

Adena Bank Lees, LCSW, LISAC, BCETS, FAAETS, CP
200 West Magee Road, Ste. 100 Tucson, AZ 85704

Adena is an internationally recognized speaker, author, trainer, and consultant, providing a fresh and important look at addiction treatment, traumatic stress, and recovery. Her specialty is childhood sexual abuse, in particular, covert emotional incest.

Sample Presentations / Lectures

- “Utilizing Self Leadership To Thrive in Challenging Times.” International Tele’Drama Conference via Zoom, 2020
- “Covert Emotional Incest: A Gateway to Addiction,” Guest Luncheon Speaker, SWS, Az 2018
- “Healing Covert Emotional Incest: Boundaries and a Strong Social Atom,” American Society of Group Psychotherapy and Psychodrama Conference, Dallas, TX, 2018
- “The Child as Substitute Spouse: Naming and Validating Emotional Incest,” International Association for Group Psychotherapy and Group Processes (IAGP) Congress, Malmo, Sweden, 2018
- “Ethically Sound Experiential Interventions For Trauma And Self-Injury,” Southwest School for Behavioral Health Conference, AZ 2015
- “Ethics and Cultural Diversity in Action,” Arizona Psychodrama Institute Training, AZ 2015-2019
- “Moreno Meets Buddha and Neuroscience,” International Association for Group Psychotherapy/British Psychodrama Conference, England 2014
- Imago Therapy with Traumatized Couples,” American Society for Group Psychotherapy and Psychodrama Conference, CA 2014
- “Trauma and the Body,” Arizona Integrative Wellness Coalition, AZ 2012
- “Ethics in Action,” Employee Assistance Association of Southern Arizona 2012
- “12 Healing Steps in Action,” Arizona Psychodrama Institute Training, AZ 2012
- “Psychodrama in Agency Settings,” Jewish Family and Children Services, AZ 2011
- “What is Trauma and How Does It Impact Addiction Recovery?” staff training for South Pacific Private Treatment Center, Australia, 2011
- “Neurobiology of Trauma” keynote presentation for Healthy Families Initiative of Arizona Conference, AZ 2002-2003
- “Eating Disorders and Self-Harm,” Midwest Conference on Sexual Abuse and Incest, WI 2001
- Southwest School for Behavioral Health Studies Conferences, Tucson AZ 1995 to present

Education

- Master of Social Work with honors - Adelphi University, Garden City, NY 05/89
- Bachelor of Arts - Psychology with honors - SUNY Binghamton, Binghamton, NY 05/84

Awards

- Outstanding Psychiatric / Mental Health Professional Award, Tucson Local Media, 9/2016

Licenses / Certifications

- Licensed Clinical Social Worker, Arizona Board of Behavioral Health Examiners - Expires 3/24
- Certified Drug and Alcohol Counselor, International Certification, NCRC/AODA – Expires 11/20/22
- Arizona Certified Drug and Alcohol Counselor, ABCAC - Expires 11/20/22
- Licensed Independent Substance Abuse Counselor, Arizona Board of Behavioral Health Examiners - Expires 3/24
- Board Certified Expert in Traumatic Stress, Diplomate AAETS - Lifetime
- Certified Imago® Relationship Therapist, Imago International - Lifetime
- Certified Practitioner of Psychodrama, Sociometry and Group Psychotherapy - Lifetime

Employment Experience

- Author, Speaker, Trainer, Consultant - 1992 to Present
- Adjunct Faculty Arizona Psychodrama Institute - 2012 to Present
- Psychotherapist in Private Practice - 1992 to 2020
- Float Therapist, Sierra Tucson LLC - 2004 to 2005
- Program Developer and Facilitator, Mirasol Inc - 2000 to 2003
- Faculty Supervisor/Instructor, University of Phoenix - 1993 to 2001
- Primary/Family Therapist, Sierra Tucson LLC - 1990 to 1992

Continuing Education (sampling of workshops attended)

- Psychodrama, Sociometry and Group Psychotherapy Training Primary Trainer - Katherine Norgard PhD TEP (680 + hours)
- Internal Family Systems Therapy (IFS) Year-long Webinar- Richard Schwartz PhD, Pam Krauss, LCSW and Toni Herbine-Blank, MS, C-SP
- EMDR Basic and Level II Training - Steven Silver and Andrew Leeds
- Sensorimotor Psychotherapy/Neurobiology of Trauma - Janina Fisher PhD
- Interpersonal Neurobiology/Mindsight/The Neurobiology of We - Daniel J. Siegel MD
- Substance Abuse and Neuro-Psychiatric Disorders- Daniel Amen MD
- Men and Depression - Terrance Real MS
- Motivational Interviewing - David Mee Lee MD
- Impact of Substance Abuse and Child Maltreatment on Brain Development - Bruce Perry MD

- Substance Abuse and its Relation to Sexual Abuse - Patrick Carnes PhD
- Family of Origin Shame - Claudia Black MSW PhD
- Action Techniques with Trauma Survivors - Dena Baumgartner PhD TEP
- The Biology of Trauma/New Frontiers of PTSD Treatment - Bessel van der Kolk MD

Memberships

- Fellow Member American Academy of Experts in Traumatic Stress (AAETS)
- National Association of Social Workers (NASW)
- American Society for Group Psychotherapy and Psychodrama (ASGPP)
- International Association for Group Psychotherapy and Group Process (IAGP)

Publications

- Lees, Adena Bank. Practical Tools for the Treatment of Childhood Sexual Abuse. 2000.
- Lees, Adena Bank. 12 Healing Steps for Adult Survivors of Childhood Sexual Abuse; A Practical Guide. 1999. Revised addition 2012.
- Lees, Adena Bank. Covert Emotional Incest: The Hidden Sexual Abuse, A Story of Hope and Healing. 2018.