



LARK ESHLEMAN, PhD

Doctor of Psychology

Curriculum Vitae
Lark Eshleman, Ph.D.

CONTACT INFORMATION

Lark Eshleman
728 Rosin Dr., Chestertown, MD 21620
443.282.0238
attach@larkeshleman.com
www.larkeshleman.com

EDUCATION

- B.A., English & American Literature, Utica College of Syracuse University, December 1972.
- Masters of Library Science, State University College, Geneseo, New York, June, 1975.
- Masters of Psychology, Millersville University, Millersville, PA, December 1992.
- Ph.D., Clinical Psychology, Union Institute & University, Cincinnati, OH, October 1998.

PROFESSIONAL QUALIFICATIONS

- Former Certified School Psychologist, Pennsylvania (earned, 1994)
- Theraplay® Institute, Chicago, IL, Intermediate Level, APA approved (1997)
- Critical Incident Stress Management Certification, (1997)
- Board Certified in Domestic Violence by the American Academy of Experts in Traumatic Stress (joined 2001)
- EEG Biofeedback Practitioner Training, APA Approved (2004)
- EMDR Certification, Advanced Level, APA Approved (2005)

EMPLOYMENT HISTORY

- 2015 Founder and Director, About Child Trauma, Non-Profit Educational Corp
- 2010-Present
 - Educator, Consultant, and Owner, Lark Patter LLC,
 - Court consultant regarding child placement
 - Evaluator regarding child trauma and recommendations for treatment
 - Professional trainer regarding child trauma
 - Professional trainer regarding attachment, causes, diagnosing, treatment
 - Parent workshops leader for parents of children with trauma and attachment issues

- Columnist/author for adoptive and foster parents
- Consultant, A Better Chance for Our Children, Adoption agency and Parent/Professional Training Non-Profit Organization, Wilmington, DE, and Elizabeth Murphey School, Dover, DE, and Delaware Division of Foster Care, Wilmington, DE.
- Leader, Group Consultation, New Jersey/Delaware-based Clinical Social Workers
- 2000-2010 Founder and Director, Institute for Children and Families, West Chester, Lancaster, PA
- 2004 Adjunct Faculty, Neumann College, Aston, PA
- 2002- 2005 Adjunct Faculty, Central Pennsylvania Psychiatric Institute, College of Medicine, Milton S Hershey Medical Center.
- 1997 -2001 Chief, Program Development, \$500,000 HHH Grant Rotary International Project for children of war, about one year total spent in Croatia and Serbia developing/field testing the program, working mainly in Eastern European orphanages, Headquartered, Zagreb, Croatia
- 1994-2000 Psychotherapist, Life Management Associates, Lancaster, PA
- 1981-1991 Head, Lower School, Lancaster Country Day School, Lancaster, PA

BOOKS, DVD PUBLICATIONS

- **Eshleman, Lark (2006) *Becoming a Family: Promoting Healthy Attachments with Your Adopted Child*.** First Paperback Edition. Lanham, MD: Taylor Trade Publishing.
- **Eshleman, Lark. (2003). *Becoming a Family: Promoting Healthy Attachments with Your Adopted Child*.** Lanham, MD: Taylor Trade Publishing.
- **Eshleman, Lark & Institute for Children and Families. (2001). *RAD: Solving the Puzzle*.** DVD. West Chester, PA: CVP Communications.
- **Eshleman, Lark (1999). *Treating Emotional Trauma of Children Living in a War Zone*.** Ann Arbor, MI: UMI Dissertation Services. *In re-publication with The Theraplay Institute, Evanston, IL Re-publication date expected Spring, 2016.

OTHER PUBLICATIONS

- Columnist for Fostering Families (2011, 2012, 2013, 2014, 2015)
- *Therapeutic Parenting Journal, April, 2015: "Child Abuse in Simple Terms."* Attachment and Trauma Network.
- Contributing writer for *Adoption Today* magazine (2011, 2012): "Adopt Parenting Changes: Foster Health Attachments," April 2011, "Elusive Attachments," June 2012.
- Contributing writer for the Child Caring Column for *the Boston Globe* (2011-): "Neglected step-daughter has a long road ahead," January 2011.
- *Healing Emotional Trauma: Treating the Wounded Child, 3rd ed.* (2009)
- *Author comes home to support book: Life & Times of Utica,* (June 2006).
- *For Lark Eshleman, a better approach to therapy for kids.* Spotlight, Lancaster Sunday News (March, 2002).
- *Good Stories on adoption issues: Guest Column: Daily Local News, Chester County, PA* (2002)

- *Trying to replace missing ties that bond:* Lifestyle section, *Intelligencer Journal Lancaster, PA*, (April, 2000).
- *Treating children suffering from war trauma:* Health section, *Philadelphia Inquirer*, (August 1999).

