

## Janet Ware Doucette, MA LMHC

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### Curriculum Vitae

- 09/07 - current **CANYON RANCH LENOX, MA** *Life Management Staff Therapist, Lecturer, Workshop Presenter*  
Life Management therapist and executive coach in integrative health and healing department of internationally known wellness spa. Duties include mind body wellness consultations, executive coaching, spiritual development, guest lectures and workshops. Responsibilities include maintaining records and coordinating with nurse practitioners, doctors, physical therapists and other wellness practitioners. Developed spirituality services, Shamanic Journey service, expanded biofeedback services, designed key lectures and the Tranquility Meditation Workshop. Ongoing facilitation of meditation workshops. Member of Integrated Medicine Program professional training staff for CME credit through Canyon Ranch Institute.
- 1/00 -Current **MINDFUL TECHNOLOGY, Great Barrington, MA** *Founder and Director*  
Founder and President of company that designs and produces digital audio and video meditations, corporate and public training seminars and software that helps reduce stress and suffering while promoting inner peace and inspired Leadership. Designed Health & Wellbeing Assessment Database. Provides keynote addresses and training in transforming stress into spirited opportunity. Founding Member of Spirit in Business World Institute. Internet presence at [www.mindfultechology.com](http://www.mindfultechology.com). Conducts all aspects of software and program design, website development, and fiscal management. Developed Community for Mindful Living Social Network.
- 3/01- 10/15/08 **MIND BODY WELLNESS & BIOFEEDBACK CENTER Orleans, MA** *Clinical Director*  
Director of Clinical Biofeedback, Supervision and Training in Mind Body Medicine. Licensed Clinical Mental Health Counselor and founder of counseling practice that provides stress evaluations, treatment, and psychotherapy to adolescents and adults with stress related disorders and chronic pain. Developer of Mind Body Health Groups: including Cardiovascular Awareness Training, Surviving Cancer and Beautiful Bones- Osteoporosis Program. Supervised and trained licensed clinicians in mind body medicine counseling techniques, clinical biofeedback, and Reiki Energy training. Appeared on NPR radio and WOMR talk radio. Served on planning team for Cape Cod Wellness Expos. Member of Falmouth Hospital Complementary and Alternative Medicine Staff Directory.
- 9/99 - 4/2001 **HARVARD VANGUARD MEDICAL ASSOCIATES, Boston, MA** *Psychotherapist & Biofeedback Specialist*  
Clinician in Mind-Body Medicine department providing counseling and biofeedback services to patients with various medical symptoms associated with stress. Duties included general counseling, generation and updating of the Departmental Needs Assessment Database and program planning, Clinical Setting Program Expansion Project, co-facilitation of the Mind-Body Cancer Program and group facilitator for Personal Health Improvement Program (PHIP).
- 9/96- 6/30/99 **INDEPENDENCE HOUSE, Hyannis, MA** *Crisis Counselor*  
Counselor providing services to battered women and survivors of incest and sexual assault and Co-facilitator for Sexual Assault Survivor Group. Developed Women's Empowerment Group with outreach to community resources and education. Designed Agency Statistical Database for reporting service utilization. Active in annual Take Back the Night events, radio discussion and media events.
- 9/92 - 12/2000 **STRESSFX, Orleans, MA** *Business Consultant*  
Designed and presented workshops on stress resiliency in the workplace and personal wellness programs. Helped small companies generate start-up business organization, accounting and budgeting. Assisted local women's businesses use of automated computer systems scheduling, billing and accounting management.
- 7/90 - 9/92 **INFINETWORK, Naples, FL** *Networking Software Engineer & Technical Consultant*  
1/84 - 6/90 **ORLEANS FOUNDATIONS, INC. Orleans, MA** *Corporate Partner, Chief Financial Officer*  
4/83 - 12/84 **WORDS & DATA, INC. Orleans, MA** *Computer Systems Technical Consultant*  
2/82 - 3/83 **STORAGE TECHNOLOGY CORP, Longmont CO.** *Engineering Assistant for Optical Systems*  
1/79 - 12/81 **KOLLSMAN INSTRUMENT CO, Merrimack, N.H.** *Laser-optic technician for military and avionics programs*

