



# Jessica Sinarski, LPCMH

Founder of BraveBrains, Author, Speaker, Educator, Consultant

10 Tanglewood Dr, Rose Valley, PA 19086

Jessica.Sinarski@BraveBrains.com

302.598.4799

## Professional Training for K-12 Educators

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2019 – Present

**Founder & CEO; BRAVEBRAINS**

Philadelphia, PA

- Created a resource and training platform for K-12 educators leveraging trauma-informed solutions rooted in brain science
- BraveBrains' curriculum support bundles have been implemented by 61 school districts in 19 states and provinces across the US and Canada, helping teachers improve outcomes for struggling students, reduce disruptive behaviors, and increase staff job satisfaction
- BraveBrains content is crafted to meet the needs of teachers, counselors, students, and families and is designed to augment, not disrupt, local school curriculum
- Below are just some of the speaking venues and talk topics for BraveBrains:

### ALABAMA

2022

- **Make a Way... with User-Friendly Brain Science**

Anniston

2022

- **Make a Way... with User-Friendly Brain Science**

Randolph

### DELAWARE

2022

- **Supporting Adolescent Mental Health**

Wilmington

2022

- **Trauma and the Brain: Implications for Educators**

University of Delaware

2021

- **Trauma and the Brain: Implications for Educators**

University of Delaware

2020

- **Trauma and the Brain: Implications for Educators**

Virtual

2019

- **Trauma and the Brain: Implications for Educators**

University of Delaware

2019

- **Help, Hope, and Healing for Children: Healing Deep Wounds**

University of Delaware

2018

- **How Will They Learn? Helping Kids Thrive In The Classroom**

Wilmington

### GEORGIA

2023

- **Light Up the Learning Brain: Equipping Staff, Empowering Students**

Columbus

2023

- **Unpacking ACES: Trauma, the Brain, and Hope for the Weary Educator.**

Columbus

2022

- **Building Resilience with Riley the Brave: It's a Brain Thing!**

Virtual

2021

- **What's Inside Your Backpack: Setting Aside What We're Not Meant to Carry**

Covington

2021

- **Building Resilience with Riley the Brave: It's a Brain Thing!**

Virtual

### KENTUCKY

2023

- **Light Up the Learning Brain: Equipping Staff, Empowering Students**

Glasgow

2023

- **Light Up the Learning Brain: Equipping Staff, Empowering Students**

Payneville

2023

- **Unlocking Student (and Staff!) Potential**

Payneville

	<b>MICHIGAN</b>	
2022	- <b>Unlocking Student (and Staff!) Potential</b>	Traverse City
2022	- <b>Light Up the Learning Brain: Equipping Staff, Empowering Students</b>	Traverse City
	<b>MISSOURI</b>	
2023	- <b>Trauma, the Brain, and Hope for the Weary Educator</b>	St Louis
2023	- <b>Unlocking Student (and Staff!) Potential</b>	St Louis
	<b>NEW HAMPSHIRE</b>	
2023	- <b>Trauma, the Brain, and Hope for the Weary Educator</b>	Dover
	<b>NEW JERSEY</b>	
2022	- <b>Unlocking Resilience: Tools for the Trauma-Sensitive Educator</b>	Morris Plains
	<b>NEW MEXICO</b>	
2020	- <b>Light Up the Learning Brain: Equipping Staff, Empowering Students</b>	Albuquerque
2020	- <b>Light Up the Learning Brain: Equipping Staff, Empowering Students</b>	Alamogordo
	<b>VIRGINIA</b>	
2021	- <b>Building Brave Brains</b>	Appomattox
2019	- <b>How Will They Learn?</b>	Virginia Beach
	<b>WASHINGTON</b>	
2021	- <b>Building Brave Brains</b>	Seattle

