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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

PROFESSIONAL EXPERIENCE

9/84 to present Psychologist in private practice, Raleigh and Cary, North Carolina,
presently Director, Pediatric & Family Psychology, P.A., Cary, North Carolina

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

1/94 to 5/94 Instructor, Psychology Department, North Carolina
State University, Raleigh, North Carolina

11/89 to 9/92 Psychologist Consultant & Supervisor, Family Services Center of Wake County,
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 Management Raleigh, North Carolina
6/85 to 8/85	Psychologist, Developmental Evaluation Center, Duke University, Durham, North Carolina
1/85 to 6/85	Consultant/Field Coordinator, Harnett County Intervention Project, Duke University, Durham, North Carolina
9/84 to 5/85	Visiting Assistant Professor, School of Education, University of North Carolina at Chapel Hill, North Carolina
4/83 to 5/84	Psychotherapist in practice association with Psychological Services, New Britain, Connecticut
9/83 to 6/84	Instructor, School Psychology Practicum, Department of Educational Psychology, University of Connecticut, Storrs, Connecticut
9/83 to 6/84	Clinical Instructor, Family Medicine course: Introduction to Clinical Medicine I University of Connecticut Medical School, Farmington, Connecticut
9/82 to 3/83	Supervisor of Clinical Services, Greenshore Residential School for Retarded and Autistic Children, Cheshire, Connecticut
9/81 to 8/82	Visiting Assistant Professor, School Psychology Program, University of North Carolina at Chapel Hill, North Carolina
Summer 1981 & 1982	School Psychologist, Reading Clinic, Syracuse University, Syracuse, New York
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

SPECIAL PROFESSIONAL EXPERIENCE

1/2012 to Present	Founding Member, NC Sandplay Training
2005 to Present	Editorial Associate, <u>Journal of Sandplay Therapy</u>
March 2017	Teacher for a two week Training & Supervision, Romania, Asociatia Romana pentru Terapia prin Jocul cu Nisip & Honorary Member of Romanian Sandplay Association (<u>www.sandplay.ro/</u>)
July 23, 2016	Invited Lecture: "Introduction to Sandplay: History & Practical Aspects of Practice" Summer Play Therapy Intensive 2016 Johns Hopkins University School of Education, MD

10/2014 to 11/2014	Teacher for a two week Training & Supervision, Romania, Asociatia Romana pentru Terapie prin Jocul cu Nisip & Honorary Member of Romanian Sandplay Association (www.sandplay.ro/)
1/2013 to 2015	At-Large Board Member, NC Society of Clinical Hypnosis
7/2011 to 6/2014	Board of Trustees Member, Sandplay Therapists of America
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 (www.sandplay.ro/)
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	Treasurer, North Carolina Society of Clinical Hypnosis Board of Directors
11/2000 to 2002	Board Member, North Carolina Association for Play Therapy
9/1998 to 1/2012	Executive Committee & Founding Member, North Carolina Association of Sandplay Therapists
7/1995 to 4/2000	Treasurer, North Carolina Society of Clinical Hypnosis Board of Directors
7/1993 to 9/1994	Conference Committee Member, North Carolina Committee to Prevent Child Abuse, Raleigh, North Carolina
7/1991 to 1/1993	Member of the Professional Practice Division Board of the North Carolina Psychological Association
7/1987 to 7/1991	Treasurer (1989-91); Chair of Membership Committee (1987-89); Board of Directors of the North Carolina Psychological Association
1/1989 to 6/1989	Member of the North Carolina Psychology Association/North Carolina School Psychology Association Joint Task Force on School Psychology in North Carolina
12/1984 to 12/1985	Member, Treatment Issues Committee, North Carolina Child Sexual Abuse Task Force on the Status of Women, Raleigh, North Carolina
11/1984 to 6/2001	Examiner, Child Mental Health Evaluator Program, Department of Pediatrics University of North Carolina at Chapel Hill, North Carolina
9/1981 to 8/1982	Member, Region IV Field-Based Training Consortium for Level I Psychometrists, 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.

BOOKS/CHAPTERS/PUBLICATIONS

Heiko, R.L. (2018). *A Therapist's Guide to Mapping The Heroine's journey in Sandplay*. Lanham, MD: Rowman & Littlefield Publishers.

Heiko, R.L. (2015). "Tempered in the fire: Self-care & mindfulness in preventing clinical burn-out". In Green, E., Baggerly, J. & Myrick, A.C. (Eds.) *Counseling families: Play-based treatment*. Lanham, MD: 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 (North Carolina APT) - Component Section of Association
 for Play Therapy
 North Carolina Play Therapy & Sandplay Training
 North Carolina Psychological Association Member & Member of the Division of Professional Practice
 Sandplay Therapists of America (STA)

LICENSURE/CERTIFICATION

Association for Play Therapy Registered Play Therapist - Supervisor (RPT-S)
 NC Health Services Provider - Psychologist (HSP-P)
 Nationally Certified School Psychologist
 International Society of Sandplay Therapists/Sandplay Therapists of
 America Teaching Certification
 Until 2019: Approved Consultant in Clinical Hypnosis (ASCH Teaching Certification)
 EMDRIA Level II Certification in EMDR