

BIOGRAPHY

Dr. Cathy Heenan brings together the worlds of communication and psychology, both in her private practice as a psychologist and as a business /organizational consultant. For over twenty-five years, she has successfully guided couples in methods that improve dialogue, helping them to emphasize behaviors that create pathways to understanding, respect for differences, and resolution of conflicts.

During a divorce, Dr. Heenan often works with clients and attorneys together as part of a collaborative team. Her participation helps to reduce misunderstandings, and to clarify interests and goals. She enables couples to resolve conflict, providing them with specific tools and practical strategies to move through obstacles when they occur. When appropriate, she assists clients in creating a vision for life after divorce.

Dr. Heenan has presented at conferences in the US and Europe, including the Young Presidents Organization (YPO) Conferences in Budapest and Boston. Her workshops focus on managing conflict and navigating the course of an intimate relationship. She has also led seminars and workshops on a variety of communication topics: “The Art of Listening”, “Moving Through Impasse” and “Effective Communication Skills” at venues such as the International Academy of Collaborative Professionals (IACP), Collaborative Practice Groups in New England and New York, and other Inter-Disciplinary Conferences in Washington, DC and Cape Cod.

Formerly an assistant professor of Communications at Northeastern University, her consulting practice includes clients from both the private and public sector. For example, she worked with both the Massachusetts and Connecticut Departments of Human Services, facilitating statewide efforts to build bridges between licensing regulators, Head Start directors and day care providers. For over twenty years she has served as the consultant to two after-school programs in Brookline, MA offering team-building sessions for staff members throughout the school year.

Dr. Heenan is co-author of both *Preparing, Designing and Leading Workshops: A Humanistic Approach* and *Bringing Yourself To Work: A Guide to Successful Staff Development in After-School Programs*.

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