

Nader Robert Shabahangi, Ph.D.

Licensed Clinical Psychotherapist (MFT #27507)
Licensed Administrator for Eldercare Communities (RCFE #6018436740)
Licensed General Contractor (B #660089)
551 Page Street, San Francisco, CA 94117
(415) 812-4956
nader@agesong.com

EXECUTIVE PROFILE

CHIEF EXECUTIVE OFFICER & CO-FOUNDER

AgeSong, Inc., San Francisco, CA
1995 – Present

Design, development and management of residential, assisted living communities in San Francisco. Establishment of unique mental health program for those afflicted with emotional difficulties, including dementia and Alzheimer's, as well as internship program concerned with present-day understanding of the psychology of aging. Individual and group counseling with geriatric dementia clients. www.agesong.com

FOUNDER

Elder Academy Press, San Francisco, CA
2002 – Present

Elder Academy Press seeks to encourage us to approach the process of aging with consciousness and to direct our thinking toward the possibilities ahead. Provide a platform for elders to share their wisdoms and life experiences. Also, changes our perspective on "ageing" in societies. www.pacificinstitute.org

CO-FOUNDER & Vice PRESIDENT

Existential-Humanistic Institute, San Francisco, CA
1997 – Present

EHI provides a forum, a home, for those mental health professionals, scholars, and students who seek in-depth training in existential-humanistic theory and practice. EHI is for trainees who believe that in optimal psychotherapy, as Rollo May said, it is not this or that symptom, but "the life of the client" that is "at stake" — and that it is precisely this life that must be supported, accompanied, and encountered.
www.ehinstitute.org

FOUNDER, BOARD MEMBER, CLINICAL DIRECTOR & SUPERVISOR

Pacific Institute for Counseling, Education and Research, San Francisco, CA

1992 – Present

Teaching and supervision of psychology students at Pacific Institute, a nonprofit organization for counseling, education and research. Pacific Institute is a teaching and training site that provides affordable psychotherapy, trains professionals and interns in an existential humanistic and phenomenological approach to psychotherapy and offers regular courses in literature, philosophy and humanistic psychology.
www.pacificinstitute.org; www.agesonginstitute.org;

CURRENT MEMBER OF THE BOARD

- Social Disability Action Network, San Francisco, CA
- Stagebridge Senior Theater Company, Oakland, CA
- Fund for Elders Independence, Oakland, CA
- Deep Democracy Institute, Portland, OR

PROFESSIONAL EXPERIENCE

1994 – present

Owner, Developer & Manager of nine Assisted Living Communities for Elders, SF Bay Area

- Designed, developed and managed residential care facility for the elderly.

- Established an internship program researching the psychology of aging.
- Individual and group counseling with geriatric dementia clients

1991 – 1992

Psychotherapist, Pacific Medical Center – Operation Concern, San Francisco, CA

2018 – present

Clinical Director and Supervisor, Supervision of psychotherapy interns, milieu therapy for eldercare communities, Eldership Academy – San Francisco, CA

EDUCATION

Stanford University, Palo Alto, CA Ph.D. in Humanities & German Studies, 1995

Stanford University, Palo Alto, CA M.A. in German Studies – Cum Laude 1989

Prof. School of Psychology, Sacramento, CA M.A. in Clinical Psychology – Honor 1987

San Francisco State University, San Francisco, CA M.A. in Computer Technology's Impact on Human Development – Cum Laude 1985

Keywords / Areas of Interest - Long-Term Care, Elderly, Residential Care, Assisted Living, Quality Assurance, Quality Improvement, Quality of Care, Quality of Life, Gerontology, Affordable Senior Housing, Community Based Care; Palliative Care, Forgetfulness Care, Dementia, Alzheimer's, Hospice Care

MEMBERSHIP AND AFFILIATION

- American Society on Aging
- Board of Behavioral Sciences

Co-founder of Hayes Valley Care, an assisted living community for the elderly, and of a Gerontology training program for mental health interns. Founder and Director of Research for the Gerontological Wellness Program; a training program for students and MFT-PhD level interns for the delivery of therapeutic services for residents. 2011 Organizer and sponsor of the

POETICS OF AGING conference, a four-day conference in collaboration with some fifty local and national organizations promoting a more complete understanding of aging and life 2009 Organizer and sponsor of the First International Film Festival of Aging, a three day film festival held in the San Francisco Bay Area promoting aging as a desirable part of living.

Recipient of American Society on Aging Award for design of specialized programs in Gerontology, Anaheim, California (2006)

Founding of Pacific Institute Europe (Warsaw, Poland) dedicated to changing perceptions of aging in Europe and in helping bridge the emotional divide between Poland, Germany and Russia.

