



# Mario Starace, M.A.

**Conscious Contentment Expert  
Holistic Health Practitioner, Wellness Consultant,  
Speaker and Author**



## **30 YEARS OF EXPERIENCE:**

Mario Starace worked in the mental health field for over 30 years, under the umbrella of the N.Y. State Office of Mental Health. He not only served severely mentally ill consumers in his role of Intensive Case Manager at the Creedmoor Psychiatric Center, but was involved with mental health programs in many other mental health organizations throughout N.Y. State.

## **ADVOCATE FOR THE MENTALLY ILL:**

He was the former co-chair of a subcommittee of the Brooklyn Mental Health Council, where he helped develop a resource guide for adult psychiatric residences. This guide made it possible for mentally ill consumers to make better choices about where they wanted to live and gave mental health providers a better idea of the services offered by different facilities.

## **PRIVATE PRACTICE:**

Today his time is focused on writing, speaking and counseling individuals on how to utilize stress management wellness models leading to Conscious Contentment. Mario specializes in awakening individuals to a higher purpose and greater sense of fulfillment/satisfaction through the practices of Transpersonal Counseling, body/energy work from Reiki, Yoga, Tai Chi and aromatherapy (essential oils).

## **OTHER WORK:**

Mario has been a practitioner and teacher of aromatherapy for the past ten years at community colleges, adult education programs, hospitals, nursing homes and charitable foundations. He has also been a member of an organization called "The Prison Project" for 28 years and teaches yoga and meditation to individuals who are incarcerated within the federal and state prison systems in the Northeast. Mario is a Sensei instructor of Tai Chi at the Poppenhusen Institute in Queens.

## **EDUCATION:**

Mario Starace received his Master of Arts degree from New York University in Rehabilitation Counseling, and a Bachelor of Arts from Pace University in Human Relations. He was certified in 1997 as a Tai Chi instructor, he is a Black Belt 1st degree in the Martial art of Tae Ki Do, and a Reiki Master Third Degree.

## **BOOKS:**

He has published his first book "Spaces of Sanctuary: Discovering Peace & Contentment through Prose & Poetry."



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## Programs:

### Conscious Contentment: Stress Management Through Wellness

This integrated approach is effective in giving caregivers (and others) tools to manage stress more effectively. Some of these tools are:

- Effective breathing techniques to maintain a relaxed response.
- Use of movement to transcend nervous or agitated conditions.
- Principles of hydration and nutrition that impact wellness
- Aromatherapy applications for emotional balance.
- Implementation of the practices and the ancient wisdom of Tai Chi and Yoga meditation for a more peaceful perspective.
- Utilization of resources for further development of Stress Management techniques.

### Conscious Contentment: Natural Healing

- How to short circuit the stress response through creating an inner state of peace and adequacy, and by changing maladaptive patterns of behavior by consciously developing more holistic coping strategies.
- Creating room for Contentment and avoiding stressful misunderstandings through awareness of cultural context. Clarifying how stress and contentment can co-exist through the spiritual aspects of this practice.
- The various techniques, applications and therapeutic usage's of essential oils in the practice of aromatherapy, which can influence physical and emotional well-being and how these interact with other healing arts. Samples of essential oils provided for participants.

### Conscious Contentment: Finding Your own Space of Sanctuary (S.O.S)

Stress can be relieved when the shift of focus involves creative endeavors which absorb both mind and spirit.

The program teaches people how to implement conscious contentment with everyday routines. Examples include:

- Spending time in nature.
- Listening to inspiring or relaxing music.
- Reading pleasing prose or poetry.
- Writing, drawing, playing music, sewing, cooking or painting.

***"Why expand stress when we can expand contentment."***

**–Mario Starace**



## Mario Starace, M.A.

Travels from: New York City

*For more information,  
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