

SHARON M. THEROUX, Ph.D.

Director, South Florida Center for Mindfulness

Director, Adirondack Mindfulness

Director, International Seminars Group

Co-director, South Florida Psychology Licensed Psychologist FL # PY5497

7100 W. Camino Real, Suite 204

Boca Raton, Florida 33433

Ph: (561) 395-0243

Fax: (561) 423-0586

mindfulsouthflorida.com

internationalseminarsgroup.com

southfloridapsychology.com

Adirondackmindfulness.com

CERTIFICATIONS

- 2014 Certified to teach Mindfulness-Based Stress Reduction (MBSR) by the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School
- 2018 Trained to teach Mindful Self-Compassion (MSC) by the University of California at San Diego (UCSD)
- 2020 Registered Nonviolent Communication Certification Trainer Candidate with the Center for Nonviolent Communication (CNVC)

EDUCATION

- 1995 Ph.D., Clinical Psychology, Neuropsychology Concentration
Nova Southeastern University, Fort Lauderdale, Florida
- 1993 M.S., Psychology
Nova Southeastern University, Fort Lauderdale, Florida
- 1990 B.A., Science
Florida Atlantic University, Boca Raton, Florida
- 1979 A.A.S., Nursing (R.N.)
Clinton Community College, Plattsburgh, New York

WORK EXPERIENCE

- 1996-Present **CO-OWNER, South Florida Psychology**, Boca Raton and Fort Lauderdale, Florida. Services include the provision of psychotherapy for individuals, couples, and families. Specializing in the treatment of depression, anxiety, chronic pain, substance abuse, and eating disorders.
- 2013-Present **CO-OWNER/DIRECTOR, South Florida Center for Mindfulness**, Boca Raton and Fort Lauderdale, Florida. Services include the provision of mindfulness based interventions to the community, healthcare employees, and corporations, and public speaking engagements on mindfulness.

WORK EXPERIENCE, cont.

- 2014-Present CO-OWNER/DIRECTOR, **International Seminars Group**. Services include the provision of continuing education to the general public as well as to professionals on a number of topics relevant in our society.
- 2019-Present CO-OWNER/DIRECTOR, **Adirondack Mindfulness Inc.**, Plattsburgh, NY. Services include the provision of mindfulness-based interventions to the community, healthcare employees, and corporations, and public speaking engagements on mindfulness.
- 2020-Present Mindful Meditation instructor for Wellmed Medical Management, Inc., providing online mindful meditation practices to healthcare employees of this Texas and Florida-based healthcare company.
- 2016 DIRECTOR, MINDFUL MEDITATION PROGRAMMING, Sunspire Health, Key Largo, Florida. Responsibilities included teaching Mindfulness-Based Stress Reduction (MBSR) to employees, and weekly supervision of health care employees in the implementation of mindfulness-based interventions.
- 10/96-1/99 CONSULTANT, National Recovery Institute, Boca Raton, Florida. Responsibilities include the provision of psychological and neuropsychological assessment for this in-patient facility that specializes in addictive disorders.
- 10/95 – 6/98 RELAPSE PREVENTION GROUP LEADER, The Renfrew Center, Fort Lauderdale, Florida. Responsibilities included the provision of weekly group therapy to individuals recovering from anorexia, bulimia, and binge eating disorder.
- 6/93-5/94 RESEARCH COORDINATOR, Nova University's Head Trauma Study, Fort Lauderdale, Florida. This project focused on the various neuropsychological correlates of head trauma at two level one trauma centers in Broward County (Broward General Medical Center and North Broward Medical Center). Responsibilities included the supervision of practicum students in neuropsychological testing, and in the treatment of Postconcussion Syndrome. Inservice education was provided to hospital staff regarding our study findings, and assistance was provided in data entry and analysis. Supervisor: Wiley Mittenberg, Ph.D.
- 5/92-5/93 CLINIC COORDINATOR, Neuropsychological Services, Nova University, Fort Lauderdale, Florida. Responsibilities included: interviewing and screening patients for neuropsychological evaluation, scheduling patient appointments, supervising doctoral students in the administration of neuropsychological tests, and performing neuropsychological evaluations (including neuropsychological and personality testing, clinical interview, interpretation, and report preparation). Supervisor: Wiley Mittenberg, Ph.D.
- 12/91-4/92 TEACHING ASSISTANT, Nova University, Fort Lauderdale, Florida. Conducted teaching lab on the application of biofeedback to doctoral students in Psychobiology and Psychopharmacology.
- 1980-1990 REGISTERED NURSE, Coronary Care and Intensive Care units, Plantation General Hospital, Plantation, Florida. Certified CCRN (Critical Care Registered Nurse) and in ACLS (Advanced Cardiac Life Support).
- 1976-1980 LIFEGUARD / WATER SAFETY INSTRUCTOR, YMCA, Plattsburgh, New York.

