

## **CURRICULUM VITAE**

**JAMES GERARD O'KEEFE**  
**2530 Crawford, Suite 308**  
**Evanston, Illinois 60201**  
**(847) 830-2326**

### **PROFESSIONAL** **EXPERIENCE**

#### **INTEGRATED LIFE SERVICES, L.L.C.**

Offices in Evanston & Chicago, Illinois  
July, 1999 to Present

#### **PSYCHOTHERAPIST AND CO-FOUNDER**

Conduct individual, couples, family and group therapy in a private practice setting. Achieving an empathic understanding of clients and use of mindfulness-based and cognitive-behavioral approaches are emphasized. Clinical hypnosis is used when appropriate.

#### **RAVENSWOOD HOSPITAL COMMUNITY MENTAL HEALTH CENTER**

Chicago, Illinois

#### **CLINICAL STAFF THERAPIST**

May, 1981 to October, 2001

Conducted individual, couples, family and group therapy.  
Performed diagnostic evaluations.  
Served as mental health/crisis consultant to emergency room physicians and other medical staff.  
Acted as primary supervisor for psychology externs.  
Trained and supervised psychology and social work students in crisis intervention and group therapy.  
Supervised the Adult Outpatient Group Therapy Program.

#### **CRISIS WORKER**

March 1979 to May, 1981

Performed evaluation of patients with psychiatric emergencies and arranged appropriate dispositions according to the required level of care and type of problems. Possible dispositions would include psychiatric hospitalization, outpatient psychiatric treatment, partial hospitalization, inpatient detoxification and outpatient substance abuse treatment.  
Staffed a 24-hour suicide/crisis line.  
Coordinated with other community agencies for service delivery.

## **EDUCATION**

**IIT CHICAGO-KENT COLLEGE OF LAW**, Chicago, Illinois  
Juris Doctor Degree with **High Honors**, June, 1993

**GEORGE WILLIAMS COLLEGE**, Downers Grove, Illinois  
M.S. in Counseling Psychology, December, 1979

**CLARION UNIVERSITY OF PENNSYLVANIA**, Clarion, Pennsylvania  
B.A. in Psychology, June, 1973

## **PROFESSIONAL ACTIVITIES**

### **Trainings Conducted**

- 2014-Present    Process Group Leader, C. J. Jung Institute
- 7/21/16        Spark Chicago. Orientation to Mindfulness Practices. presentation to community service providers.
- 4/15/16 &  
4/16/16        Illinois Group Psychotherapy Society, Two-Day Experiential Training Institute addressing application of Mindfulness, Interpersonal Neurobiology and Compassion Practices to Group Psychotherapy.
- 2/10/14 &  
3/10/14        Evanston Hospital, North Shore University HealthSystem Psychiatry Grand Rounds; Two-Day Seminar in Group Psychotherapy.
- 9/6/13-  
9/7/13        Illinois Group Psychotherapy Society Two-Day Experiential Training Institute addressing uses of Mindfulness and Interpersonal Neurobiology.
- 4/27/12        Illinois Group Psychotherapy Society, All-Day Training Institute for Spring Conference.
- 3/8/12        American Group Psychotherapy Annual Meeting, Master Workshop, Mindfulness, Interpersonal Neurobiology, and Process Group Therapy.
- 4/9/11        Illinois Group Psychotherapy Society, Mindfulness, Interpersonal Neurobiology and Group Psychotherapy.
- 3/5/11        American Group Psychotherapy Annual Meeting, Mindfulness-Based Process Group Psychotherapy.
- 11/11/10      Council for Jewish Elderly, Mindfulness-Based Psychotherapy, training for clinical staff.
- 2/25/10        American Group Psychotherapy Annual Meeting, Mindfulness-Based Process Group Psychotherapy.
- 10/16/09-  
10/17/09      Illinois Group Psychotherapy Society, Mindfulness-based Process Group Psychotherapy, A 2-day experiential training institute.

