

## **TRACI BAXENDALE BALL, DSW, LCSW, CAADC**

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<https://vibranthealthcompany.com/>

Business Office Ph: (906) 273 2060

Personal Cell: (906) 458 9501

- High-performing, trauma-sensitive, transformative leader and educator
- Expert on Complex PTSD and Innovative Phase-Based Treatments
- Trauma-Informed Clinical Supervision
- Licensed Master's Clinical and Macro Social Worker: Michigan, Arizona
- Certified Advanced Alcohol and Drug Counselor
- Peer-reviewed publications
- Somatic Psychotherapy for Traumatic Stress Specialist: Somatic Bodywork, Therapeutic Dance, Medical Tai Chi, and Qigong Board Certified Instructor
- Sought-after keynote and workshop facilitator for national conferences

### **Education**

Doctor of Social Work. Barry University, Miami Shores, Florida.

Master of Social Work 4.0 GPA

Western Michigan University, Kalamazoo, Michigan.

BA (Honors) Psychology 2:1

University of Sheffield, England

### **Evidence-Based Practices**

>CBT >TFCBT >PET >Mot Int >EFT >Somatic Psychotherapy >CT>Expressive Arts>DBT >Imago >SFBT>NET>Medical Tai Chi QiGong.

Founder of Somatic Brands: Fight101 Sexual Assault Self-defense Program, VIBE Expressive Dance, SOMA-Flow, & Tai Chi for Recovery.

## **Professional Affiliations**

MI License: 6801080284

AZ License: LCSW-22709

- Barry University MSW Instructor
- Northern Michigan University MSW Field Instructor
- Licensed Trainer Tai Chi for Health Institute
- Licensed Trainer International Medical Tai Chi Qi Gong Association
- Member International Society for Traumatic Stress Studies
- Member of the European Society for the Study of Traumatic Stress
- Member Council for Social Work Education
- Member Stanford Social Innovation
- Approved trainer State of Michigan Evidence-Based Practices Division
- Approved trainer Child Welfare Institute - Michigan State University
- Member United States Association for Body Psychotherapy
- Member of the American Academy of Experts in Traumatic Stress (2002)

## **Current Employment**

### **2020 – Present**

Field Instructor, Clinical Instructor, and Guest Lecturer  
Northern Michigan University  
Marquette, MI

### **2015 - Present**

Vibrant Health Company LLC  
Founder and CEO, Specialty Outpatient Clinic  
Professional Speaking and Consulting

American Red Cross Disaster Mental Health Associate

## **Past Employment History**

### **Jan 2025 – June 2025**

Co-Professor  
Barry University  
Miami Shores, FL

Develop and deliver online graduate course content for MSW SWS: design syllabi, assignments, exams, and other instructional materials aligned with program objectives. Advise students on academic progress, career planning, and professional development. Mandatory for doctoral degree.

**2010 - 2025**

Marquette County YMCA  
Group Fitness Instructor

August 2022 - March 2023  
Therapeutics LLC  
Temporary contract  
Research Lead for MAT technologies

June 2012 – August 2015  
ACT Supervisor - Pathways CMH  
Marquette, MI

January 2009 – June 2012  
ACT Supervisor – North Country CMH  
Petoskey, MI

January 2009 – June 2012  
YMCA Martial Arts Instructor  
Petoskey, MI

**Remote History of Employment**

January 2007 – January 2009  
Veterans Housing Program Manager VOAMI  
Lansing, Michigan

January 2004 – January 2007  
Clinical Supervisor of Outpatient Clinics  
Catholic Charities of West Michigan  
Grand Rapids/Big Rapids, Michigan

Sept 2002 – January 2004  
Private Practitioner  
Specialist Practice in PTSD  
Riverview Counseling Center  
Big Rapids, Michigan

Sept 2002 – January 2004  
Contractual Clinician  
Life Guidance Services  
Grand Rapids, Michigan

June 1995 – September 2002  
Director of Community-Based Programs – Eagle Village  
Hersey, Michigan

March 1994 – June 1995  
Substance Abuse Specialist  
Project Rehab  
Grand Rapids, Michigan

**Other:**

MSW Internship (August 1999 – June 2000)  
Trauma Therapist trained under Colin Ross, MD – Forest View Psychiatric Hospital

**Field/Practicum Appointments**

**MSW Field Instructor Since 1999**

Michigan State University  
Ferris State University  
Spring Arbor University  
Madonna University  
Northern Michigan University

**Practice-Based Research & Social Justice Projects**

**Current**

State of Michigan Evidence-Based Practice Division  
ISTSS Complex Trauma SI  
iMTCQA Technical Advisor to the Board

**Recent**

**August 2023 - May 2024**

Shapes of Recovery: Movement group for survivors of IPV.

**August 2023 - May 2024**

MoveUP: A grant-based program that combines mental health topics with movement to target at-risk adolescents.

**August 2022 - May 2023**

Marquette County YMCA and Northern Michigan University.  
The Y is Medicine: Community-based Project to Advance Awareness of Mental Health.

**Past**

Hope Network TBI Programs (2-year contract)  
Metron Home Health Care (9-year contract)  
Ace Home Health Care (4-year contract and Board Member)  
Teaching Family Homes Trauma-Informed Care Initiative  
SAIL Disability Network Veterans PTSD Recovery Project  
Department of Veterans Affairs

Northstar EAP  
Forensic expert witness(trauma)  
NAADAC vetted trainer  
Chair Telehealth/National Licensure Workgroup

### **Technical Writing Contracts Overview**

BetterHelp Editorial Team

NASW Press Book Reviewer (Honorarium)

Writer REGAIN Self-Help for couples

### **Publications**

Baxendale Ball, T. (September, 2024). Tai Chi for healthy aging. *Aging Specialty Practice Section*. NASW.

<https://www.socialworkers.org/careers/specialty-practice-sections/aging>

Baxendale Ball, T. (2018). *Mindful Mates: Weatherproof your relationship. Create long-term love*. Vibrant Health Company Press.

[https://www.amazon.com/Mindful-Mates-Weatherproof-Relationship-Long-Term/dp/0692065512#detailBullets\\_feature\\_div](https://www.amazon.com/Mindful-Mates-Weatherproof-Relationship-Long-Term/dp/0692065512#detailBullets_feature_div)

Baxendale Ball, T. (2016). *Making friends with food*. Trans4Mind. [Website]. Retrieved September, 2024.

<https://trans4mind.com/counterpoint/index-pre-2020-articles/ball1.html>

Baxendale Ball, T. (2015). *I've heard a lot about CBT. How do I begin to improve my mental health through good thinking?* Trans4Mind. [Website]. Retrieved September, 2024.

<https://trans4mind.com/counterpoint/index-health-fitness/cognitive-behavioral-therapy.html>

### **Keynote/Workshops**

\*Extensive: available by request

## References

Dr. Todd Tedrow  
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Dr. Natalia Shtompel  
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