Biography

Dr. Sainz is Associate Professor at the Hunter College School of Social Work. He received his Master of Social Work degree from San Jose State University in 1978 and his Doctor of Social Welfare degree at Columbia University in 1990. He has practiced in the area of substance abuse and was the program director of services at the Council on Alcoholism/Fellowship Center from 1982 to 1988. He was in private practice as a drug therapist at the Parallax Center in New York City. He has been teaching in the social work field since 1976. He has taught at San Jose State University as a Barrio Professor and as a lecturer of research at Columbia and New York Universities and Assistant professor at Fordham University. He has been at Hunter College School of Social Work since 1993. At Hunter he has taught research methods, Human Behavior in the Social Environment, and an experiential course he developed and teaches on Spirituality and Healing.

Dr. Sainz most recent publication is a co-authored book with Dr. CC Wu on spirituality and healing. The book was published in traditional Chinese in Taiwan in 2008 and has been translated into simplified Chinese and published in Mainland China in 2010. An English version will be available in 2014.

Dr. Sainz is an internationally recognized healer and trainer of energy and spiritual healing modalities. In the last five years Dr. Sainz has presented numerous papers and conducted workshops throughout Asia including Taiwan, Mainland China, Guam ad Hong Kong on incorporating healing principles into social work, health, mental health, and higher education. Because of his healing work, training, and his published book, Dr. Sainz and his co-author, Dr. Wu was asked by His Holiness the Dalai Lama to provide healing to Tibetan special need children in India.

He has, as well, provided consultation and training on Spirituality, complementary and alternative healing practices to NASW and various health and mental health organizations in New York City.

Dr. Sainz substantive areas of specialty and publication include cultural competency, substance abuse among incarcerated persons and female adolescents, narrative lives of women out of prison, childhood trauma, research methodology, spirituality and healing, and evaluation of practice.

He is currently conducting research on outcomes of healing interventions in an attempt to mainstream healing as an aspect of social work education and practice. Dr. Sainz is dedicated to the expansion of the social work inquiry paradigm to recognize aspects beyond the material/empirical domain as evidence of practice outcomes, while simultaneously materializing subtler concepts for use in social work practice including the use of sensed experience as valid evidence for evidence-based practice.

Recent Publication:

Anthony Sainz and CC Wu Return to my original self: How to embrace and use life lessons for reclaiming our higher selves. Cite Publishers, Taipei Taiwan, 2008.