

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 et al., 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:

Conference Speaker <i>10th Annual Suicide Prevention Conference</i> <i>Suicide Prevention Advisory Board</i> <i>Erie, Pennsylvania</i>	September 2026
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>3rd Annual Community Resilience Conference</i> <i>Erie Coalition for a Trauma Informed Community (ECTIC)</i> <i>Erie, Pennsylvania</i>	March 2024
Conference Speaker <i>7th Annual Suicide Prevention Conference</i> <i>Suicide Prevention Advisory Board</i> <i>Erie, Pennsylvania</i>	September 2023
Conference Speaker <i>2nd Annual Community Resilience Conference</i> <i>Erie Coalition for a Trauma Informed Community (ECTIC)</i> <i>Erie, Pennsylvania</i>	February 2023

PUBLIC SPEAKING ENGAGEMENTS [CONTINUED]:

Conference Speaker <i>9th Annual Victims' Rights Conference</i> <i>Crime Victim Center (CVC) of Erie County</i> <i>Erie, Pennsylvania</i>	April 2022
Conference Speaker <i>8th Annual Trauma-Informed & Resilient Communities Conference</i> <i>Crawford County System of Care, Mercy County Behavioral Health</i> <i>Commission Inc., Venango County Human Services, and Edinboro</i> <i>University of Pennsylvania</i> <i>Edinboro, Pennsylvania</i>	March 2022
Conference Speaker <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>	February 2022
Conference Speaker <i>8th Annual Victims' Rights Conference</i> <i>Crime Victim Center (CVC) of Erie County</i> <i>Erie, Pennsylvania</i>	April 2021
Conference Speaker <i>7th Annual Victims' Rights Conference</i> <i>Crime Victim Center (CVC) of Erie County</i> <i>Erie, Pennsylvania</i>	July 2020
Conference Speaker <i>6th Annual Victims' Rights Conference</i> <i>Crime Victim Center (CVC) of Erie County</i> <i>Erie, Pennsylvania</i>	April 2019
Conference Speaker <i>5th Annual Victims' Rights Conference</i> <i>Crime Victim Center (CVC) of Erie County</i> <i>Erie, Pennsylvania</i>	April 2018
Conference Speaker <i>4th Annual Trauma Informed & Resilient Communities Conference</i> <i>Erie & Crawford County's Offices of Human Services, and Edinboro University of Pennsylvania</i> <i>Edinboro, Pennsylvania</i>	September 2017

PUBLIC SPEAKING ENGAGEMENTS [CONTINUED]:

Symposium Speaker <i>Wellness & Recovery Symposium Crawford County Suicide Task Force (CCSTF) Meadville, Pennsylvania</i>	June 2017
Speaker for Mental Health Recovery <i>Erie County Certified Peer Specialist Meeting Community Care Behavioral Health Organization (CCBHO) Erie, Pennsylvania</i>	October 2016
Conference Speaker <i>3rd Annual Trauma Informed & Resilient Communities Conference Erie & Crawford County's Offices of Human Services, and Edinboro University of Pennsylvania Edinboro, Pennsylvania</i>	September 2016
Conference Speaker <i>NW3 (Crawford/Mercer/Venango counties) 8th Annual Membership Forum Value Behavioral Health West Middlesex, Pennsylvania</i>	November 2015
Conference Speaker <i>2nd Annual Trauma Informed & Resilient Communities Conference Crawford County and Erie County offices of Human Services, and Edinboro University of PA Edinboro, Pennsylvania</i>	October 2015
Conference Speaker <i>Spring Conference Clarion Psychiatric Center Clarion, Pennsylvania</i>	April 2015
Speaker for Mental Health Recovery <i>Crawford County Suicide Task Force (CCSTF) Crawford County Human Services Meadville, Pennsylvania</i>	January 2015
Speaker for Mental Health Recovery <i>National Alliance on Mental Illness (NAMI) Crawford County Mental Health Awareness Program (CHAPS) Meadville, Pennsylvania</i>	July 2014
Therapeutic Silver Linings Speaker <i>Candlelight Vigil Crawford County Mental Health Awareness Program (CHAPS) Meadville, Pennsylvania</i>	October 2013

VOLUNTEER WORK:

TRE® Workshop for Clinical Mental Health Counseling Graduate Program <i>Gannon University</i> <i>Erie, Pennsylvania</i>	September 2026
TRE® Workshop for Clinical Mental Health Counseling Graduate Program <i>Gannon University</i> <i>Erie, Pennsylvania</i>	September 2025
TRE® Workshop for Clinical Mental Health Counseling Graduate 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 Graduate 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 <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, TRAININGS AND CERTIFICATES:

Dr. Arielle Schwartz's Trauma-Informed Yoga for Therapists <i>PESI, Inc.</i>	2026
Certified Practitioner of Neuro-Linguistic Programming (CP-NLP) <i>iNLP Center, International NLP Association</i>	2022
2-Day: Trauma Conference: The Body Keeps the Score-Trauma Healing with Bessel van der Kolk <i>PESI, Inc.</i>	2021
Certified Professional Hypnotist (CPH) <i>International Certification Board of Clinical Hypnotherapy</i>	2019
Hypnosis for Trauma & PTSE Certificate Course <i>PESI, Inc.</i>	2019
Licensed Professional Counselor (LPC), #PC008004 <i>State Board of Social Workers, Marriage and Family Therapists and Professional Counselors Commonwealth of Pennsylvania</i>	2015
Certified Practitioner of Tension/Trauma Releasing Exercise® (CP-TRE), Level II <i>TRE, LLC</i>	2014
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 Edinboro University of Pennsylvania Edinboro, Pennsylvania</i>	2010
Bachelor of Arts in Criminal Justice <i>Minor in Psychology Edinboro University of Pennsylvania Edinboro, Pennsylvania</i>	2007

EDUCATIONAL EMPLOYMENT AND INTERNSHIPS:

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