

RESUME

Carol Signore, MAT, MS, LMFT
2522 E Glen Canyon Rd • Green Valley, AZ 85614

Phone (215) 870-0693
CarolASig@gmail.com

WORK EXPERIENCE

Director:

My Self Design, Professional Life Coaching 2009-present

- Individual, Marriage & Family Support for Change
- Bariatric Surgery Aftercare program 2000-present

Psychotherapist:

Marriage and Family Therapy Private Practice, Spring House, PA 1989-2009

- General counseling of adolescents, adults, couples and families.
Special emphasis on eating and weight disorders.

Secondary Education - Director of Guidance:

Holy Ghost Preparatory School, Bensalem, PA 1996-2009

- Direct guidance program for 500 students grades 9-12, with staff of 3 full-time and 2 part-time professionals.
- Developed comprehensive developmental guidance and counseling program patterned after the Norman Gysper model.
- Counsel students and families on academic and personal issues.
- Serve on Academic Committee
- Liason with Intermediate Unit for drug and alcohol prevention.
- Creation and Moderation of Peer Counseling Program.

Evaluator:

Student Assistance Cope Centers Inc. Lansdale, PA 1990-1996

- Assessment/diagnosis: students “at risk”, addiction, depression, suicide, and eating disorders. Help students/families: counseling, crisis intervention/hospitalization. Resource and liaison for counselors, teachers and administrators in 6 Montgomery County school districts.

Psychotherapist:

Counseling Network of Wissahickon Valley 1990-1995
Coordinator, Eating Disorders Program.

Clinical Associate

Penn Council for Relationships (Marriage Council of Philadelphia) 1989-1992
1,000 supervised hours, marital and family therapy. Assessment and treatment of relational issues from an integrative, system’s approach.

Adjunct Professor of English

Montgomery County Community College, Blue Bell, PA 1978-1986
English Composition and English As a Second Language.

LICENSE AND CERTIFICATIONS

Licensed PA Marriage and Family Therapist # 000212	2002 - 2015
School Guidance Certification K-12, Pennsylvania	1996 to present
Permanent Teaching Certification Secondary English, Pennsylvania	1973 to present
Clinical Member: American Association of Marriage and Family Therapy	1992 to 2015

EDUCATION Secondary School Guidance Counseling

Eastern College, St. David's, PA	1995- 1996
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Certificate of Advanced Clinical Training Penn Council for Relationships (Formerly Marriage Council of Philadelphia) University of Pennsylvania School of Medicine, Philadelphia, PA	1989-1992
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Master of Science, Counseling Psychology, <u>with Honors</u> Dual Major: Human Services & Addictions Chestnut Hill College, Philadelphia, PA	1986-1989
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Master of Arts and Teaching, University of Pittsburgh, Pittsburgh, PA	
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Bachelor of Arts, English, Seton Hill College, Greensburg, PA	
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PRESENTATIONS

My Self Design: A CBT Program of Aftercare For Bariatric patients Academy For Eating Disorders Denver, Colorado	2003
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The Importance of Individual Aftercare for Bariatric Surgery Patients Philly Friends Bariatric Convention Bensalem, PA	2003
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More Than Meets the Mirror: A Body Image Workshop Del Val Bariatric Surgery Support Group King of Prussia, PA	2003
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Weight Loss Surgery: An Inside Look Penn State/Hershey Medical Center Bariatric Surgery Support Group Hershey, PA	2002
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“Weight Loss Surgery: An Inside Look Pennsylvania Hospital Bariatric Support Group General Meeting Philadelphia, PA	2002
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“Striking It Right With Teens: Balancing Accountability and Caring” PA School Counselor's Assoc. 45th Annual Conference. Host Farm	2001
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- “An Ounce of Prevention” 1998
Bucks County Intermediate Unit. Teachers, Counselors Nurses and agency personnel.
- “Eating Disorders: Strategies For Prevention and Intervention” 1997
Montgomery County Intermediate Unit, Norristown.
- “An Ounce of Prevention” 1997
Armstrong and Indiana Counties Intermediate Unit.

RE SEARCH FORMAL

"My Self Design", A Pilot Treatment Program 6/2001 - 12/2009
Designed and implemented a pilot program of cognitive/behavioral treatment for Bariatric surgery patients. Treatment data was gathered for 36 months.

"The Risk Exercise", A Master's Thesis
Designed an original teaching tool. Allowed learner to reward individual learning based upon self-determined level of risk invested in outcome. Conducted limited but successful trials at North Hills High School, Pittsburgh, PA.

PUBLICATIONS

- Signore, C. A. (1997). Help For Students With Eating Disorders. *The Pennsylvania Counselor*, 3, 3-22.
- Signore, C. A. (2002). Finding Your Sweet Spot. *Beyond Change*, Feb.02.
- Signore, C. A. (2002). Bariatric Surgery: Fear Factor. *Beyond Change*, Oct. 02.
- Signore, C. A. (2010) with McAlpine D, Frisch MJ, Rome ES, Clark MM, Lindroos AK, Allison KC. Bariatric Surgery: A Primer For Eating Disorder Professionals. *European Eating Disorders Review*, July. 2010.
- Signore, C. A. (2011) with Frisch M, Rome E. Consumer Update. *Family Therapy Magazine*, February 2011.

VIDEO PRODUCTIONS

- Signore, C.A. Weight Loss Surgery: An Inside Look. April 2002
A video describing the personal experience of 6 patient experiences with Bariatric Surgery.
- Signore, C.A. Boomerang. An educational video challenging regain after bariatric surgery.

MEMBERSHIP AFFILIATIONS

American Association of Marriage and Family Therapy, Clinical Member - Retired
Academy For Eating Disorders, Fellow
Pennsylvania Association of Marriage and Family Therapy (retired)
American School Counselor Association (retired)
American Society For Metabolic and Bariatric Surgery
Tucson Professional Coaches
International Federation of Coaches