**EDUCATION:**

2000	Lesley University Graduate School, Cambridge, MA	Master of Arts, Clinical Mental Health Counseling, GPA 3.95
1996	Lesley University, Cambridge, MA	BA in Behavioral Science, with High Honors GPA 3.97
1994	Cape Cod Community College	Associate of Arts in Psychology, with High Honors. GPA 3.97
1980	New Hampshire Technical College	Optics - Specifications, Methods and Standards Program
1972	University of Massachusetts - Amherst	Undergraduate Program in Biological Sciences

**CERTIFICATIONS & SPECIAL TRAINING**

Novell Certified Network Engineer Program (1991)  
Certified Rape Crisis Counselor - Boston Rape Crisis Center/Hyannis MA Site (1999)  
Certified Personal Health Improvement Program group facilitator - Harvard Pilgrim Health Care., Boston, MA (1999)  
Mind-Body Therapies - Mind-Body Medicine Dept of Harvard Vanguard Medical Associates, Boston, MA (1999)  
Biofeedback & Psychophysiology Training - Cambridge Hospital & Health Alliance Center, Cambridge, MA (2000)  
Licensed Clinical Mental Health Counselor by State of Massachusetts and the Board of Allied Mental Health. (2002)  
Clinical Hypnotherapy Training by New England Society of Clinical Hypnosis. Newton-Wellesley Hospital (2005)  
Reiki Master Teacher in the Second Degree, Men Cho Buddhist tradition (2005), Practicing Reiki since 1992.

**PROFESSIONAL AFFILIATIONS:**

Canyon Ranch Institute, CME provider for professional training  
Member of Phi Theta Kappa, National Honor Fraternity  
Member, Association for Spirit at Work  
Member, Association for Applied Psychophysiology and Biofeedback  
Presenting Member of Biofeedback Society of New England  
Founding Member of Spirit in Business World Institute ([www.spiritinbusiness.org](http://www.spiritinbusiness.org))  
Charter Member HeartMath Institute  
Cape Cod Community College. Adjunct Teacher of Mind Body Medicine for Nursing Program.  
Falmouth Hospital, Member of Complementary and Alternative Medicine Education Staff  
Contributor, Management Innovation Exchange (<http://www.managementexchange.com>)

**PUBLICATIONS & ARTICLES**

Myth & Mandala: the healing experience of near death © 1996, JW. Doucette. Lesley University. Cambridge, MA  
The Peaceful Self: handling stress in the information age © 1995, JW. Doucette. Lesley University. Cambridge, MA  
Biofeedback: Dissolving the Imaginary Boundaries between Mind and Body. ©2003, J.W Doucette. Cape Cod Healing Arts Magazine  
The Mindful Muse © 2003-2010 Mindful Technology Quarterly Newsletter  
The Stress Relief Training Guide © 2010 Janet Ware Doucette.  
Biofeedback 101 Training Manual © 2010 Janet Ware Doucette.  
HRV Biofeedback Training Manual © 2010 Janet Ware Doucette.

**MULTI-MEDIA PRODUCTIONS, SOFTWARE DESIGNS & MUSIC**

The Mindful Moment DVD: Visual Meditations for Desktop Computers (DVD) ©2001  
Mindful Awareness Audio CD ©2006  
Inner Refuge Audio CD ©2006  
Tranquility Meditations Audio CD ©2008  
Take A Break, Relaxation Software. © 1998 Janet Ware Doucette. Mindful Technology.  
Relax! Relaxation Software. © 1999 Janet Ware Doucette. Mindful Technology.  
Wellness Mentor. Mind Body Software © 1999 Janet Ware Doucette. Mindful Technology.

**LECTURE PRESENTATIONS, KEYNOTES, TRAINING SEMINARS**

The Power of Intentional Insight  
The Art of Transforming Stress  
Cultivating Tranquility for an Inspired and Optimal Life  
Seeing Tranquility Meditation Workshop  
Mindfulness Meditation Workshop  
Intentional Insight Leadership Program  
The Intentional Insight Training Program  
Professional Training in Mind Body Medicine, Energy Medicine, and Biofeedback.