1994 – 1995 Co-producer of Video series of Dr. J.F.T. Bugental's existential-humanistic process approach to psychotherapy

1993 Founder and co-editor with Kirk Schneider of *The Existential Humanist* newsletter.

ASSISTED LIVING COMMUNITIES DEVELOPED, BUILT AND MANAGED – PAST AND PRESENT

1994 – 2001 Sutro Heights Residential Care – expanded 6 bed to 14 bed assisted living community in San Francisco, CA, and created profitable and sustainable business and eldercare model.

1997 – 2016 Co-founder of Hayes Valley Care, a 47 bed assisted living community for the elderly, and of a Gerontology training program for mental health interns.

2004 –2016 Co-founder of Laguna Grove Care, a 56 bed assisted living community for the elderly. Entitlement, design and development of community from ground-up.

2008 – 2012 Acquisition of Lakeside Park in Oakland, by Lake Merritt, a 70 bed assisted living community for the elderly focusing on dementia care. Turned community into a profitable and sustainable business. Lakeside Park's administrator was voted Best Administrator in 2011 by CALA.

2007 – 2012 Design and build of 165 bed State-of-the-Art assisted living community for the elderly including memory and independent care in Emeryville, California.

2009 –2012 Established from ground-up a 45 unit independent eldercare community in historic hotel on Lake Merritt and brought it towards financial sustainability.

2010 – 2012 Management of distressed 37 bed assisted living community called Oak Creek Care in Castro Valley. Managed community into a successful community both financially and programmatically.

2013 – present Management of distressed 90 bed assisted living community called Eden Manor in Oakland. Now turned into AgeSong at WoodPark. Managed community into a programmatically successful community with 95% occupancy.

2013 – 2017 Management of distressed 74 bed assisted living community called University Mound Ladies Home in San Francisco, CA. Now named AgeSong University, this community has been turned into a programmatically successful community for forgetful and frail elders with 100% occupancy.

UNIVERSITY SERVICES – TEACHING

2009 Conducted a workshop, "Listening to the Language of Dementia." The goal of this workshop is to enhance the techniques for our caregivers to effectively understand and learn how people diagnosed with dementia communicate with us.

2009 Conducted a six-part series workshop adapted for executives to explore a plethora of topics, such as leadership styles and the core meaning of work.

2009 Lead a workshop on Communication: How to Support Families with Aging Relatives. This workshop focused on supporting multi-generational communication.

2004 – 2006 Core Faculty, teaching Research Methodology – Graduate Level California Institute of Integral Studies, San Francisco, CA

2004 Trainer of international five-year "Eldership" Program for Germans, Poles and Russians.

2003 – 2005 Core Faculty, teaching Existential Psychotherapy and Gerontology- Graduate Level for Masters and Ph.D. level students. Saybrook Graduate School of Psychology, San Francisco CA

1999 – 2004 Weekly intensive trainings for German psychotherapists. Ruedesheim, Germany.

1997- Spring Quarter Adjunct Professor, co-taught Research Methodology. California Institute for Integral Studies, San Francisco, CA.

1993 – 2003 Teaching of Art of Psychotherapy trainings in Moscow and St. Petersburg.

1989 –1994 Teaching Assistant – German Study Course and 20th century philosophy with Dr. Foerster.

1989 – 1992 Teaching of undergraduate literature, language and philosophy.

Design of class content, structure, from curriculum to test development. Stanford University, Stanford, CA.

CONTINUING EDUCATION CLASSES OFFERED AT AGESONG

2018 Forgetfulness care – new views on working with dementia – 8 hours education offered for caregivers

2017 Relational Care: It is not about the Shoe – 8 hours education offered for caregivers

2016 Non-pathologizing Attitude to care – 8 hours education offered for caregivers

2015 Relational Care 8 hours education offered for caregivers

2014 Food, Fun and Forgetfulness 4 hours continuing education offered for professionals - BRN, RCFE, BBS, CNA

2013 The Next Step in Assisted Living 2 hours continuing education offered for professionals - BRN, RCFE, BBS

2013 The Next Step in Assisted Living 2 hours continuing education offered for professionals - BRN, RCFE, BBS

2012 – 2013 Community Based Palliative Care – A Professional Series 4 hours continuing education offered for professionals - BRN, RCFE, BBS, CNA

INTERNATIONAL CULTURAL EXCHANGE PROGRAM

2010 – present

Collaborating with Professor David Lipson from the University of Paris (Sorbonne), in allowing medical students from the University into AgeSong communities, collectively working together in teaching the next generation of physicians about the core-essence of humanistic care, with an emphasis on our elders.

