

Curriculum Vitae

Sheira Kahn, MFT. Psychotherapist, psychology educator, and podcast host specializing in individuals, couples and eating in peace online and in Alameda, near Oakland, CA.

Sheira Kahn, M.A., MFC #40344

2223 Santa Clara Ave., Suite B2

Alameda, CA 94501

Publications

Two Wise Women Talking podcast (wherever you get your podcasts)

"Why OA Doesn't Work" (in *The Therapist Magazine*, December 2010)

"Kidnapped: Eating Disorders and Infertility" (in *Reflections with ED*, April 2011)

The Erasing ED Treatment Manual (available on Amazon, Kahn, Sheira and Laby, Nicole authors, August of 2012)

Hijacked by Shame - How the Superego Takes Over (in Marin CAMFT Newsletter, July, 2018, lead article)

11/2001 – Present

Private practice in Marriage and Family Therapy, online and in Alameda near Oakland, CA

Emotional Eating, Couples, Adult Children of Alcoholics, Attachment, Self-esteem, Recovery from Narcissistic Abuse

7/2018 – Present

Founder and group leader, *Eat In Peace*
Curriculum and group sessions for recovery from disordered eating

3/2022 – Present

Two Wise Women Talking podcast

7/2010 – 3/2014

Eating Specialist, Ohlhoff Recovery Programs, San Francisco, CA

Psych-Ed Groups, Assessment and Consultation, developed Eating For Sobriety Program

6/2017 – 3/2019

Body by Nature retreat and workshops at The Land, Mendocino, CA

1/2010 - 1/2012

La Ventana SF Eating Disorders Clinic, Staff Psychotherapist

Art Therapy, Inner Critic and Therapeutic Meal Groups

8/2012

Co-author, *The Erasing Ed Treatment Manual*

8/2007 – 8/2014

Authorized Provider of Continuing Education, California BBS;
Founder/Director of Education, CEUcinema.com

7/2010 – 7/2020

Instructor, UC Berkeley Extension Eating and Weight Disorders Program

Psychodynamic and Cognitive-Behavioral Approaches to Eating and Weight Disorders

5/2008

Externship in Emotionally Focused Therapy, with Dr. Sue Johnson,
San Francisco

1/2006 – 3/2006

Landmark Forum and Advanced Course

5/2005 – 5/2008

Family Money Coach, Equius Partners, Novato, CA

2001 – 2003

Acting Director & Staff Therapist, Eating Disorders Dept.,
Ohlhoff Recovery Programs (Marin)

2000 – 2001

Expressive Arts Counselor, Juan Crespi Jr. High School,
Richmond, CA

1999 – 2000

Activities Therapist, California Pacific Medical Center, San
Francisco

1999 - 2000

Professional Mastery Course, Rancho Strozzi Institute

1999

M.A. in Counseling Psychology, Concentration in Expressive Arts Therapy, California Institute of Integral Studies

1998 – 1999

Cedars of Marin, Expressive Arts Counselor

1993 - 1995

Plus-Size model, Stars Agency (San Francisco), Wilhemina (New York)

1989 - 2001

Diamond Heart Training, Ridhwan School, Berkeley, CA

1989

Thin Within workshop participant (with Judy Wardell-Halliday)

1987

University of California at Berkeley, B.A. in Religious Studies
with Honors

Taught two accredited classes in Religious Studies”
The Spiritual Vision of Tom Robbins
Current Currents in Western Spirituality