



# Behavioral Medicine, Ltd.

Steven Gurgevich, PhD, Mind-Body Medicine

**Curriculum Vita – Steven Gurgevich, PhD**

[DrStevenGurgevich@HealingwithHypnosis.com](mailto:DrStevenGurgevich@HealingwithHypnosis.com)

“With the Body in Mind”

## **Areas of Specialization**

Integrative Medicine, Behavioral Medicine, Pain Management, Medical Psychotherapy, Clinical Hypnosis, Worker’s Compensation, Consultations to Business/Industry, Evaluation Research.

## **Certifications**

Licensed Psychologist #533 - Arizona State Board of Psychologist Examiners, Jan. 1977 to present  
Diplomate, American Board of Medical Psychotherapists, #921, 1987 to present.

Senior Disability Analyst and Diplomate # 2452 - American Board of Disability Analysts, 1996.

Diplomate in Behavioral Medicine #0264 - International Academy of Behavioral Medicine, Counseling, and Psychotherapy, 1981 to 2005.

Certified and Approved Consultant, American Society of Clinical Hypnosis, 1993 to present.

Certified Rehabilitation Counselor #6838, Commission on Rehabilitation Counselor Certification, 1975.

## **Education & Earned Degrees**

University of Arizona, Tucson, Arizona

- Ph.D. 1973 Behavioral Sciences/Multi-disciplinary, Primarily Psychological Counseling
- M.Ed. 1973 Counseling/Psychotherapy
- M.A. 1972 Sociology

Purdue University, W. Lafayette, Indiana

- B.S. 1969 Krannert School of Industrial Management (economics)

## **Internships**

Arizona State Hospital (Phoenix), Southern Arizona Mental Health Center, 1972-1974,  
Supervisors: Oscar C. Christensen, Ed.D. Allan Beigel, M.D.

Practicum Training in Family Counseling Demonstration Clinics, University of Arizona  
Counseling & Guidance Department, 1972 -73, Oscar C. Christensen, Ed.D.

## **Post-Doctoral Supervision**

Arizona State Hospital (Phoenix) and The Southern Arizona Mental Health Center,  
Clinical Supervisor, Allan Beigel, M.D., 1973-1977.

## **Clinical Supervision**

Arizona State Hospital/Arizona State University, Seven doctoral candidates in Clinical Psychology  
assigned to psychiatric evaluation research, 1973-1977.

University of Arizona, Practicum in Behavioral Medicine and Biofeedback, doctoral candidate in  
Clinical Psychology, 1982-1983.

The Mind-Body Clinic, Arizona Center for Integrative Medicine (formerly, Program in Integrative  
Medicine), University of Arizona College of Medicine, supervision in mind-body medicine for all  
Residential Fellows 1997 – present.

**Hospital Appointments/Privileges**

Tucson Medical Center, Psychiatry Executive Committee, Section Chief, 1980 to Jan. 2010.  
 Palo Verde Psychiatric Hospital, 1980 to 2010  
 El Dorado Hospital, 1980 to 2007  
 St. Joseph's Hospital, 1980 to 2007  
 Arizona State Hospital (Phoenix) and Southern Arizona Mental Health Center (1973-1977)

**Professional Memberships**

Member, Academy of Psychosomatic Medicine (inactive)  
 Member, American Psychological Association  
 Fellow, American Society of Clinical Hypnosis  
 Fellow, American Board of Medical Psychotherapists  
 Member and Past President, Arizona Society of Clinical Hypnosis  
 Diplomate, International Academy of Behavioral Medicine, Counseling and Psychotherapy (inactive)  
 Member, Arizona Psychological Association  
 Member, International Society of Clinical Hypnosis  
 Member, Society for Clinical and Experimental Hypnosis  
 Member, Society of Behavioral Medicine (inactive)

**Scholarships/Honors**

Merit Scholarship, Sears Foundation, Purdue University, 1968-1969  
 Alpha Kappa Delta, President (National Honorary), University of Arizona, 1970-1971  
 President's Award for Meritorious Performance in Teaching, University of Arizona, 1973  
 Award of Merit and Recognition, the American Society of Clinical Hypnosis, 1996  
 Arizona Psychological Association, Practice of Psychology Award, Oct. 2006.