HOSPITAL AFFILIATIONS

2014-2016 Memorial Healthcare System (Medical Staff Privileges)

AWARDS

1997 Recipient of the Nelson Butters Award for Research Contributions to Clinical Neuropsychology

MINDFULNESS EDUCATION AND TRAINING

- 2011 8-week class in Mindfulness-Based Stress Reduction (MBSR), led by Valerie York-Zimmerman
- 2012 Mindfulness-Based Stress Reduction in Mind-Body Medicine, led by Jon Kabat-Zinn and Saki Santorelli from the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School at Mount Madonna, California.
- 2012 9-day summer Intensive Practicum in Mindfulness-Based Stress Reduction: Living Inside Participant-Practitioner Perspectives, led by Florence Meleo-Meyer and Melissa Blacker from the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School at Rhinebeck, NY and Worcester, MS.
- 2013 Supervision in Mindfulness-Based Stress Reduction with Carolyn West, PhD from the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School.
- 2014 Teacher Development Intensive: An Advanced MBSR Teacher Training/Retreat led by Bob Stahl and Caroline West from the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School at Petaluma, California.
- 2014 Teacher Certification in Mindfulness-Based Stress Reduction (MBSR) by the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School.
- 2016 Mindful Eating – Conscious Living (ME-CL) teacher training with Char Wilkins, LCSW and Jan Chozen-Bays, MD from the University of California, San Diego at the Great Vow Zen Monastery in Clatskanie, OR
- 2017 Certification to Teach the Mindfulness in Schools Project's .b curriculum to young people ages 11-18.
- 2018 Trained to teach Mindful Self-Compassion (MSC) by the University of California at San Diego.

NONVIOLENT COMMUNICATION TRAINING

5/10/2019: Oren Sofer, “The Art of Mindful Communication”, a 6-hour workshop presented at the Grand Rapids Center for Mindfulness, Grand Rapids, MI

10/17-11/21/19: “Say What You Mean: 6-week LIVE Online Course with Oren”, a 6-week (12 hour) class presented online via zoom.

2/21-3/1/20: 10-day International Intensive Training in Nonviolent Communication at the Florida Leadership Training Center in Haines, Florida, USA

PUBLICATIONS

Theroux, S. (2017). Establishing a Mindful Eating Practice. Food for Thought, a publication of the Center for Mindful Eating, Winter edition, 3-4.

Mittenberg, W., Theroux, S., Aguila-Puentes, G., Bianchini, K., Greve, K., and Rayls, K. (2001). Identification of Malingered Head Injury on the Wechsler Adult Intelligence Scale – 3rd Edition. The Clinical Neuropsychologist, 15 (4), 440-445.

Rayls, K.R., Mittenberg, W., Burns, W., & Theroux, S. (2000). A Prospective Study of the MMPI-2 Correction Factor After Mild Head Injury. The Clinical Neuropsychologist, 4 (1), 1-5.

Mittenberg, W., Ustarroz, J.T., Zielinski, R., Arbonies, A.C., Fichera, S., & Ferreras, A.A. (1999). Postconcussional syndrome: A guide to treatment with patients. Anales de Psiquiatria, 15, 315-323.