## Clinical Experience

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2017 - Present	<b>Supervising Clinician; A BETTER CHANCE FOR OUR CHILDREN</b>	Wilmington, DE
	<ul style="list-style-type: none"> <li>• Develop emerging clinical department with the Executive Director and Board President.</li> <li>• Supervise all therapists to increase evidence-based practice, enrich skills, and reduce burnout.</li> <li>• Implement neurofeedback program to mitigate trauma's impact on the brain.</li> </ul>	
2011 – 2022	<b>Licensed Professional Counselor; PRIVATE PRACTICE</b>	Wilmington, DE
	<ul style="list-style-type: none"> <li>• Provide trauma-informed, evidence-based individual and family therapy to treat a wide range of mood and behavioral concerns in children and adults, incorporating mindfulness, sensory regulation, and neurofeedback under expert supervision of seasoned clinicians.</li> <li>• Develop and implement therapeutic groups to address current need, including groups for social skills, developmental trauma, and adoption-related issues.</li> <li>• Consult with agencies and parents on developmental trauma and adoption to improve outcomes.</li> </ul>	
2007 – 2011	<b>Senior Behavioral Health Specialist; CARDINAL McCLOSKEY SERVICES</b>	Bronx, NY
	<ul style="list-style-type: none"> <li>• Directed the department to the highest audit score on record.</li> <li>• Trained new clinical staff and created procedure manual for future hires and quality checks.</li> <li>• Reported directly to the Senior Vice President of Children's Services.</li> </ul>	

- Provided individual and family counseling, addressing issues such as adoption, physical & sexual abuse, neglect, severe mood disorders, ADHD, parent training, and more.

- 2005 – 2007      **Behavioral Health Specialist; CARDINAL McCLOSKEY SERVICES**      Bronx, NY
- Clinically supported social work staff, parents, and 180 children in therapeutic and regular foster care through screening, education, crisis management, and extensive community collaboration.
- 2004 – 2005      **Clinical Intern; SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN**      Boston, MA
- Provided individual and family counseling to 15 children, adolescents and adults in home-, school- and office-based settings in a diverse urban environment.
- 2002 – 2003      **Director, Group Leader; GIRLS GETTING TOGETHER**      Upland, IN
- Created and piloted a weekly community-based mentoring group for girls age 11-16 facilitating discussion and activities to increase social and emotional competence.

## Education

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- 2007 - 2008      **HUNTER COLLEGE SCHOOL OF SOCIAL WORK**      New York, NY
- Post-Graduate Certificate in Adoption Therapy**
- Completed 100 hours of intensive post-graduate training from leaders in the adoption and permanency field including Gerald Mallon, DSW and Joyce Maguire Pavao, Ed.D., LCSW, LMFT
- 2003 – 2005      **BOSTON COLLEGE**      Boston, MA
- Master of Arts in Counseling Psychology**
- Scholarships include Boston College Dean’s Award & the Leopold Schepp Foundation Scholarship
  - Trained colleagues on innovative play therapy techniques at MSPCC
- 1999 – 2003      **TAYLOR UNIVERSITY**      Upland, IN
- Bachelor of Arts in Psychology and Spanish**
- Top-10 in Graduating Class, Ranked 1 in both majors
  - Honors include Alpha Chi Honor Society, Dean’s List, and US Bancorp Leadership Scholarship, and National Merit Scholar
- ADDITIONAL SPECIALIZED TRAINING PROGRAMS**
- 2014 – Present      **Interpersonal Neurobiology** – J. Baylin, Ph.D. , D. Siegel, M.D.
- 2012 – Present      **Trauma-informed Practices (yoga, mindfulness, biofeedback, somatosensory)**
- 2017 – 2022      **Neurofeedback Certification** – Sebern Fisher, Brain Master Technologies & New Mind Academy
- 2014 – 2021      **Dyadic Developmental Psychotherapy** – D. Hughes, Ph.D., K. Golding, Ph.D.  
A. Becker-Weidman, Ph.D.
- 2012 - 2013      **Parent-Child Interaction Therapy (PCIT)** – Joshua Masse, Ph.D. & Abigail Janney, Psy.D.