**Teaching Experience**

Teaching Associate, Economics, University of Arizona, 1969-1970  
 Teaching Associate, Sociology, University of Arizona, 1970-1973  
 Lecturer, Child Development and Family Relations, University of Arizona, 1974-1979  
 Lecturer, Arizona Personnel and Guidance Association, Counselor Intensive, 1980  
 Lecturer/Supervisor, Practicum in Clinical Hypnosis for Physicians  
     Tucson Hospitals' Medical Education Program, 1981  
 Instructor, Clinic on Imagery and Innovation for Teachers of Special Needs Students,  
     Tucson Unified School District, 1981  
 Instructor, Clinical Biofeedback: Stress Management and Psychotherapy, Continuing  
     Education Workshop, American Psychological Association, Anaheim, CA, 1983  
 Lecturer, Tucson Medical Center Enterostomal Therapy Program, 1984-1989  
 Faculty, College of International Association of Industrial Accident Boards & Commissioners, 1987-93  
 Faculty, American Society of Clinical Hypnosis, Education and Research Foundation, 1982 to present  
 Director/Faculty, Clinical Hypnosis Monthly Conference, Tucson Hospitals Medical Education Program  
     (THMEP), Tucson Medical Center, 1988-1990  
 Faculty, the American Academy of Pain Medicine, Review Courses, 1996 - 1998  
 Clinical Lecturer, Department of Pediatrics, College of Medicine, University of Arizona,  
     June 1996 to present  
 Clinical Assistant Professor of Medicine, and Preceptor, Arizona Center for Integrative Medicine,  
     College of Medicine, University of Arizona, 1996 to present  
 Director, the Mind-Body Clinic, Arizona Center for Integrative Medicine,  
     College of Medicine, University of Arizona, 1996 to present

**Consultation and Clinical Appointments**

Clinical Assistant Professor of Medicine, and Preceptor, Center for Integrative Medicine, College of Medicine, University of Arizona, 1996 to present

Psychologist, Behavioral Medicine, Ltd. (Private Practice) 1977 to present.

Psychologist, Sabino Canyon Integrative Medicine, LLC, 2004 to 2011.

Core Consultant, the Pediatric Complementary and Alternative Medicine Center, College of Medicine, University of Arizona, 1998 to 2002

Consultant, Human Resources Department, Burr-Brown Corp., 1995.

Psychologist/Consultant, IBM Corporation Medical Department, 1980-1996.

Consultant, Devon Gables Nursing Home, 1995-96.

Consultant, Office of the Attorney General, State of Arizona, 1994.

Consultant and Board of Directors, Fan Kane Fund for Brain Injured Children, 1987-1991.

Consultant, Unity of Tucson, 1983 - present.

Consultant/Lecturer, Cardiac Rehabilitation Center, St. Joseph's Hospital, 1981-1985.

Consultant, Guitar Institute of Technology, Los Angeles, 1980-83.

Consultant, Patient and Family Counseling Department, Tucson Medical Center, 1979-1983.

Consultant, Behavioral Sciences Division, Tucson Police Department, 1982-83.

Consultant, Matrix Primary Prevention in Substance Abuse, 1981-1982.

Consultant, Springboard Shelter Care, Tucson, Arizona, 1977-1980.

Consultant, Treatment Alternatives to Street Crime (TASC), Tucson, Arizona, 1976-1979.

Consultant, Teen Challenge Residential Treatment for Runaway Children, 1976.

Consultant, Alcohol Usage Among the Rural Aged in Arizona, HEW/PHS Grant AA MH 0914-01, Lecturer, Department of Child Development and Family Relations, University of Arizona, 1975-1976.

Consultant/Member, Advisory Committee, Southern Arizona Mental Health Center, 1973-1974.

Psychologist II and Behavioral Health Community Program Director, Arizona State Hospital and Southern Arizona Mental Health Center, 1973-1977.

Consultant, Vision Quest Residential Treatment Center for Children, Tucson, Arizona, 1973-1980.

Senior Partner, Associated Psychologists, Ltd., 1972-1980.

Senior Partner, Behavioral Research Associates, 1972-1980.

Consultant, Planning Committee, University of Arizona Workshops on Drug Education, 1972.

Consultant, Tucson Awareness House, 1971.

Research Associate, University of Arizona, Departments of Economics, Sociology, Counseling, and Child Development and Family Relations, 1969-1973.

Research Coordinator, Urban Planning Programs, Division of Economic and Business Research, University of Arizona, 1969 (summer)

Research Technician, College of Civil Engineering, Purdue University, 1968-1969.

