

CURRICULUM VITAE, March 2022

Thomas J. Rostafinski, Ph.D.

7627 Lake Street, Suite 215
River Forest, IL 60305-1878
voice (708) 848-1611
facsimile (708) 848-1436
tjrosta@mc.net

EDUCATION

Doctor of Philosophy in Clinical Psychology
OHIO UNIVERSITY

August 1981
ATHENS, OHIO

Clinical training program accredited by the American Psychological Association.

Master of Science in Clinical Psychology
OHIO UNIVERSITY

November 1978
ATHENS, OHIO

Kościuszko Foundation Scholar
JAGIELLONIAN UNIVERSITY

August 1973 to June 1974
KRAKÓW, POLAND

Bachelor of Arts, Psychology major
REED COLLEGE

May 1973
PORTLAND, OREGON

CREDENTIALS

- LICENSED CLINICAL PSYCHOLOGIST, State of Illinois, 1984.
- listed, National Register of Health Service Providers in Psychology, 1989
- Certification and Approved Consultant in Clinical Hypnosis, ASCH, 1993
- Certificate of Professional Qualification in Psychology, ASPPB, 2002

EXPERIENCE

Clinical Associate Professor
Adjunct Associate Professor
Adjunct Assistant Professor

April 2004 to present
July 2003 to March 2004
Oct 1991 to June 2003

(active on campus from July 1999)

DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL NEUROSCIENCES, STRITCH SCHOOL OF MEDICINE, LOYOLA UNIVERSITY
LOYOLA UNIVERSITY MEDICAL CENTER (LUMC) MAYWOOD, ILLINOIS

bilingual private practice
THOMAS J. ROSTAFINSKI, PH.D., LICENSED CLINICAL PSYCHOLOGIST

July 1984 to present
RIVER FOREST, ILLINOIS
(Oak Park, Illinois until March 2022)

Provide psychological evaluations (including psychoeducational for school districts in Cook, DuPage, Lake, McHenry, Will, and Kane Counties, and some forensic) and individual psychotherapy and hypnotherapy with adults, adolescents, and children, inpatient and outpatient. Some couples and family therapy. Many cases evaluated and treated in Polish. (Children seen for psychoeducational diagnostics only.)

Contractor Sept 1992 to June 1999 for Behavioral Health Services, MacNeal Hospital.

Clinical privileges held, currently and previously: Loyola University Medical Center, MacNeal Hospital, Riveredge Hospital, Rock Creek Center, Hinsdale Hospital, Saint Mary of Nazareth Hospital Center, Generations at Regency Skilled Nursing and Rehabilitation.

Outreach:

- Regular appearances, from 1989 through 2010, on “Open Microphone” Polish language call-in radio program, with host Łucja Śliwa, to discuss mental health issues.
- Appearances in 2012 on “Women’s Magazine” Polish language radio program, with host Małgorzata Koryś, to discuss mental health issues.
- Served as faculty, American Society of Clinical Hypnosis (ASCH) regional workshops: Chicago IL July 1993 and September 1995, and Schaumburg IL May 2004 and May 2005; and at ASCH Annual Meetings: in Orlando FL in March 2006, in Chicago IL in March 2008, in St Louis MO in March 2016, and in August 2020 virtually.
- Served as faculty, Society for Clinical and Experimental Hypnosis (SCEH) Annual Meeting, Chicago IL, October 2017.
- Planned, organized, and coordinated The First, Second, and Third Benjamin E. Schwarcz, M.D., Memorial Workshops in Medical Hypnosis at Loyola University Medical Center (with CME credits) in February 2004 (Introductory), September 2005 (Introductory and Intermediate), and February 2007 (Introductory, Intermediate, and Advanced); served as Program Director.

