

Katherine K. Tineo-Komatsu, LCSW, RYT

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SUMMARY:

Licensed Clinical Social Worker, educator, consultant, and registered yoga teacher with over a decade of experience across healthcare, community-based organizations, and higher education. Skilled in trauma-informed care, program development, and workforce training. Proven leader in designing and delivering large-scale trainings, advancing equity-focused initiatives, and implementing culturally responsive practices across complex systems. Adept at bridging clinical expertise, educational innovation, and wellness strategies to support individuals, teams, and organizations in achieving sustainable, positive outcomes.

EDUCATION:

Columbia School of Social Work, New York, NY
Master of Science in Social Work, May 2013

Brown University, Providence, RI
Bachelor of Arts in Africana Studies, May 2009

Study Abroad: Facultad Latino Americana de Ciencias Sociales in Dominican Republic, 2007-2008

Languages: Spanish & English

PROFESSIONAL EXPERIENCE:

Katherine Tineo-Komatsu, New York, NY
Founder & Principal Consultant | 2019 – Present

- Provide organizational consulting to human service, education, and healthcare industries, focusing on trauma-informed practice and workforce development.
- Develop, implement, and facilitate training curriculums for professionals in the human service, education, and healthcare industries.
- Develop and provide wellness facilitation programming for professionals and clients in the human service, education, and healthcare industries.
- Trained and educated over 1,500 individuals across graduate programs, organizational contracts, workshops, and conferences.

Columbia University School of Social Work, New York, NY
Senior Lecturer | 2016 – Present

- Develop, implement, evaluate, and facilitate graduate-level coursework including Foundations: Decolonizing Social Work; Motivational Interviewing; Advanced Generalist Practice and Programming; Program Development and Proposal Writing; Supervision and Staff Development.

Generalist Year Advisor | January 2025 – Present

- Provide academic and practicum support to first-year students in the 16-month program.

Kingsbridge Heights Community Center (KHCC), Bronx, NY
Director of Adult Services | July 2025 – December 2025

- Led benefits access and emergency assistance initiatives, including SNAP, Housing Connect, and distribution of food, micro-grants, and essential supplies.

- Provided case management, needs assessment, advocacy, and external referrals for families with complex needs.
- Directed partnerships with behavioral health Social Care Networks across the Bronx and Manhattan.
- Supervised staff and interns through individual supervision, team meetings, and professional development.
- Developed workshops and programming for underserved and immigrant communities.
- Collaborated on data reporting, fundraising strategy, and advocacy initiatives.
- Served as Rape Crisis Advocate, supporting hotline response and crisis intervention protocol development.

New York Presbyterian Hospital, Family PEACE Trauma Center, New York, NY

Intake Coordinator / Social Worker | 2023 – June 2025

- Managed referrals and intakes for families seeking trauma-informed dyadic therapy.
- Provided Child-Parent Psychotherapy to children ages 0 to 5 who have experienced or witnessed trauma.
- Conducted diagnostic assessments, treatment planning, and group interventions for children and caregivers.
- Delivered trainings on trauma-informed care and intimate partner violence.

Yoga Therapist | February 2021 – March 2023

- Designed and facilitated yoga and social-emotional learning groups for young children.
- Delivered individualized sessions to support caregiver-child regulation and connection.

Mount Sinai Hospital, REACH Program, New York, NY

Social Work Supervisor | October 2019 – January 2022

- Coordinated care and provided clinical support for patients in the REACH Program.
- Supervised LMSW staff and provided social work consultation to the LEAP Program.
- Developed and delivered interdisciplinary trainings on trauma-informed care and motivational interviewing.
- Designed staff and patient wellness initiatives, including yoga-based programming.
- Co-designed and co-facilitated the REACH Program Racial Justice Initiative.

Atmosphere Academy Public Charter School, Bronx, NY

Social Work Coordinator | August 2017 – July 2019

- Supervised a team of social workers and interns delivering workshops, counseling, attendance outreach, and family engagement.
- Developed and implemented innovative social-emotional and psychological programming in collaboration with school leadership and teams.
- Coordinated parent/staff workshops and partnerships with community organizations to support student and family needs.
- Provided individual, family, and group counseling, teacher consultations, and assessments of student social-emotional progress and classroom behavior.