Senior. Planning Analyst/Zoning Administrator, Department of Development and City Planning, City of Gary, IN.1966-1968

### **Publications and Presentations**

- “*Evidence-Based Integrative Strategies to Optimize Outcomes for the Irritable Bowel Syndrome: Mind-Body Modalities*” with Gerard Mullin MD, and Liz Lipsky PhD, International Research Congress on Integrative Medicine & Health, May 16, 2014 – Miami, Florida
- “*Clinical Hypnosis and Pain*” Pre-conference Workshop, Nutrition and Health Conference, Arizona Center for Integrative Medicine, University of Arizona, Dallas, TX, May 4-7, 2014.
- “*Holistic Health, Integrative Medicine, and Hypnosis*” with Bridget Bongaard MD, Advanced Workshop, The American Society of Clinical Hypnosis Annual Workshops and Scientific Program, San Diego, California, March 21-25, 2014.
- “*Hypnosis House Call: After 40 Years of Practice*” Intermediate-Advanced Workshop, Arizona Psychological Association Annual Convention, Tucson, AZ, October 5-6, 2012.
- “*Keynote: Spontaneous Happiness*” with Andrew Weil, MD, Arizona Psychological Association Annual Convention, Tucson, AZ, October 5-6, 2012.
- “*Hypnotic Tools for a Lifestyle of Physical and Emotional Well-Being*” Advanced Regional Workshop, American Society of Clinical Hypnosis, Scottsdale, AZ, May 17-20, 2012
- “*Teaching Self-Hypnosis*” with Rakesh D, Book chapter in *Integrative Medicine (Third Edition)*, Rakesh D, W.B.Saunders/Elsevier, 2012.
- “*Treating the Patient with ‘Dis-Ease’*” with Appel, P., Advanced Workshop, American Society of Clinical Hypnosis Annual Workshops and Scientific Program, Charlotte, NC. March 16-20, 2012.
- “*Hypnosis House Call*”, Institute of Noetic Sciences (IONS) – Tucson, AZ, March 2, 2012
- “*Advanced Techniques of Pain Management*” with Appel, P., Advanced Level Workshops, The American Society of Clinical Hypnosis Annual Workshops and Scientific Program, Las Vegas, NV, March 4-8, 2011.
- “*Small Group Supervision of Hypnotic Induction and Utilization Methods*”, Basic Level Workshops, The American Society of Clinical Hypnosis Annual Workshops and Scientific Program, Las Vegas, NV, March 4-8, 2011.
- Hypnosis House Call, A Complete Course in Mind-Body Healing* (book and DVD), Sterling Publishing Co, Inc., New York, NY, January 4, 2011
- “*Integrative Hypnosis 101: What, How, When, Why*” ASCH accredited workshop for professionals, Kripalu, Lenox, MA, May 16-23, 2010.
- “*Self-Hypnosis: A Practical Tool for Reaching Your Personal Goals*” Kripalu, Lenox, MA, May 21-23, 2010.
- “*Mind-Body Medicine: Clinical Hypnosis for Medical and Mental Health Conditions*” 2010 Integrative Mental Health Conference, Arizona Center for Integrative Medicine, Phoenix, March 22-24, 2010.
- “*Treating the Patient with ‘Dis-Ease’*” with Appel, P. and Accaria A., Advanced Workshop, the American Society of Clinical Hypnosis Annual Workshops and Scientific Program, Nashville, TN, March 12-16, 2010.
- “*The Self-Hypnosis Diet – the Missing Ingredient*” with Joy Kettler Gurgevich,. Advanced Workshop, The American Society of Clinical Hypnosis Annual Workshops and Scientific Program, Nashville, TN, March 12-16, 2010.
- “*Psychological Care for the Injured Worker*” Arizona State Bar Association Annual 2009 Workers’ Compensation CLE Program, Prescott, AZ. September 16-18, 2009.
- “*Clinical Hypnosis in the Realm of Mind-Body Medicine*” The Southern Arizona Psychological Association, Continuing Education Meeting, Tucson, Arizona, April 21, 2009.
- “*Mind-Body Medicine: Clinical Hypnosis*” Community Healthcare Forum, Pima Community College, Tucson, Arizona, March 26, 2009.
- “*Medical Hypnosis*” Integrative Medicine Grand Rounds, University of Arizona College of Medicine, May 1, 2008. Tucson, AZ.

