

**Charles Appelstein, M.S.W.**  
President  
Appelstein Training Resources, LLC  
12 Martin Avenue  
Salem, New Hampshire 03079  
Tel/fax: 603-898-5573  
Email: charlieap@comcast.net  
Website: www.charliea.com

---

---

### **PROFESSIONAL EMPLOYMENT**

- 1993 to present      **President, Appelstein Training Resources, LLC.** Provide strength-based training, consultation and training resources to residential treatment centers, foster care agencies, psychiatric hospitals, public and private schools, mentoring programs, juvenile justice agencies, and parent groups throughout the U.S. and internationally.
- 1987 to 1993      **Residential Director & Treatment Coordinator,** Nashua Children's Home, Residential Setting, Nashua, NH. Responsibilities included: recruiting, supervising, and training a staff of 30+ child care professionals; budget management; crisis intervention; and numerous other functions related to residential treatment program design and operation.
- 1981 to 1985      **Unit Director,** St. Ann's Home, Residential Treatment Center, Methuen, MA. Served as the unit director for three separate groups: latency aged boys, latency aged girls; and the coed adolescent group home.
- 1979 to 1981      **Activities Director,** St. Ann's Home, Methuen, MA. Directed an activities department that met the needs of 90 emotionally disturbed children and youth.
- 1977 to 1979      **Child Care Worker,** St. Ann's Home, Methuen, MA. Worked two years on a unit for latency aged girls.

### **EDUCATION**

- 1985-1987      **Simmons College - Graduate School of Social Work**  
M.S.W.      1985-86: Interned at the Boston Juvenile Court Clinic  
1986-87: Interned at the Walker Home in Needham, MA
- 1972-1977      **Boston University - College of Liberal Arts**  
B.A./Psychology

## LITERARY & OTHER MEDIA ACCOMPLISHMENTS

Author of:  
*The Gus Chronicles:  
Reflections From An  
Abused Kid*

Published in 1994 by the Albert Trieschman Center, the book is currently in its seventh printing and it used by hundreds of colleges and treatment centers throughout the U.S. and Canada to help adults better understand and relate to at-risk children and youth.

The Journal of  
*Residential  
Treatment for  
Children & Youth*

The first three chapters of the *Gus Chronicles* were published in this journal. In addition, a graduate thesis paper, *Peer Helping Peer: Duo Therapy with Children in Residential Care* was reprinted in 1993 (Vol. 10, Num.

*Family-Focused  
Practice in Out-  
Of-Home Care:  
A Handbook and  
Resource Directory*

Published by the Child Welfare League of America (1996), it includes a chapter written specifically for this project: *Reflections From An Abused Kid: Gus' View on Family-Focused Out-of-Home Care.*

Author of:  
*No Such Thing As A  
Bad Kid:  
Understanding and  
Responding to the  
Challenging  
Behavior of  
Troubled Children  
and Youth*

Published in May of 1998, it contains 304 pages of practical behavioral insights and tools written specifically for parents and professionals who deal with at-risk children and youth

Author of:  
*The Gus Chronicles  
II: Reflections from  
a Kid Who Has Been  
Abused*

Published in May of 2002, it is a sequel to *The Gus Chronicles: Reflections From an Abused Kid*

Publisher of  
*Facing the Sunshine:  
A Young Woman's  
Emergence from the  
Shadows of Sexual  
Abuse and  
Anorexia* by Sara  
Thornton

Published in 2007 by Soaring Wings Press, a division of Appelstein Training Resources, LLC, *Facing the Sunshine* recently won a USA Book Award.

Wrote and produced CD: *One-Line Raps for Girls and Chaps* The CD helps children and youth self-manage their actions with the help of rhythmic self-talk.

Wrote and produced CD: *Parent Rhapsody: Songs & Musical Mantras for Successful Parenting* The CD helps parents and professionals to better understand and respond to their children.

Wrote and produced a 4-set series of strength-based DVDs. Produced 4 DVDs on Strength-Based Practice, Managing Number One, The Art of Communicating with At-Risk Children and Youth, and Effective Strength-Based Parenting

### **PROFESSIONAL ACCOMPLISHMENTS & EXPERIENCES**

- Conduct trainings and seminars throughout the US and Canada. Created and conduct a popular Train the Trainer Seminar for youth care & school leadership teams.
- Keynote presenter. Delivered the keynote address at the Child Welfare League of America's Annual Conference in 2004 in Washington, D.C. Delivered addresses at the annual meeting of the American Association of Children's Residential Centers, the Massachusetts School Counselor's Association, and for the following state associations: New Jersey, Minnesota, Iowa, Indiana, Oregon, Missouri, Arizona, Rhode Island, and Washington.
- Won first place honors in the 1991 Albert Trieschman Child Care Literature Competition - open category.
- Consult with numerous school systems throughout Massachusetts, providing training and consultation related to at-risk students and their behaviors. For fifteen years, I have been contracted by the Newton, MA School Department to provide ongoing behavior management training and consultation to its elementary and middle schools.

### **PERSONAL INFORMATION**

- Served as Chairman of the Board (1995-2000) for HorsePower, a therapeutic riding program in Temple, NH.
- Married with a teenage daughter