

Rosalind L. Heiko, Ph.D., NCSP, RPT-S, ISST  
North Carolina Licensed Psychologist  
Nationally Certified School Psychologist  
Registered Play Therapist - Supervisor Association for Play Therapy  
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#### VITA

#### EDUCATION

9/78 TO 8/81	Graduate School of Arts and Sciences, Department of Psychology, Syracuse University, Syracuse, New York Ph.D. in Psychology, awarded 8/81
9/76 to 1/78	School of Professional Child Psychology, St. John's University, Jamaica, New York (graduate school) M.S. (Master of Science) in Education, awarded 1/78
9/73 to 6/76	School of Arts and Sciences, Cornell University, Ithaca, New York (college) B.A. (Bachelor of Arts) in Psychology, awarded 6/76

#### CLINICAL PROFESSIONAL EXPERIENCE

9/84 to present	Psychologist in private practice, Raleigh and Cary, North Carolina, Director, Pediatric & Family Psychology, P.A.
11/89 to 9/92	Psychologist Consultant & Supervisor, Family Services Center of Wake County, Raleigh, North Carolina (Part Time Consultant)
6/85 to 8/85	Psychologist, Developmental Evaluation Center, Duke University, Durham, North Carolina (Part Time Consultant)
1/85 to 6/85	Consultant/Field Coordinator, Harnett County Intervention Project,

	Duke University, Durham, North Carolina (Part Time Consultant)
4/83 to 5/84	Psychotherapist in practice association with Psychological Services, New Britain, Connecticut
9/82 to 3/83	Supervisor of Clinical Services, Greenshore Residential School Cheshire, Connecticut
Summer 1981 & 1982	School Psychologist, Reading Clinic, Syracuse University, Syracuse, New York (intern)
9/80 to 6/81	District School Psychologist, Phoenix Central Schools, Phoenix, New York
9/79 to 6/80	School Psychologist, ARC Parkside School and Infant Education Program, Syracuse, New York (intern)

TEACHING EXPERIENCE (Full Time)

9/81 to 8/82	Visiting Assistant Professor, School Psychology Program, University of North Carolina at Chapel Hill, North Carolina
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TEACHING EXPERIENCE (Part Time)

10/14 to 11/14	Teacher for a two week Training & Supervision, Romania, Asociatia Romana pentru Terapie prin Jocul cu Nisip & Honorary Member of Romanian Sandplay Association ( <a href="http://www.sandplay.ro/">www.sandplay.ro/</a> )
10/2012 to 11/2012	Teacher for a two week Training & Supervision, Romania, Asociatia Romana pentru Terapie prin Jocul cu Nisip & Honorary Member of Romanian Sandplay Association( <a href="http://www.sandplay.ro/">www.sandplay.ro/</a> )
1/94 to 5/94	Instructor, Psychology Department, North Carolina State University, Raleigh, North Carolina
1/89 to 5/89	Visiting Assistant Professor, School Psychology Program, University of North Carolina at Chapel Hill, North Carolina
Fall 1985 & Spring '86 & '87	Instructor, Wake County Community Schools course: "Sexual Abuse of Children: Identification and School Manage ment Raleigh, North Carolina
9/84 to 5/85	Visiting Assistant Professor, School of Education, University of North Carolina at Chapel Hill, North Carolina
9/83 to 6/84	Instructor, School Psychology Practicum, Department of

9/83 to 6/84 Educational Psychology, University of Connecticut, Storrs, Connecticut  
 Clinical Instructor, Family Medicine course: Introduction to Clinical Medicine I  
 University of Connecticut Medical School, Farmington, Connecticut

#### SPECIAL PROFESSIONAL EXPERIENCE

9/2019 to Present Executive Board & Founding Member, World Association of Sand Therapy Professionals

7/23/2016 Invited lecture: "Introduction to Sandplay: History & Practical Aspects of Practice", Summer Play Therapy Intensive 2016  
 Johns Hopkins University School of Education, MD

1/2012 to Present Founding Member, NC Play Therapy & Sandplay Training

2005 to Present Editorial Associate, Journal of Sandplay Therapy®

1/2013 to 1/2015 At-Large Board Member, NC Society of Clinical Hypnosis

7/2011 to 6/2014 Board of Trustees Member, Sandplay Therapists of America

3/09 to 11/09 Psychological Consultant to Triangle Pediatric Center, P.C. for  
 Parent Call-In Hour, Pediatric Psychology Consultation & Assessment  
 Services to staff and families, Cary, North Carolina

Summer - Spring 2008 Program Chair, Sandplay Therapists of American National Conference held in  
 Savannah, Georgia, USA from May 18-21, 2008

1/2002 to 1/2004 Board of Trustees Member, Sandplay Therapists of America

6/2006-1/2008 &  
 7/1995 to 4/2000 Treasurer, North Carolina Society of Clinical Hypnosis Board of Directors