- “*The Mind-Body Clinic: Clinical Cases*” Seminar (visiting residents) Arizona Center for Integrative Medicine, the University of Arizona College of Medicine, April 17, 2008.
- “Clinical Hypnosis in Mind-Body Medicine” Seminar (PG3 year 3) psychiatry residents, University of Arizona College of Medicine, Psychiatry Department, April 11, 2008.
- The Self-Hypnosis Diet* (co-author, Joy Kettler Gurgevich), Sounds True, Inc. Louisville, CO, 2007.
- “*Teaching Self-Hypnosis*” with Rakel D, Book chapter in *Integrative Medicine (second edition)*, Rakel D, W.B.Saunders, June, 2007.
- “*Potential Synergism between Hypnosis and Acupuncture – Is the Whole More than the Sum of its Parts?*” with Elad Schiff, MD and Opher Caspi, MD; October 31, 2006 in *Evidence-based Complementary and Alternative Medicine*.
- Co-Chairman, Intermediate Workshops, the American Society of Clinical Hypnosis Annual Scientific Meeting and Workshops, Orlando, Florida, March 23-28, 2006.
- “*The Mind-Body Clinic at the Program in Integrative Medicine*”, Arizona Psychological Association Annual Convention, Tucson, Arizona, October 15, 2004.
- “*East Meets West: Integrative Medicine Approaches at Massachusetts General Hospital and the Program in Integrative Medicine in Arizona*,” with Max Shapiro, PhD. The American Society of Clinical Hypnosis Annual Scientific Meeting and Workshops, Anaheim, CA, March 12-16, 2004.
- “*Clinical Hypnosis and Surgery*,” *Alternative Medicine Alert*, Vol. 6, October, 2003, pp. 115-119.
- “*Mind-Body Medicine for Pain*,” Integrative Pain Medicine Conference, Columbia University – College of Physicians & Surgeons, Department of Rehabilitation Medicine, Columbia-Presbyterian Medical Center, New York, New York, April 19-20, 2002
- “*Nourishing Mind and Body for Optimum Health*,” with Joy Kettler Gurgevich, 7<sup>th</sup> Annual National Counseling Skills Conference, Las Vegas, Nevada, October 5-7, 2001
- “*Integrating Hypnosis with Mind-Body Healing*,” with Cory Hammond, PhD, and Joy Gurgevich, Advanced Workshop, the American Society of Clinical Hypnosis Education & Research Foundation, Albuquerque, New Mexico, May 17-20, 2001.
- “*Can Children with Spastic Cerebral Palsy Use Self-Hypnosis to Reduce Muscle Tone? A Preliminary Study*”, with Mauersberger UK, Artz K, Duncan B, Gurgevich S. *Journal of Complementary Medicine*.
- “*Hypnosis: Using the Mind-Body Connection*,” Audio course for training in clinical hypnosis and mind-body medicine, April, 2001.
- “*Nourishing Mind and Body for Optimum Health*,” with Andrew Weil, MD, Joy K Gurgevich, BS, Advanced Workshop, Annual Workshops and Scientific Meeting of the American Society of Clinical Hypnosis, Reno, Nevada, March 23-27, 2001.
- “*Clinical Hypnosis and Integrative Medicine*,” with Philip Appel, PhD, and Mark Weisberg, PhD, Advanced Workshop, Annual Workshops and Scientific Meeting of the American Society of Clinical Hypnosis, Reno, Nevada, March 23-27, 2001.
- “*Nourishing Mind and Body for Weight Loss*,” with Joy Kettler Gurgevich, BS, the American Society of Clinical Hypnosis Annual Workshops and Scientific Meetings, Reno, Nevada, March 23-27, 2001.
- “*Applying Hypnosis in Mind-Body Medicine*,” The Art of Healing: The Clinical Practice of Integrative Medicine, the Associate Fellowship Program in Integrative Medicine, Tucson, Arizona, September 16-22, 2000.
- “*Self Hypnosis and Trance Experiences*,” Pediatric Integrative Medicine Conference, University of Arizona College of Medicine and the Program in Integrative Medicine, Tucson, Arizona, February 18-20, 2000.
- “*Clinical Hypnosis and Integrative Medicine, (Advanced Workshop)*,” The American Society of Clinical Hypnosis Annual Workshops and Scientific Meetings, Baltimore, Maryland, February 25-29, 2000.
- “*Mind/Body Medicine and Interstitial Cystitis*,” Interstitial Cystitis Support Group of Tucson, University of Arizona Health Sciences Center, January 23, 2000.