AWARDS

- Award of Excellence “Awarded 5- Star Commendation as Attachment Therapist for outstanding work in the field,” *Nancy Thomas Parenting*, Oct. 2, 2001
- Telly Award, science and medicine division, for the 2001 video *RAD: Solving the Puzzle*
- “*Women Making History Awards*,” *Greater Philadelphia Chapter, National Association of Women Business Owners*, March, 2002

PROFESSIONAL MEMBERSHIPS

- Attachment & Trauma Network, Education Faculty (2014 – Present)
- Pennsylvania Psychological Association (2011 - 2014)
- Board Member, ATTACH (Association for Treatment and Training in the Attachment of Children) (2002 – 2011)
- Autism Human Rights and Discrimination Initiative, Steering Committee (2008-2010)
- Safe from the Start Task Force, Washington, DC (1999-2000)

PROFESSIONAL SUPERVISOR POSITIONS

- Verification of Fieldwork Supervision, National Board for Certification in Occupational Therapy, Fieldwork: Level 1, 240 hours, Clinical Fieldwork Supervisor, provided occupational therapy fieldwork supervision for six Elizabethtown College Students (2009-2010)
- Shippensburg University: Supervised Graduate-level interns (2005-2006)

PRESENTATIONS, WORKSHOPS and APPEARANCES

- October 7, 2015, Keynote Speaker, “Be the Change,” Bethany Christian Services global Leadership Conference, Chicago, IL.
- September 24, 2015, Presenter, “When Family Visits Create Pain for Children in Foster Care,” and Board member Advisory Committee Member, ATTACH Conference, Minneapolis, MN.
- September 16, 2015, Keynote Speaker, “Trauma of Displacement and Disrupted Attachment,” Institute for Trauma and Loss, Worcester, MA.
- August 12, 2015, Workshop Leader, “Nurturing Resilience among Teens in Foster Care, a teen and staff interactive workshop,” Governor Terry Children’s Center, Wilmington, DE.

- July 15 & 29, 2015, Workshop Leader, “Nurturing Resilience among Teens in Foster Care, a teen and staff interactive workshop,” Governor Terry Children’s Center, Wilmington, DE.
- June 17, 2015. “Nurturing Resilience: Working with Teens in Foster Care.” Governor Terry Children’s Center, Wilmington, DE.
- May 27, 2015, “Traumatized Children: What Expect in Teen Years?” The Elizabeth Murphey School, Dover, Delaware.
- April 11, 2015. “Nurturing Attachments: An Interactive Group Workshop for Children and Parents.” For A Better Chance for Our Children. Wilmington, DE.
- March 11, 2015. Presenter, Workshop Leader, “*Reactive Attachment Disorder: Understanding the Effects of Attachment Trauma on Child Development*”. Brook Lane Health Services, Hagerstown, PA.
- September, 2014, *Webinar Interview*, “ATN Educational Summit,” Attachment and Trauma Network.
- August 20, 2014, Webinar, Presenter, “*The Attachment, Trauma, and Sensory Connection*,” Bethany Christian Services.
- August 13, 2014, Trainer, “Evaluation Reviews: what are we measuring and how to we assess?” Caroline County DSS, Maryland.
- July 7, 2014, Trainer, “*Assessing the Child with Complex Trauma*,” Caroline County DSS, Maryland.
- Summer, 2014, Workshop Leader, “Nurturing Resilience among Teens in Foster Care, a teen and staff interactive workshop,” The Elizabeth Murphey School, Dover DE.
- June 16, 2014, Presenter, Workshop Leader, “*Marschak Interaction Method (MIM) with Children: assessing families’ attachment strengths*,” Caroline County DSS, Caroline County, MD.
- May 29, 2014, Presenter, Workshop Leader, “*Bouncing Back from Trauma: Nurturing Strength and Resilience*,” Trauma Hurts: Transforming Lives Together for Better Outcomes, Foster Parent Conference and Recognition Luncheon, Division of Family Services, Delaware.
- May 19, 2014, Radio Show Guest, “*Foster Talk with Dr. John DeGarmo*,” www.BlogTalkRadio/RapidTalk.
- May 9, 2014, Presenter, “*What You Should Know about Sensory Processing Disorder*,” New York State Citizens’ Coalition for Children, Albany, NY.
- May 9, 2014, Presenter, “*Assessing Mental Health Services*,” New York State Citizens’ Coalition for Children, Albany, NY.
- May 2, 2014, Presenter, Workshop Leader with Phyllis Booth of The Theraplay Institute™, “*Incorporating Theraplay in Daily Life with Children and Teens in Foster Care*,” The Elizabeth Murphey School, Dover, DE.
- May 1, 2014, Presenter with Phyllis Booth of The Theraplay Institute™, “*Using the Marschak Interaction Method of Assessment*,” The Elizabeth Murphey School, Dover, DE.
- April 30, 2014, Presenter, Workshop Leader with Phyllis Booth of The Theraplay Institute™, “*Marschak Interaction Method (MIM) with Children: a Workshop for Caroline County DSS*,” Caroline County DSS, Maryland.
- April 12, 2014, Presenter, Workshop Leader, “*Parent/Child Interactive Training and Workshop*,” A Better Chance for Our Children, Adoption and Foster Care Agency, Wilmington, DE.

