

Christopher Hotaling, M.A. - Counseling

Aspire Place LLC • 975 E. Riggs Rd. • Chandler, AZ 85249 • 602-680-0515

SUMMARY OF QUALIFICATIONS

Over 20 years experience, including:

- Public speaking/Trainer
- Motivational Speaker
- Group facilitation
- Design and facilitation of peer counseling and peer leadership programs for youth
- Development and coordination of the delivery of continuing education courses for NYS Credentialed Alcoholism and Substance Abuse Counselor (CASAC) credentialing and re-credentialing
- Evaluator of counselor competency for NYS CASAC oral presentation credentialing examinations
- Development of corporate training programs related to human relations, conflict resolution, team building, platform skills building, stress management and substance abuse identification
- Design and delivery of prevention and intervention/counseling programs for at-risk youth and their families, in the areas of chemical dependency, HIV/AIDS, and tobacco use prevention/cessation
- Design and delivery of chemical dependency counseling programs for adults
- Providing guidance and college counseling to high school students
- Design and delivery of in-service training programs for faculty and staff at educational institutions

Expertise in training, teaching, and coaching survivors, families, and professionals related to living with brain injury.

PROFESSIONAL EXPERIENCE

Current

Co-Founder, Aspire Place LLC - Life Adjustment Facilitator

Provide public speaking, training, coaching, consultation, media presentations, group facilitation, and writing in the areas of brain injury and other life adjustment.

Sample of Projects:

- BIAAZ Rays of Hope Conference Presenter Preparation Project: The Brain Injury Alliance of Arizona sought out Aspire Place services to prepare individuals living with brain injury who were asked to be keynote speaker and a conference breakout session presenter at the 2018 Rays of Hope Statewide Brain Injury Conference. Services included presentation development and platform skills coaching that enabled speaker and presenter to confidently deliver their stories of living with brain injury in a compelling and inspiring way. (March - May 2018)

- Youth with Brain Injury Transition Pilot Program (YBITPP): Transitional coaching services provided to youth with brain injury that are discharged from neuro rehabilitation services. This pilot program is funded through the Arizona Governor’s Council on Spinal and Head Injuries. (January 2015 – Present)
- Functioned as a Subject Matter Expert regarding individuals with brain injuries for Partners in Brainstorms, Inc. Also acted as Co-moderator of a focus group designed to identify and better understand the independent living services and support needs of persons with cognitive disabilities. (January/February 2012)
- Convened and co-facilitated the Northwest Valley Brain Injury Survivor and Caregiver Support Group. (November, 2006 to December 2011)
- Facilitated discussion groups for youth with Traumatic Brain Injury for purposes of assessing needs of youth with TBI, on behalf of the Arizona Governor’s Council on Spinal and Head Injuries in fulfillment of their Federal TBI Grant requirements. (July/November 2010)
- Designed and delivered a ten-hour peer mentor training program for “veteran” caregivers who volunteered to mentor individuals who have recently become caregivers for a brain injury survivor, on behalf of the Brain Injury Association of Arizona. (September 2010)
- ADA Advocacy Project: Advocated on behalf of brain injury survivors who were being singled out by a local miniature golf amusement park to sign release forms in order to participate in a planned future miniature golf activity. Consulted with the U.S. Department of Justice-Civil Rights Division in Washington D.C, who pursued an investigation. The amusement park subsequently agreed to take steps to ensure that guests with disabilities are provided equal access without the imposition of eligibility criteria that screen out or tend to screen out an individual with disabilities in accordance with the American with Disabilities Act. The Amusement Park was also required to remove barriers to access where it was readily achievable to do so, and agreed to a settlement agreement that was submitted to the brain injury survivor support group. (March 2010)
- Glendale Civic Pride Ambassadors Grant Award for NW Valley Support Group: Crafted, submitted, and managed a grant proposal on behalf of a brain injury support group to provide social re-integration opportunities for its members. (April 2009)
- Glendale Commission on Persons with Disabilities Grant: Accepted a mini-grant on behalf of a brain injury support group and managed the funds to organize a social re-integration event for its members. (Fall 2008)

Prior Professional Experiences

Founder, Corporate and Educational Training Institute, Inc., a company providing corporate training and certified by the State of New York to provide comprehensive Credentialed Alcoholism and Substance Abuse Counselor (CASAC) certification training, New York, NY

