

Thomas D. D'Alessio  
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## OVERVIEW:

Born in Milwaukee, WI, and currently residing in Grafton, WI, Tom's interests and experience have ranged from the repair of old VW buses to music composition/performance, from counseling to carpentry, from teaching and mentoring to building computer networks, and most currently integral counseling/lifework and integrative massage therapy and bodywork. Tom holds a B.A. in Education from the University of Wisconsin-Milwaukee, an M. Div. (theology) from Garrett Seminary (Evanston IL), certifications in Counseling, Intensive Journal process, Therapeutic Massage and Bodywork most recently Core Integral training and certification programs through the Integral Institute.

He is a founding member (along with Freda van den Broek) of Bodymindspiritworks LLC, an enterprise dedicated to helping persons unblock bound energy, release their creativity, and move forward in their lives through an integrated body-mind-spirit approach. Bodymindspiritworks was formed as a vehicle to carry out the calling to contribute significantly to the current, unprecedented initiative to integrate, synthesize and coordinate the entire heritage of wisdom, spirituality and transformative practice.

## QUALIFICATIONS:

- Excellent therapeutic massage and bodywork skills (including Swedish/relaxation, deep-tissue, precision neuro-muscular therapy, acupuncture, lomi-lomi, cranial-sacral, myofascial release).
- Excellent integral counseling/lifework/coaching skills; working with individual clients as well as organizations and businesses to develop sustainable, multi-disciplinary/cross-training approaches to managing stress, life change, and personal/organizational development.
- Excellent presentation and communication skills; expertise in developing multimedia presentations designed to both develop project proposals and facilitate learning.
- Excellent teaching skills; expertise in educational processes, ability and extensive experience working effectively with people of a variety of ages and backgrounds in different settings on topics including inter-personal communication, theology and spirituality, family systems and Integral theory.
- Five year's specific experience as network systems administrator providing internet services, building computer servers/networks (local and wide-area) and creating electronic communications systems with a track record of security, dependability and efficiency, meeting a wide variety of communication needs.
- Expertise working with non-technical persons to bridge identified needs with the appropriate tools to meet those needs.
- Expertise in group dynamics and human systems theory; ability to communicate ideas and concepts clearly and to facilitate discussion; ability to organize, facilitate, synthesize, simplify complexity, clarify issues and values, bring about congruity of values and actions.
- Proven time management skills and expertise in quality improvement strategies/systems processes.
- Proven team player/leader; ability to develop strategies for projects and keep focus on objectives.
- Excellent writing skills.

## EXPERIENCE:

October 2005 – present

**Founding partner of Bodymindspiritworks LLC**, and the Integral LifeCare™ Program, an intensive course to well-being, awareness and transformation using integral practices to help persons unblock bound energy, release their creativity, and move forward in their lives through an integrated body-mind-spirit-shadow approach.

2000 – 2005:

**Coordinator, Office of Communications & Technology**, Wisconsin Conference United Methodist Church.  
Responsibilities included:

- creation/maintenance of the conference information systems network (both local-area and wide-area);
- providing supervision/training for "Computer Support Specialist" as well as working collaboratively with peers and executive-level staff;
- developing/providing communications outreach training for non-profit organizations;
- providing of "helpdesk" services for both technical computer/network and web design issues;
- editing/publishing monthly, full-color, 36-50 page conference magazine;
- designing and updating Wisconsin Conference web sites;
- developing multimedia training presented for United Methodist Association of Communicators (a national organization) on the topic of electronic communications/video conferencing;
- equipping/staffing media service centers/newsrooms for a variety of state and regional UM conferences.

1998-2000:

**Founding System Administrator** for the Wisconsin Conference UMC internet services. Built and maintained the hardware/software systems which provided email, web, ftp, irc, and emailto-fax services to Wisconsin Conference United Methodist related persons, churches and agencies.

1988-2000:

**United Methodist Pastor**, serving in the Wisconsin Conference United Methodist Church.

Included individual and couples counseling, leadership as pastor in local congregations as well as being part of a team which created a new organizational design for the conference; authored the proposal for the design and presented it to the annual session where it was adopted.

1981-1988:

**Partner in D'Alessio and Associates.**

Free-lance systems consulting. Quality improvement processes, time management training, small business development, tax preparation, and creation of multi-media shows for large conventions.

1983-1988:

**Director of Media Services**, Garrett-Evangelical Theological Seminary (Evanston, IL)

1980-1983:

**Classroom teacher** (certified), Milwaukee Public Schools (grades 5 and 6).

1976-1980:

**Child Care Counselor**, St. Marys Hill Hospital, Milwaukee, WI

Provided psychiatric child care (adolescent and pre-adolescent) in a residential treatment setting.

1972-1976:

**Carpenter** with Milwaukee contractor/builder, remodeling, additions, new homes

1963-present:

**Professional musician**. Includes keyboards, and 12-string guitar; composed score for the musical "Falstaff" (by John Schweitzer); played in a variety of small ensembles

## **EDUCATION AND TRAINING:**

**1976:**

**Bachelor of Science** (cum laude), University of Wisconsin–Milwaukee School of Education.

**1976–78:**

**Certification, “Training and Practicum in Psychotherapy,”** T.A. Associates/Dawn Radke, MSW (Milwaukee WI).

**1986:**

**Masters of Divinity,** Garrett–Evangelical Theological Seminary (with honors) with independent post–master’s work.

**1990:**

**Certification, Intensive Journal Consultant,** National Intensive Journal Program (training and certification by Dr. Ira Progoff) and ongoing work in Advanced Studies Program, 1987–present).

**2005:**

**Certification, Therapeutic Massage and Bodywork,** Blue Sky School of Professional Massage and Bodywork NCBTMB Certified (519495–06), WI licensed (3860–046), member/insured ABMP

**2010:**

**Certification, Core Integral,** Integral Institute (Boulder CO)

### **Continuing Education:**

Myofascial Release, John Barnes (self–study); Integral Studies/Integral Life Practice, Integral Institute (Boulder, CO); Precision Neuro–muscular Therapy, Midwest NMT; Midnight Oil Productions training in multimedia experiences; Franklin–Covey management workshops; Edward Tufte Information Design seminars; Madison Area Quality Improvement Network (MAQIN); computer networks, Cisco IOS, network security, general communications; ongoing Progoff Intensive Journal workshops; basic Tai Chi training; Yoga for Health Professionals; extensive reading (bibliography provided on request).

References furnished on request.