- 4/17/09 Presentation to community clinicians, Mindfulness-based Psychotherapy.
- 2/19/09 American Group Psychotherapy Association Annual Meeting, Mindfulness-Based Process Group Psychotherapy.
- 11/11/08 Hartgrove Hospital, Mindfulness-Based Psychotherapy.
- 10/25/08 Illinois Group Psychotherapy Society, Mindfulness-Based Process Group Psychotherapy.
- 4/28/05 Loyola University, School of Social Work, Mindfulness and Dialectical Behavior Therapy in Group Therapy.
- 9/04 – 10/04 Series of presentations to the clinical staff at Bethany Hospital, Bioterrorism and Crisis Intervention.
- 9/21/03 Unitarian Church of Evanston, the Benefits of Mindfulness Practice.
- 12/5/02 Lutheran General Hospital, Counseling Center, Mindfulness and Dialectical Behavior Therapy Skills Groups.
- 6/21/02 World Relief, the Use of Mindfulness to Assist Clients in Managing Stress.
- 3/8/02 Association of Police Social Workers, the Clinical Uses of Mindfulness.
- 2/12/02 Ravenswood Hospital, Consultation and Education Program, the Benefits of Mindfulness.
- 7/10/01 Ravenswood Hospital, Consultation and Education Program, the Benefits of Mindfulness.
- 2000-01 Instructor and consultant to Ravenswood Hospital, Community Connections Program, regarding Mindfulness and Dialectical Behavior Therapy in Group Therapy.
- 11/24/99 Ravenswood Hospital, Community Mental Health Center, Dialectical Behavior Therapy.
- 10/9/97 University of Illinois, Chicago, Dialectical Behavior Therapy.

### **Primary Professional Development Trainings Attended**

- 2015 – Present Monthly Professionally-Led Meditation Practice Group.
- 2002 - Present Semi-monthly Group Therapy Consultation Group, Conducted by Hylene Dublin, LCSW, CPG, LFAGPA
- 2002 - Present Regular attendance at Illinois Group Psychotherapy Society's semi-annual conferences.
- 9/6/14 – 6/2/15 Certification Program in Mindfulness-Based Psychotherapy, Presented by the Institute For Meditation and Psychotherapy.
- Mindfulness Meditation Retreat – 5/27/15 – 6/2/15.  
Mindfulness Meditation Retreat – 9/6/14 – 9/11/14.

3/6/12-3/7/12	American Group Psychotherapy Association, Instructor Designate Institute Training.
9/10/09-9/13/09	Advanced Hypnosis, American Society of Clinical Hypnosis
9/25/08-9/28/08	Intermediate Hypnosis, American Society of Clinical Hypnosis
9/27/07-9/30/07	Fundamentals of Hypnosis, American Society of Clinical Hypnosis
2/17/03-2/21/03	Mindfulness-Based Cognitive Therapy, Zindel Segal, Ph.D.
2002	Group Psychotherapy Core Course, Hylene Dublin, LCSW, CPG, FAGPA
7/1/02–7/5/02	Mindfulness Meditation and Emotional Learning, Daniel Goleman, Ph.D. and Tara Bennett-Goleman, M.A.

**PROFESSIONAL  
LICENSE**

**LICENSED CLINICAL PROFESSIONAL COUNSELOR, 1996**

**CERTIFICATION**

**CERTIFIED MINDFULNESS-BASED PSYCHOTHERAPIST, 2015  
NATIONAL BOARD CERTIFIED CLINICAL HYPNOTHERAPIST, 2009  
CERTIFIED GROUP PSYCHOTHERAPIST, 2005**

**PROFESSIONAL  
AFFILIATIONS**

**ILLINOIS GROUP PSYCHOTHERAPY SOCIETY**

Past-President, 2016  
 President, 2014-2015  
 President, 2012-2013  
 President-Elect, 2011  
 Member-at-Large, Board of Directors, 2009 – 2012, 2017  
 Chair, Membership Committee, 2016 - Present  
 Co-Chair, Marketing and Membership Committee, 2010 - 2012  
 Member, Programming and Training Committee, 2008 - Present  
 Co-Chair, IGPS Task Force Preparing for AGPA 2009 Annual Meeting.

**AMERICAN GROUP PSYCHOTHERAPY ASSOCIATION**

**PUBLICATION**

*The Need to Consider Children's Rights in Biological Parent v. Third Party Custody Disputes.*  
 67 Chicago-Kent Law Review 1077 (1991).

**INTERESTS**

Buddhist Psychology

Alternative Medicine

Student of Martial Arts: Over 30 years of study involving several martial arts systems.

Jujitsu – Rank of Black Belt.

Constitutional and Health Law

World Religions

Dogs