

Michaelene Ruhl, Psy.D.

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Education

Psy.D. Transpersonal, Humanistic, and Clinical Psychology

2008 – 2013

Michigan School of Professional Psychology

Dissertation: *Clients' Experiences of Family Constellations in Psychological Healing*

M.A. Humanistic and Clinical Psychology

2007 – 2008

Michigan School of Professional Psychology

Thesis: *The Experience of Participating in Pathways for Successful Living Seminars*

B.A. Public Relations with concentrations in Business and Graphic Design

1986 – 1992

Wayne State University

Experience

Board of Directors, Temple of Gnome

2024 – present

Psychedelic Specialist, Facilitator, and Writer, Healing through Connecting

2017 – present

- Counsel diverse individuals in private practice
Focus areas: depression, anxiety, trauma, chronic pain, grief and loss, meaning-making, etc. for adult clients, LGBTQIA+ ally
- Plant-Spirit Medicine Specialist
 - Personal growth, ceremony, private sessions of integration
 - Creates and facilitates retreats
 - Created Sacred Immersion Training and curriculum
- Facilitates and co-creates curriculum for classes and workshops in:
 - Personal growth, teambuilding, empowerment, healing
 - Art as Medicine™ Practitioner
 - Creating safe and sacred space
 - Lead monthly groups, workshops, and classes

Private Practice, Constellation Healing Arts

2012 – present

- Co-Owner of The Tree of Life Holistic Center from Sep 2015-July 2017
 - Facilitated workshops and private counseling
 - Attended to all business duties including bookkeeping, marketing, scheduling
 - Designed and maintained website, calendars, and social media accounts
- Horizon Counseling Service from July 2012 to Sep 2015
 - Provided individual therapy with adolescents and adults
 - Led group therapy, seminars, classes and workshops with adolescents and adults
 - Focus areas: individual therapy with adolescent and adult clients with depression, anxiety, PTSD, chronic pain, LGBTQIA+ identities, etc.
 - Additional focus areas: teambuilding, energy psychology, and mindfulness
 - Conducted behavior assessment and modification, implemented treatment plans
 - Worked in tandem with medical practitioners as necessary

North American Systemic Constellation Conference

2016 – present

- Co-Director for Nov 2020 Conference, leading & guiding Steering Team Committee
- Leading, organizing all business and duties in relation to Venue for 2017 conference

- Budget development
- Teamwork, delegation, development of roles, motivating team members

Transition Committee Board of Directors, North American Systemic Constellations **2017 – 2019**

- Leads organizational development and brand development
- Provides leadership in organizational culture, goal-setting, and motivating members

Pre-Doc Therapist Intern & Assoc., Wentworth & Associates **2010 – 2012**

- Conducted individual therapy with clients facing depression, anxiety, trauma, etc.
- Conducted group therapy with adolescent athletes and alternative high school students
- Conducted behavior assessments and modifications, implemented treatment plans
- Collaborated with medical practitioners as necessary
- Administered and scored the MMPI-2RF, CAADID, WAIS-IV, TAT, Bender

Psychotherapist, Ross Halpern Ph.D. & Associates, Novi, MI **2008 – 2011**

- Provided Individual and group therapy, conducted behavior assessments and modifications, worked in tandem with medical practitioners

MA Practicum Student Psychotherapist, Vista Maria, Dearborn Hgts. MI **2007 – 2008**

- Provided individual and group therapy for adolescents in residential mental health unit
- Conducted behavior assessments and modifications
- Co-facilitated Groups on: Healthy Relationships, Diversity/Race, Substance Abuse
- Trained for testing with Substance Abuse Subtle Screening Inventory (SASSI)

Director, Kids Hope USA, Nardin Park Methodist Church, Farmington, MI **2006 – 2007**

- Mentored at-risk elementary school students, taught communication skills
- Kept mentors and substitutes informed of educational options

Staff Member, Pathways for Successful Living Seminars, Northbrook, IL **2004 – 2007**

- Group Leader for Basic and Advanced seminars: supported students as a group and individually with self-disclosure, authenticity, goals

USA Athletes International, Head Softball Coach, Olathe, KS **2005**

- Traveled to Tuscany, Italy with USAAI 21U Team
- Selected and recruited team members; organized line ups, and practices

Henry Ford Community College, Dearborn, MI - Head Softball Coach **2003 – 2007**

- Responsible for establishing and building softball program by recruiting players and maintaining conditioning, fundamentals, and teambuilding
- Led students in teambuilding, stress and time management, education, and building player relationships while keeping them motivated and having fun

Farmington High School, Farmington, MI - Varsity Softball Coach **2003 and 2007**

- Responsible for managing and leading a high school softball team
- Guided students to manage stress, motivation, fundamentals, and team relationships

Divine Child Elementary and High Schools, Dearborn, MI – Head Softball Coach **1997 – 1999**

- Coach of the Year: 2 District, 1 Regional, 1 AA Catholic League
- District and Regional Representative 2 years (MHSSCA)
- Led team to Catholic League AA Championship
- Championships: 2 Districts, Regional, Quarterfinal, State Semifinal and Final runner-up

