

Mark DiFilippo, MA, EdS, LPC, CMT-P
Psychotherapist, Mindfulness Teacher, Wellness Consultant
Founder, ReturnToYourBreath.com

Contact:

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NJ Lic. #37PC00536100

PA Lic. #PC011002

Experienced educator, mental health professional, and wellness expert with particular interest in the intersection of physical, mental, and spiritual health; mindfulness meditation, yoga science and contemplative practices; transpersonal psychology; psychedelic-assisted psychotherapy; and Applied Contextual Behavioral Science. Significant clinical and leadership experience in mental health and public health, in particular, the reduction of disparities in health outcomes for minority populations.

EDUCATION

EdS Professional Counseling

Seton Hall University, South Orange, NJ

August 2012

MA Counseling Psychology

Seton Hall University, South Orange, NJ

May 2012

BA Political Science

Rutgers, the State University of New Jersey, New Brunswick, NJ

May 2000

PROFESSIONAL TRAINING

MDMA-Assisted Psychotherapy for the Treatment of PTSD

Multidisciplinary Association for Psychedelic Studies (MAPS)

Michael Mithoefer, MD, Annie Mithoefer, BSN, Shannon Clare Carlin, MA

Om Sanctuary, Asheville, NC

March 2019

Ketamine-Assisted Psychotherapy Clinical Training

Phil Wolfson, MD

The Ketamine Training Center, San Anselmo, CA

December 2018

MAPS Zendo Psychedelic Harm Reduction Training

Sara Gael and Ryan Beauregard

COSM, Wappinger, NY

June 2018

IDP 12-month Meditation Teacher Training Program

Ethan Nichtern and Sharon Salzberg

The Interdependence Project, NYC

December 2015

Acceptance and Commitment Therapy Training **December 2011**
Stephen Hayes, PhD
Association for Contextual Behavioral Science, Baltimore, Maryland

Mindfulness-Based Stress Reduction Training **October 2010**
Diane Reibel, PhD
Thomas Jefferson University Hospital, Philadelphia, PA

Mindfulness Training **August 2007**
Zen Master Thich Nhat Hanh
Stonehill College, Easton, Massachusetts

CERTIFICATIONS

Certified Mindfulness Teacher - Professional Level (CMT-P) **January 2020**
International Mindfulness Teachers Association

PROFESSIONAL EXPERIENCE

Return to Your Breath, LLC **2012-Present**
Cherry Hill, NJ

Psychotherapist, Mindfulness Teacher, Wellness Consultant

Professional counseling and wellness practice delivering services from a holistic, person-centered, trauma-informed perspective. Return to Your Breath, LLC merges the best of evidence-based Western psychology, most notably Acceptance and Commitment Therapy (ACT), with the best of Eastern contemplative practices such as mindfulness meditation and yoga, in order to help clients heal from trauma and dis-ease while developing meaningful lives and healthy lifestyles. Specializing in men and depression, stress reduction, trauma, relationships, and spiritual crisis.

Practical Mindfulness **2012-Present**
Cherry Hill, NJ

Creator and Facilitator

Ongoing 6-week Mindfulness Meditation program designed to provide participants with the skills they need to develop a daily, home-based mindfulness practice while utilizing mindfulness practices to reduce stress and enhance engagement with life.

eMindful.com **2014-Present**
Cherry Hill, NJ

Mindfulness Teacher

Provider of online corporate mindfulness training programs and research in mind/body wellness and behavior change.

Ambrosia Treatment Center **2015-Present**
Medford, NJ

Wellness Consultant, Mindfulness Meditation Teacher

Facilitator of weekly mindfulness, yoga, and wellness program for Intensive Outpatient (IOP) addictions treatment and recovery center.

Journey Meditation **2018-Present**
New York, NY

Mindfulness Teacher

Provider of in-person corporate wellness and mindfulness classes

Humble Beginnings **2014-2018**
Cherry Hill, NJ

Group Therapist (licensed position)

Facilitator of weekly therapy and mindfulness groups for Intensive Outpatient (IOP) addictions treatment and recovery center.

Embracing the Leader Within, Camden, NJ **2013-2015**

Mindfulness Meditation Teacher

Ongoing 6-week Mindfulness/Life Coaching program delivered to participants in the Camden County Drug Court System.

Camden Coalition of Healthcare Providers, Camden, NJ **2009-2014**

Associate Director of Behavioral Health

2012-2014

Provide behavioral health assessment tools, training, and consulting services to CCHPs clinical outreach staff while developing primary care-based clinical interventions and wellness programming throughout the city. Managed \$5.5 million research/QI project and secured \$3.5 million in new private funding.