PRESENTATIONS

2019 Arts Omega, Eldership and the Transition from Adult to Elderhood, April 2019

2018 Residential Seven day workshop on Eldership, Farfa, Italy

2018 Arts Omega, Changing Aging, April 2018

2017 Residential Seven day workshop on Eldership, Farfa, Italy

2016 Leading Age Conference, California – The Power of Language in Eldercare: From Biomedical to Relational Care Language

2014 SHARE Conference, California

2014 IFA (International Federation of Ageing), India

2014 South Africa Care Forum Festival, Southern Africa

2014 Presentation at DDI international Conference Forum on Ageing

2014 Ageing and Adult Services: Towards a new paradigm of ageing and caring, Marin County, California

2014 Presentation on “Symposium on Reducing Stigma” at National University, Department of Psychology. Rancho Cordova, California

2014 Dr. Sally Geraldin and Nader Shabahangi. Presentation on “Learning to live life more deeply: The opportunities our elders living in elder communities afford us.” At LITA Volunteer Speaker Event, Corte Madera, California

2014 Presenter at AgeSong Academy. “Dynamics of the relationship”, San Francisco, California

2014 American Society on Aging, San Diego, California

2013 Moderator at OnLok Lifeways. Sustainable Long-Term Care Conference. UCSF, San Francisco, California

2013 SHARE presentation, California

2013 Zieneski Memorial presentation, California

2013 GeroWellness internship training program, San Francisco, California

2013 Elders Academy Presentations, San Francisco, California

2013 Presentation to AWO Assisted Living Corporation on Forgetfulness Care, Dortmund, Germany.

2013 Dr. Al Power and Nader Shabahangi. Presentation at University Mound Ladies Home, California

2013 Dr. Al Power and Nader Shabahangi. Training on forgetfulness, Laguna Grove Care, San Francisco, California

2013 All day presentation at SFSU: The psychosocial model of AgeSong Care, San Francisco, California

2013 Leading Age Presentation, San Francisco, California

2013 Teaching of EHI certificate, Santa Rosa, California

2013 Presentation at DDI international Conference Forum on Ageing

2013 Senior Round Table Presentation: towards the new model of care at San Francisco, California

2013 TRAIN Committee
2013 SHARE Conference, California
2013 Wisdom 2.0: MC Conference Presentation, California
2013 Saging and Ageing conference, Seattle, Oregon
2013 Leading Age Conference presentation, Monterey, California
2013 Leading Age, Palm Springs, California
2013 International 2014 Conference: Gifting The World As We Age, Seattle University, Oregon
2013 'Philosophy of Not', Saybrook University
2013 Presentation at Michigan School of Professional Psychology
2013 Blue Mountain Center for Meditation Presentation at Laguna Grove Care
2013 Presenter at Humanistic Institute 7th Annual Conference, San Francisco, California
2013 Presenter at Deep Democracy Institute International. "Old, Young, and Yourself". Fort Mason Conference Center, San Francisco, California
2013 Samuel Beckett and Issues of Ageing. W Dr. Rush Rehm, Stanford University, Palo Alto, Ca.
2013 Co-Presenter at American Counseling Association's Annual Conference. "Moving Beyond the DSM: From Hoarding to Foraging for Memories", San Francisco, California
2012 Presenter at Lake Merritt Community. "Aging Essentials Speaker Series: New Approaches To and Attitudes Towards Dementia Care: What We Can Learn From Our Forgetful Loved Ones", Oakland, Ca.
2013 Presenter at American Counseling Association Annual Conference. "Deconstructing and Reframing the DSM Code through Metaphors". Bay Area Career Center, San Francisco, California
2012 Presenter at the East Bay Chapter of the Haas Alumni Network and UC Berkeley Resource Center on Aging: "New Approaches to And Attitudes Towards Dementia Care: What we can learn from our forgetful loved ones", Berkeley, California
2013 Three presentations at Poetics of Aging. San Francisco, California
2013 Presenter at the Humanistic Association of Psychology, Chicago, Illinois
2013 Nader Shabahangi & Desi Owens presenters at American Society on Aging Abstract. "InnerViews Program: Elders with Dementia Represent Their Realities Using Photonarrative Elements", University of California, Berkeley, Center on Aging Berkeley, California
2013 Guest Facilitator, continuing the lively dialogue on "Conscious Aging, in a Changing World." Berkley City Club, Berkley, California.
2013 Presenter at the (PFAC) Professional Fiduciary Association of California. Focuses on the existential and process work models, which allow fiduciaries to work and honor clients wishes through non-conventional communication techniques.
2009 Presenter at "Residential Behavioral Health Support for the Aging (RBHSA)" presentation. Department of Mental Health at the City of San Francisco. San Francisco, California
2009 Presenter at (CALA) California Assisted Living Association Conference. Showcasing the AgeSong-based project, "PhotoVoice," an innovative method to establish meaningful ways to communicate, observe and learn from our elders' experiences of "dementia."
2009 Guided a workshop, "Providing Tools for Using the Validation Process." Utilizing the concepts of Validation Therapy, which are modified for working with elders with dementia in residential and institutional settings. This workshop will discuss four basic components of Validation Therapy.
2009 Presenter at a series of workshops on, "Conscious Aging in a Changing World." Fun and interactive, thought-provoking dialogues.
2008 Guest Speaker at California Institute of Integral Studies: Human Sexuality Course, San Francisco, California.
2006 Presenter at the San Francisco Senior Roundtable on Dementia and Forgetfulness, San Francisco, California
2006 Moderator of Daring to Age Well series. Pacific Institute, San Francisco, California
2006 Public lecturer at Zen Hospice project: Aging Issues and End of Life, San Francisco, California
1993 – 2005 Presenter at The National Council on the Aging (NCOA) and the American Society on Aging (ASA). Listening to the Language of dementia, Anaheim, California.
1993 – 1994 Seminars on existential psychotherapy, Moscow and St. Petersburg Presentations on existential psychotherapy at Humanistic Psychotherapy Conference and First World Conference on Psychotherapy. Moscow
1993 Presentation of paper (Oedipus without a Complex) at CPA conference, San Francisco, California

