

Stress Doc™ Enterprises

Seek the Higher Power of Stress Doc Humor: May the Farce Be with You!

MARK GORKIN, The “Stress Doc”™, MSW, LICSW (BIOGRAPHY)

Acclaimed Speaker, Retreat Leader and Motivational Psychohumorist™

Summary of Expertise:

- Ability to energize, captivate and inspire small and large audiences through interactive exercises and humor
- Transform “depressing” or “conflict-laden” topics into real and positively motivating experiences
- Transforms diverse orgs., multicultural groups and workshop attendees into a “collaborative community”
- Improves morale, stops bullying, reduces interpersonal conflicts and “fear for the division’s future”
- Acclaimed “Mr. Crisis Intervention” after ten years teaching “Crisis Intervention/Brief Treatment”

Professional Experience:

- 2006 – Present Providing Stress, Leadership, Team Building & Humor Programs for US Army and Air Force
- 1993 – 1998 Stress/Conflict, Team Building & Violence Prevention Consultant for US Postal Service
- 1991 – Present Founder, Stress Doc Enterprises – Keynote and Webinar Speaking, Facilitation, OD/Team Building & Critical Intervention Services; Executive Coaching and Retreat Leadership
- 1980 – Present Adjunct & Visiting Professorships at Tulane Univ. and Catholic Univ. Schools of Social Work; Northern Virginia Community College (2008-Present)
- 1975 – 2005 Part-Time Private Psychotherapy Practice

Recent Project Accomplishments:

- Led one-day “The Responsible, Resilient & Risk-Taking Leader: Turning on Your “Passion Power” and Inspiring TLCs – “Trust, Laughter and Creative Collaboration” for the Chesterfield County, VA 2011 Supervisory Leadership Conference
- Acclaimed stress program for Cleveland Council of Black Nurses; sponsored by Case Western Reserve Univ.
- Delivered 10 Stress Management programs for Fairfax County, VA at Govt. Ctr. and in satellite offices; two years running have facilitated stress and anger programs for Job Seekers Network/Fairfax County Govt. employees facing an in-house RIF
- Military and Family Life Consultant – one month MFLC rotation at Ft. Campbell, KY; coaching with soldiers/spouses; workshop facilitation with ACS group leaders; reach out to soldiers/families
- Workshops on “Bridging the Generational Divide” for Command Teams, 1st Cavalry, Ft. Hood, TX and for DC Water & Sewerage Authority; invented/trademarked new generational concept – “Gentoring”™
- Critical Intervention, Executive Coaching and Team Building for Town of Vienna, VA, for nearly a year
- Founder of “Stress Doc” website acclaimed by National Public Radio as “workplace resource”

Education:

- BA – Sociology/Psychology, 1969 State University of New York at Stony Brook
- MA – Masters of Social Work, 1972 Adelphi University, NY; Case/Group Work
- Post-doctoral coursework research certificate, 1981 Tulane University, LA

Affiliations/Certifications/Other:

- Basic Conflict Resolution/Mediation Skills Training; 22 hours; Community Mediation Center, Norfolk, VA; 2007
- Federally Employed Women (FEW) Member
- Yearly CEUs to maintain Independent Clinical Social Work License
- Author of *Practice Safe Stress*, *The Four Faces of Anger* and *The Wit and Wisdom of the Stress Doc*