## Books & Publications

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- In Press      **LIGHT UP THE LEARNING BRAIN:  
7 KEYS TO REDUCING DISRUPTIVE BEHAVIOR IN THE CLASSROOM**  
Chattanooga, TN: National Center for Youth Issues
- In Press      **YOUR AMAZING BRAIN: THE EPIC ILLUSTRATED GUIDE**  
Chattanooga, TN: National Center for Youth Issues
- In Press      **MAKING SENSE OF MELTDOWNS**  
Fostering Families, Nov/Dec 2023
- 2023          **RILEY THE BRAVE'S BIG FEELINGS ACTIVITY BOOK**  
London, UK: Jessica Kingsley Publishers
- 2022          **RILEY THE BRAVE'S SENSATIONAL SENSES**  
London, UK: Jessica Kingsley Publishers
- 2022          **HELLO, ANGER**  
Chattanooga, TN: National Center for Youth Issues
- 2021          **RILEY THE BRAVE MAKES IT TO SCHOOL**  
London, UK: Jessica Kingsley Publishers
- 2021          **WHAT'S INSIDE YOUR BACKPACK?**  
Chattanooga, TN: National Center for Youth Issues
- 2020          **RILEY THE BRAVE: THE LITTLE CUB WITH BIG FEELINGS**  
London, UK: Jessica Kingsley Publishers
- 2019          **TAMING THE TIGER: FRESH TOOLS FOR CHALLENGING BEHAVIORS**  
Fostering Families, Mar/April, 42-44
- 2018          **RAILY EL VALIENTE**  
Wilmington, DE: Cameck Publishing
- 2018          **RILEY THE BRAVE**  
Wilmington, DE: Cameck Publishing

## National Awards

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- 2021          **Voice for Adoption Drenda Lakin Memorial Award** in recognition of her valuable post-placement support and services to families who have achieved permanence for children in the child welfare system

## Board Membership

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2021 – Present	<b>DYADIC DEVELOPMENTAL PRACTICE WORLDWIDE</b> <ul style="list-style-type: none"><li>• Training Subcommittee Member</li><li>• Training Quality Assurance Lead</li></ul>	International
2020 – Present	<b>JOURNAL OF CHILD AND ADOLESCENT TRAUMA</b> <ul style="list-style-type: none"><li>• Editorial Board Member</li></ul>	International
2019 – Present	<b>CARDINAL McCLOSKEY COMMUNITY SERVICES</b> <ul style="list-style-type: none"><li>• Board Member</li><li>• Program Quality Assurance Committee Member</li></ul>	Bronx, NY

## Conferences

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	<b>INNOVATIVE SCHOOLS SUMMIT</b>	
2023	- Trauma, the Brain, and Hope for the Weary Educator	Orlando, FL
2023	- What's Inside Your Backpack: 5 Steps to Reduce the Emotional Load	Orlando, FL
2023	- Light Up the Learning Brain: Equipping Staff, Empowering Students	Orlando, FL
2023	- 50 in 50 Panel: Strategies to Help Students Impacted by Trauma	Orlando, FL
2022	- Trauma, the Brain, and Hope for the Weary Educator	Las Vegas, NV
2022	- What's Inside Your Backpack: 5 Steps to Reduce the Emotional Load	Las Vegas, NV
2022	- Light Up the Learning Brain: Equipping Staff, Empowering Students	Las Vegas, NV
2021	- Light Up the Learning Brain: Equipping Staff, Empowering Students	Orlando, FL
2021	- Overcoming Learning Obstacles: Tools for the Trauma-Sensitive Classroom	Virtual
2020	- Calming the Chaos Inside: 10-Second Tools for all Classrooms	Virtual
2020	- 50 in 50 Panel: 50 Strategies to Engage Students Virtually	Virtual
2020	- Restoring the Building Blocks of Learning	Virtual
2019	- Light Up the Learning Brain	Las Vegas, NV, Atlanta, GA & San Antonio, TX
	<b>CREATING TRAUMA SENSITIVE SCHOOLS CONFERENCE</b>	
2023	- Light Up the Learning Brain: Equipping Staff, Empowering Students	Houston, TX
2022	- Light Up the Learning Brain: Equipping Staff, Empowering Students	Houston, TX
2021	- Restoring the Building Blocks of Learning	Virtual
2020	- Bravery Redefined	Atlanta, GA
	<b>FAMILIES RISING INTERNATIONAL ADOPTION AND FOSTER CARE CONFERENCE</b>	
2022	- Help! My Child is Changing Me: Navigating Blocked Care	Virtual
2019 & 2020	- Self Care Isn't Selfish	Las Vegas, NV & Virtual
	<b>ASSOC. FOR TRAINING ON TRAUMA AND ATTACHMENT IN CHILDREN CONFERENCE</b>	
2022	- Awakening Attachment in Adoptive, Foster, and Kinship Families	Anaheim, CA
2021	- Help! My Child is Changing Me: Navigating Blocked Care	Minneapolis, MN
2019	- El Cuidado Personal No Es Egoismo	Paradise Valley, AZ
2018	- Tough Kids, Strong Parents	Virginia Beach, VA