11/00 to 2002 Board Member, North Carolina Association for Play Therapy

9/98 to 1/2012 Executive Committee & Founding Member, North Carolina Association of  
 Sandplay Therapists

7/93 to 9/94 Conference Committee Member, North Carolina Committee to Prevent  
 Child Abuse, Raleigh, North Carolina

7/91 to 1/93 Member of the Professional Practice Division Board  
 of the North Carolina Psychological Association

7/87 to 7/91 Treasurer (1989-91); Chair of Membership Committee (1987-89);  
 Board of Directors of the North Carolina Psychological Association

1/89 to 6/89 Member of the North Carolina Psychology Association/North Carolina School

12/84 to 12/85	Psychology Association Joint Task Force on School Psychology in North Member, Treatment Issues Committee, North Carolina Child Sexual Abuse Task Force on the Status of Women, Raleigh, North Carolina
11/84 to 6/01	Examiner, Child Mental Health Evaluator Program, Department of Pediatrics University of North Carolina at Chapel Hill, North Carolina
9/81 to 8/82	Member, Region IV Field-Based Training Consortium for Level I Psychome- trists, North Carolina State Department of Public Instruction, Raleigh, North Carolina

## DISSERTATION TOPIC

"Consultee-centered and problem-solving consultation services to paraprofessionals working with child abusing parents in an SLT program", 1981.

## PUBLICATIONS

Heiko, R.L. (2018). *A Therapist's Guide to Mapping the Girl Heroine's Journey in Sandplay*. NY: Rowman & Littlefield Publishers.

Heiko, R.L. (2015). "Tempered in the Fire: Self-care & Mindfulness in Preventing Clinical Burnout". In E. Green, E., Baggerly, J.N. & Myrick, A.C. (Eds.), *Counseling Families: Play-Based Treatment*. NY: Rowman & Littlefield Publishers.

Heiko, R.L. (2010). "Finding the Treasure Within: Spontaneous Storytelling and the Sandplay Journey of an Emotionally Despairing Girl". In E. Gil (Ed.), *Working with Children to Heal Interpersonal Trauma: The Power of Play*. NY: The Guilford Press.

Heiko, R.L. (2008). "Finding the treasure within: The sandplay journey of Stella", *Journal of Sandplay Therapy*, V. 17 (1).

Heiko, R.L. (2004). "Children's' birthday party sandtrays", *Journal of Sandplay Therapy*, V. 8 (2).

Heiko, R.L. *Crosswords and Straight Answers: A Coloring Book to Help Early Elementary School Children Cope With Family Violence*, Family Services Center of Wake County and the North Carolina Department of Human Resources Office for Children and the Family, 1991.

Heiko, R.L. "Consultant Services in the Development of an Affective Education Program". In P. Knoblock (Ed.), *Integrating Autistic Children: A Teacher's Manual*. IL: Love Publishing Co., 1982.

## COMMUNITY SERVICE ACTIVITIES

8/09 to 1/2013	Founder & President, Board of Directors, NC Therapy 4 Kids, a mental health service non-profit serving children and families in Wake County, North Carolina
7/96 to 7/97	Board Member, Family Support Network of Wake County, Raleigh, North Carolina
7/91 to 9/99	Chair, Admissions Committee, PAGE-SM Program, Parents for the Advancement of Gifted Education, Raleigh, North Carolina
1/87 to 1/90	Member, Executive Committee and Board Secretary, Interact Rape Crisis and Child Abuse Prevention Center, Raleigh, North Carolina
9/83 to 6/84	Member, Board of Directors, Prudence Crandall Shelter for Battered Women, New Britain, Connecticut
9/82 to 6/84	Community Child Protection Team Member, PACE (Prevention of Abuse: A Community Effort) Program, Bristol Hospital, Bristol, Connecticut
9/81 to 6/82	Program Consultant and Trainer, Orange County Rape Crisis Center, Chapel Hill, North Carolina
11/78 to 6/81	Program Consultant/Evaluator, Alliance Child Abuse Coordinating Agency, Syracuse, New York
9/73 to 6/76	Founding Member and Director, Ithaca Rape Crisis Service, Ithaca, New York

## PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)

Association for Play Therapy (APT)

International Society of Sandplay Therapists (ISST)

North Carolina Association of Play Therapists (NCAPT): component section of APT

North Carolina Play Therapy & Sandplay Training

North Carolina Psychological Association Member & Member of the Division of Professional Practice

Sandplay Therapists of America (STA)

World Association of Sand Tray Professionals (WASTP)

LICENSURE/CERTIFICATION

Health Services Provider - Psychologist (HSP-P)

Nationally Certified School Psychologist (NCSP)

Association for Play Therapy: Play Therapist Supervisor Certification (RPT-S)

International Society of Sandplay Therapists/Sandplay Therapists of

America Teaching Certification (ISST/CST-T)

EMDRIA Level II Certification in EMDR