

SUSAN F. SCHROTT DCSW, LCSW, CEDS, CYT

Diplomate in Clinical Social Work
Licensed Clinical Social Worker,
Certified Eating Disorder Specialist
IAEDP Eating Disorder Supervisor
Certified Yoga Teacher
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EDUCATION

1989 Master of Social Work (MSW), New York University School of Social Work
1987 Bachelor of Arts Degree (BA), City University of New York, Magna Cum Laude
1978-1979 American Musical and Dramatic Academy, New York City
1970 Martha Graham School of Dance
1969 American School of Ballet
1968 Ballet Russe

CREDENTIALS

2015 Diplomate in Clinical Social Work, DCSW
2013 Certified Eating Disorder Supervisor, International Association of Eating Disorder Professionals
2013 EMDR Certificate; trained by Dr. William Zangwill, NYC
2011 Certified Eating Disorder Specialist, International Association of Eating Disorder Professionals
2011 Kripalu Certified Yoga Teacher; Trained in: Technique, teaching methodology, practicum for asana, pranayama, meditation, anatomy, physiology and professional ethics
2011 LifeForce Yoga Practitioner, LifeForce Yoga Healing Institute, Kripalu, Lenox, Massachusetts
2009 Licensed Clinical Social Worker (LCSW), New York State
2004 Licensed Master Social Worker (LMSW), New York State
1992 Post Graduate Training: Center for the Study of Anorexia and Bulimia
1989 Certified Social Worker (CSW) New York State

CLINICAL EXPERIENCE

2014-Present *Eating Disorder Supervisor*, New York
1994- Present *Psychotherapist*, A comprehensive and collaborative approach to treating eating disorders and mental health issues. Private Practice, White Plains, New York
1994-2000 *Psychotherapist*
Specializing in the treatment of eating disorders and women's mental health.
Renfrew Center of New York
1994 *Psychotherapist/Instructor*
Workshop for elementary school age children utilizing musical theatre, voice and movement to explore, develop and increase self-esteem, positive body image and interpersonal relationships.
Arts in Education Westchester, BOCES
1992 *Psychotherapist*
Center for the Study of Anorexia and Bulimia, New York City
1989-1991 *Social Worker*
Responsible for 28 bed in-patient medical/surgical unit, individual & family psychotherapy, discharge planning, psychosocial assessments & crisis intervention with geriatric, AIDS, homeless and medically impaired patients
New York Hospital Cornell Medical Center, New York City
1988 *Social Work Intern*
Responsible for out-patient and in-patient psychosocial assessments, crisis intervention, discharge planning, psychotherapy with severely dysfunctional patients & families suffering from

psychiatric disorders, ADIS and substance abuse. Participated in acute rounds, team conferences, and interdisciplinary meetings
Payne Whitney Clinic, New York Hospital

- 1987-1988 *Social Work Intern*
Responsible for assessment & treatment planning, differential diagnosis of affective disorders, schizophrenia & borderline personality disorders with multicultural population. Individual casework & group meetings with chronic mentally ill patients
The Bridge Inc., New York City
- 1986 *Research Assistant to Dr. Benjamin B. Wolman.*
“Dictionary of Behavioral Science”, Academic Press, 1988; “The Sociopathic Personality: Brunner/Mazel, New York, 1987.
- 1985 *Research Assistant*
International Center for the Disabled: Alzheimer’s disease Study. Supervisor: Dr. Herbert Krauss
- 1985 *Volunteer Advocate*
Mount Sinai Hospital: Rape Crisis Intervention Program
- 1984 *Musical Theater Instructor*
Brooklyn College Preparatory Center for the Performing Arts
Taught Musical Theatre and Movement to adolescents focusing on enhancing interpersonal skills and increasing self-esteem utilizing the group process

PRESENTATIONS

Act”ion and Yoga: Evidenced based yoga breath work coupled with Acceptance and Commitment and Therapy tools for use in clinical settings. IAEDP Webinar, November 11, 2016.

Act”ion and Yoga: Evidenced based yoga breath work coupled with Acceptance and Commitment and Therapy tools for use in clinical settings. Susan Schrott Therapy, March, 2016.