Project Manager, Camden Citywide Diabetes Collaborative *2009-2012*

Managed all aspects of research/QI project seeking to fundamentally change how providers, office staff, hospitals, and community agencies in Camden care for city residents with diabetes by building an accessible, high-quality, coordinated and data-driven health care delivery system with a strong primary care base.

Catholic Charities, Camden NJ

Clinical Intern

2010-2012

Assessed, diagnosed, and treated individuals, families, and groups in community-based mental health setting. Mind/Body focus on intersection of mental health and physical wellness. Developed and facilitated support groups for young adults and older adults with diabetes. Provided staff in-services on implementing mindfulness meditation, MBCT, and ACT in the clinical setting.

National Multiple Sclerosis Society, Philadelphia, PA

Program Manager

2007-2009

Developed content for and produced more than 100 live events for Philadelphia-based national health organization. Programming included client education, emotional and physical health and wellness (including yoga and stress reduction), and professional education for local healthcare providers. Managed and implemented educational component of the world's largest MS conference with an attendance of 2000 persons.

PRESENTATIONS

Ketamine Assisted Psychotherapy for Clinicians

2010 The Landing, Center for Psychedelic-Assisted Psychotherapy

The Role of Mindfulness in Building a Conscious Business

2014 Philadelphia Yogi's Business Retreat

Yoga and Mental Health

2014 Dhyana Yoga Yoga Teacher Training Program

Motivational Interviewing and Mindfulness in Transition from Hospital to Community

2014 New Jersey Department of Mental Health and Addictions Services (NJDMHAS)

"From Hospital to Community" Conference

Motivational Interviewing for Health Behavior Change in Primary Care Settings

2014 New Jersey Primary Care Association

Yoga and Mental Health

2014 Dhyana Yoga Staff Training Series

What is Mental Illness?

2014 CCHP Staff Training Series

Suicide and Effective Clinical Response for Vulnerable Populations

2013 CCHP Staff Training Series

Mindfulness Meditation in Psychotherapy

2013 Central New Jersey Psychotherapy Group

Motivational Interviewing as a Delivery Mechanism

2013 Robert Wood Johnson Aligning Forces for Quality

Transforming Mental Health in America

2012 Thomas Jefferson School of Population Health Consortium on Mental Health

Mindfulness Meditation in the Workplace

2011-2012 CCHP Staff Training Series

Mindfulness Meditation as a Clinical Intervention

2010-2011 Catholic Charities Camden, Staff Training Series

Camden Coalition of Healthcare Providers, Community Diabetes Interventions and Geospatial Mapping

Bristol-Myers Squibb Foundation, 2011 Together on Diabetes Geospatial Mapping Conference

Diabetes Self-Management Education and Community Interventions

2011 Annual Meeting, Alliance to Reduce Disparities in Diabetes

Collaboration is the Name of the Game: Building a Citywide Diabetes Collaborative

2010 Annual Meeting, Alliance to Reduce Disparities in Diabetes

AFFILIATIONS

American Counseling Association

International Mindfulness Teachers Association

Association for Contextual Behavioral Science

Merck Alliance to Reduce Disparities in Diabetes

Bristol-Myers Squibb Foundation, Together on Diabetes Learning Collaborative

Peers for Progress Learning Collaborative

MUSICAL PERFORMANCES

I am a singer, multi-instrumentalist and sound healer who plays the didjeridu, udu, djembe, mrdanga, Dan Moi, and various world percussion instruments. I regularly offer the “Supersonic Savasana” sound meditation program throughout the tri-state area and regularly provide live-music accompaniment to Philadelphia Master Yoga Teachers including Alexandra Holmes, Jordanna Rock-Garden, Sarra Kaufman, Erica Bleznak, Daniel Cordua, and Beth Filla. I have also performed at the Evolvefest Yoga and Music Festival (2011, 2012, 2013, 2014); Philadelphia Yoga Rave 2012; Philadelphia’s Yoga Festival, "Namaste Day 2013 and 2014"; Peaceweaver Summer Gathering 2012, 2013, 2014; KarmaFest 2012, 2013, 2014; Get Down Dog 2014; Return To Roots Gathering 2014; PEX Summer Festival 2014; Global Mala 2014; and for Lululemon in Marlton, NJ in support of the Africa Yoga Project.