

Caterina Spinaris, PhD, LPC



Caterina Spinaris, PhD, LPC, is the founding director of [Desert Waters Correctional Outreach](#) (DWCO) and a Licensed Professional Counselor in the State of Colorado. Caterina conducts research on correctional employee wellness and the health of correctional organizations, and develops educational materials on correctional staff wellness, based on research findings and her clinical experience treating correctional staff and families.

Caterina has authored DWCO's signature course, *From Corrections Fatigue to Fulfillment™*, which received the 2016 Commercial Product of the Year Award of Excellence by the International Association of Correctional Training Personnel. She has also authored the courses *Towards Corrections Fulfillment: For New Staff™*, *True Grit: Building Resilience in Corrections Professionals™*, and *Correctional Family Wellness™*, all of which are offered directly to staff and family members, and as instructor trainings with certification.

Additionally, Caterina has authored the course *The Supportive Correctional Supervisor™*, and the course *Treating Correctional Employees and their Families*, a certification course for Behavioral Health Providers who want to specialize in treating correctional staff and families.

Caterina is the 2014 recipient of the Colorado Criminal Justice Association's Harry Tinsley award, and the author of the books *Staying Well: Strategies for Corrections Staff*, now in its third edition, and *More on Staying Well: More Strategies for Corrections Staff*.