

DR. DAVID HELFAND

PsyD, BCN, NMI, CYT

190 EASTERN AVE
SUITE 206
SAINT JOHNSBURY, VT 05819

DRH@LIFEWISEVT.COM
WWW.LIFEWISEVT.COM

EDUCATION & CREDENTIALS

Doctorate in Psychology from William James College	2015
Masters in Psychology from Massachusetts School of Professional Psychology	2013
Bachelors in Psychology from University of Vermont	2009
Internationally Certified Neurofeedback Clinician	2012
Certified Kripalu Yoga Instructor	2010
Certified NeuroMeditation Instructor	2020
Fully Licensed Psychologist in Vermont & Massachusetts	

PROFESSIONAL EXPERIENCE

Owner, Founder
LifeWise, PLLC
St Johnsbury, VT & Danvers, MA
April 2017 to Present

Work with individuals, couples, and families to teach them natural and lasting solutions to improve their quality of life through proven and scientific techniques.

Post-Doc Student, Psychologist, & Neurofeedback Program Director

Medical Psychology Center

Beverly, MA

May 2015 to September 2017

Completed post-doctoral training in psychology before becoming a licensed psychologist. I was hired to start their neurofeedback program and was later invited onto the administrative team.

Neurofeedback Intern & Clinician

Boston Neurofeedback Center

Woburn, MA

May 2012 to May 2015

I was responsible for setting up clients with their neurofeedback protocols, monitoring progress, and reporting any concerns directly to the director. I also provided IT support as needed. I received a promotion to Clinician once I became certified in Neurofeedback.

Psychology Intern

North Shore Medical Center & North Shore Physicians Group

Salem & Peabody, MA

September 2014 to May 2015

This was my final internship in my doctoral program. I was responsible for providing individual psychotherapy to adults as well as working in the primary care office to support patients who were in distress.

Psychology Intern

Boston Behavioral Medicine

Brookline, MA

September 2013 to August 2014

Provided psychotherapy services to individuals including biofeedback training and hypnosis.

Counseling Intern

Assumption College
Worcester, MA
August 2012 to May 2013

Provided individual counseling to college students and instructed a weekly yoga class.

School Psychology Intern

Clay Pit Hill Elementary School
Wayland, MA
September 2011 to June 2012

Provided individual and group support for elementary age children. I also conducted psychological assessments to determine a student's level of need in the school system.

Owner, Founder

Conscious Being Yoga, LLC
Newton, MA
August 2010 to December 2012

I provided yoga and meditation instruction at studios and in peoples' homes or in corporate settings. I taught private yoga retreats as well for people who wanted a deeper experience.

In-Home Counselor & Therapeutic Mentor

Germaine Lawrence
Arlington, MA
May 2010 to July 2011

I supported individuals and families to overcome stress and thrive. I was usually part of a team and also coordinated with doctors and other social workers to help my clients.

Peer-Outreach Worker, Respite Worker, & Residential Manager

Spectrum Youth and Family Services

Burlington, VT

July 2006 to July 2009

I supported at-risk youth in the community by networking them to proper providers, preparing meals, and outreaching in the community. I received two promotions and eventually worked at the company's adolescent male residential program.

Meditation Group Facilitator

University of Vermont Counseling Center

Burlington, VT

May 2008 to May 2009

Led weekly mindfulness group for the community. I was the first student to teach this class, and as far as I know the only one who ever did.

Studio Art Model

University of Vermont Art Department

Burlington, Vermont

May 2007 to May 2009

Posed for art students. This was actually one of the more difficult jobs I have had, and it required a deep meditation practice. Imagine standing still for 20-40 minutes. I had to keep very relaxed.

Teaching Assistant

University of Vermont College of Arts & Sciences

Burlington, VT

May 2008 to May 2009

I was fortunate to be part of a wonderful teaching staff for the University's Healthy Relationships course. It was essentially sex-ed for college kids. I was even invited back to guest lecture two consecutive years after graduation.

Lifeguard & Aquatic Instructor

Kiwanis International
Saint Johnsbury, VT
Summers of 2004 & 2005

One of my first jobs outside of the family business. I kept the pool area safe and also taught swimming lessons to adolescents and younger children.

Facilities Administrator

All Seasons Healing, Inc
Cabot, VT
1998 to 2009

I started working for my parents' company when I was in elementary school. Once I got older, I took on the responsibilities of their computer networks, carpentry and masonry for the camping sites and buildings, and prepared meals for people on retreats. I also pitched in with other various tasks as is required in a family business.

ADDITIONAL TRAINING

Increasing Emotional Connection – Presenter	2022
Couples Sexuality	2022
The future of Sex	2021
LGBT+ Couples Therapy	2021
Somatic Sex Therapy	2021
Sexuality and Families	2020
BDSM with couples	2020
Porn Use with couples	2020
Polyvagal Theories	2018
Neurofeedback for Traumatic Brain Injury	2017
Neurofeedback for Severe Depression	2016
Hypnosis Training	2013
Yoga Therapy	2012
Level 2 Training in Healing Touch & Energy Medicine	2008