

BIOGRAPHICAL SKETCH

JANE MIDDELTON-MOZ, M.S.

Jane Middleton-Moz, Director of the Middleton-Moz Institute, is an internationally known speaker and author with over twenty-five years of experience in consultation, training and community intervention. Ms. Middleton-Moz has served on the Board of NACOA (National Association of Children of Alcoholics) and the Advisory Board of NANACOA (National Association of Native American Children of Alcoholics). She has a Master's degree in Clinical Psychology and has held numerous direct service, management and executive positions in large non-profit corporations and community agencies.

Skilled at meeting the particular needs of an organization, Ms. Middleton-Moz is a dynamic keynote presenter and is known for her highly successful “hands on, participant driven” workshops. She is recognized for her work in the areas of adult children of alcoholics, multi-generational grief and trauma in individuals, families and communities, ethnic and cultural awareness, anger, cultural self-hate, differential diagnosis, values in the workplace and in families, empowering employees and creating positive work place environments.

Ms. Middleton-Moz has appeared on national television shows including Oprah, Maury Povich, and Montel Williams, on the Discovery Channel and has had her own PBS special. She has also been quoted in *US News and World Report* and *The Washington Post* business sections on issues related to the high cost of negativity, bullying, mobbing and unhealthy anger in the workplace.

She is the author of *Children of Trauma: Rediscovering Your Discarded Self*, *Shame and Guilt: Masters of Disguise*, *Boiling Point: Dealing with the Anger in Our Lives*, *Boiling Point: The Workbook*, *Welcoming our Children to a New Millennium: A Daybook of Hopes and Wishes for the Future*, *Values from the Front Porch: Remembering the Wisdom of Our Grandmothers* and co-author of: *After the Tears: Reclaiming the Personal Losses of Childhood*, *Bullies: From the Playground to the Boardroom — Strategies for Survival*, and *The Ultimate Guide to Transforming Anger: Dynamic Tools for Healthy Relationships*.