

CURRICULUM VITAE

ADAIR FINUCANE

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PERSONAL STATEMENT

A healer's healer, I believe that the better off those in the caring professions are, the more their work and voices are amplified. I use my training as a social worker, yoga educator, Ayurvedic wellness coach, and trauma researcher, to help healers and change-makers recover from and mitigate burnout.

EDUCATION & LICENSURE

State University of New York at Buffalo

Masters in Social Work

2017

Licensed Master in Social Work, New York State

2017

State University of New York Geneseo

Bachelor of Arts in Psychology

2014

PROFESSIONAL EXPERIENCE

With Adair

Consultant - Trauma-informed care, wellness, & burnout prevention

April 2018 - Present

Provide talks, workshops, program consultations, and trainings that aid organizations in creating cultures that promote practical, sustainable, collective self-care for all employees, and deepen their practice of trauma-informed care.

With Adair

Ayurvedic Lifestyle Coach - The Being Extraordinary program

Jan. 2020 - July 2022

Founded Being Extraordinary, a year-long dynamic group program that uses the art and science of Ayurveda, India's indigenous medical system, to assist healers and those in the caring professions with holistic, collective self-care. Responsible for all operations, including marketing, enrollment, administration, and implementation of group and one-on-one coaching.

Health Foundation of Western & Central New York

Project Coordinator for the Breathing Buddies Program

April 2019 – January 2020

Re-designed a mindfulness intervention for children ages 2-5 intended to facilitate emotional regulation. Recruited participants and implemented training for daycare providers and collected post-intervention data.

With Adair

Relational Horsemanship Coach

2017 - 2019

Helped horse owners and handlers enhance communication with horses, mounted and unmounted, through education about equine nervous system and behavior, mindful breathing, and physical alignment.

With Adair

Yoga Guide & Educator

2017 - Present

Lead kundalini and hatha yoga classes with themes based on spiritual teachings from yogic texts and my personal experience. Guide participants through meditations, physical practices (asana), and breath work practices (pranayama) to help balance the nervous system, increase physical strength, and create greater mental and emotional harmony. Additional roles: marketing, coordinating practice spaces in-person and online, and managing attendee enrollment.

SUNY University at Buffalo

Research Assistant for Mickey Sperlich, PhD

April 2016 - December 2021

Project coordination for the postnatal/early childhood version of the Survivor Moms' Companion (SMC), a manualized 10-module psychoeducational intervention; Project coordination for a qualitative Social Workers & Guns study, assessing social workers' knowledge of and attitudes towards firearms. Assisted in studies on the definition of trauma.

Genesee Mental Health Center

Clinical therapist for Children & Families (MSW Field Work Intern)

September 2016 - May 2017

Assessed the mental health of child and teen clients, diagnosing mental health disorders using DSM-5 multiaxial criteria; developed treatment plans from diagnoses and provided trauma-informed, solution-focused talk therapy for children, teens, and families based on diagnoses.

Hickok Center for Brain Injury

MSW Field Work Intern

September 2015 - May 2016

Assisted staff with care and organizing recreational activities Center members; co-produced a report of an organization-wide quality assessment; performed quality assurance checks for Medicaid billing; assisted with Member case management.

RELATED EXPERIENCE

UNICEF Canada

Wellness and Burnout Prevention Consultant

March 2023

Led an interactive workshop on mitigating and preventing the effects of burnout, compassion fatigue, and vicarious trauma with participants in the UNICEF Canada Young Adult Leadership program.

Fordham University

Continuing Education Facilitator

January 2023

Led CEU workshop, Sustainable Self-Care for social workers, human service workers through the lenses of Ayurveda, peer support, & behavior change science.

New York State Association for Infant Mental Health

Social Work & Wellness and Burnout Prevention Consultant

October 2022

Guided participants through brief intermittent yogic breathing techniques (pranayama), physical postures, mindfulness-based meditations during the full day online training, "Prenatal IMH: Supporting Infant and Early Childhood Mental Health - before the baby is even born!" Developed and presented workshop vignettes with a DEI lens.

Highland Hospital

Trauma, Wellness, and Burnout Prevention Consultant

October 2022

Led an interactive workshop on the impact of trauma, and skills for mitigating and preventing the effects of stress and burnout at the hospital's Leadership Retreat.

Strong Hospital

Mother

August 2022

Gave birth and became a mother to Ada Goldie Brown, aka 'Goldie.'