Guidance Counselor, NYC Board of Education, New York, NY

Substance Abuse Prevention/Intervention Specialist, Level II and Peer Counselor Trainer, SPARK Program, NYC Board of Education, New York, NY

Alcohol and Substance Abuse Treatment Program Assistant, Marcy Correctional Facility, Marcy, NY

Alcohol and Substance Abuse Counselor, Insight House, Utica, NY

EDUCATION/CERTIFICATION

Master of Arts, New Jersey City University, 1996, Major: Counseling

Bachelor of Science, Utica College of Syracuse University, 1983, Major: Psychology, Minor: Business

Credentialed Alcoholism and Substance Abuse Counselor Emeritus, State of New York

Other Professional Training Certificates

- Vocational Rehabilitation
- Group Facilitation
- Counselor Training: Short Term Client Systems
- Cocaine: Physical, Psychological, and Treatment Implications
- Employment Rights: Issues for Clients in Substance Abuse Treatment
- Assessment Interviewing for Treatment Planning
- Family Counselor Development Workshop
- Overview of Substance Abuse
- Child Abuse and Maltreatment
- Mental Illness and the Adolescent
- Counselor Communication Skills
- HIV/AIDS At-Risk Behavior Update Training
- Confidentiality, Legal Issues, Ethics and Counseling
- Counselor Communication Skills
- Adolescent Drug Use and Denial
- Anger, Aggression and the Resistant Client
- Depression and the Role of the Substance Abuse Counselor
- Building Self-esteem

Professional Certificates (Former)

Credentialed Prevention Professional, State of New York, Retired in Good Standing (May 2001)

Guidance Counselor, State of New York

Certificate of Eligibility as Teacher of Psychology, State of New Jersey

Certificate of Eligibility as Substance Awareness Coordinator, State of New Jersey

AWARDS

NW Valley Brain Injury Survivor and Caregiver Support Group, Recognition of Leadership and Service, 2012

Brain Injury Association of Arizona, 2008 Advocacy Award for Brain Injury Survivors

VOLUNTEER ACTIVITIES

Brain Injury Alliance of Arizona. Activities include: Support group facilitation, “Camp Can Do” volunteer, fundraising, social re-integration event planning

Camp Can Do volunteer staff, 2009, 2010 – A four-day Brain Injury Association of Arizona camping experience for brain injury survivors and family members that focuses on socialization, respite care, empowerment, and personal growth.

INTERNATIONAL CONSULTATION

University of LaVerne (Athens Campus). Consulted with University professors regarding the re-design and delivery of a peer mentor/student leadership training program for college aged students.

Akita University (Akita City, Japan). Consulted with a work group from Akita University regarding the design of a culturally sensitive HIV/AIDS education methodology for adolescents.

PUBLIC SPEAKING ENGAGEMENTS / TRAINING AND EDUCATION

2018

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Phoenix, AZ, May

- “Finding Your Resilience”
- “Let’s Talk About It... Communication Tools for Survivors and Family Members”
- “Breathe... Visualize... Relax – Mindfulness and Stress Management Techniques and for Individuals Living with Brain Injury, Family Members and Caregivers.”

Brain Injury Basics - Part II: Building Capacity for Developing Strategies for Working with Individuals with Brain Injury (Full Day Workshop for Professionals), Ability 360 Center, Phoenix, AZ, May.

2017

“Brain Injury Basics: Connecting, Disconnecting, Reconnecting and Rerouting” (Full Day Workshop for Professionals), Ability 360 Center, Phoenix, AZ, October

Youth Transitions Conference, Talking Stick Resort and Casino, Scottsdale, AZ, August

- Co-moderator for “Youth with Brain Injury: Sharing Their Stories of Transition to Adulthood and the World of Work”

Project Independence and Empowerment Event, Phoenix, AZ, May

- Authors Panel Featured Guest Speaker

- Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Phoenix, AZ, May
- “Let’s Talk About It... Communication Tools For Survivors and Family Members”
 - “Breath...Visualize...Relax” - A mindfulness approach in managing the stress of living with brain injury

- Mitigation College Conference, Phoenix, AZ, April
- “Brain Injury and How It Effects Brain Development”

- 12th Annual Barrow Neurological Institute Traumatic Brain Injury Symposium
Acquired Brain Injury: Rehabilitation of TBI and Beyond, Phoenix, AZ, March
- Invited Speaker
 - “Rehab is Over, Now What?... Life Beyond Neuro-Rehabilitation”