Act”ion and Yoga: Evidenced based yoga breath work coupled with Acceptance and Commitment and Therapy tools for use in clinical settings. Rockland Jewish Family Services, June 10, 2015.

“Act”ion and Yoga: Evidenced based yoga breath work coupled with Acceptance and Commitment and Therapy tools for use in clinical settings. ElizaRose Center, White Plains, NY. March 30, 2015.

“Act”ion and Yoga: Evidenced based yoga breath work coupled with Acceptance and Commitment and Therapy tools for use in clinical settings. Invited Guest Speaker, Monte Nido, New York, at Irvington Residential Treatment Program, April 2, 2015.

A Day of Compassion and Self Acceptance. Full day group therapy utilizing art, movement, yoga, journaling and community building workshop. Oliver-Pyatt Center, Florida; February 21, 2013.

International Association of Eating Disorder Professionals 2012 (IAEDP) Symposium. Presentation and workshop: *Yoga and Meditation, A Compassionate Path to Wellbeing*, Charleston, South Carolina, March 23-25, 2012.

Eating Disorders: Invited Guest Speaker for 1st and 2nd year medical students.
Child and Adolescent Psychiatry/Montefiore Medical Center/Albert Einstein College of Medicine, NYC March/June Spring 2012.

Yoga and Meditation: A Compassionate Path to Well Being, Didactic and community focused presentation. Utah State University; Logan, Utah; September 2011.

The Albert Einstein College of Medicine: Topics in Child and Adolescent Psychiatry.
Invited speaker for first year medical students. Eating disorder presentations. Bronx, NY, May and June 2011.

Evidenced-Based Yoga Training and Art Therapy Workshop. Avalon Hills Residential Eating Disorder Treatment Center, Utah State University; Logan, Utah; September 2011.

Empathy & Cognitive-Behavioral Changes in the Therapeutic Relationship. Presentation/Support Group, White Plains Hospital, New York, March 1988

PUBLICATIONS

- Schrott, S “This New Year’s Choice Values Over Resolutions” IAEDP Members Share, 2017
<http://www.rtor.org/2016/12/13/values-over-resolutions/>, Dec 16, 2016
- Schrott, S “Yoga Breathing Techniques and Movements To Keep You Moving Towards Recovery”
<https://www.recoverywarriors.com/author/susan-schrott/>, November, 2016
- Alison, M. “Susan Schrott: Celebrating Femininity With Art Quilts”, Quilt Trends Magazine, Winter 2012
- Schrott, S. “Is There a Place for Yoga and Meditation in the Treatment of Eating Disorders”
“Art Therapy, When Words Are Not Enough”
“The Benefits of a Comprehensive Treatment Approach to the Treatment of Eating Disorders”,
“The Impact of Images of Women in Artwork in a Therapeutic Setting”
- Denmark, F.L. & Schrott, S.
Social Psychological Aspects of Rape. In S. Sunday & E. Toback (eds.) *Violence Against Women: A Critique of the Sociobiology of Rape*. New York: Gordian Press, 1985. Paper presented at the Annual Convention of the Eastern Psychological Association, Baltimore, Md., 1984

AWARDS AND HONORS

- 2011 Kripalu School of Yoga: Teaching For Diversity Grant
- 1985-1989 Jewish Foundation for the Education of Women, Scholarship
- 1987 Livingston Welch Research Award for outstanding achievement in research, Hunter College
- 1986-1987 Belle Zeller Award, Scholarship for *Outstanding Leadership and Contribution to the Community*, City University of New York, New York City
- 1985-1987 Hunter College Scholarship and Welfare Alumni Award
- 1985-1986 National Dean’s List; Certificate of Recognition for Excellence in Research/Psi Chi National Honor Society in Psychology; National Service Award, Outstanding Contribution to the Goals of Hunter College Psi Chi Chapter; Certificate for Special Recognition/Outstanding Leadership, Hunter College Psychological Society.

PROFESSIONAL AFFILIATIONS

- Clinical Advisory Group Avalon Hills Eating Disorder Foundation
The National Association of Social Workers (NASW)
International Association of Eating Disorders Professionals (IAEDP)
EMDRIA
National Eating Disorders Association (NEDA)
Academy for Eating Disorders (AED)
Actor’s Equity
Studio Art Quilt Associates (SAQA)