- March 29, 2014, Presenter, Workshop Leader, *“Parent/Child Interactive Training and Workshop,”* A Better Chance for Our Children Adoption and Foster Care Agency, Wilmington, DE.
- March 27, 2014, Presenter, Workshop Leader, *“Working with Children Who Have Attachment Trauma,”* The Elizabeth Murphey School, Dover, DE.
- March 7, 2014, *“Understanding the Connection: Sensory Processing and Disruptions in Attachment,”* with Christine Achenbach, OTR/L, The Occupational Therapy Department of Elizabethtown College, Elizabethtown, PA.
- February 20, 21, 2014, *“A Sensory Integrative Approach: Parenting and Working with Children in Foster Care,”* with Christine Achenbach, OTR/L, The Elizabeth Murphey School, Dover, DE.
- January 30, 2014, Presenter and Workshop Leader, *“Working with Children with Attachment Trauma, Part 2”* The Elizabeth Murphey School, Dover, DE.
- January 16, 2014, Presenter and Workshop Leader, *“Working with Children with Attachment Trauma, Part 1”* The Elizabeth Murphey School, Dover, DE.
- December 4, 2013, Presenter and Workshop Leader, *“Helping Families Maintain and Strengthen Foster and Adoptive Placements,”* Anne Arundel County Department of Social Services, Annapolis, MD.
- December 3, 2013, Workshop Leader, *“Foster Parents Workshop”* Anne Arundel County, Annapolis, MD.
- November 20, 2013, Presenter, *“Sibling Placement in Foster Care – who makes the decision, how to transition between placements?”* Anne Arundel Department of Social Services, Annapolis, MD.
- August, 2013, Presenter, *“It All Started with Trauma,”* Webinar Essentials Series, ATN Learning Center, Attachment & Trauma Network, Inc.
- November 13, 2013, Presenter, *“Healing the Trauma of Disrupted Attachment,”* Caroline County DSS, Denton, Maryland.
- August, 2013, Moderator, *“Therapeutic Parenting: Getting Started,”* Webinar Essentials Series, ATN Learning Center, Attachment & Trauma Network, Inc.
- August, 2013, Presenter, *“Is Therapy Necessary,”* Webinar Essentials Series, ATN Learning Center, Attachment & Trauma Network, Inc.
- July 11, 2013, Featured Speaker, *“Assessing Appropriate Mental Health Services,”* PA Permanency Annual Conference/Diakon SWAN, Lancaster, PA.
- July 11, 2013, Featured Speaker, *“Structuring and Nurturing the Emotionally At-Risk Child: Productive and Healing Hands-On Skills,”* PA Permanency Annual Conference/Diakon SWAN, Lancaster, PA.
- June 25, 2013, Professional Consultation, Anne Arundel County Department of Social Services, Annapolis, MD.
- June 1, 2013, *“Promoting Healthy Attachments in Your Family System,”* A Better Chance for Our Children, Wilmington, DE.
- May 16, 2013, *“Foster Parent Hands-On Workshop,”* Eastern Shore, MD, Regional Social Services Group, Chestertown, MD.
- May 1, 2013, *“Addressing Traumatic Breaks in Attachment: Skill Building for Professionals,”* Anne Arundel County Department of Social Services, Annapolis, MD.

