

Burt Bertram, Ed.D.

Licensed Mental Health Counselor • Licensed Marriage & Family Therapist

"Inviting self reflection...facilitating dialogue...encouraging change"

Counselor, consultant, author and professor, Dr. Burt Bertram has been in practice in the Orlando area since 1978. His professional efforts focus on assisting individuals, couples, families and workgroups to productively identify, understand and address the issues that are influencing or shaping their lives. In that regard, Burt is most professionally satisfied when he is helping resolve sensitive, complex, and important "people-related" issues.

Dr. Bertram is a relationship-oriented therapist and consultant. He believes individuals come to understand themselves and grow best when in the context of others. As he told his graduate students; *Every person who walks into your office is "surrounded" by their significant others (living or dead) as well as the social and cultural context in which they live. Therefore, if we are to be of service to our clients, we must appreciate the tremendous influence that social and cultural forces have on the identity of our clients. We must also understand and honor the others that have helped shaped the living experience of every client.* This perspective is important whether Burt is working with one individual, a couple, family or a workplace team/group.

Until recently, Burt Bertram was Adjunct Professor in the Graduate Studies in Mental Health Counseling program at Rollins College, where for 25 years (1994-2019) he taught and mentored a generation of practicing counselors in Central Florida. Additionally, he was a consulting psychotherapist to The Center for Physician Wellbeing at AdventHealth, Orlando (2008-2019). In that capacity he provided a range of life-enhancing services (consultation, education, and counseling/psychotherapy) to physicians and their family members. He remains a consultant to AdventHealth providing support and leadership to several caregiver enhancement initiatives.

An expert on ethical issues in counseling, Burt Bertram is co-author with attorney Nancy Wheeler of *The Counselor and the Law* (2019), published by the American Counseling Association. He has also been a leader in the counseling profession serving as President of the Florida Counseling Association, Florida Mental Health Counselors Association, and the Central Florida Association for Marriage and Family Therapy.

On the personal side of life...Burt can often be found adventuring with wife Leilani, playing with his four children and eight grandchildren and/or hiking in the mountains or along the coastline of Maine and New Hampshire.

Current Private Practice

Counseling & Consulting

Individual Adults

Relationship issues
Life and career transitions
Professional burnout

Family Reconciliation Counseling

Aging parents & Adult children
Making peace / Healing hurts
Bringing closure

Couples: Marital or Life Partner

Communication
Conflict Resolution
Infidelity/Betrayal
Reconciliation
Separation and/or divorce

Retirement

Understanding new phase of life
Exploring meaning and identity
Helping couples find new balance

Training

Seminars and Workshops

- Personal Growth & Self Awareness: Everything DiSC
- Team Building: The Five Behaviors of a Cohesive Team
- Legal/Ethical Issues in Counseling

Consulting: Team Cohesion Building, Conflict Resolution, Group Process

Consultant to groups, teams and organizations (public/governmental, non-profit, and corporate) on a wide range of issues and concerns (e.g., communication, planning/goal setting, problem-solving and conflict resolution)

Recent Part-Time Employment/Consultation

The Center for Physician Wellbeing / Physician Support Services, AdventHealth, Orlando, FL (2008 – 2019)

Staff Psychotherapist & Consultant providing psychotherapy, support and development to physicians (10-15 hours per week)

- Personal & Relationship Counseling/Psychotherapy
- Group Facilitation: Leadership Retreats / Finding Meaning in Medicine Groups
- Culture Change Consultant
- Writer/Researcher

Rollins College – Graduate Studies in Clinical Mental Health Counseling Winter Park, Florida (1994 – 2019)

Adjunct Professor or Visiting Professor

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| • Counseling Process & Skills | • Family Therapy |
| • Group Dynamics | • Couples Counseling |
| • Ethical & Legal Issues in Counseling | • Practicum in Mental Health Counseling |
| • Community Resources & Crisis Intervention | • Internship in Mental Health Counseling |

Education

Doctor of Education (Ed.D. Counseling), 1987

Specialization: Consultation

University of Florida, Counselor Education Dept (CCREP-Accredited)

Master of Education (M.Ed. Counseling), 1974

University of Central Florida

Bachelor of Science (B.S. Social Science Education), 1968

Florida Atlantic University

Professional Licenses

Marriage & Family Therapist

Florida License #MT145 – Licensed in 1982

- Qualified Supervisor

Mental Health Counselor

Florida License #MH863 – Licensed in 1983

525 Sheridan Blvd • Orlando, FL 32804

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Email: Burt@burtbertram.com Website: www.burtbertram.com

- Qualified Supervisor

Publications

- Bertram, B. & Wheeler, A. M. (2019). *The counselor and the law: A guide to legal and ethical practice*. (8th ed) American Counseling Association: Alexandria, VA.
- Bertram, B. (2017, Spring). Story-telling: Finding meaning in work. *The ASGW Group Worker Newsletter* (Practice Ideas)
- Bertram, B. (February 2014). Embedding in the culture of an organization. *Counseling Today* American Counseling Association.
- Bertram, B & Wheeler, A.M. (2013). The intersection of law, ethics and institutional policy. In Herlihy, B. and Corey, G. ACA Ethical standards casebook (7th ed). American Counseling Association: Alexandria, VA.
- Paolini, H.O, Bertram, B & Hamilton, T., (April 2013). *Antidotes to burnout: Fostering physician resiliency, well-being, and holistic development*. Medscape Psychiatry (Online).
- Bertram, B. (2011). *Ethics and legal issues for group work*. In Fitch, T. & Marshall, J. Group work and outreach guide for college counselors. American Counseling Association: Alexandria, VA.
- Bertram, B. (2009, Winter). Re-Norming a permanent group: Applying group principles to the invention of a workplace leadership group. *The ASGW Group Worker Newsletter* (Practice Ideas)
- Bertram, B. (2001, Winter). Defining moments in group work. *The ASGW Group Worker Newsletter* (Practice Ideas)
- Bertram, B. (1996). Careers in private practice. In Collison, B. & Garfield, N. *Careers in counseling and human services*. Taylor and Francis
- Bertram, B. & Moon, J. (1983). *Everything makes a difference*. High Touch Publications: Maitland, FL

Professional Presentations

2019-1996: 50+ professional presentations at national or regional professional association conferences

Professional Association Affiliations & Leadership

American Counseling Association (ACA)

Professional Member since, 1974
 1991 - 1984 Insurance Trust (Chair 1989 - 1987)
 1991 - 1989 Credentialing Committee (Chair 1991 – 1989)
 1990 - 1989 Professional Affairs Committee
 1986 - 1985 Counselor Image Task Force
 2008 – 2011 2020 Vision for the Future of Counseling Task Force

Association for Specialists in Group Work (ASGW)

Professional Member (1995)
 Coordinator, Mentoring Project (2004-05)
 Chair, Marketing Committee (2005-09)
 Fellow (2008)

Florida Counseling Association (FCA)

Professional Member since, 1973
 1986 - 1983 Board of Directors

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1985 - 1984 President

Florida Mental Health Counselors Association (FMHCA)

Past-President: 1983 – 1984

Florida Family Therapy Association (FFTA)

Clinical Member (1990)

Central Florida Association for Marriage & Family Therapy (CFAMFT)

Professional Member (1985)

1995 - 1996 President

Awards & Recognition

- 2014 Eminent Career Award. Association for Specialists in Group Work
- 2012 Distinguished Service Award. Central Florida Association for Marriage & Family Therapy
- 2011 President's Award. Association for Specialists in Group Work
- 2008 Fellow - Association for Specialists in Group Work