

Alice A. Holstein, Ed.D.
Spiritual Counselor, Author, Speaker, Consultant
www.aliceholstein.net

Skills Definition

Peer support specialist, public speaker on revolutionary way to see mental illness, member of Mental Health Coalition Board of Directors and “Better Together” Steering Committee. Designer of organization systems change methodology; author, ways that mental health treatment can lead to whole person, whole system change

Consulting/Training/teaching skills in areas of team development and group dynamics, communication skills, organization diagnosis and feedback that produce “ownership” of change processes, participative strategic and operational planning

Wrote 3 books: Management development and team building, the inner journey (a guide through deep personal change) plus mental illness as a spiritual path.

Problem-solving, conflict resolution, writing and interviewing skills

Facilitation of groups, meetings and retreats, including identification of issues to be addressed, interviews of participants and retreat design

Author, teacher, visionary, synthesizer, catalyst, mystic, revolutionary

Professional Experience

2008- 2017: Peer Support Specialist, VA mental health clinic, public speaker on mental health experiences and issues. Author, *A Tough Grace: Mental Illness As A Spiritual Path* that combines my story with a new way to view mental illness, (Chipmunka Publishing, 2011)

Graduate of Spiritual Direction Preparation Program at the Franciscan Spirituality center, an intense 3-year program, including an internship, leading to a certificate of completion; current practice as Spiritual Guide and Companion.

2002-07, LaCrosse, WI: Program development consultant, college instructor in Industrial Psychology, executive coach, part-time reference librarian, independent research and writing projects.

1986-01, Tucson, AZ: Organization Development Consultant, author and speaker, management coach
Developed methods to help organizations adapt to fast-paced conditions
Wrote and published book on the inner journey, *Beyond Turmoil: A Guide Through Deep Personal Change*. (Connections Unlimited 1992)

- 12 consulting clients included VA hospital, City of Tucson, Dialysis clinic.
 Human Resource Manager for manufacturing company, 1995-96
 Management coach, Vyner Brooks Associates, 2001
- 1976-86, Greeley and Denver, CO: Organization Development consultant/trainer/teacher
 Successfully built and managed a consulting practice with 70+ clients
 Partial client list includes Frontier Airlines, Solar Energy Research
 Institute (8 divisions), Montana Bank System, 3 Colorado banks,
 professional firms, utility company, several Title companies, community
 college, Regis college, research firm, technical (cad-cam) company,
 mental health center, several hospitals, Planned Parenthood, Boulder
 Hospice, Colorado Humanities program, IRS, radio station, a University
 of N. Colorado Department, Farmbanks Services, credit union.
 Trainer for American Management Association, 1977-78
 College Instructor, U. of N. CO, MA Administration program, 1977-81
- 1974-76, Loveland CO: Director of Human Resource Planning, Larimer-Weld Council
 of Governments
 Interviewed and researched 100 federal, state, county, private and non-
 profit agencies; made funding recommendations; investigated complex
 system redesign possibilities. Established citizen participation councils.
- 1973-74, Greeley, CO: Director, Retired Senior Volunteer Program.
 Established county-wide program from scratch, including management
 of four staff, development of volunteer positions and public relations.
- 1971-73, Greeley CO: Assistant Manager, Greeley Chamber of Commerce
 Developed and coordinated community-wide citizen involvement
 process. Staffed committees. Performed public relations functions.
- 1970-71: Greeley, CO: Reporter, editorial writer for Greeley weekly paper.
- 1965-69: USAF Intelligence Officer
 Briefing officer at Headquarters 8AF on satellite photography. First woman
 to brief B-52 and tanker crews at bomb wing level for nuclear missions.
 First woman sent overseas (Guam) as briefing officer for B-52 Vietnam
 missions and for Command Staff (Okinawa)

Education

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| Ed.D. | University of N. Colorado | Organization Development | 1977 |
| MA | University of N. Colorado | Group Dynamics (Psychology) | 1973 |
| BA | University of Wisconsin | Political Science | 1965 |