- April 18, 2013, “Powerful Healing: Understanding and Treating Attachment-Related Trauma of Childhood,” Eastern Shore, MD, Regional Social Services Professional Training Group, Chestertown, MD.
- April 4, 2013, “Arts & Healing: Moving in the Right Direction,” CALO Residential Treatment Facility, Lake of the Ozarks, MO.
- February, 2013, “Seeds of Violence: Looking at Root Causes,” Washington College Center for Environment & Society, and the Whole Life Network.
- November, 2012, “Attachment and Its Impact on Child Development – a Residential Workshop,” Bangalore, India.
- September, 2012, “Getting Your Ducks in a Row Before You Go,” Webinar for ATN (Attachment and Trauma Network), www.atn.org
- August, 2012, “It All Begins with Trauma,” Webinar for ATN (Attachment and Trauma Network), www.atn.org.
- April 21, 2012, “Play Your Way to Love:” Parent and Child Workshop for understanding and skill-building, for Healing Hearts Family Counseling Center, and Children’s Therapy Network, Madison, WI.
- April 20, 2012, “Advanced STAT™: An Advanced Professional Training for Healing Hearts Family Counseling Center, Children’s Therapy Network, and Integrated Development Services, Madison, WI.
- April 18, 2012, “Reactive Attachment Disorder,” Jefferson County Human Services, and Southern Child Welfare Training Partnership, Jefferson, WI.
- April 4, 2012, “Parenting Children with Attachment Traumas,” www.abcfoc.org, A Better Chance for Our Children, Wilmington, DE.
- March 3, 2012. “Play Your Way to Love,” Parent and Child Workshop for understanding and skill-building, A Better Chance for Our Children, Wilmington, DE.
- October 1, 2011, “Enhancing Attachments: Parent Workshop for Skill-Building for Healthier Children and Families,” It’s About Childhood and Family, Inc, NASW-PA, innerwealth.org, Syracuse University David B Falk College of Sport & Human Dynamics & Families with Children from China of Central New York.
- September 30, 2011, “Enhancing Attachments: Professional Skill-Building for Healthier Children and Families,” It’s About Childhood and Family, Inc, NASW-PA, innerwealth.org, Syracuse University David B Falk College of Sport & Human Dynamics & Families with Children from China of Central New York.
- September 23, 2011, “All in the Family: The critical role parents play in therapeutic healing,” 23rd Annual International ATTACH Conference, Omaha, NE
- September, 2011, Expert Witness, Criminal Trial, York, PA
- May 16, 2011, “Healing Disruptions in Attachment Traumas,” Robin’s Nest Inc., Glassboro, NJ
- May 12, 2011, "Making It Right: Trauma and Attachment Disorders, What Really Works," Advocates for Children of Trauma, Fort Worth, TX
- April 16, 2011, “Promoting Healthy Attachment in Your Family System,” Upper Bay Adoption & Counseling Services, Wilmington, DE
- October 8-9, 2010, “Healing Disruptions in Attachment Traumas,” Healing Hearts Family Counseling Center, Madison, WI

- October, 2010, "Attachment Disorders and Sensory Dysregulation, What's the Connection?" 33rd Annual Pennsylvania Occupational Therapy Association Conference, Scranton, PA
- April 30 & May 1, 2010, "Healing Disruptions in Attachment Traumas," Institute for Children and Families, Lancaster, PA
- January 25, 2010, conference session, Princeton House Behavioral Health, Princeton, NJ
- November, 2009 "Foster Parent Interactive Training," Church of the Brethren Youth Services, , Lancaster, PA
- October 17, 2009, "What Is Attachment and Why is it Important?" A Total Approach, Glen Mills PA
- July 11, 2009, 4th Annual International Theraplay Conference, Advanced Practice Trauma Panel. Chicago, IL.
- June 19 & 20, 2009, "Healing Traumas from Disrupted Attachment," Institute for Children and Families, Lancaster, PA
- May 19, 2009, "Healing the Wounded Child: (re)integrating the child into the family," Autism One International Conference, Chicago, IL
- May, 2009, "Stress in Children: Short and Long-Term Effects and What We Can Do to Help," TOUCH Family Services, Institute for Children & Families, Lancaster, PA
- March 28, 2009, "Promoting Healthy Attachment in Your Family System," Institute for Children and Families, Lancaster, PA
- March 26, 2009, "Overcoming Barriers to Healthy Beginnings," Lancaster County Coalition for Healthy Mothers, Healthy Babies Spring Conference
- November 19, 2008 "Attachment Disorder and Trauma: Symptoms and Syndromes," Delaware Valley Adoption Council, Bala Cynwood, PA
- June 19, 2008, "Attachment-Related/Based Emotional Trauma," "Trauma and Cognition: What's the (Mis)Connection," "Trauma and the Brain," Children's Home of York, York, PA
- June, 2008, "How to Handle a Child Abuse Case," Lancaster County Bar Association
- May 3 – 6, 2008, Primary Speaker, First Asian Conference on Attachment, Singapore
- April 10 & 11, 2008, "Enhancing Attachment: Strategies for Families and Professionals": Welcoming remarks, "Incorporating Families into the Healing Process," Institute for Children and Families and Upper Bay Adoption and Counseling Services, Lancaster, PA
- April 10, 11, 2008, "Enhancing Attachments: Strategies for Families and Professionals," with Upper Bay Adoption and Counseling Services, HACC Lancaster Campus, Lancaster, PA
- February 11, 2008, "Trauma and Cognition: What's the (Mis)Connection?" Durand Academy
- February 7, 2007, "Attachment and Adoption: What is Attachment and Why is it Important?" Webcast, ThinkingofAdopting.com, Ellicott City, MD.
- April 19 & 20, 2007, "The Face of Trauma, The Heart of Healing," Institute for Children and Families, ATTACH, Central Pennsylvania Institute for Mental Health & COBYS Family Services, Lancaster, PA
- March 16, 17, 2007, "Two Day Professional Training: Reactive Attachment Disorder, Recognizing and Treating." ICF, Lancaster, PA.
- November 19, 2007 "Trauma and Cognition: What's the (Mis)Connection? Princeton, New Jersey School District, Princeton, NJ.

