

AVA DIAMOND

LCSW, CMFO Diamond Mind Strategies, Pro Athlete, Speaker, Author, Media Host, Event Coordinator C: 203-671-4152 |
mentalfitnesscoaching@gmail.com

Summary

Over the past 25 years, I have developed my clinical, entrepreneurial, and athletic self with equal investment and returns. The result to date is my Internationally utilized program, Diamond Mind Strategies, to empower a wide range of audiences and client needs from our US Military to top CEO's, MD's, Educators, Mental Health Professionals, Parents, and entire Families. Grounded in evidence-based clinical theory and practical in approach, my work has allowed thousands to overcome life's greatest challenges and discover their personal effectiveness.

In addition to running workshops for teams of high-ranking Military Professionals overseas, I have been able to organize (from securing finances to managing media details) and present empowerment programs at the largest fitness and health event in the USA, The Arnold Summit at the Arnold Sports Festival. In addition to my own presentations, I hosted interviews for ASF-TV with top medical and fitness experts in the Country.

My clinical practice is unique in that I provide concierge care for my clients all over the World through modern technology. With expertise in addiction & trauma recovery, mindset, family issues, midlife crisis, aging, fitness, and emerging adulthood, I am able to assist people with customized and comprehensive support.

I have participated in many top podcasts, written numerous articles for health and wellness sites and magazines, and published a book that hit the top 5 of "Hot New Releases" on Kindle last year. Since turning pro in my sport six years ago, I have developed a solid platform of opportunities in the fitness industry as a contributor in both print and video forms, as well as becoming the image used on a high-grade protein bar found in Whole Foods and Cross Fit Gyms across the Nation.

Skills

Clinical Psychotherapy
Program Development
Personal & Family Empowerment
Transition Coaching for emerging adults,
parents, and midlife adults
Motivation Enhancement for
Individuals/Corporations

Dynamic, influential Speaker
Creative, informative Writer
Highly effective Event Organizer
Career Development for launching or
transitioning effectively
Master Networker

Accomplishments

- Created Diamond Mind Strategies, an Internationally utilized coaching program for teens through adults, executives, physicians, athletes, and military personnel.
- Authored/Published, "Unchain Your Brain: Interviews & Insights to Transform Your Career with Purpose, Passion, and Power" (was #4 on Kindle's Hot New Release list).
- Presented an original empowerment program at the largest Health & Fitness event in the Country, the Arnold Sports Festival.
- Served as Moderator for health and fitness interviews filmed for ASF-TV, Arnold Schwarzenegger's website/YouTube channel with 2-4 million viewers.
- Developed a Resiliency Training program for our US Military to address substance

- abuse, sexual abuse, and life-transition issues.
- Developed the IOP Curriculum utilized by a top private addiction treatment program.
- Established a significant following and client base spanning every Continent.
- Earned pro status in my sport at the age of 47.
- Supervised clinical teams in a variety of treatment settings.
- Co-created the REST (Resiliency Education & Skills Training) program taught at Yale University School of Medicine.
- Raised three children with strong integrity.

Experience

CLINICAL CONSULTANT Oct 2013 to Current
 Various Mental Health/Addiction Treatment Programs — New Britain, Bethlehem, Westport, CT

- Developed OP and IOP models for different agencies serving a range of populations from children through adults. Connecticut Mental Health Association, Newport Academy, Westport House, and Clearpoint Recovery Services were all mental health and/or addiction treatment centers that allowed me to innovate with unique and effective clinical therapy and psychoeducational groups.
- Participated in securing licensure for treatment centers.
- Provided specialized family education programs.

PSYCHOTHERAPIST, EDUCATOR, MENTAL FITNESS COACH Jan 2009 to Current
 Diamond Mind Strategies — Greater New York Area, International through modern technology

- Provide traditional Psychotherapy and/or Diamond Mind Strategies Coaching for individuals, couples, and families through a concierge model of care. Available 24/7 and in every time zone using secured internet system. My specialized therapeutic coaching program serves clients from adolescence and emerging adulthood through midlife and aging years. Primary focus: life transitions, family systems, and personal empowerment.
- Develop impactful psychoeducational programming for a wide range of audiences both live and in print.
- Clients include Executives, Physicians, High-Level Athletes, Military Personnel both in individual and corporate group work.
- Facilitate my resiliency training program, REST, for physicians/healthcare providers at Yale University School of Medicine.
- Present empowerment programs (i.e. my Women's Empowerment Program seen at the ARNOLD SPORTS FESTIVAL/ARNOLD SUMMIT and filmed for ASF-TV.) for women, men, emerging adults, C-suite groups, healthcare providers, parents.
- Make guest appearances on podcasts with large National audiences.

CLINICAL COORDINATOR, YALE NEW HAVEN HOSPITAL/HSR Jan 2009 to May 2013
 Family Based Recovery Program — New Haven, CT

- Supervised clinical and case management staff who providing addiction treatment and parenting therapy through the Family Based Recovery Program (FBR), an intensive, in-home treatment model that utilizes attachment theory and motivational interviewing approach, primarily.
- Served as the interagency liaison and was responsible for data management and program development on-site.
- Provided state-wide organization case presentations for learning purposes.

Additional Work Experience Jan 1999 to Jan 2009

*PER DIEM CLINICAL SOCIAL WORK, CEDARHURST SCHOOL, YNH
 *CONTRIBUTING COLUMNIST AND RADIO SHOW GUEST SPEAKER ON MENTAL HEALTH RELATED TO PHYSICAL HEALTH; PARENTING; AND PERSONAL EMPOWERMENT *SPEAKING ENGAGEMENTS FOR NEW CANAAN CARES, NEW CANAAN, CT *COMMUNITY ENGAGEMENT AND EDUCATION PROGRAM DEVELOPMENT, JEWISH FEDERATION, WOODBRIDGE, CT

Education and Training

Master of Science, Clinical Social Work Columbia University — New York, New York, USA	1992
Bachelor of Arts, Communication/Psychology University of Southern California — Los Angeles, California, USA	1987
Continuing Education, Narrative Medicine Columbia University — New York, New York, USA	2009

Activities and Honors

Commanders Coin for Excellence for three weeks of intensive resiliency training for our US Military base in Stuttgart, Germany
7 Seals Bosslift honoring those committed to helping military transitions to civilian life
#4 on Kindle's "Hot New Release" list for "Unchain Your Brain: Interviews & Insights to Transform Your Career with Purpose, Passion, and Power".
Pro Athlete with top placings in every show
Chosen as the image for Fitbar of Ebars sold in Whole Foods

Certifications

Licensed Clinical Social Worker, State of CT and pending in the State of Florida

References

REFERENCES AVAILABLE UPON REQUEST