Teaching Faculty

CHICAGO SCHOOL OF PROFESSIONAL PSYCHOLOGY

January 1999 to June 2000

CHICAGO, ILLINOIS

Associate Faculty

ILLINOIS SCHOOL OF PROFESSIONAL PSYCHOLOGY, MEADOWS CAMPUS

July 1994 to June 1999

ROLLING MEADOWS, ILLINOIS

Adjunct Faculty

FOREST INSTITUTE OF PROFESSIONAL PSYCHOLOGY

Sept. 1987 to June 1994

WHEELING, ILLINOIS

Clinical Psychologist

INPATIENT PSYCHIATRIC SERVICES, MACNEAL HOSPITAL

July 1985 to September 1992

BERWYN, ILLINOIS

Consultant

MENTAL HEALTH CENTER, SAINT MARY OF NAZARETH HOSPITAL CENTER

April 1982 to June 1985

CHICAGO, ILLINOIS

Supervising Psychologist, Acute Psychiatric Intensive Care Unit

CERMAK HEALTH SERVICES (SERVING THE COOK COUNTY DEPARTMENT OF CORRECTIONS)

Clinical Psychologist III

Nov. 1981 to April 1986

CHICAGO, ILLINOIS

Psychology Intern, General Clinical

RUSH-PRESBYTERIAN-ST LUKE’S MEDICAL CENTER

Sept. 1980 to Aug. 1981

CHICAGO, ILLINOIS

PUBLICATIONS

Rostafinski, T. J. (1973). *Direct and vicarious systematic desensitization of test anxiety in fourth and fifth grade students*. Unpublished B.A. thesis, Reed College, Portland, OR.

Rostafinski, T. J. (1978). *Imagery and daydreaming in depression*. Unpublished master’s thesis, Ohio University, Athens.

Rostafinski, T. J. (1982). Brief creativity training: A controlled comparison of self-instructional and associational

procedures (Doctoral dissertation, Ohio University, Athens, 1981). *Dissertation Abstracts International*, 42, 4562B.

Cherian, P. T., & Rostafinski, T. J. (1984). Foreword. In M. Mathew, *Dimensions of dialogue*. St Louis, MO: Community Wholistic Growth Center Inc. Publications.

Rostafinski, T. J., & Garske, J. P. (1984, May). *Cognitive-behavioral training for creativity: A controlled comparative investigation*. Paper presented at the meeting of the Midwestern Psychological Association, Chicago, IL.

Rostafinski, T. J. (1990, Aug.). *Therapeutic hypnosis and the mitigation of agency*. Paper presented at the meeting of the European Society of Hypnosis, Konstanz, Federal Republic of Germany.

Rostafinski, T. J. (1991, April). *Differentiation and integration in the hypnotic treatment of borderline conditions*. Paper presented at the meeting of the American Society of Clinical Hypnosis, St Louis, MO.

Rostafinski, T. J. (1991). Why the self looks empty: Comment on Cushman. *American Psychologist*, 46, 541-542.

Rostafinski, T. J. (1993, March). *Self hatred in adult survivors of child abuse: A persistent effect of suggestions made to the dissociated child?* Paper presented at the meeting of the American Society of Clinical Hypnosis, New Orleans, LA.

Rostafinski, T. J. (1995, March). *The union of voluntary and involuntary: Toward a theoretically neutral description of hypnotic experience*. Paper presented at the meeting of the American Society of Clinical Hypnosis, San Diego, CA.

Rostafinski, T. J. (1996, March). *The deep structure of hypnosis: Obscured by theory and revealed by history?* Paper presented at the meeting of the American Society of Clinical Hypnosis, Orlando, FL.

Rostafinski, T. J. (1997, July). Niepewny los emigranta [The emigrant's uncertain fate]. *Charaktery: Magazyn psychologiczny dla kazdego* [Characters: A psychological magazine for everyone], 6, 30.

Rostafinski, T. J. (1997, August). *A friendly critique of hypnotic ego state therapy: Intrapsychic structure or interpersonal co-creation?* Paper presented at the meeting of the American Psychological Association, Chicago, IL.