- July 9, 2006, "Attachment and Adoption: What is Attachment and Why is it Important?" webinar for Thinking of Adopting.com
- May 2006, EEG Spectrum International Clinical Interchange Conference, "Integrating Neurofeedback into Trauma and Attachment Therapy for Affect Regulation, Los Angeles, CA
- May 6, 2006, "Broken Attachments: Treating the Traumatized Child" Penn State College of Medicine/M.S. Hershey Medical Center, Hershey, PA.
- Sept. 15, 2005, "A Child's Story," 17th Annual International ATTACH Conference, Albuquerque, NM
- June 9, 2005, "Recognizing Emotional Trauma in Children," Pennsylvania Refugee Mental Health Network of Erie, PA.
- February 9, 2005, "Sequelae of War Trauma and Children's Psychological Development," Pennsylvania Refugee Mental Health Network.
- January 19, 2005, "Attachment Disorder and Trauma: Symptoms and Syndromes," Delaware Valley Adoption Council
- October 6, 2004, "Becoming a Family," Richmond, VA
- July 13, 2004, Penn State Capitol Area Early Childhood Summer Institute
- April 27, 2004, Invited Speaker, "Custody Forum," Chester County, PA, Bar Association
- January 16, 2004, "Becoming a Family," training program for Church of the Brethren Youth Services, Lancaster, PA
- October, 2002, "Introduction to Reactive Attachment Disorder" for 14th Annual International ATTACH Conference, Los Angeles, CA
- October 4, 2001, "Reactive Attachment Disorder" for Milton S Hershey Medical Center College of Medicine, Penn State, Valley Forge, PA
- May 31, 2001, "Reactive Attachment Disorder" for Children, Youth, and Families Consortium, Penn State U, Hershey, PA.
- 1997 – 2003, Multiple presentations to Rotary groups, on behalf of Rotary International Mental Health program

Court and Expert Witness Testimony in These Counties/States:

- **Lancaster, PA**
- **Cecil County, MD**
- **York County, PA**
- **Berks County, PA**
- **New Castle County, DE**
- **Kent County, DE**
- **Queen Anne's County, MD**

OTHER

- Textbook profile: Cynthia Lightfoot, Michael Cole, Sheila R. Cole, "The Development of Children," sixth edition, Worth Publishers, 2009, pg. 218, "In the Field" profile: "Children with Reactive Attachment Disorder"

- Primary Speaker, Keynote, Presenter, First attachment/adoption conference in Asia, Singapore, May, 2008
- “Becoming a Family” included on suggested reading list, Center for Family Development, <http://www.center4familydevelop.com/readinglist.htm>, ATTACH, www.attach.org, and other adoption-related websites.
- 2001 Recipient, Hollomon-Price Grant for Humanities and Education, “Healing the Wounded Child” presentations, Croatia, SOS Children’s Villages
- 1999-2000 One of 10 “Rotarians of the Year,” people highlighted at International Conference, Buenos Aires, Argentina

Updated, October 24, 2015