2016

- Mysteries of Brain Injury: Exploring the Transition from Treatment to Living with Brain Injury
Professional Conference, Phoenix, AZ, December
- “Learning to Live Again” Theatrical Presentation (Keynote)
 - Youth Transition: A Family Affair

- Brain Injury Basics Pre-conference for Professionals, Phoenix, AZ, November
- Connecting, Disconnecting, Reconnecting , and Re-routing

- Pinal County COJET 2-Day Conference, Florence, AZ, June
- Connecting, Disconnecting, Reconnecting Neurons: Brain Injury Basics

- Mesa U-Nites Quarterly Event: Supporting Youth and Families After Brain Injury, Mesa AZ, February
- Mindfulness and Stress Management For Youth With Brain Injury

- Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Phoenix, AZ, May
- “Let’s Talk About It... Communication Tools For Survivors and Family Members”
 - “Living as a Couple with Brain Injury”
 - “Breath...Visualize...Relax” - A mindfulness approach in managing the stress of living with brain injury

2015

- Brain Injury Alliance of Arizona Healthy Living Series Presentation, Phoenix, AZ, November
- Mindfulness, Relaxation and the Holliday Season

- The Mystery of Brain Injury: Making The Invisible Visible – A Pre- Conference for Professionals,
Phoenix, AZ, November
- Changing Expectations After Brain Injury: A Dialogue with a Brain Injury Survivor

- The Mystery of Brain Injury: Making The Invisible Visible – 3rd Annual Conference for Professionals,
Phoenix, AZ, November
- The Transition... Life Beyond Therapy

Mesa U-Nites Quarterly Event: Supporting Youth and Families After Brain Injury, Mesa AZ, November

- Mindfulness Presentation For Family Members of Youth With Brain Injury

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Phoenix, AZ, May

- “Rehab is Over...Now What!”
- “Managing Life as a Couple Living with Brain Injury”
- “We Are FAM-I-LY...Finding Common Ground”
- “Breath...Visualize...Relax” - A wellness approach in managing the stress of living with brain injury

2014

Arizona Public Defender Association: Eleventh Annual Statewide Conference, Tempe, AZ, June

- Invited Speaker
- “Working with Clients with Brain Injury: Making the Invisible Visible”

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Phoenix, AZ, May

- “How The Brain Works”
- “Understanding Changes in Behavior After Brain Injury “
- “Breath...Visualize...Relax” - A wellness approach in managing the stress of living with brain injury

Spring Brain Conference (Annual National Conference for Neuroscientists), Sedona, AZ, March

- Invited Speaker
- Topic: “Neuroscience in Practice: A View From The End User”
 - *Focus of Presentation: How advancements in neuroscience have impacted our understanding of brain function, and how this research has enabled us to better educate brain injury survivors, family members and professionals working in the field of brain injury rehabilitation.*

2013

Young Adult Life Skills Training Program, Phoenix, AZ, April

- Invited Speaker
- Topic: “Practical Problem Solving After Brain Injury – Managing Emotions and Behavior”

Beyond Words Conference (All Inclusive Care For Children Coalition), Vernon, NY, April

- Invited Speaker
- Topic: “Living With Traumatic Brain Injury: Understanding Grief and Loss”

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Tucson, AZ, April

- “Rehab is Over - Now What: Strategies After Brain Injury - For Families and Survivors”
- “Understanding Changes in Behavior After Brain Injury - For Survivors”
- “How The Brain Works - For Survivors”

- Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Phoenix, AZ, May
- “Rehab is Over - Now What: Strategies After Brain Injury - For Families and Survivors”
 - “Understanding Changes in Behavior After Brain Injury - For Survivors”
 - “Understanding Changes in Your Survivor’s Behavior After Brain Injury - For family Members and Caregivers”
 - “Relationships After Brain Injury - For Couples”

- Arizona Public Defender Association: Tenth Annual Statewide Conference, Tempe, AZ, June
- Invited Speaker
 - “Clients With Traumatic Brain Injury: Tools and Techniques For Telling Their story ”

- Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Prescott, AZ, June
- “Rehab is Over - Now What: Strategies After Brain Injury”
 - “Understanding Changes in Behavior After Brain Injury - For Survivors”
 - “Understanding Changes in Your Survivor’s Behavior After Brain Injury - For family Members and Caregivers”

2012

- New York Presbyterian Hospital - Weill Cornell Medical Center, New York, NY, October
- Guest Lecturer at Rehabilitation Medicine Associates
 - Lecture Topic: “Life After Brain Injury Rehabilitation: Modifying Therapeutic Exercises and Creating Supportive Strategies for Improvement in Daily Living”