Rostafinski, T. J. (1998, November). Psycholog, który kochał „odloty” [The psychologist who left psychology: Timothy Leary]. *Charaktery: Magazyn psychologiczny dla kazdego* [Characters: A psychological magazine for everyone], 22, 38-39.

Rostafinski, T. J. (2017, October). *Hypnosis: Evolution and definition*. Paper presented at the meeting of the Society for Clinical and Experimental Hypnosis, Chicago, IL.

PUBLISHED INTERVIEWS

Emigracja + Ameryka = rozkład małżeństwa? [Emigration + America = marital disruption?]. Interview conducted by Małgorzata Rogalska. *Magazyn Polski w Ameryce* [Polish Magazine in America], January 1995, 36-38.

Tułaczy świat dzieci i dorosłych [Adult and child wanderers: The immigrant life]. Interview conducted by Małgorzata Rogalska. *Magazyn Polski w Ameryce* [Polish Magazine in America], February 1995, 32-34.

Dyktatura maluchów [Dictatorship of the little tykes]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], March 1995, 33-34.

Odurzeni pracą: pracoholicy [Inoxicated by work: workaholics]. Interview conducted by Magda Jakubowska.

Magazyn Polski w Ameryce [Polish Magazine in America], April 1995, 33-35.

Brak pracy: nieszczęście czy szansa?! [Loss of employment: misfortune or opportunity?]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], May 1995, 33-34.

Różnice kulturowe w małżeństwach mieszanych [Cultural differences in mixed marriages]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], June 1995, 38-39.

Porozmawiajmy o seksie! Dzieci pytają, rodzice odpowiadają [Let's talk about sex: Children ask, parents answer]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], July 1995, 28-29.

Mamo, idę do pracy! Plusy i minusy pracy młodzieży [Mom, I'm off to work! The pros and cons of youth employment]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], August 1995, 26-27.

Czy podróże zawsze kształcą? [Does travel always enlighten?]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], September 1995, 31-33.

Zdrada, czyli skok w bok [Marital betrayal]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], October 1995, 28-29.

W poszukiwaniu straconego czasu: poza granicami świadomości — świat schizofreników [In search of lost time beyond the borders of consciousness: The world of the schizophrenic]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], December 1995-January 1996, 34-35.

Oblicza przemocy [The faces of violence]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], 1996 (February), 33-34.

Powrót do życia: dramat zgwałconych kobiet [Return to living: The drama of women victimized by rape]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], 1996 (March), 28-29.

Prawda o hipnozie [The truth about hypnosis]. Interview conducted by Magda Jakubowska. *Magazyn Polski w Ameryce* [Polish Magazine in America], 1996 (April), 41-42.

SELECTED PRESENTATIONS

Getting a Good Night's Rest: Sleep Disorders
MacNeal Hospital Community Health Education classes
13 April 1987 and 18 April 1988

The Mystery of Hypnosis
Public Education Presentation at the Downers Grove Public Library, Downers Grove IL
22 July 1992

Self-Hypnosis Training as a Psychotherapeutic Strategy
Presented at a Meeting of the Chicago Society of Clinical Hypnosis
in conjunction with the 49th Annual Workshops and Scientific Program
Society for Clinical and Experimental Hypnosis, Chicago, 12 November 1998

The Treatment of Personality: A Course for Chemical Dependency Counselors.
Ten-meeting Course, MacNeal Hospital, 30 Sep 1998 through 28 April 1999

Motivational Enhancement Therapy: Treatment Methods for Substance Use Disorders
Workshop, MacNeal Hospital, 11 May 1999

Multiculturalism and Violence

In: Violence, Justice, and Multiculturalism: An Experiential and Clinical Exploration

Panel, Statewide Forensic Conference, Loyola University Water Tower Campus, Chicago, 19 October 1999