2022	<b>PALMETTO STATE SCHOOL COUNSELOR ASSOCIATION CONFERENCE</b> - What's Inside Your Backpack: Setting Aside What We're Not Meant to Carry	HH, SC
2022	<b>NEW YORK STATE FOSTER CARE AND ADOPTION CONFERENCE</b> - Plenary Session: Help, Hope, and Healing	Virtual
2022	<b>NEVADA STATE S.E.A.D. LEADERSHIP SUMMIT</b> - Restoring the Building Blocks of Learning	Virtual
2022	<b>KENTUCKY SCHOOL COUNSELOR ASSOCIATION</b> - What's Inside Your Backpack: Setting Aside What We're Not Meant to Carry	Lexington, KY
2021	<b>NEW JERSEY ASSOCIATION OF SCHOOL LIBRARIANS ANNUAL CONFERENCE</b> - Holding Our Students' Stories	Atlantic City, NJ
2020	- The Courage of Survival: Nurturing Hidden Strengths	Virtual
2021	<b>NORTH CAROLINA SCHOOL COUNSELOR ASSOCIATION CONFERENCE</b> - What's Inside Your Backpack	Concord, NC
2020	<b>CONFERENCE ON INNOVATIVE TEACHING STRATEGIES</b> - Light Up the Learning Brain: Equipping Staff, Empowering Students	Las Vegas, NV
2020	<b>MARYLAND ASSOC. OF ELEMENTARY SCHOOL PRINCIPALS ANNUAL CONFERENCE</b> - Virtual Light Up the Learning Brain: Equipping Staff, Empowering Students	Virtual
2020	<b>MARYLAND ASSOCIATION OF SCHOOL LIBRARIANS ANNUAL CONFERENCE</b> - The Courage of Survival: Nurturing Hidden Strengths in Your Most Challenging Students...and Yourself!	Virtual
2018	<b>DELAWARE ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN</b> - Little Bodies, Big Behaviors: Strategies for a Calmer Classroom	Dover, DE
2015	<b>PROTECTING DELAWARE'S CHILDREN CONFERENCE</b> - How Adoption Is Impacted by Trauma	Dover, DE

## Teaching Experience

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2019 – Present

### **MOVING BEYOND TRAUMA-INFORMED CONTINUING EDUCATION SERIES**

- For over five years, this popular annual course helps therapists, social workers, school counselors, and school administrators learn how to incorporate neuroscience into their work to improve outcomes.
- Participants dive into user-friendly brain science with Jessica's wealth of experience and *The Neurobiology of Attachment-Focused Therapy* (Hughes & Baylin)