- New Jersey City University, Jersey City, NJ, October
- Special Lecture sponsored by the Psychology Society and The Psychology Department, with the support of the New Jersey University Counseling Center, The Health Science Department, and the office of the Dean of the William J. Maxwell College of Arts and Sciences.
 - Lecture Topic: “A Couples Journey - Living With Brain Injury”

- New York University Hospital, New York, NY, October
- Guest Lecturer at Rusk Rehabilitation Center
 - Lecture Topic: “Life After Brain Injury Rehabilitation: Modifying Therapeutic Exercises and Creating Supportive Strategies for Improvement in Daily Living”

- Utica College of Syracuse University, Utica, NY, October
- Invited Speaker
 - Topic: “Inside The Journey... Living With Brain Injury as a Couple”

- Arizona Victim Assistance Academy, Phoenix, AZ, September
- “Understanding the Implications of Brain Injury When Working With Crime Victims ”

- Phoenix First Responders Training, Phoenix, AZ, September
- “ Understanding the Needs of Individuals with Brain Injury and Applicable First Response Approaches”

- Arizona Public Defender Association: Tenth Annual Statewide Conference, Tempe, AZ, June
- “Identifying Mitigation After Brain Injury and a Personal Perspective From a Brain Injury Survivor ”

Pilot Club International Southwestern District Annual Convention, Phoenix, AZ, May

- Keynote “A Couples Journey – Living With Brain Injury”

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Phoenix, AZ, May

- “Rehab is Over - Now What: Strategies After Brain Injury”
- “Understanding Changes in Behavior After Brain Injury—For Survivors”
- “Understanding Changes in Your Survivor’s Behavior After Brain Injury—For family Members and Caregivers”

East Valley Pilot Club Members Meeting, Mesa, AZ, April

- “A Couples Journey – Living With Brain Injury ”

2011

TBI 101 for Vocational Rehabilitation Counselors, Phoenix, AZ, July

“The Rehabilitation Process and the Neuro-psychological Evaluation Experience”

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Phoenix, AZ, March

- “Strategies After Brain Injury For Survivors: Rehab is Over, Now What?”
- “Understanding Changes in You and Your Relationships After Brain Injury—For Survivors”
- “Relationships After Brain Injury—For Couples”

Care Meridian-Brain Injury Awareness Month Picnic Event, Phoenix, March

- *Motivational Keynote Speaking Engagement for Survivor’s and Family Members*

2010

Statewide Symposium in Support of Military Families, Phoenix, AZ, July

- “Understanding Traumatic Brain Injury: Coping Strategies for Families”
- “Living with Traumatic Brain Injury: Understanding Grief and Loss”

Traumatic Brain Injury Polytrauma Conference for Iraq/Afghanistan Warrior Veterans and Family Members (“A Warrior’s Journey: A Day of Learning, Sharing and Support for Veterans with TBI/Polytrauma and Their Families”), Tucson, AZ, May

- “Understanding your TBI—A Survivor’s Journey”
- “Understanding Behavior Changes after Brain Injury” (For Families)

Prescott Brain Injury Support Group Family Picnic Event – Keynote Speaker

- “Living With Brain Injury as a Couple,” Prescott, AZ, May

Cultural Diversity Training for Vocational Rehabilitation Counselors, Phoenix, AZ, April

- “Brain Injury and Cultural Competence: Societal Perceptions, Diversity and Considerations for VR Counselors Working With Brain Injury Clients”

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Phoenix, AZ, April

- “Understanding Brain Injury—Survivor’s Story
- “Dealing with Behavior Change after Brain Injury”

- “Relationships and Brain Injury—Maintaining Connections for Couples” (Presenter/Panel Moderator)

Brain Injury and Blindness Training for Vocational Counselors, Phoenix, AZ, April

- “Understanding Traumatic Brain Injury and Vision Loss—The Voice of a Survivor”

2009

TBI 101 for Vocational Rehabilitation Counselors, Phoenix, AZ, October

- “The Rehabilitation Process and Neuro-psychological Evaluation Experience”

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Glendale, AZ, May

- “Understanding Brain Injury” (For Survivors)
- “Dealing with Behavior Change after Brain Injury” (For Survivors)

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Prescott, AZ, March

- “Understanding Brain Injury” (For Survivors)
- “Dealing with Behavior Changes after Brain Injury” (For Survivors)