Hypnosis and Cognition in the Relief of Pain

Contribution to Breakfast Panel, Pain Management Fair

Loyola University Medical Center, 18 January 2001

Rodzicom: o szkoleniu [For Parents: On Schooling]

Orientation in Polish for Polish Parents

Charles J. Sahs Elementary School, Stickney Township, Illinois, 16 October 2001

The Use of Hypnosis and Cognitive Behavioral Therapy

Pain Resource Nurse Orientation Program, Loyola University Medical Center, 8 January 2002

Introduction to Clinical Hypnosis

Department of Psychiatry Grand Rounds, Loyola University Medical Center

Part I, *Teaching Relaxation to Patients*, 24 January 2002

Part II, *Crafting Therapeutic Suggestions*, 7 February 2002

Introduction to the Psychology of Pain

Pain Management Clinic didactic presentation, Loyola University Medical Center, 8 April 2002

The Languages of Psychotherapy: Bilingual and Bicultural Practice

Department of Psychiatry Grand Rounds, Loyola University Medical Center, 9 May 2002

Psychotherapeutic Factors in Pain Treatment

Pain Management Clinic didactic presentation, Loyola University Medical Center, 8 June 2002

Psychological Aspects of Pain

Psychiatric Consultation Seminar, Loyola University Medical Center, 20 June 2002

Clinical Hypnosis in the Treatment of Pain and Other Medical Conditions

IPM III Complementary And Alternative Medicine (CAM) Workshop

Stritch School of Medicine, Loyola University, 4 June 2003

Clinical Hypnosis and Related Techniques in Pain Management

Pain Management Clinic didactic presentation, Loyola University Medical Center, 5 February 2004

Foreground and Background Hypnosis

Hypnotic Phenomena and their Clinical Application

Ethical Principles, Professional Conduct, and Credentialing

The First Benjamin E. Schwarcz, M.D., Memorial Workshop in Medical Hypnosis

CME, Loyola University Medical Center, 20-22 Feb 2004

Medical Hypnosis for Stress Management

IPM III Complementary And Alternative Medicine (CAM) Workshop

Stritch School of Medicine, Loyola University, 9 June 2004

Special Education and Polish Culture

Cultural Diversity: Addressing Multicultural Needs:

AERO Special Education Cooperative in-service, Countryside IL, 7 October 2004

Foreground Hypnosis and Background Hypnosis

Presented at a Meeting of the Chicago Society of Clinical Hypnosis
Argosy University, Schaumburg IL, 19 November 2004

Teaching Psychological Pain Management to Chronic Pain Patients

Pain Management Clinic didactic presentation, Loyola University Medical Center, 3 March 2005

Mężczyzna niezrozumiany [The Misunderstood Male].

Public lecture in Polish at the Jesuit Millennial Center, Chicago, 8 May 2005

Foreground and Background Hypnosis

Hypnotic Phenomena and their Clinical Application

Self-Hypnosis: What and How to Teach Patients

Clinical Hypnosis for Habit Control

Advanced Hypnotic Techniques and Strategies for Habit Disorders

The Second Benjamin E. Schwarcz, M.D., Memorial Workshop in Medical Hypnosis
CME, Loyola University Medical Center, 9-11 September 2005

Minimal and Minimized Hypnosis in the Treatment of Chronic Pain

Pain Management Clinic didactic presentation, Loyola University Medical Center, 2 February 2006

Minimal and Minimized Hypnosis in the Treatment of Medical Conditions, with Particular Attention to Self-Hypnosis Training

Half-day advanced workshop presented (on 26 March 2006) at the 48th Annual Meeting of the American Society of Clinical Hypnosis, Orlando, FL, 25-28 March 2006

Foreground and Background Hypnosis

Hypnotic Phenomena and their Clinical Application

Self-Hypnosis: What and How to Teach Patients

Clinical Hypnosis for Habit Control

Advanced Hypnotic Techniques and Strategies for Habit Disorders

The Third Benjamin E. Schwarcz, M.D., Memorial Workshop in Medical Hypnosis
CME, Loyola University Medical Center, 16-18 February 2007

Background Hypnosis: Lower-Expectation Approaches and Techniques for Pain Management and Psychotherapy

One-day advanced workshop presented (on 11 March 2008) at the 50th Annual Meeting of the American Society of Clinical Hypnosis, Chicago, 7-11 March 2008

Psychological Aspects of Pain Including Cultural and Cross Cultural Considerations and Gender Issues.