Mittenberg, W., Tremont, G., Fichera S., Zielinski, R., & Rayls, K., (1996). Cognitive behavioral prevention of post concussion syndrome. Archives of Clinical Neuropsychology, 11 (2), 139-145.

Fichera, S., Mittenberg, W., Zielinski, R., Rayls, K., & Tremont, G. (1995). Frontal and subcortical contributions to the severity of post traumatic agitation. Archives of Clinical Neuropsychology.

Zielinski, R, Theroux-Fichera, S., Rayls, K., Tremont, G. & Mittenberg, W. (1995). The effects of alcohol on neuropsychological functioning following head injury. Archives of Clinical Neuropsychology, 10, (4), 409.

Mittenberg, W., Theroux-Fichera, S., Zielinski, R. & Heilbronner, R. (1995). Identification of Malingered Head Injury on the Wechsler Adult Intelligence Scale, Revised. Professional Psychology: Research and Practice, 26 (5), 491-498.

Theroux-Fichera, S., Weinstein, J.M., Zielinski, R., Gold, S., & Mittenberg, W. (1994). Recovery of Temporal Orientation after head injury. The Clinical Neuropsychologist, 8, 344.

Fichera, S., Zielinski, R., Tremont, G. & Mittenberg, W. (1994) Psychometric Properties of the Agitated Behavior Scale. Archives of Clinical Neuropsychology, 9, 127.

Fichera, S., Zielinski, R., & Mittenberg, W. (1993). Neuropsychological Correlates of Post-Traumatic Agitation. Journal of Clinical and Experimental Neuropsychology, 15, P. 105.

Mittenberg, W., Zielinski, R., & Fichera, S. (1993). Recovery from Mild Head Injury: A Treatment Manual for Patients. Psychotherapy in Private Practice, 12 (2), 37-52.

Zielinski, R., Theroux-Fichera, S., Tremont, G., Rayls, K.R. & Mittenberg, W. (in press). Normative Data for the Agitated Behavior Scale. The Clinical Neuropsychologist.

Zielinski, R.E., Fichera, S.M. & Mittenberg, W. (1993). Vocabulary as a premorbid indicator of I.Q. in head injury. The Clinical Neuropsychologist, 15 (4), P. 335.

PRESENTATIONS

- 9/28/19 “Mindfulness: How does it benefit sleep?”, a 1-hour presentation for individuals with Parkinson’s Disease and their caregivers for the Parkinson’s Foundation in Davie, Florida.
- 3/29/19 “Your Brain on Mindfulness”, a 7-hour CE presentation for psychologists, nurses and mental health professionals at the University of Washington Medical School, Seattle, WA
- 3/20/19 “Mindfulness: a path for health and healing”, presented at the National Organization of Alternative Programs 2019 Annual Education Conference, World Golf Village Renaissance, St. Augustine, Florida
- 3/15/19 “Your Brain on Mindfulness”, a 7-hour CE presentation for psychologists, nurses and mental health professionals at the Faulk Center for Counselling in Boca Raton, Florida
- 2/15/19 “Mindfulness practices for Stress Eating: What works and What doesn’t”, a 7-hour CE presentation for psychologists, nurses and mental health professionals at the Faulk Center for Counselling in Boca Raton, Florida
- 11/17/18 “Mindful Self-Compassion for Nurses”, presented at the Nursing Consortium of South Florida at The Signature Grand in Davie, Florida
- 8/14/18 “Mindfulness and Law”, a one-hour presentation to the legal department of JM Family Enterprises in Deerfield Beach, Florida
- 6/11&18/18 “Mindful Meditation Practice and Scientific Theory”, a two part two-hour webinar continuing education webinar for psychologists, dietitians and mental health professionals at The Center For Mindful eating at <http://thecenterformindfuleating.org/Continuing-Education-Store>
- 5/4/18 “Your Brain on Mindfulness”, a 7-hour CE presentation for psychologists, nurses and mental health professionals at the Faulk Center for Counselling in Boca Raton, Florida
- 2/10/18 “Mindful Self-Compassion for Health-care Providers”, a one-hour presentation to the staff at Jupiter Medical Center in Jupiter, Florida
- 2/9/18 “Mindful Eating as a Path to Health and Well-Being”, a 7-hour CE presentation with Dr. Lynn Rossy for psychologists, nurses and mental health professionals at the Faulk Center for Counselling in Boca Raton, Florida
- 10/23/17 “Mindful Self-Compassion for Health-care Providers”, two one-hour presentations to the staff at Jupiter Medical Center in Jupiter, Florida
- 4/7&14/17 Mindfulness for Healthcare Professionals, a two-day 4-hour presentation to the staff at FIU Robert Stempel’s College of Public Health and Social Work

