

# CONSTANCE SCHARFF, PH.D.

Contact:

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## Professional Objectives

- To help addicts, their families, and addiction professionals understand how to use the latest evidence-based addiction therapies in combination with neuroscience breakthroughs and holistic medical treatments to create the means for solid addiction recovery.
- To apply the breakthroughs in consciousness studies to psychotherapy with the goal of improving mental health.
- To use quality data to promote social justice and access to healthcare for addicts and the mentally ill.
- To continue research on ecstatic spiritual experience, storytelling, contemplative practice and connection to the divine to improve mental health, particularly among women in the Global South.

## Current Research Interests

Ecstatic spiritual experience as a transformative agent; evidence-based, holistic addiction treatment; neuroscience and addiction recovery; transpersonal psychological interventions in addiction treatment; entheogens; storytelling as contemplative practice; women's mental health.

## Education

**PhD** Transformative Studies, 2009                      California Institute of Integral Studies, San Francisco, CA  
Dissertation: Filling the God-shaped hole: Reframing alcoholism as an opportunity for spiritual transformation

- Collected and analyzed the stories of addicts who have had profound spiritual experiences in late sobriety
- Articulated a theory of recovery from addiction that highlights the difficulties of those entering long term sobriety as well as methods for those in recovery to maintain their sobriety
- Re-developed definitions of addiction and recovery to facilitate personal transformation in addicts

**MA** Transformative Leadership, 2006                      California Institute of Integral Studies, San Francisco, CA  
Capstone Project: Leading for Peaceful Action

- Served approximately 800 4th - 5<sup>th</sup> grade students with an anti-bullying curriculum
- Provided a service learning opportunity for ten St. Lawrence University (NY) students in California during spring break
- Approved anti-bullying training and curriculum for student volunteers and grade school participants
- Collaborated with Peace Games, Museum of Tolerance, St. Lawrence University, three LAUSD schools, a professional anti-bullying consultant, and other organizations to bring the project to fruition
- Raised \$11,000 (100% of budget) to accomplish the project and subsidize travel costs for students

# CONSTANCE SCHARFF, PH.D.

BA Government, 1994, Magna Cum Laude St. Lawrence University, Canton, NY

Major: Government with Departmental Honors

Minors: African Studies and Asian Studies

Semester Abroad Programs: India and Kenya; Research Trip: El Salvador

Honors Thesis: People Centered Development: Case Studies of Success

- Evaluated various types of development projects in India, Kenya, and El Salvador
- Concluded that “people centered” projects were the most effective at meeting local needs and goals while maintaining environmental and cultural integrity of project participants and locales

Recognition:

Omicron Delta Kappa National Leadership Honor Society

Phi Beta Kappa National Academic Honor Society

Phi Alpha Theta National History Honor Society

Pi Sigma Alpha National Political Science Honor Society

Faculty Scholar

## Organizations

American Psychological Association  
World Federation for Mental Health

Society for Consciousness Studies  
Associations for Transpersonal and Humanistic Psychology

Global Addiction  
Associations for Transpersonal and Humanistic Psychology

## Research and Academic Experience

*Senior Addiction Research Fellow*  
*Director of Addiction Research*

Cliffside Malibu

Dec. 2011-Sept. 2017

- Speak internationally on the subject of addiction recovery and whole-health addiction treatment
- Coauthored an Amazon.com #1 bestselling book, *Ending Addiction for Good*, discussing why holistic addiction treatment is more successful than traditional treatment models
- Explore research at the intersection of neuroscience, psychology, and complementary medicine and its application to addiction recovery
- Teach psychologists, social workers, addiction treatment professionals, medical doctors, acupuncturists, business leaders, clergy and others skills to use when working with addicts in and out of recovery
- Review research that can be applied to addiction recovery and put best practices into use at the Cliffside Malibu treatment facility
- Meet with media to discuss the latest trends in addiction recovery

*Consortium Member*

Institute for Creative Transformation

2009-2014

- Undertook research projects on creative transformation
- Developed a theoretical model of personal transformation based on the experiences of alcoholics in long-term sobriety

*Graduate Student Services*  
*Teaching Assistant*

California Institute of Integral Studies

2005-2008  
2007-2008

*Volunteer Facilitator for Conference Updates & Career Planning forums*  
*Student “Ambassador” for Transformative Inquiry Dept./Admissions*