Village Care AIDS Adult Day Health Care Program, New York, NY

Bilingual Social Worker | Nov 2013 – July 2017

- Provided culturally responsive individual and group interventions addressing mental health, behavioral, developmental, and substance use needs.
- Conducted psychosocial, case management, and substance use assessments, and developed care plans with interdisciplinary teams.
- Completed documentation per agency and AIDS Institute standards.
- Oriented and trained new staff, including clinical staff on Motivational Interviewing techniques.

PROFESSIONAL LEADERSHIP & SERVICE

- Board of Trustees Member, The Calhoun School, 2025 – Present
- Steering Committee Member, National Childhood Traumatic Stress Network (NCTSN), 2025 – Present
- Founding Member & Co-Leader, Alumni of Color Network, The Calhoun School, 2020 – Present

PUBLICATIONS

- Dunham K, Giardina M, Skovran D, Sigel K, Kolod B, Leocadio C, Toribio W, Tineo-Komatsu K, Handman G, McBratney E, Weiss J. (2020). 484. The Impact of COVID-19 on an Outpatient HCV Testing and Treatment Program in New York City: A Natural Experiment in Sudden HCV Treatment Simplification. *Hepatology*, 72(1), 303A.
- Dunham K, Giardina M, Kolod B, McBratney E, Medina Blanco P, Riazi F, Tineo-Komatsu K, Toribio W, Wang L, Woods E, Weiss J. Transitioning Clinical Care for People Who Use Drugs to Telemedicine: Lessons Learned One Year into the COVID-19 Pandemic. *Telemed J E Health*. 2021 Aug;27(8):929-933. doi: 10.1089/tmj.2021.0130. Epub 2021 May 24. PMID: 34030466.

PROFESSIONAL PRESENTATIONS

Keynotes & Featured Presentations

- New Britain Museum of American Art, CT
 - Transformative Healing Practices: The Use of Art for Social-Emotional Learning and Mindfulness, 2025
- Museum of Modern Art, New York, NY
 - Keynote Speaker: Art as a Vehicle for Expression, Culture, and Humanity, 2024
 - Keynote Speaker: Art and Social-Emotional Learning, 2022
 - Keynote Speaker: Seen and Unseen: Reimagining Inquiry-Based Learning in Arts Education, 2021
- The Metropolitan Museum of Art, New York, NY
 - Keynote Speaker: Radical Ways of Being: Art, Social-Emotional Learning, Disability, and Social Justice, 2021

Trauma-Informed Care & Clinical Practice

- New York City Department for the Aging, New York, NY
 - Person Centered Trauma-Informed Approaches with Older Adults, 2024 to 2026
- Chadwick Center, San Diego International Conference on Child and Family Maltreatment, CA
 - Reconnecting to Nature: The Use of Ecotherapy & Yoga for Healing-Centered Engagement, 2026
 - Safe and Sound Psychosensory Techniques for Emotional Safety During Intake and Assessment, 2025
 - Shake it Off Psychosensory Techniques for Emotional Safety and Post Traumatic Growth, 2025
- Mount Sinai Health System Clinical Education Initiative, New York, NY
 - Trauma-Informed Care for People Who Use Drugs, 2022, 2025
 - Anti Racism and Harm Reduction, 2022, 2024

Motivational Interviewing & Behavioral Health Trainings

- New York Area Health Education Centers, NYS
 - Motivational Interviewing and Cultural Humility, 2024
 - Motivational Interviewing for Parents, 2024
 - Motivational Interviewing During COVID 19, 2024
 - Additional trainings on substance use, harm reduction, grief, and community support, 2022 to 2024
- NYC Department of Health and Mental Hygiene and partner sites
 - Motivational Interviewing for Wellness Advocates and Community Health Workers, 2019 to 2024
- Jamaica Hospital, New York, NY
 - Motivational Interviewing for Patient Navigators, 2022, 2024

Social-Emotional Learning, Youth, and Community Practice

- Columbia School of Social Work Office of Professional Development, New York, NY
 - Connecting to Your Inner Child Using Play-Based Interventions, 2021, 2025
- NYC Department of Education and School Social Work Association of America
 - Play-Based Interventions and Social-Emotional Learning with Youth, 2018 to 2019
- School Social Workers Association of America National Conference, Orlando, FL
 - Play-Based Interventions with Youth, 2019

