

# CURRICULUM VITAE

## Kevin J. Berceli, LPC

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### PROFESSIONAL EXPERIENCE:

Owner 2013 – Present

*Counterpoise Solutions, LLC: Edinboro, Pennsylvania*

Provide stress and trauma education services such as Continuing Education Units (CEU's) and training to mental health professionals, as well as certified Tension/Trauma Releasing Exercise (TRE)® services to a variety of populations including, but not limited to, treatment professionals, business professionals, the public, students, families, active-duty military, military veterans, and mental health consumers.

Mental Health Therapist 2011 – Present

*Stairways Behavioral Health: Meadville and Erie, Pennsylvania*

Provide intake assessment, as well as group and individual therapy services in an outpatient psychiatric clinic. Deliver direct service geared towards brief solution focused, insight oriented, cognitive and psychosomatic approaches to recovery. Participate on a multidisciplinary treatment team, and be responsible for maintaining clinic charts and collaborative communication.

Program Director 2015 – 2018

*Stairways Behavioral Health: Erie, Pennsylvania*

Collaborated with supports across the agency, and with community partners, during the phases of initial startup and daily operations. This position included program development, compliance of the program to state regulations, and oversee ongoing daily operations.

Adolescent Drug and Alcohol Counselor 2010 – 2011

*Pyramid Healthcare: Erie, Pennsylvania*

Provided group and individual drug and alcohol (D&A) counseling services for adolescents in outpatient, intensive outpatient, and partial hospitalization levels of care. Was responsible for maintaining clinic charts and collaborative communication, including with families and referral sources.

Short Term School Counselor 2010

*Waterford Elementary, Fort LeBoeuf School District: Waterford, Pennsylvania*

Fulfilled duties of the elementary school counselor including individual, small group, and large group intervention / instruction.

## **PUBLICATIONS:**

Berceli, K, (2025). Trauma Releasing Exercises (TRE). In Bill Owenby & Katherine Campbell (Eds), *The Encyclopedia of Mental Health Trainings, Certifications, and Credentials*. Arizona: ONBLLC Publishing.

## **PUBLIC SPEAKING ENGAGEMENTS:**

Community Presentation <i>Shontz Memorial Library</i> <i>Conneaut Lake, Pennsylvania</i>	August 2025
Special Guest <i>Stigma Stompers Podcast</i> <i>National Alliance on Mental Illness (NAMI) Erie County, PA</i> <i>Erie, Pennsylvania</i>	May 2025
Local News Interview <i>Advice on how to shake off those first-day-of school jitters</i> <i>WJET Your Erie</i> <i>Erie, Pennsylvania</i>	August 2024
Conference Speaker <i>3<sup>rd</sup> Annual Community Resilience Conference</i> <i>Erie Coalition for a Trauma Informed Community (ECTIC)</i> <i>Erie, Pennsylvania</i>	March 2024
Conference Speaker <i>7<sup>th</sup> Annual Suicide Prevention Conference</i> <i>Suicide Prevention Advisory Board</i> <i>Erie, Pennsylvania</i>	September 2023
Conference Speaker <i>2<sup>nd</sup> Annual Community Resilience Conference</i> <i>Erie Coalition for a Trauma Informed Community (ECTIC)</i> <i>Erie, Pennsylvania</i>	February 2023
Conference Speaker <i>9<sup>th</sup> Annual Victims' Rights Conference</i> <i>Crime Victim Center (CVC) of Erie County</i> <i>Erie, Pennsylvania</i>	April 2022

## **PUBLIC SPEAKING ENGAGEMENTS [CONTINUED]:**

Conference Speaker	March 2022
<i>8<sup>th</sup> Annual Trauma-Informed &amp; Resilient Communities Conference</i> <i>Crawford County System of Care, Mercy County Behavioral Health Commission Inc., Venango County Human Services, and Edinboro University of Pennsylvania</i> <i>Edinboro, Pennsylvania</i>	
Conference Speaker	February 2022
<i>Community Resilience Conference</i> <i>Erie County Department of Human Services, and</i> <i>Erie Coalition for a Trauma Informed Community (ECTIC)</i> <i>Erie, Pennsylvania</i>	
Conference Speaker	April 2021
<i>8<sup>th</sup> Annual Victims' Rights Conference</i> <i>Crime Victim Center (CVC) of Erie County</i> <i>Erie, Pennsylvania</i>	
Conference Speaker	July 2020
<i>7<sup>th</sup> Annual Victims' Rights Conference</i> <i>Crime Victim Center (CVC) of Erie County</i> <i>Erie, Pennsylvania</i>	
Conference Speaker	April 2019
<i>6<sup>th</sup> Annual Victims' Rights Conference</i> <i>Crime Victim Center (CVC) of Erie County</i> <i>Erie, Pennsylvania</i>	
Conference Speaker	April 2018
<i>5<sup>th</sup> Annual Victims' Rights Conference</i> <i>Crime Victim Center (CVC) of Erie County</i> <i>Erie, Pennsylvania</i>	
Conference Speaker	September 2017
<i>4<sup>th</sup> Annual Trauma Informed &amp; Resilient Communities Conference</i> <i>Erie &amp; Crawford County's Offices of Human Services, and Edinboro University of Pennsylvania</i> <i>Edinboro, Pennsylvania</i>	
Symposium Speaker	June 2017
<i>Wellness &amp; Recovery Symposium</i> <i>Crawford County Suicide Task Force (CCSTF)</i> <i>Meadville, Pennsylvania</i>	