- 2023 **MENDING HEART, BRAIN, AND BODY CONTINUING EDUCATION SERIES**
- This deep dive continuing education series uses the words of New York Times bestseller author Resmaa Menakem's *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* to delve into racialized trauma and its effect on the hearts, brains, and bodies of marginalized people.
  - Along with co-facilitator, Jonathan Baylin, PhD, Jessica helps participants understand the neuroscience behind Race-Based Traumatic Stress and the systems of injustice that continue to cause harm. Together, participants engage in discussion and embodied practices, as they expand their anti-racist work.
- 2022 **CLINICAL APPLICATIONS OF THE POLYVAGAL THEORY CONTINUING EDUCATION SERIES**
- Together with Jonathan Baylin, PhD, Jessica led participants through a study of the Polyvagal Theory, using the book *Clinical Applications of the Polyvagal Theory* (Dana & Porges, Eds.)
  - This virtual class helped participants understand trauma and the brain at a deeper level, through lecture, discussion, and practical application.
- 2021 **THE BODY KEEPS THE SCORE CONTINUING EDUCATION SERIES**
- Through a study of Bessel van der Kolk's pioneering book, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, Jessica and Jonathan Baylin, PhD explored how trauma reshapes the brain and body, along with innovative treatments that can rewire the brain.
  - Jessica and Jonathan Baylin, PhD brought user-friendly brain science to help participants gain insights and apply cutting edge research to their clinical practice.
- 2016 – 2020 **EARLY TRAUMA AND THE BRAIN ADVANCED CONTINUING EDUCATION SERIES**
- This advanced level brain study brought participants together with Jessica and Jonathan Baylin, PhD to study neuroscience and improve treatment outcomes.
  - Presenters have a combined 60+ years of experience in the mental health field. With rich discussion, case studies, and practical applications, participants returned each year to learn the latest research in developmental neuroscience.
- TRAININGS FOR A BETTER CHANCE FOR OUR CHILDREN** Wilmington, DE
- 2023 - **Your Child's Amazing Brain!**
  - 2022 - **Greif, Gratitude, and Grit**
  - 2022 - **Help! My Child Is Changing Me: Navigating Blocked Care**
  - 2020 - **Curbing Lying and Stealing Behaviors**
  - 2017 - **Playful Attachment**
  - 2016 - **Curbing Lying and Stealing Behaviors**
  - 2015 - **Navigating the Holidays: Tips for Adoptive and Foster Parents**
  - 2015 - **Happier Holidays: Tips for Adoptive and Foster Parents**
- TRAININGS FOR CARDINAL McCLOSKEY COMMUNITY SERVICES** Bronx, NY
- 2019 - **Brain-Based Trauma-Informed Care with Riley The Brave**
  - 2011 - **Trauma and Sexual Abuse: Recognizing And Responding**
  - 2010 - **Clinical Issues in Child Welfare: Trauma, Attachment, and Joy**
  - 2009 - **The Healing Power of Play: How Working and Living with Joy Changes Everything**
  - 2009 - **Trauma and Sexual Abuse: Recognizing and Responding**
  - 2008 - **Suicide: Assessment and Prevention**

## TRAININGS FOR NORTHWEST RESOURCE ASSOCIATES

Portland, OR

- 2022 - Navigating Blocked Care: Support for Parents and Professionals
- 2022 - Grief, Gratitude, and Grit: Brain Boosting for Weary Grown-Ups
- 2021 - Dealing with D-I-S-R-E-S-P-E-C-T
- 2021 - Proactive Parenting Strategies: Creating (S)PACE for Better Behavior
- 2021 - Desmitificando el Trauma y el Cerebro con Raily el Valiente
- 2020 - Happier Holidays: Tips for Adoptive and Foster Parents
- 2020 - Curbing Lying and Stealing Behaviors
- 2020 - Help! My Child is Changing Me: Navigating Blocked Care
- 2020 - Awakening Attachment After Trauma
- 2020 - Nurturing the Building Blocks of Learning: Laying a Firm Foundation
- 2020 - It's a Brain Thing!
- 2020 - Preventing Burnout: Creating Calm Amidst the Chaos
- 2019 - Help, Hope, and Healing for Children

## Languages

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Reads and writes proficiently in Spanish