PUBLICATIONS

- Shabahangi, N., 2015. "The Ambiguity of Suffering." Elders Academy Press, San Francisco, California.
- Shabahangi, N., 2014. Publication of a chapter in humanistic psychology textbook: towards a new theory of eldercare.
- Shabahangi, N., 2012. Encounters of the Real Kind: Musings, stories, poems about elders, forgetfulness and life, Elders Academy Press, San Francisco
- Shabahangi, N., 2011. Elders Today: Opportunities of a Lifetime. Elders Academy Press.
- Shabahangi, N., 2011. Gems of Wisdom: A Book of Elder Poetry and Prose. University Bloomington, IN.
- Shabahangi, N., 2009. Interview with Dave Newhouse. Examiner Newspaper-Oakland Tribune Columnist.
- Shabahangi, N., 2009. Conversations with Ed: Why are we so afraid of Alzheimer's? Co-written with Dr. Fox and Ed Voris, Elders Academy Press.
- Shabahangi, N., 2009. The Poetics of Aging and Dementia, Journal of Humanistic Psychology, April 2010 Pages 187-196, first published October 9, 2009
- Shabahangi, N., & Dr. Fox, et al., 2009. Some Observations on the Social Consequences of Forgetfulness and Alzheimer's Disease: A Call for Attitudinal Expansion
- Shabahangi, N., Faustman G. et al., 2009. Journal of Aging, Humanities and the Arts: Official Journal of the Gerontological Society of America. "Some Observations on the Social Consequences of forgetfulness and Alzheimer's Disease: A Call for Attitudinal Expansion" Pages 38-52.
- Shabahangi, N., 2008. Deeper into the Soul: Beyond Dementia and Alzheimer's Toward Forgetfulness Care. Co-written with Dr. Bogna Szymkiewicz, Elders Academy Press. San Francisco.
- Shabahangi, N., 2003. Faces of Aging. Elders Academy Press. Warsaw, Poland.
- Shabahangi, N., 2003. Musings on Being an Existential Psychotherapist. Existential Humanistic Institute.
- Shabahangi, N., 2003. Publication of Faces of Aging in English and Polish (2003, 2004)
- Shabahangi, N., 1990. Publication of "Psychotherapy and the Art of Being Humble" in: The California Therapist (1990)

TELEVISION AND RADIO APPEARANCES

- Shabahangi, Nader. "Eldership in Modern Times". Interview with David Goff & Alexandra Hart at Elder Culture Radio. February 2019
- Shabahangi, Nader. "Faces of Aging". Interview with David Goff & Alexandra Hart at Elder Culture Radio. February 2018
- Shabahangi, Nader. "The Gift of Forgetfulness Guide to What Matters". Interview with Lori La Bey at Alzheimer's Speaks Radio. August 2014
- Shabahangi, Nader. "Growing an Elder Culture". Interview with David Goff & Alexandra Hart at Elder Culture Radio. April 2014
- Shabahangi, Nader. "Call Kira About Aging!". KSRO 1350 AM in Santa Rosa. Dec 2013 – Saturday 1:00pm
- Shabahangi, Nader. "Protect Your Asset". Interview with David Hollande at KNBR 680. January 2012
- Shabahangi, Nader. "Joy in Aging TV Series" Kron4 San Francisco Bay Area News. 2010-2011
- Shabahangi, Nader. "Call Kira About Aging!". KSRO 1350 AM in Santa Rosa. Dec 2010 – Saturday 1:00pm
- Shabahangi, Nader. "PhotoVoice: A New Way of Communicating". KTVU Television Report. May 2009