2005-2008  
2005-2008

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## Business Experience

Author	Self	2003 - Present
Accomplishments:		
<ul style="list-style-type: none"><li>• Coauthored the Amazon.com #1 bestselling book <i>Ending Addiction for Good: The Groundbreaking, Holistic, Evidence-Based Way to Transform Your Life</i> with Richard Taite. Published by Wheatmark, November 2012. Second edition published 2014.</li><li>• Authored an award-winning book of Jewish-themed poetry, <i>Meeting God at Midnight</i>, published August 2014.</li><li>• Extensive publication history in the fields of experiential education, acupuncture, and personal transformation</li><li>• Edited three professionally published books in the fields of acupuncture, psychotherapy, and history/memoir</li><li>• Blog writer for Cliffside Malibu <a href="http://www.cliffsidemalibu.com/blog/">http://www.cliffsidemalibu.com/blog/</a>, Psychology Today <a href="http://www.psychologytoday.com/experts/constance-scharff-phd">http://www.psychologytoday.com/experts/constance-scharff-phd</a> and Huffington Post</li></ul>		
<i>Girl Scout Executive</i>	Girl Scouts of Greater Los Angeles	1995 – 2004
<i>Program and Property Director</i>		2002 – 2004
<i>Membership Manager</i>		2001 – 2002
<i>Trainer (Volunteer Post)</i>		1997 – 2001
<i>Membership Specialist</i>		1995 – 1997

### Accomplishments:

- Annually exceeded membership recruitment and retention goals by a minimum of 2%
- Developed colossal growth in underserved areas, going from 5 to 500 members in a single year
- Surpassed revenue generation goals during every year of professional service, increasing revenue as much as 10% over expectations
- Presented innovative teen program design for the Association of Girl Scout Executive Staff
- Consulted regionally on staffing experiential education programs for the American Camp Association
- Achieved the level of “Master Trainer” for Girl Scouts of the USA
- Promoted through all levels of service to senior administration responsible for more than ten thousand members and millions of dollars of property and funds

### Responsibilities:

- Led strategic planning sessions for Risk Management and Property Planning Board Task Groups
- Operated a 58-acre, 4 season resident camp serving 1,000+ girls in summer and 120 renters per week 3 seasons
- Implemented activities that consistently underscored the mission and values of Girl Scouting
- Taught leadership development courses; trained more than a thousand staff members and volunteers
- Facilitated all programmatic activities for 8,000 – 12,000 girl members
- Recruited and retained membership of more than 15,000 girl and adult members
- Analyzed data to inform decisions for budgeting and planning purposes
- Designed and applied outcomes measurement tools to ensure that goals were met
- Wrote, edited and distributed multiple publications and media information for internal and external stakeholders
- Developed relationships with diverse cultural and socioeconomic group leaders

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## Publications and Presentations