LSI Solutions

Wellness and Burnout Prevention Consultant

June 2022

Led a day of interactive workshops on mitigating and preventing the effects of stress and burnout using the breath and daily habits of Ayurveda with employees on their company Wellness Day.

UNICEF Canada

Wellness and Burnout Prevention Consultant

March 2022

Led an interactive workshop on mitigating and preventing the effects of burnout, compassion fatigue, and vicarious trauma with participants in the UNICEF Canada Young Adult Leadership program.

SUNY University at Buffalo School of Social Work

Continuing Education Facilitator

March 2022

Led social workers and mental health providers through *Moving into Rhythm*, a workshop offering sustainable self-care habits for human service workers through the lens of Ayurveda.

TRU Yoga

Ayurvedic wellness coach and educator

March 2022

Led a module of a 200-hour yoga teacher training on *Ayurveda 101*, describing the basic elements of South Asia's indigenous holistic medical system and its applications in lifestyle.

Iowa Association for Infant and Early Childhood Mental Health

Wellness and Burnout Prevention Consultant

January 2022

Guided participants through brief intermittent yogic breathing techniques (pranayama), physical postures, mindfulness-based meditations during the half-day online training, "The impact of trauma: Mothers and babies in the perinatal period."

Hillel Community Day School

Wellness and Burnout Prevention Consultant

November 2021

Led a half day of interactive, professional development including intermittent mindfulness practices, a yoga practice, solution-focused interviewing, and awareness around mindset and vibration.

Association of Infant Mental Health in Tennessee

Wellness and Burnout Prevention Consultant

September 2021

Guided participants through brief intermittent yogic breathing techniques (pranayama), physical postures, mindfulness-based meditations during the full day online training, "The impact of trauma: Mothers and babies in the perinatal period."

Hillel Community Day School

Wellness and Burnout Prevention Consultant

June 2021

Led a full day of interactive, professional development including intermittent mindfulness practices, a yoga practice, an overview of nervous system regulation, and awareness around mindset and vibration.

Yoga 4 a Good Hood

Kundalini Yoga Instructor

May 2021

Led an introduction to kundalini yoga lecture and practice for yoga teacher trainees.

UNICEF Canada

Wellness and Burnout Prevention Consultant

May 2021

Led an interactive workshop on mitigating and preventing the effects of burnout, compassion fatigue, and vicarious trauma with participants in the UNICEF Canada Young Adult Leadership program.

TRU Yoga

Kundalini Yoga Instructor

Led an introduction to kundalini yoga lecture and practice for yoga teacher trainees.

May 2021

New York State Association for Infant Mental Health

Wellness and Burnout Prevention Consultant

Guided participants through brief intermittent yogic breathing techniques (pranayama), physical postures, mindfulness-based meditations during the full day online training, "The impact of trauma: Mothers and babies in the perinatal period."

November 2020

Thompson Health - UR Medicine

Burnout Prevention Specialist

Guided Intensive Care Unit staff through brief yogic breathing techniques (pranayama), physical postures, mindfulness-based meditations at the start of their shifts.

April - July 2020

Health Foundation of Western & Central New York

Wellness and Trauma-Informed Care Consultant

Guided participants through brief intermittent yogic breathing techniques (pranayama), physical postures, mindfulness-based meditations during the 2-day training "Co-Creating Well-being: Supporting Children & Families through Trauma" and subsequent day-long workshops. Delivered training on implementing the principles of trauma-informed care in an organizational setting.

April 2018 – October 2019

Center for Youth

Afterschool Program Intern

Assisted students grades kindergarten through 8 with homework, planned and facilitated recreational activities, led academic enrichment activities.

Spring 2014

SUNY Geneseo

Teaching Intern for Child Development

Prepared review sessions, assisted in grading written assignments, and presented lecture material to class.

Spring 2014

LaBarre Dressage

Working Student

Assisted in training horses in classical dressage, daily and medical care for horses.

May – October 2009

Equicenter

Volunteer

2004-2014

Facilitated therapeutic horsemanship programs for students from a residential program, care for and lead horses for therapeutic riding lessons, exercised horses, assisted in training new volunteers.

TRAININGS & CERTIFICATIONS

Tru Yoga & Yoga 4 a Good Hood

A Call-in to Action

October 2020

Yoga Alliance-accredited online training. Examined how racism and anti-Blackness show up in yoga spaces. Learned tools for decolonizing wellness spaces, practicing anti-racism, and confronting my complicity in toxic structures within the Western yoga world, culminating with a personalized action plan.

