

Limor Ast, DMFT, LMFT

Nova Southeastern University
College of Humanities and Social Science
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Education

- 2011 Doctor of Marriage and Family Therapy, Nova Southeastern University
- 2004 Masters of Science in Counseling Psychology, Capella University
- 2002 Bachelor of Arts Political Science, Queens College

Academic Appointments

- 2014 - Present Adjunct Professor
College of Psychology, Nova Southeastern University
- 2012- Present Adjunct Professor
College of Humanities and Social Sciences, Nova Southeastern University

Supervision and Teaching Experience

- Summer 2019-Family Therapy Doctoral Supervision
- Summer 2019-Masters Supervision
- Winter 2019- Family Therapy Supervision
- Winter 2019- PYCL Substance Abuse
- Winter 2019-PYCL Continuing Counseling
- Fall 2018- PYCL Substance abuse online
- Fall 2018- PYCL- Continuing Counseling online
- Summer 2018- PYCL Substance Abuse online
- Summer 2018- DFT Substance Abuse Addiction and Critical Issues
- Summer 2018- Continuing Counseling online
- Summer 2018- Family Therapy Clinical Supervision
- Winter 2018- PYCL Substance Abuse online
- Winter 2018- PYCL Continuing Counseling online
- Winter 2018- Family Therapy Doctoral Supervision
- Fall 2017- Family Therapy Doctoral Supervision
- Fall 2017- PYCL Continuing Counseling online
- Summer 2017- PYCL Continuing Counseling online
- Summer 2017-PYCL Substance Abuse online
- Summer 2017- Family Therapy Doctoral Supervision
- Winter 2017 PYCL Substance Abuse online
- Winter 2017 PYCL Continuing Counseling online
- Fall 2016 PYCL Substance Abuse online
- Fall 2016, PYCL Continuing Counseling online
- Summer 2016 PYCL Substance Abuse online

Summer 2015, Winter 2016, PYCL Continuing Counseling online
Winter 2016, Assessment & Evaluation of Family Support Programs online
Fall 2015, Human Development Research Methods in Family Studies.
Fall 2015, Winter 2016, PYCL Substance Abuse online
Summer 2015, DFT Substance Abuse & Critical Issues

2012- Present:

- Adjunct Faculty Professor- MS and PhD Internal and External Practicum Courses
- Brief Therapy Institute Nova Southeastern University
- Educate and clinically train Master and Doctoral students to become competent systemic Family Therapists with the ability to work with culturally and sexually diverse populations and marginalized groups in individual, couple, family, group and organizational settings.
- Winter 2007, Graduate Assistant
- Nova Southeastern University
- Clinical Practicum Supervision
Summer 2007, Graduate Assistant
- Nova Southeastern University
- Teaching Assistant Human Sexuality and Development Masters Class

Instructional skills

Responsibilities include teaching and training traditional and distance learning (fully online) formats in mental health counseling and addiction program.

Providing a continues supportive online classroom environment for each student's unique needs and expertise helping them to expand student skills and knowledge.

Delivering academic and clinical knowledge experience in the field of addiction including: theories of addiction treatment, interventions, prevention, research and program evaluation, documentation, assessments, classifications, pharmacological, medical, legal and risk factors, and professional practice standards.

Facilitating a collaborative learning environment inviting diversity and curiosity into the classroom.

Area of Clinical Expertise

Clinical supervision -Providing clinical and academic training to interns preparing them to work effectively, ethically and professionally with diverse clients within a multicultural environment.

In compliance with CACREP or AAMFT accreditation standards.

Substance abuse and Addiction issues in the practice of family therapy

Working collaboratively with agencies and authorities

Couples therapy including safety planning, clinical issues related to domestic violence

Group therapy for dual-diagnosis, psychiatric, and trauma patients

Helping clients build upon strengths and resources and improve coping skills to lead satisfying lives.

Presentations

EFTA-SIPPR 2019 10th Conference. Spouses of incarcerated inmates: Disenfranchised grief and stigmatized trauma. Naples, Italy, September 2019 (Accepted)

BAMFT Conference Working with Families of Addiction - April 22, 2017

Ongoing Educational Workshops for family members of substance abusers
Addiction Education Consultants, 2011- present

A Workshop for Partners of Substance Abusers in Early Recovery
Addiction Education Consultants, September & November 2010 & January 2011

Utilizing Outsider Witness Practices in a Support Group for Partners of Substance Abusers
Nova Southeastern University, April 2009, April 2010, April 2011

Brief Therapy for a Couple with Intimacy Problems: Conceptualizing Change through an MRI Therapy lens.

Nova Southeastern University, Summer 2007

Clinical Experience

2007- Present Addiction Education Consultants, Weston Florida
Psychotherapist - Group, individual, couple and family therapy sessions.
Developed Outsider-Witness program for partners of substance abusers

2007 January- August Student Counseling Nova Southeastern University
Therapist

2006-2007 Atrium Family Center, Davie Florida
Family Therapist

2004- 2007 The Family, A Dual Diagnose Hospital, Sunrise Florida
Primary Therapist- provided individual and group therapy for adults and adolescents with psychiatric diagnosis and addiction issues completed intake evaluations, treatment planning and assessment.

2005 - 2011 Brief Therapy Institute, Ft. Lauderdale, Florida
Marriage and Family Therapy, Doctoral Student Intern

2003– 2004 Atrium Family Center, Davie, Florida
Intern

Other Work

Abstract Reviewer, AAMFT National Conferences, 2012 & 2013 & 2014 & 2015 & 2016 & 2017

Applied Clinical research- Conducted extensive scholarly research on treatment for family members of substance abusers

Applied Action Research -Conducted qualitative study of participant's group experience of narrative therapy practices

Developed a Workshop Manual for Therapy Providers-

Ast, L. (2011). *Using Narrative Outsider Witness Practices with Partners of Substance Abusers in Early Recovery*. Scottsdale, AZ. Book Patch; Wilshire Press, Inc.

Ast, L. (2017). Developing Alternative Stories with Partners of Illicit Substance Users. *Journal of Family Psychotherapy*. (28), 4

Ast, L. Florek, T., & Fanfoni, S. (2019). Co-therapy: A Collaborative Odyssey. *Journal of Systemic Therapies*. (38), 1

Ast, L., Strickland, N. B., Vinci, J., Harris, T. (2019) Incarceration of a Marital Partner: Addressing Disenfranchised Grief Utilizing Collaborative Therapy. Manuscript submitted for publication

Published Articles-

Relationship Tides; Berry,W & Ast, L.

Teen Substance Abuse

What You Don't Know, Can Hurt You

Psychology Today, Aug 2017

Our city of Weston, March 2008

Enzine Articles/enzine.com

Online Course Skills

Knowledge of online educational delivery tools

Facilitates online portion of courses via Black Board, Canvas; including-Online activities frequent student-to-faculty and student-to-student interaction supported by threaded discussion boards, white boards, chat rooms, email, and multimedia presentations

Proficiency in using Microsoft products

Knowledge of adult learners needs

Provides instruction in accordance with established course outlines

License and Certification

License: Florida MFT 2613: Marriage and Family Therapy

Supervisor: AAMFT Approved Supervisor and Florida State MHC & MFT Supervisor

Certifications: Clinical Member: American Association of Marriage and Family Therapists