- Scharff, Constance. (April 2003). Creating Your Best Camp Staff presentation at the American Camp Association's California/Hawaii Regional Conference, Riverside, California.
- Scharff, Constance. (Jan/Feb 2005). Promoting a Healthy and Safe Forest: Forestry Planning for Resident Camps. *Camping Magazine*, 30-34.
- Scharff, Constance. (Nov/Dec 2005). Building Your Camp Dream Team. *Camping Magazine*, 20-23. (Including Photos, Sidebar)
- Scharff, Constance. (April 2007). Why I Give. Momentum: A campaign report from St. Lawrence University, 13.
- Scharff, Constance. (December 2007). [Review of the book Making globalization work]. *World Futures*, 63, 623-627.
- Scharff, Constance. (July 2008). Camp is for girls: The role of single-gender summer camps in connecting children to nature. *Theory in Action*, 1(3), 91-101.
- Scharff, Constance. (2009). Filling the God-shaped hole: Reframing alcoholism as an opportunity for spiritual transformation. *Dissertation Abstracts International (A) 70/01*, p. unknown. (Publication No. AAT 3343921).
- Scharff, Constance. (April 2009). Service learning: Bolstering leadership development while encouraging personal growth. *Theory in Action*, 2(2), 80-95.
- Scharff, Constance. (July 2009). The initial consultation. *Acupuncture Today*, 10(7), 1&32.
- Scharff, Constance. (August 2009). Creating rapport with the patient. *Acupuncture Today*, 10(8).
- Scharff, Constance. (September 2009). Half-truths, omissions, and lies. *Acupuncture Today*, 10(9).
- Scharff, Constance. (October 2009). Physically touching the patient. *Acupuncture Today*, 10(10).
- Scharff, Constance. (January 2010). Treatment away from home. *Acupuncture Today*, 11(01).
- Scharff, Constance. (April 2010). Patient noncompliance. *Acupuncture Today*, 11(04).
- Scharff, Constance. (July 2010). The TCM vs. Five Element Divide. *Acupuncture Today*, 11(07).
- Scharff, Constance. (Summer 2010). An introduction to research literacy for acupuncture and Oriental medicine practitioners. *American Acupuncturist*, 52.
- Scharff, Constance. (October 2010). When you love your acupuncturist. *Acupuncture Today*, 11(10).
- Scharff, Constance. (February 2011). The key to treating suicidal patients. *Acupuncture Today* 12(02).
- Scharff, Constance. (April 2011). Herbs work better when you take them. *Acupuncture Today* 12(04).
- Scharff, Constance. (Spring/Summer 2011). The need for research literacy for acupuncture and Oriental medicine practitioners. *California Journal of Oriental Medicine* 22(01), 11-15.
- Scharff, Constance. (September 2011). Creating trusting practitioner patient relationships. *Acupuncture Today* 12(09).
- Scharff, Constance. (September 2011). Transforming outcomes at the Girl Scout Council, presentation at the Girl Scouts of Central Texas' Full Staff Training Session, Spicewood, Texas.
- Taite, Richard & Scharff, Constance. (2012). *Ending addiction for good: The groundbreaking, holistic, evidence-based way to transform your life*. Tucson, AZ: Wheatmark.
- Scharff, Constance. (February 2013). Overcoming addiction for good: Latest practices, presentation at the California Institute of Integral Studies, San Francisco, CA.
- Scharff, Constance. (March 2013). From alienation to hope: New approaches to addiction treatment to produce successful recovery, presentation at the International Academic Forum Conference, Osaka, Japan.
- Scharff, Constance. (June 2013). The brain and addiction recovery: Applying neuroscience to addiction treatment produces successful recovery, presentation at the Jerusalem International Conference on Neuroplasticity and Cognitive Modifiability, Jerusalem, Israel.
- Scharff, Constance. (July 2013). Developing holistic, integrated approaches to addiction treatment, presentation at the International Congress on Naturopathic Medicine, Paris, France.
- Scharff, Constance. (July 2013). Creating hope: The key to effective addiction treatment, keynote address at the 2<sup>nd</sup> International Conference and Exhibition on Addiction Research and Therapy, Las Vegas, Nevada.

