videos, including Woman's Day magazine, the Tamalpais High School District's Community Education Bulletin, Marin Catholic High School's Bulletin, Professional Secretaries, the Marin Independent Journal, The Pacific Sun, Care Notes, Self Growth, A.P.P.L.E. Family News, Personal Excellence & "Relationships," (1978) a conference at California State University, Chico (video available, UC Library system).

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## **Community Service and Honors**

Founding and Board Member, California Parents United (seeking equal parenting rights for separated and divorced parents). El Sobrante, California (2004 to 2013)

Fundraiser for Albany Public School's Music Program, Albany, California (2003-2005)

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Supervisor of MFT and LCSW interns, Apple Family Center, Novato, California, 1992-1994.

Board Member, Northern California Chapter of the National Speakers Association, San Francisco, 1991 through 1994.

*Member of the Year*, Northern California Chapter of the National Speakers Association, San Francisco, 1993-94. Continued as Professional Member as of 2016.

Board Member, Volunteers for Fairfax, 1989 to 1991.

## **Presentations**

Emotional Mastery, a presentation for Soul Treat Conference, Sedona, Arizona 2019 Presented by The Wellness Universe, [www.thewellnessuniverse.com](http://www.thewellnessuniverse.com)

Conscious Parenting: Redefining Parenting So Parents & Children Become Responsible Partners Together," Breakout session and the Jr. League of Oakland-East Bay 3<sup>rd</sup> Annual *Women's Business Conference*, May 12, 1999 (Maya Angelou, Keynote Speaker).

"Principle-Driven Parenting," a 3-hour presentation given at the 50<sup>th</sup> Anniversary Conference of the California Association of Marriage and Family Therapists, May 2, 2014.

"Your Emotions as Spiritual Guides," session given as part of Conscious Relationship Summit 2009, sponsored by the Relationship Coaching Institute (RCI), [www.relationshipcoaching.com](http://www.relationshipcoaching.com)

"Full Power Living," on-going Internet Radio program on Emotionalpro.com begun June, 2004, focused on "awakening the world to the power and importance of human emotions," featuring Dr. Jean Shinoda Bolen, Dr. Harville Hendrix, Dr. Candace Pert, Dr. Brad Swift, Dr. Elayne Savage, Dr. James Pennebaker, Sonia Choquette, "Dolphin Defender" Hardy Jones, Dr. Jeffrey Masson, & Dr. Kenneth Mattox (co-director of the Katrina Medical Clinic/Houston Astrodome).

Some Psychological Aspects of Disability," presented at the 10<sup>th</sup> Anniversary Celebration of the China Rehabilitation Research Center, Beijing, China. October, 1998.

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One day workshops for Probation Officers presented throughout the state of California (approximately 150 appearances over a 7 ½ year period). Titles include: Mastering Anger, Conscious Parenting, Dealing with Difficult People, Domestic Violence, Self Esteem, Gender Communication, Crisis Counseling, Coping with Manipulation, Communication, Eating Disorders and Loss, and Death & Dying.

Emcee for Albany High School's "Groove Fest," community presentation featuring 7 jazz bands.

Appeared on numerous Internet radio broadcasts, including Power-Full Living with Lorraine Cohen, My Expert Solution with Dr. Kevin Skinner, My Expert Solution (with founder, Kristen Lamb), and broadcasts with David Steele, M.S.W., The Relationships Coaching Institute Series, Bianca and Philip Tyler (The Let's Talk, Mom parenting show).

A partial listing of past speaking venues: Commonwealth Club of San Francisco, William Shear & Associates, C.O.P.E. (Adelaide, Australia), San Quentin State Prison, Federal Women's Correctional Facility (San Ramon, CA), Dallas Association of Parent Educators (Dallas, TX), Caspar Roth, Inc., Coastside Mothers of Twins, Western Trucking Association, national convention of the National Speakers Association, American Family Cruise Lines, California Task Force on Self-Esteem, Marin County conference on Domestic Violence, Group Home Administrators of California (state conference) and China Rehabilitation Research Center, Beijing, China, on the event of its 10<sup>th</sup> Anniversary, California Association of Marriage and Family Therapists, The National Speakers Association, Parenting 2.0 (LinkedIn) Conference on Life Skills for Children held in Dublin, Ireland.

### **References**

Bonnie Hoag, MFT	Ph. 415-485-1177 905 Sir Francis Drake Blvd., Ste F, Kentfield, CA 94904
Teena Scovis-Westin, Ph.D.	Ph. 415-272-9111 905 Sir Francis Drake Blvd., Ste D, Kentfield, CA 94904
Deki Fox, BSW	Ph. 414-331-6551

For more information and/or a Media Kit, visit [www.emotionalmasteryforlife.com](http://www.emotionalmasteryforlife.com)  
Contact Ilene directly at: [ilene@emotionalmasteryforlife.com](mailto:ilene@emotionalmasteryforlife.com)

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