Professional Development

Art as Medicine Practitioner Certification, Alexis Cohen	2024
The Constellation Approach™ Immersion Program Training	2010 – 2013
Developing Your Knowledge, Skills, and Practice in Sport Psychology Workshop	2010
Contemporary Issues in Clinical Practices: Multiple Relationships and Boundary Issues, Self-Care and Burnout Prevention by the Michigan Psychological Association (MPA)	2009
Didactic Training	2009 – 2012
Case Conferences	2011 – 2012

Certifications

Art as Medicine Practitioner Certification	2024
Reiki Energy Healing I, II, III Certification	2016, 2017
The Constellation Approach™ certified facilitator and practitioner	2013
Child and Adolescent Functional Assessment Scale (CAFAS)	2008

Presentations & Publications

SEEN the Magazine - Magic Mushrooms as Medicine - https://www.seenthemagazine.com/health-wellness/what-to-know-about-medicinal-mushrooms-and-psychedelics/article_0f570566-412f-11ee-8545-bf9a57eb82f8.html

Knotwork Storytelling Podcast - Lost in the Wild, At Home Within: A Story of Mad Sweeney
- <https://player.captivate.fm/episode/e726ce1d-dd0e-4858-af16-02437a52c8cf>

Tribe of Millionaires podcast - Psychedelics and the Ego: Integrating your Life with Dr. Michaelene Ruhl.
<https://podcasts.apple.com/us/podcast/tribe-of-millionaires-podcast/id1110145229?i=1000565504091>

Interview for SecondWave Media – Concentrate Article: Opening minds: How psychedelic medicine is catching on in Southeast Michigan

Courage is a Given, Body, Mind, Spirit Guide, August 2019
(<https://bodymindspiritguide.com/2019/08/23/courage-is-a-given/>)

Your Style and Orientation: Exploring Intercultural Development and Communication Styles, Michigan School of Psychology, Farmington, MI, May 17, 2019

Individualized Development of Cultural Competence through Identity Exploration, Michigan School of Psychology, Farmington, MI, May 17, 2019

Healing through Connecting™ in Family Constellations, Great Lakes Bioneers Conference, Detroit, MI, November 3, 2018.

Constellations, Trauma Resources for the Ann Arbor Neighborhood, Ann Arbor, MI, 2018

Creating Safe, Sacred and Trauma-Informed Space, North American Systemic Constellations (NASC) Conference, Virginia Beach, VA, 2017

Reconnection in Research and Practice: Systemic Constellations and Sense of Community in Psychological Healing, International Society for the Study of Trauma & Dissociation Conference, Washington, DC, 2017

Chronic Invisible Illness: Systemic Clinical Constellation Work with Multigenerational Trauma and Ambiguous Loss, International Society for the Study of Trauma & Dissociation Conference, Washington, DC, 2017

Reconnection in Research and Practice: Systemic Constellations and Sense of Community in Psychological Healing, Society for Humanistic Psychology Conference, Pittsburgh, PA, 2017

Winter Blues – Holistic Approach to Maintain Healthy Energy & Emotions, United Holistic Nurses Association, Southfield, MI 2016

Clients' Experiences of Family Constellations, NASC Conference, Seattle, WA, 2013

Family Constellations, Humanistic Psychology Annual Conference, Pittsburgh, PA, 2012

Communication, Consulting with Others: The Benefits of Working Together, Macomb County Community Mental Health, Macomb County, MI, 2010

Competition Anxiety, Michigan High School Softball Coaches' Association, Lansing, MI, 2010

Effective Learning through Multiple Intelligences Year-Long Learning Series with Follow-Up, Lanigan elementary School, Farmington Hills, MI, 2008 – 2009

Ongoing Classes & Workshops

Healing Through Connecting Constellations™	2012 – present
Art as Medicine™ Workshops	2012 – present
Creating Mandalas as a Tool for Healing	2012 – present
Psychedelic Integration Group	2023 – present
Creating Safe & Sacred Space Workshops & Classes	2019 – present
Treatment-Resistant Depression Groups	2019 – present
Competition Anxiety and Team Building	2010 – 2012

Professional Memberships

Michigan Psychedelic Society	2020 – present
International Systemic Constellation Association	2017 – present
North American Systemic Constellation Association	2013 – present
Division of Humanistic Psychology, Division 32 of APA	2007 – 2017
Division of Exercise and Sport Psychology, Division 47 of APA	2009 – 2012
American Psychological Association	2007 – 2012
Division of Theoretical and Philosophical Psychology, Division 24 of APA	2012
Society for the Psychology of Religion and Spirituality, Division 36 of APA	2012
Psychologists in Independent Practice, Division 42 of APA	2012
Michigan Women Psychologists	2011
Michigan Society for Integrative Psychoanalytic Studies	2007 – 2011
North American Society for Psychology of Sport and Physical Activity (NASPSPA)	2009
Michigan High School Softball Coaches Association (Treasurer)	1999 – 2001

Honors

- Inducted into Allen Park, MI Parks & Recreation Hall of Fame, 2014
- Inducted into Wayne State University Hall of Fame, 2003
- Three-time NCAA Div. II All-America, two-time ASA All-America, 1988, 1989, 1990
- Three-time All-GLIAC selection, 1988, 1989, 1990
- Several MVP tournament awards (ASA and NCAA)
- Three-time GLIAC Champs, two-time Regional Participants
- Broke several offensive records that still stand today