Pain Management Fellowship didactic presentation, Loyola University Medical Center, 12 March 2009, 9 July 2009, 11 August 2010, 10 August 2011, 8 August 2012 10 July 2013, 9 July 2014, 5 August 2015, 12 October 2016, 19 September 2017, 11 September 2018, remotely due to CoViD-19) 14 April 2020 and 9 March 2021, and again in person 11 January 2022.

Psychological and psychiatric approaches to the treatment of pain, including cognitive-behavioral therapy and treatment of psychiatric illness.

Pain Management Fellowship didactic presentation, Loyola University Medical Center, 22 January 2009, 16 July 2009, 25 August 2010, 24 August 2011, 22 August 2012, 24 July 2013, 6 August 2014, 19 August 2015, 26 October 2016, 26 September 2017, 25 September 2018, and (remotely due to CoViD-19) 12 May 2020, 23 March 2021, and 8 March 2022.

Psychological factors in chronic pain: Complex regional pain syndrome.

Orthopaedic Surgery Grand Rounds, Loyola University Medical Center, 3 November 2011.

The Psychology of Chronic Pain and its Relevance to Physical Rehabilitation.

Physical Medicine and Rehabilitation didactic, Loyola University Medical Center, 15 May 2012

Introduction to Clinical Hypnosis in Psychiatry and Medicine

Department of Psychiatry Grand Rounds, Loyola University Medical Center
in two parts: 13 and 20 February 2014

Supporting the Insupportable with Hypnotic and Other Techniques: The Case of Chronic Pain

Advanced workshop presented (on 12 March 2016) at the 58th Annual Meeting of the American Society of Clinical Hypnosis, St Louis, 11-15 March 2016

Clinical Hypnosis in Integrative Medicine

Presented to the Integrative Complementary and Alternative Medicine (ICAM) Group,
Pritzker School of Medicine, University of Chicago, 22 April 2016

Hypnotic Treatment for Chronic Pain, Despair, and Catastrophic Loss of Coping

Workshop presented to the Chicago Society of Clinical Hypnosis, Chicago School of Professional Psychology, 5 November 2016

Chronic Pain, Despair, and Hypnosis

Advanced workshop presented at the 68th Annual Meeting of the Society for Clinical and Experimental Hypnosis, Chicago IL, 27 October 2017

Creativity, Hypnotic Utilization, and Acceptance in Treating Chronic Pain (and Other Disorders)

Advanced workshop presented remotely (due to COVID-19) to the 62nd Annual Scientific Meeting and Workshops of the American Society of Clinical Hypnosis, 22 August 2020

PROFESSIONAL ORGANIZATIONS:

Past President (1994-1996), Chicago Society of Clinical Hypnosis (CSCH); member from 1988.

Memberships:

- American Psychological Association (APA), from 1982 (Associate Member 1981-1982)
- APA Division 24: Theoretical and Philosophical Psychology, from 1997
- APA Division 29: Psychotherapy, from 1997
- APA Division 30: Psychological Hypnosis, from 1997
- APA Division 42: Psychologists in Independent Practice, from 1997
- Illinois Psychological Association, from 1990
- American Academy of Pain Management, from 2005
- American Society of Clinical Hypnosis (ASCH), from 1986
- Society for Clinical and Experimental Hypnosis (SCEH), from 1996
- International Society for the Study of Trauma and Dissociation
- Polish Institute of Arts and Sciences of America

LANGUAGES

Native English and Polish.
Proficient in French.