Standing Up for Racial Justice

Responding to Racist Remarks

October 2020

Processed emotional responses to, and generated novel responses to racist remarks via role-playing.

Yoga Health Coaching

Ayurvedic Health Coach

November 2019

Certified to guide dynamic groups and individuals through sustainable habit change grounded in the wisdom of Ayurveda, yoga's sister science and South Asia's indigenous medical system.

Kia Miller Yoga

200-hour Yoga Teacher Training

August 2017

Trained to lead kundalini and hatha yoga. Learned asana (physical practice), kriya (energetic physical practice), human anatomy and principles of alignment, an overview of yoga's history, breath work (pranayama), and meditation.

SUNY University at Buffalo

Eye Movement Desensitization & Reprocessing Basic Certification

Spring 2017

Learned to identify the parameters where EMDR therapy is effectively implemented, define various criteria for client selection and then apply them to example cases, list safety measures for effective and ethical use of EMDR therapy, outline and facilitate the phases of a comprehensive EMDR therapy plan

Vikki Reynolds

Innovative Ways of Attending to Trauma

April 2014

Full-day training by Vikki Reynolds addressing structuring safety as the foundation of the work, alternative understandings of the way trauma works, and the duty of the witness to work towards justice-doing, connection of private pain with public issues.

PUBLICATIONS AND PAPERS

Sperlich, M., Logan-Greene, P., & **Finucane, A.** (2022). "If not us, then who?": Frontline social workers' perspectives on gun violence. *Journal of the Society for Social Work and Research* 19(1), 77-97.

Finucane, A., Sperlich, M., & Mendel, W. (2020). Weaving in wellness: Infographics for mindful self-care. *Journal of Human Services: Training, Research, and Practice*, 6(1). ISSN: 2472-131X

Mendel, W. & Sperlich, M. & **Finucane, A.** (2019). The doulas of the Priscilla Project: Understanding the experience of refugee women navigating the US maternity care system. *Journal of Refugee Studies*. doi: 10.1093/jrs/fez088

Logan-Greene, P., Sperlich, M., & **Finucane, A.** (2018). Social work practice and gun safety in the United States: Are we doing enough? *Advances in Social Work*, 18(4), 1165-1186. doi: 10.18060/21620

BOOK CHAPTER

Sperlich, M., Logan-Greene, P. & **Finucane, A.** (2021). Adopting a trauma-informed approach to gender based violence across the life course. In C. Bradbury-Jones & L. Isham (Eds.), *Gender based violence: An essential textbook for healthcare and social work professionals*. Springer, Cham.

PRESENTATIONS

Logan-Greene, P., Sperlich, M., & **Finucane, A.** (2021, January). "Oh, we don't talk about that": Reports from frontline social workers about assessing and intervening to prevent gun violence [Accepted paper presentation]. Society for Social Work Research 24th Annual Conference, virtual conference.

Sperlich, M., & **Finucane, A.** (2021, February). Defining trauma: A variety of perspectives. [Research continuing education presentation]. Buffalo Center for Social Research Grand Rounds.

GUEST BLOGGING, FEATURES, & PODCAST APPEARANCES

Outer Journey - Inner Travel Podcast

Guest

February 2023

Pregnancy and Mental Health - Podcast with Adair Finucane

Paypal

Featured

How 5 Entrepreneurs Are Convincing a Sleepless Culture to Sleep More

March 2022

Healthline

Featured

Can Shaking Your Body Help Heal Stress and Trauma? Some Experts Say Yes

Spring 2021

Yoga Health Coaching Blog

Guest Blogger

Making Antiracism a Part of the Wellness Journey

October 2020

Yoga Health Coaching Podcast

Guest

Coach of the Month Adair Finucane

October 2020

Outer Journey - Inner Travel Podcast

Guest

Adair Finucane – Breaking Free from Trauma

July 2020

Yoga Health Coaching Blog

Guest blogger

Are You Experiencing Symptoms or Signals?

June 2020

Yoga Health Coaching Blog

Guest blogger

I Receive Freely and Openly: Compassionately addressing the black hole of enoughness

April 2020

Yoga Health Coaching Podcast

Guest

How to Enroll in What You Want: Conversation with Cate and Adair Finucane

September 2019