- "*From Temple Sleep to Mind/Body Medicine*," the Arizona Society of Clinical Hypnosis (ASCH Component Section), Tucson, Arizona, January 21, 2000.
- "*Mind/Body Medicine: Clinical Hypnosis (Basic Level)*," Program in Integrative Medicine, University of Arizona College of Medicine, Tucson, Arizona, January 14, 2000.
- "*Case Report in Integrative Medicine: A 24 Year Old Male with Medically Intractable Seizures*," with Caspi O, Greenfield RH, *Journal of Integrative Medicine*, Vol 1, pp 173-175, 1999.
- "*Mind/Body: Hypnotic Theory and Healing Behaviors*," Pain Frontiers '98: The Neurobiogenesis of Pain— Enhancing the Healing Response, Scottsdale, Arizona, September 24-27, 1998.
- "*Opioid Management: Medical and Psychological Issues*," Workshop with Jennifer Schneider, MD, Pain Frontiers '98: The NeuroBiogenesis of Pain - Enhancing the Healing Response, Scottsdale, Arizona, September 26, 1998
- "*Mind/Body Medicine: Integrative Approaches*" with Roberta Lee MD, Arizona Psychological Association Annual Meeting, Tucson, Arizona, September 25, 1998.
- "*Understanding Paradoxical reactions to Hypnosis*," 40<sup>th</sup> Annual Scientific Meetings, American Society of Clinical Hypnosis, Fort Worth, Texas, March, 1998.
- "*Psychological Aspects of Chronic Pelvic Pain*," and "Psychological Assessment and Treatment of the Chronic Pain Patient," Review Courses, the American Academy of Pain Medicine, Phoenix, Arizona, February 13 and 14, 1997.
- "*Psychosocial Assessment of Patient Candidacy for Implantation Surgery*," Frontiers in Pain 1996, Conference sponsored by the Maricopa Medical Center, Maricopa Health Systems and the Pain Institute, Scottsdale, Arizona, April 13, 1996.
- "*Mind-Body Interventions for Pain Management*," Frontiers in Pain 1996, Maricopa Health Systems and Pain Institute, Scottsdale, Arizona, April 9, 1996.
- "*Hypnotherapy and Worker's Compensation Cases*," 37th Annual Scientific Meetings, American Society of Clinical Hypnosis, San Diego, March 1995.
- "*Hypnotic Regression and UFO Abduction*," 36th Annual Scientific Meetings, American Society of Clinical Hypnosis, Philadelphia, March 1994.
- "*An Ounce of Hypnosis, A Pound of Prevention: Training Emergency Personnel about Handling Patients in Altered States*," with Elise Ann Gurgevich, Ph.D, MPH, The American Society of Clinical Hypnosis Annual Workshops and Scientific Meetings, Orlando, Florida, March 1990.
- Faculty, Clinical Hypnosis and Behavioral Medicine Workshop, International Congress on Psychosomatic Medicine and Hypnosis, The Hague, Netherlands, August 1988.
- Position Paper, Panel on "*Religion and Hypnosis with the Representative Opinions of all Faiths*," Scientific Program, the American Society of Clinical Hypnosis, Chicago, Illinois, 1988.
- "*Conscious Ideas Plus Subconscious Power*," audio program for clinical hypnosis training. Workshop presentations in Arizona, Indiana, and Michigan in 1987.
- "*Clinical Hypnosis in the Performing Arts*," Advanced Workshop, American Society of Clinical Hypnosis Scientific Meetings, Dallas, Texas, November 1983.
- "*Hypnosis and Behavioral Medicine*," presented at the Scientific Meetings of the American Society of Clinical Hypnosis, Denver, Colorado, October 1982.
- "*Symptomatic and Psychodynamic Techniques of Hypnotherapy for the Treatment of Obesity within a Comprehensive Health and Weight Program*," American Society of Clinical Hypnosis Scientific Meetings, November 1981.
- "*Image and Incidence of Clinical Hypnosis Among Physicians, Dentists, and Nurses*," American Psychological Association Annual Meetings, Los Angeles, 1981.
- "*The Personal Career Development Profile as facilitator of Small Group Psychotherapy*," Institute for Personality and Ability Testing Conference, March 1981, San Luis Obispo, CA.