## **PUBLIC SPEAKING ENGAGEMENTS [CONTINUED]:**

Speaker for Mental Health Recovery <i>Erie County Certified Peer Specialist Meeting</i> <i>Community Care Behavioral Health Organization (CCBHO)</i> <i>Erie, Pennsylvania</i>	October 2016
Conference Speaker <i>3<sup>rd</sup> Annual Trauma Informed &amp; Resilient Communities Conference</i> <i>Erie &amp; Crawford County's Offices of Human Services, and Edinboro University of Pennsylvania</i> <i>Edinboro, Pennsylvania</i>	September 2016
Conference Speaker <i>NW3 (Crawford/Mercer/Venango counties) 8<sup>th</sup> Annual Membership Forum</i> <i>Value Behavioral Health</i> <i>West Middlesex, Pennsylvania</i>	November 2015
Conference Speaker <i>2<sup>nd</sup> Annual Trauma Informed &amp; Resilient Communities Conference</i> <i>Crawford County and Erie County offices of Human Services, and Edinboro University of PA</i> <i>Edinboro, Pennsylvania</i>	October 2015
Conference Speaker <i>Spring Conference</i> <i>Clarion Psychiatric Center</i> <i>Clarion, Pennsylvania</i>	April 2015
Speaker for Mental Health Recovery <i>Crawford County Suicide Task Force (CCSTF)</i> <i>Crawford County Human Services</i> <i>Meadville, Pennsylvania</i>	January 2015
Speaker for Mental Health Recovery <i>National Alliance on Mental Illness (NAMI)</i> <i>Crawford County Mental Health Awareness Program (CHAPS)</i> <i>Meadville, Pennsylvania</i>	July 2014
Therapeutic Silver Linings Speaker <i>Candlelight Vigil</i> <i>Crawford County Mental Health Awareness Program (CHAPS)</i> <i>Meadville, Pennsylvania</i>	October 2013

## **VOLUNTEER WORK:**

TRE® Workshop for Clinical Mental Health Counseling Program <i>Gannon University</i> <i>Erie, Pennsylvania</i>	September 2025
TRE® Workshop for Clinical Mental Health Counseling Program <i>Gannon University</i> <i>Erie, Pennsylvania</i>	September 2024
Speaker for Mental Health Recovery <i>Northwest Pennsylvania Collegiate Academy (JROTC Program)</i> <i>Erie, Pennsylvania</i>	December 2023
TRE® Workshop for Clinical Mental Health Counseling Program <i>Gannon University</i> <i>Erie, Pennsylvania</i>	October 2023
TRE® Workshop for School District K-12 Special Education Paraprofessional Staff <i>Warren County School District</i> <i>Warren, Pennsylvania</i>	March 2022
TRE® Workshop for Erie County Certified Peer Specialists, Monthly Training <i>Erie County Certified Peer Specialist Meeting</i> <i>Erie, Pennsylvania</i>	October 2017
TRE® Workshop for Military Personnel <i>Washington DC Area Delta Charlie Tour, College Park, Maryland</i> <i>Warrior Writers of Culture Trust, Philadelphia, Pennsylvania</i>	September 2014
TRE® Series for Community Members <i>County YMCA</i> <i>Edinboro, Pennsylvania</i>	January – February 2014

## **EDUCATION AND CERTIFICATES:**

Certified Practitioner of Neuro-Linguistic Programming (CP-NLP) <i>iNLP Center, International NLP Association</i>	2022
Certified Professional Hypnotist (CPH) <i>International Certification Board of Clinical Hypnotherapy</i>	2019
Licensed Professional Counselor (LPC), #PC008004 <i>State Board of Social Workers, Marriage and Family Therapists and Professional Counselors</i> <i>Commonwealth of Pennsylvania</i>	2015
Certified Practitioner of Tension/Trauma Releasing Exercise® (CP-TRE), Level II <i>TRE, LLC</i>	2014

**EDUCATION AND CERTIFICATES [CONTINUED]:**

Tension/Trauma Releasing Exercise® Practitioner, Advanced Training <i>TRE, LLC</i>	2013
Tension/Trauma Releasing Exercise® Practitioner, Level I <i>TRE, LLC</i>	2013
Nationally Certified Counselor (NCC), #269221 <i>National Board for Certified Counselors</i>	2010
Pennsylvania Secondary School Counselor Certification <i>Commonwealth of Pennsylvania</i>	2010
Master of Arts in Counseling <i>Concentration: Secondary Education Counseling</i> <i>Edinboro University of Pennsylvania</i> <i>Edinboro, Pennsylvania</i>	2010
Bachelor of Arts in Criminal Justice <i>Minor in Psychology</i> <i>Edinboro University of Pennsylvania</i> <i>Edinboro, Pennsylvania</i>	2007

**EDUCATIONAL EMPLOYMENT AND INTERNSHIPS:**

School Counselor Internship, Master's level <i>Fort LeBoeuf High School, Fort LeBoeuf School District</i> <i>Waterford, Pennsylvania</i>	2010
School Counselor Practicum, Master's level <i>Fort LeBoeuf High School, Fort LeBoeuf School District</i> <i>Waterford, Pennsylvania</i>	2009
First-Year Experience (FYE) Program, Graduate Assistant <i>Edinboro University of Pennsylvania</i> <i>Edinboro, Pennsylvania</i>	2008 – 2009
Criminal Justice Internship, Bachelor's level <i>City of Erie Police Department</i> <i>Erie, Pennsylvania</i>	2007