

SHARI B. KAPLAN, LCSW

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www.cannectd.com

EXPERIENCES:

Cannectd Wellness – November 2017 – Present

Boca Raton and Miami, Florida

Founder/Clinical Director and Plant Medicine Formulator

www.cannectd.com

Integrative Health and Mental Health Center

- Leading providers of medical cannabis recommendations for Lynn Cancer Institute, Marcus Neuroscience Institute and Baptist Hospital in Boca Raton, FL.
- Over 900 patients in the practice. – In collaboration with Dr. Michelle Weiner.
- Ketamine assisted therapy for Chronic Pain, Depression, OCD, PTSD and other Mental Health Disorders. – In collaboration with Dr. Michelle Weiner.
- Functional and Integrative Medicine – In collaboration with Dr. Genester Wilson-King.
- Integrative mental health - Includes traditional approaches to psychotherapy including psychodynamic psychotherapy, Internal Family Systems, CBT, DBT, EMDR, somatic experience, integration, strength's perspective/resiliency enhancement, as well as mindfulness, meditation, yoga, qi gong, krav maga, music, drumming, improvisational theatre activities, nutrition, acupuncture, essential oils, plant medicine and traditional psychiatry as needed.
- Educational YouTube Channel on Medical Cannabis and integrative mental health and pain management.
- Provide quarterly trains for the officers at the Broward Sheriff's Department to educate officers on medical cannabis, medicinal properties in cannabis and cannabis use vs. abuse.
- Provide educational lectures on medical cannabis for Jewish Federation in NYC.
- Created of over 200 botanical formulations that are used to support the body in self-correcting and self-healing. Formulations are used both independent from cannabis, as well as inside cannabis products.
- Creator of 'Shari B's Potent Plant Medicine' - Nano plant medicine formulations that turn drinking water into a botanical pharmacy that supports the body in self-correcting and self-healing. Effects are experienced within minutes.
- Creator of Shari B's Medicinals are plant formulas that are compounded into cannabis extracts sold to cannabis companies. Currently in The Sanctuary, Florida.

Can't Tell Empowerment Therapy Program – June 2010 - Present

Boca Raton, Florida

www.canttellfoundation.org

- Creator of an Integrative Mental Health Empowerment Therapy Program for Adolescents and Individuals with behavioral problems, TBI, mental health issues and those who have been traumatized by traumatic stress, abuse and sexual assault (PTSD).
- Integrative mental health model includes traditional approaches to psychotherapy including psychodynamic psychotherapy, Internal Family Systems, CBT, DBT, EMDR, somatic experience, integration, strength's perspective/resiliency enhancement, as well as mindfulness, meditation, yoga, qi gong, krav maga, music, drumming, improvisational theatre activities, nutrition, acupuncture, essential oils, and traditional psychiatry as needed.
- Clinical Director of the program.
- Treatment Team Leader.
- Provide workshops on the effects of toxic stress, abuse and sexual assault on children, teens and young adults at universities and schools.
- Founder of Can't Tell Foundation and Scholarship Fund. A scholarship fund that provides funds for participants who are unable to afford treatment for integrative mental health at the Can't Tell Treatment Program.

Private Practice – May 1999 - Present

Boca Raton and Miami, Florida

- Providing children, adolescents, individuals, couples and families with brief treatment and long-term psychotherapy and crisis intervention using an integrative mental health model including traditional and experiential treatment modalities.
- PTSD, Processing disorders, Anxiety, OCD, Behavioral difficulties, Attention Deficit Issues, relationship and social skill challenges, Parenting, Family and Marital issues, Stress Management, Eating Disorders, TBI, Sports-related Performance Anxiety and Self-Empowerment.
- Providing Ketamine assisted therapy including preparation, integration and continuation of care treatment for integration.
- Supervisor of Clinical Social Workers and Master's Level Psychologists for Licensure.
- Expert witness in Palm Beach and Broward County.
- Provide trainings to teachers on the special learning and behavioral needs of children with processing problems and other central nervous system disorders.

Private Practice – 1995 - 1999

New York, NY

www.sharikaplan.com

- Provide children, adolescents, individuals, couples and families with brief treatment and long term psychotherapy and crisis intervention.
- PTSD, Memory and Processing problems, Anxiety, OCD, Behavioral difficulties, Attention Deficit Issues, Parenting, Family and Marital issues, Stress Management, TBI, Eating Disorders, Sports-related Performance Anxiety and Self-Empowerment.
- Owner of Corporate Wellness Consultants.
- Conducted trainings in Corporations on Team Building, Stress Management, Conflict Resolution and Gender Issues in the Work Place.
- Provided workshops and trainings for teachers and clinical staff at the Holistic Learning Center. A center that specializes in treating children with autism and their families.
- Expert witness on child abuse in NYC and Staten Island Family Court.

The Association for the Help of Retarded Children – AHRC – 1996 - 1999

New York, NY

- Provide individual and family therapy to children, adolescents, adults and geriatric patients with Downs Syndrome, Autism, Asperger's, Bi-Polar Disorders, Schizophrenia, neuro-degenerative disorders and various forms of mental retardations.
- Conducted Psychosocial Assessments and Mental Status reports for patients receiving mental health services at AHRC.
- Behavioral Training; Abuse; Sexual Assault; daily life skills; anxiety; depression; grief and bereavement; alcohol and substance abuse.

Incarnation Children Center – 1994 - 1996

New York, NY

- Conduct psychosocial assessments and mental status reports for children and their families referred to agency.
- Provide brief treatment and long-term psychotherapy for children, couples and families.
- Facilitate support groups for parents who have HIV.
- Facilitate Trauma support groups for parents.
- Alcohol and substance abuse counseling, trauma work (abuse and sexual assault), play therapy.
- Participated in medical rounds daily.

- Developed an early intervention and head start program at the agency to address the neuro-developmental needs of children with HIV/AIDS.
- Lectured throughout the tri-state area with medical team on the special neuro-developmental needs of children with HIV/AIDS in Foster Care.
- Educated Attorneys and Family Court Judges on the special neuro-developmental needs of children with HIV/AIDS.

Manhattan Center For The Living – Volunteer Counselor – 1992 - 1994

New York, NY

- Provided individual and couples counseling to LGBT patients with HIV/AIDS and their partners.
- Conducted intake assessments.

EDUCATION:

Fordham University - 1995

Master's Degree - Clinical Social Work

Ithaca College - 1988

Bachelor of Fine Arts - Musical Theatre

CERTIFICATIONS AND AFFILIATIONS:

- National Association of Social Workers
- EMDRIA International
- Advanced Certification in EMDR
- Society for Cannabis Clinicians
- Cornell University certification in Medicinal Plant Medicine
- Screen Actor's Guild; Actor's Equity Association; American Federation of Television and Radio

Publications and Research

Resiliency Enhancement: Putting the Strengths Perspective into Social Work edited by Elaine Norman. Chapter 13

Robert Chazin, Shari Kaplan & Stephen Terio (2000) THE STRENGTHS PERSPECTIVE IN BRIEF TREATMENT WITH CULTURALLY DIVERSE CLIENTS, Crisis Intervention and Time-Limited Treatment, 6:1, 41-50, DOI: [10.1080/10645130008951295](https://doi.org/10.1080/10645130008951295)

Ketamine-assisted psychotherapy treatment of chronic pain and comorbid depression: a pilot study of two approaches. *Front. Pain Res.*, 19 May 2023
Sec. Pharmacological Treatment of Pain
PVolume 4 - 2023 | <https://doi.org/10.3389/fpain.2023.1127863>