- 3/14/17 “Establishing a Mindful Eating Practice”, a one-hour continuing education webinar for psychologists, dietitians and mental health professionals at The Center For Mindful eating at <http://thecenterformindfuleating.org/Continuing-Education-Store>
- 2/27/17 “A Mindful Heart: using mindfulness to help those with cardiovascular disease”, a live-streaming interactive broadcast presented by Zubia, an online health and wellness community for patients and their families, hospitals, charities and foundations. <http://web.zubialive.com/>
- 2/13/17 “Mindfulness: an Introduction” presented to employees at Pernod Ricard, Fort Lauderdale, Florida
- 12/11/16 “Marfan Syndrome and Chronic Pain, How Mindfulness Can Help”, presented at the Regional Symposium on Marfan Syndrome & Related Disorders, Joe Dimmagio Hospital, Fort Lauderdale, Florida. Recording available at <http://web.zubialive.com/>
- 11/12/16 “Mindfulness for Caregivers”, presented at the Thriving Families=Healthier Communities Library Learning Expo and Self-Help Resource Fair-- <https://www.youtube.com/watch?v=Zj03jcLtyw>
- 8/8/16 “Mindless Eating and Binge Eating Disorder”, a continuing education webinar for The Center for Mindful Eating at www.TCME.org
- 8/1/16 “Mindfulness for Healthcare Professionals”, a continuing education webinar presented for The Center for Mindful Eating at www.TCME.org
- 11/2/15 “Your Brain on Mindfulness”, presented at the South Eastern Regional Conference of the Florida Psychological Society (FPA), Holy Cross Hospital, Fort Lauderdale, Florida.
- 11/15 “Mindfulness and Law”, a 3-part weekly series presented to the Law offices of Blank Rome, PA, Boca Raton and Fort Lauderdale Branches
- 6/27/2014 “Mindfulness for Health Care Professionals”, presented to the medical staff at Memorial Regional Healthcare System, Hollywood, Florida
- 11/6/2013 “The Neural Correlates of Mindfulness”, presented to the Rehabilitation Psychology Awareness Group, Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, Florida
- 11/7/2013 “Mindless Eating: Are We Addicted to Certain Foods?”, presented to fitness professionals at the East Coast Alliance (ECA) Annual International Fitness Convention in Fort Lauderdale, Florida
- 10/11/2013 “Mindfulness in the Rehabilitation Setting”, presented to Rehabilitation professionals at Memorial Regional Hospital, Hollywood, Florida
- 8/30/2013 “What is Mindfulness”, presented to the student body of Donna Klein Jewish Academy, Boca Raton, Florida

PROFESSIONAL AFFILIATIONS

Diplomate

2007 – 2018 American Board of Professional Psychology/American Board of Clinical Neuropsychology

Treasurer

2015 – 2018 The Center for Mindful Eating (TCME), a US-based 501(c)3 non-profit, established in 2006. <http://TCME.org>

Board Member

2013-2015 Mindful Kids Miami, a a US-based 501(c)3 non-profit, established in 2011. <http://www.mindfulkidsmiami.org>

Member

2007 - 2018 American Association of Clinical Neuropsychology (AACN)

2004 - 2014 Florida Psychological Association (FPA)

1999 - 2014 International Neuropsychological Society (INS)

1993 - 2014 National Academy of Neuropsychology (NAN)

1991 - Present American Psychological Association (APA)

REFERENCES

Available on request