Arts, Identity, and Social Justice

- Museum of Modern Art, New York, NY
 - Art as a Tool for Critical Pedagogy and Liberatory Practice, 2020 to 2022
- The Guggenheim Museum, New York, NY
 - Collective Care Art, Identity, and Social Justice, 2021

Additional Professional Trainings & Presentations

- National Association of Social Workers NYC Chapter
 - Harm Reduction through a Social Justice Lens, 2021
- Mount Sinai Health System Department of Social Work
 - Harm Reduction through a Social Justice Lens, 2020
- School Social Workers Association of America, KY
 - Self-Care and Resilience During COVID 19, 2020

PROFESSIONAL DEVELOPMENT

Trauma & Clinical Practice

- EMDR Therapy Training, Institute for Creative Mindfulness, OH, 2024; Historical Trauma Specialist Certification Program – Levels 1–6, Iya Affo, Mesa, AZ, 2023; Historical Trauma Specialist Certification Program – Level 2, Iya Affo, Mesa, AZ, 2022; Historical Trauma Specialist Certification Program – Level 1, Iya Affo, Mesa, AZ, 2021; Somatic Healing for Social & Historical Trauma; Somatic Healing for Internalized Oppression, Columbia School of Social Work, NY, 2021; Treating Trauma Master Series, National Institute for the Clinical Application of Behavioral Medicine, NY, 2020; Trauma-Informed Care Capacity Building Initiative, Buffalo Center for Social Research & The AIDS Institute, NY, 2020; Trauma-Informed Care, Part 1; Health and Social Justice, Multiple Avenues to Success, NY, 2020; Motivational Interviewing in Clinical Social Work Practice, MPG Consulting, NY, 2016; Integrative Harm Reduction Psychotherapy Certificate Program, The New School, NY, 2015–2016; Trauma-Informed Care: Creating an Awareness Perspective, NYS Office of Alcoholism & Substance Abuse Services, Goshen, NY, 2014.

Social Justice, Equity & Anti-Racism

- Decolonizing Latinx Parenting – Levels 1 & 2, Latinx Parenting, CA, 2024; Anti-Racist & Multicultural Practice Conference: Clinical Implications of Racial Trauma, NYU Silver School of Social Work, NY, 2021; Contemplating 400 Years of Inequality Facilitator Training, Acosta Consulting, LLC, NY, 2020; Oppression, Privilege, and Spiritual Practice, Embodied Philosophy, NY, 2019; School Social Work Conference – Building Cultural Humility: Practices & Approaches; From Practitioner to Executive: The Skills to Success – Series; Mindfulness in Clinical Settings, Columbia School of Social Work, NY, 2019; Talking About Race in the Classroom, Border Crossers, NY, 2018.

Child & Family Development

- ZERO TO THREE's DC:0-5™ Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood, New York Center for Child Development & NYU McSilver, NY; Engaging Young People with Leadership, Voice, and Change, Columbia School of Social Work, NY, 2018;

Transformations, Transitions, and Transparency: Exploration of Gender Identity and Expression, Columbia School of Social Work, NY, 2017; Mental Health First Aid – Adults, NYC Department of Health & Mental Hygiene, NY, 2018; School Based Mental Health Orientation, NYC Department of Health & Mental Hygiene – Office of School Health Adolescent Unit, NY, 2018; Dignity for All Students Act; School Violence Prevention, Bank Street College, NY, 2017.

Yoga & Wellness

- Yin Yoga Foundations: 25-Hour Module, Yinsa, NY, 2019; Yoga Teacher and Social-Emotional Learning & Facilitation Certification Program, Breathe for Change, NY, 2019.

Professional Skills & Education

- Council Facilitation Training, Snap Inc., 2025; Institute on Technical Skills for Online Event Production; Institute on Pedagogy and Technology for Online Courses, Columbia School of Social Work, NY, 2020; Seminar in Field Instruction, Columbia School of Social Work, NY, 2015.

PROFESSIONAL MEMBERSHIPS

- Member, Yoga Alliance, 2019-Present
- Member, National Association of Social Workers New York City Chapter, 2013-Present
- Founding Member, SSWAA Practitioners of Color Committee, 2019-2020
- Member, School Social Work Association of America (SSWAA), 2018-2020
- Member, New York State School Social Workers Association, 2018-2020