2008

Arizona Department of Health Services, Phoenix, AZ, November

- “The Brain Injury Recovery Journey and Benefits of Multiple Therapeutic Modalities”

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Glendale, AZ, June

- Co-moderator/Panelist: Survivors’ Perspectives Session
- Survivor Support Group Session Facilitator
- “Dealing with Behavior Change after Brain Injury” (For Survivors)

Life after Traumatic Brain Injury: Understanding the Family’s Journey, Tucson, AZ, May

- Co-moderator/Panelist: Survivors’ Perspectives Session
- “Dealing with Behavior Changes after Brain Injury” (For Survivors)

Brain Injury Association of Arizona, Safari Dinner Gala Fundraising Event, Phoenix, AZ, Advocate Award Acceptance Speech, March

2007

Rays of Hope (Traumatic Brain Injury Survivor and Family Conference), Glendale, AZ, June

- Portraits of Transition (Panelist for General Session)

2006

HealthSouth Valley of the Sun Rehabilitation Hospital Patient (Reunion Presentation), Glendale, AZ, September

TELEVISION - RADIO APPEARANCES

WKTV Evening News, Utica New York: “Utica College Alum Uses Experiences To Talk About Traumatic Brain Injuries,” October, 2012

WUTR Evening News, Central New York: “Surviving Brain Injury,” October 2012

WIBX, Utica, New York: “Life After Brain Injury: UC Grads Talk About Rebuilding” October 2012

KRZA Radio (NPR Affiliate - Colorado) – Interview about book release: *Learning To Live Again...A Day At A Time* and The Impact of Brain Injury on Family, August 2012

TV3 on Good Evening Arizona: “TBI, The Silent Epidemic,” April 2008

TRAINING VIDEOS

Arizona Department of Health Services, Behavioral Health Services, e-learning continuing education on-line video sessions. Topical areas included: Grief and Loss, Practical Psychotherapy, Medication Management, Home to Rehabilitation and The Importance of Family in the Recovery Process. Responses were given from both perspectives as counselor as well as brain injury survivor. February, 2010

Brain Injury Association of Arizona, on-line “Navigating the System—A Guide for People with Traumatic Brain Injury and their Families.” Questions addressed included: What is early rehab like for a TBI survivor, What is outpatient rehab like for a TBI survivor, How do I find a positive outlook after TBI, How important is counseling after a brain injury, How can I meet other people who are living with brain injury and Why go to a support group. January, 2009

PUBLICATIONS/ARTICLES

“*Learning To Live Again... A Day At A Time*” Chris and Amy Hotaling - with Mark Leeds February 2012, Talsan Publishers, ISBN 978-1-884298-78-8, *Copyright Triple Cloud Productions*

“*Peer Mentor Program Policy and Procedure Manual,*” – created for the Brain Injury Association of Arizona. May, 2008

“*Back in the Mix*” BrainStorm, Brain Injury Association of Arizona Newsletter, September, 2008

GENERAL PUBLICATIONS

**Written by newspaper reporters, internet radio/tv reporters,
non-profit organizations and corporations**

“Guiding Others With The Map They Made,” The Brain injury Alliance of Arizona - The Noggin’, January 2016 edition

Strategies to Reduce Noise Sensitivity, Light Sensitivity and Pain after a Stroke , THE STROKE NETWORK, INC., byline: W.L. Kilcullen, July 2013

WIBX, Utica, New York: “Life After Brain Injury: UC Grads Talk About Rebuilding”
Gino Geruntino, October 25, 2012

WUTR, Utica, New York: “Utica College alum returns to campus to share his story of survival”
Jennifer Lee, November 5, 2012

Arizona Real Estate News- *Learning To Live Again...A Day At A Time* Featured Article, October, 2012

Messenger- The Employee Newsletter of HealthSouth Corporation, Advocacy Award Recipient Article, May, 2008

The Glendale Star “Brain Injury Changes Life Forever.” March, 2007

Peoria Times, “Brain Injury Changes Life Forever.” March, 2007

Arizona Real Estate News, “The Miracle of Love.” March, 2007

CHAPTERS IN BOOKS

W.L. Kilcullen, Brain Injury: Living a Productive Life After a Stroke or Traumatic Brain Injury, Chapter 3: pgs. 15-19, Create Space Independent Publishing (2013).

PROFESSIONAL MEMBERSHIP

American Counseling Association