# CONSTANCE SCHARFF, PH.D.

- Scharff, Constance. (October 2013). What business owners need to know about addiction, keynote address at the Austin Business Executives meeting, Austin, Texas.
- Scharff, Constance. (February 2014). Creating hope of recovery: The healer's role, keynote address at the Southwest Symposium Integrative Medicine Conference, Austin, Texas.
- Scharff, Constance. (May 2014). Overcoming addiction: Practical applications of recent advances in neuroscience, psychology and complementary medicine, presentation at the 19<sup>th</sup> International Congress of the Association of Psychology & Psychiatry for Adults and Children, Athens, Greece.
- Scharff, Constance. (June 2014). The elderly and addiction, presentation at the Jewish Theological Seminary, New York, New York.
- Scharff, Constance. (July 2014). Addiction, neuroscience, and psychology: Transdisciplinary approaches creating breakthroughs in addiction recovery, presentation at the mid-year meeting of the International Neuropsychological Society, Jerusalem, Israel.
- Scharff, Constance. (July 2014). From despondency to hope: Ending addiction for good using a positive psychological approach, presentation at the 2<sup>nd</sup> Canadian Conference on Positive Psychology, Ottawa, Canada.
- Scharff, Constance. (2014). *Meeting God at midnight*. Austin, TX: Sociosights Press.
- Scharff, Constance. (August 2014). The latest findings in addiction research, grand rounds address at Lentegeur Hospital, Cape Town, South Africa.
- Scharff, Constance. (August 2014). The neuroscience of addiction recovery: Creating a "recovery feedback loop", presentation at the 7<sup>th</sup> World Congress for Psychotherapy, Durban, South Africa.
- Scharff, Constance. (November 2014). Overcoming obstacles to providing quality addiction treatment to those in need, presentation at the Global Addiction Conference, Rio de Janeiro, Brazil.
- Scharff, Constance. (January 2015). When only the wealthy recover: The medical ethics of addiction treatment and recovery, presentation at UNESCO's 10<sup>th</sup> World Conference on Bioethics, Medical Ethics, & Health Law, Jerusalem, Israel.
- Scharff, Constance. (February 2015). Embracing hope: Using the latest treatment breakthroughs to improve addiction recovery rates, keynote address at the Evolution of Addiction Treatment, Los Angeles, California.
- Scharff, Constance. (May 2015). Addiction recovery that works: Clinically proven whole health treatments for substance abusers and other addicts, presentation at InPACT: International Psychological Applications Conference and Trends, Ljubljana, Slovenia.
- Scharff, Constance. (May 2015). The spirit of the medicine: Practitioner self-care, spiritual health, mental balance and boundary setting, keynote address at the Southwest Symposium Integrative Medicine Conference, Austin, Texas.
- Scharff, Constance. (June 2015). Does a radical shift in consciousness facilitate addiction recovery?, presentation for the Society of Consciousness Studies Conference, New Haven, CT.
- Scharff, Constance. (June 2015). Addiction recovery: The result of a radical change in consciousness, presentation at the Toward a Science of Consciousness Conference 2015, Helsinki, Finland.
- Scharff, Constance. (July 2015). Addiction in the LGBTQ community: Higher rates of chemical dependence, every opportunity to recover, presentation for the Interamerican Society of Psychology, Lima, Peru.
- Scharff, Constance. (July 2015). Giving addicts hope: Clinically proven positive psychological treatment for addiction recovery, presentation for the Interamerican Society of Psychology, Lima, Peru.
- Scharff, Constance. (July 2015). PTSD, addiction, and suicide among veterans: You can recover, presentation for the Veterans of Foreign Wars annual convention, Pittsburgh, PA.
- Scharff, Constance. (July 2015). Jews and addiction recovery: Talking about the taboo, a presentation for Temple Judea Mizpah, Skokie, IL.
- Scharff, Constance. (October 2015). Evidence-based addiction treatment: New therapies provide solid treatment results, presentation for the World Federation for Mental Health, Cairo, Egypt.

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- Scharff, Constance. (October 2015). Treating PTSD in Syrian refugees: What resettlement nations need to consider when responding to the crisis, presentation for the World Federation for Mental Health, Cairo, Egypt.
- Scharff, Constance. (March 2016). Jews, child abuse, and addiction recovery: Creating hope around taboo topics, a presentation for Congregation Beth Israel, Bellingham, WA.
- Scharff, Constance. (July 2016). When “chronic” is the starting point: Improving treatment outcomes among substance abusers, presentation at the International Congress on Naturopathic Medicine, Barcelona, Spain.
- Scharff, Constance. (October 2016). The latest breakthroughs in addiction treatment: Applying new research to create improved outcomes, presentation for the World Federation for Mental Health, Cairns, Australia.
- Scharff, Constance. (October 2016). The convergence of neuroscience, psychotherapy, and complementary medicine in improving addiction treatment outcomes: Training for psychotherapists, workshop for the World Federation for Mental Health, Cairns, Australia.
- Scharff, Constance. (March 2017). The truth about addiction: Using science to destigmatize addiction, presentation at UNESCO’s 12<sup>th</sup> World Conference on Bioethics, Medical Ethics, & Health Law, Limassol, Cyprus.
- Scharff, Constance. (March 2017). Effective addiction treatment: Addressing trauma and the brain to improve treatment outcomes, presentation for graduate students at Bar Ilan University, Tel Aviv, Israel.
- Scharff, Constance. (June 2017). Consciousness and addiction recovery: A look at applied consciousness studies, presentation for the Society of Consciousness Studies Conference, New Haven, CT.
- Scharff, Constance. (July 2017). Sugar, diet, and the addictive response: Is sugar addictive and how can healthcare professionals help sugar “addicts?”, presentation at the International Congress on Naturopathic Medicine, London, England.