

RUTA KULYS MS, LCSW

SIU School of Medicine, Department of Psychiatry
PO Box 19669, Springfield, IL 62794-9669
217-545-8251

EDUCATION

June 1986 Bachelor of Arts. University of Illinois, Chicago, IL.
May 1989 Master of Science in Social Work. Columbia University School of Social Work,
New York, NY.

EXPERIENCE

Executive Director, Community Support Network, SIU School of Medicine, Springfield, IL.
(2013-present)

Psychotherapist, Memorial Counseling Associates, Springfield, IL (2004-2013)

President, Relaxation for Life, Inc. Springfield, IL (2010-2012)

Consultant, Illinois Department of Human Resources, Springfield, IL (2012)

Clinical Director, Rape Crisis Center, Paducah, KY (2003-2004)

President, Paducah Counseling Associates, Paducah, KY (2000-2004)

Geriatric Specialist, Lourdes Center for Healthy Living, Paducah, KY (2000-2002)

Psychotherapist, Private Practice, Chicago/ Northwest Suburbs, IL (1993-1999)

Clinical Director, Partial Hospital Program, University of Illinois, Chicago, IL (1994-1996)

Visiting Instructor, Vytautas Magnus University, School of Social Work, Kaunas, Lithuania,
(July 1994)

Director of Social Work, HCA Woodland Hospital, Hoffman Estates, IL (1992-1993)

Clinical Social Worker, New York Hospital-Cornell Medical Center, White Plains, NY
(1991-1992)

Clinical Social Worker, Dual Diagnosis Unit, Columbia Presbyterian Medical Center, New
York, NY (1989-1991)

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PRESENTATIONS/ WORKSHOPS

Yoga for Depression.

March 17, 2017, WTAX Radio interview, Springfield, Illinois.

Stress Management: Practical Skills for Every Day.

January 27, 2017, SIU School of Medicine, Springfield, Illinois.

Grand Rounds: “Meditation: What Do You Think?”

December 8, 2014, SIU School of Medicine, Department of Psychiatry, Springfield, Illinois.

Coping with Change.

September 14, 2012, Fall Finance Retreat. Memorial Medical Center, Springfield, Illinois.

Work Stress: How It Affects Us and What We Can Do About It.

September 6, 2012, Memorial Medical Center, Springfield, Illinois.

August 27, 2012, Memorial Medical Center, Springfield, Illinois.

Managing Work Stress.

October 11, 2011, MHCCI Children’s Center, Springfield Illinois.

September 20, 2011, Mental Health Centers of Central Illinois (MHCCI).

Work Stress: How It Affects Us and What We Can Do About It.

September 7, 2011, Springfield Clinic, Springfield Illinois.

Grand Rounds: Putting the “Om” in Mom: Stress and Infertility.

October 22, 2010, SIU School of Medicine, Springfield, Illinois.

Mindfulness Based Cognitive Therapy.

June 8, 2010, AATP all-day professional conference, Springfield, Illinois.

Stress Reduction.

April 28, 2010, Illinois Association of Disability Examiners, Springfield, Illinois.

Balancing Work and Family Life.

October 14, 2009, Springfield Obstetrics and Gynecologic Associates, Springfield, Illinois.

Stress Management Techniques.

September 23, 2009, Chatham Family Practice, Chatham, Illinois.

Compassion Fatigue.

June 18, 2009, Jacksonville Family Medical Associates, Jacksonville, Illinois.

Positive Co-Worker Relationships.

May 27, 2009, Chatham Family Practice, Chatham, Illinois.