- “*Clinical Observation and Utilization of Psychodynamic Commonalties Among Females Receiving Hypnotherapy for Obesity*,” presented at Scientific Meetings of the American Society of Clinical Hypnosis, San Francisco, November 1979.
- “*The Survival of Youthful Offenders via Residential Treatment Evaluation Results*,” presented at the Annual Meetings of the American Association of Psychiatric Services for Children, Washington, D.C., November 1977.
- “*Practical Issues in Developing and Operating a Halfway House Program*,” with Allan Beigel, M.D., Heidi Hollenbach, M.S., James Scanlon, M.S., and Joseph Geffen, M.A., *Hospital and Community Psychiatry*, August 1977.
- “*The Kid Nobody Wants: An Innovative Treatment Program for Youthful Offenders*,” presented at the Annual Meetings of the American Orthopsychiatric Association, New York.
- “*The Inappropriateness of Randomization in Psychiatric Evaluation Research*,” with Allan Beigel, M.D., and Frank A. Petroni, Ph.D., *Evaluation*, Vol. 4 (1977) 22-23.
- “*Symptom Improvement Among Patients After Discharge*,” with Allan Beigel, M.D. and Frank A. Petroni, Ph.D. Presented at the American Psychiatric Association Meetings in Anaheim, California, May 1975, *American Journal of Psychiatry*.
- “*A Comprehensive Strategy for the Evaluation of Community Health Program Modalities*,” with Allan Beigel, M.D. and Frank A. Petroni, Ph.D. *Proceedings of the Annual Meeting of the National Council on Community Mental Health Centers*, Washington, D.C. Feb. 1975.
- “*Overview of an Evaluation to Assess the Therapeutic Effectiveness of a Psychiatric Halfway House Program*,” with Allan Beigel, M.D. and Frank A. Petroni, Ph.D. Presented at the National Conference on Evaluation in Alcoholism, Drug Abuse and Mental Health Programs, Washington, D.C. (April 1974). Published in *DHEW Public Health Service Biometrics Division Report Series*.
- Factors and Processes Influencing Adolescent Aspirations*, Doctoral Dissertation, University of Arizona, 1973.
- “*Women: A Perpetual Minority*,” Pacific Sociological Association, Portland, Oregon. 1971.

### **Professional Products**

- Hypnosis House Call (book+2-hr DVD)*, Sterling Publishing, NY, January 2011
- Relieve Stress with Medical Hypnosis*, 2-CD, Sounds True, Inc., Boulder, CO, June 2010.
- Deep Sleep with Medical Hypnosis*, 2-CD, Sounds True, Inc., Boulder, CO, June 2009.
- Relax Rx*, 2-CD, Sounds True, Inc., Boulder, CO, Nov. 2008
- Heal Yourself with Medical Hypnosis* (co-author Andrew Weil, MD) 2-CD, Sounds True Inc, 2005
- The Self-Hypnosis Home Study Course*, 16-CD, 107p workbook, Sounds True Inc., 2005
- The Self-Hypnosis Diet*, 3-CD, Sounds True Inc., 2006
- The Self-Hypnosis Diet* (with Joy Kettler Gurgevich) 224p book and CD, Sounds True Inc., 2007, paperback release, Jan. 2009.
- Relieve Anxiety with Medical Hypnosis*, 2-CD, Sounds True Inc. , 2007
- Lose Weight with Hypnosis* (with Joy Gurgevich), 6-CD, Tranceformation Works, Tucson, AZ 2002
- Healing Mind: Healing Body*, audio CD, Tranceformation Works, Tucson, AZ 2003
- Hypnotic Tonic to Remove Tobacco Addiction*, 2-CD, Tranceformation Works, Tucson, AZ 2002
- Hypnotic Tonic to Remove Phobias*, Tranceformation Works, Tucson, AZ, 2003
- Over 75 unique titles of therapeutic applications of medical hypnosis published as the *Healing with Hypnosis* series, Tranceformation Works, Tucson, AZ 1996 to present

### **Other Professional Activity**

- Participation in the IHELP program including dialogues and half-day workshops twice per year and served as mentor in 2014.
- Participation in 6-8 online dialogues with the Fellows attending the integrative medicine fellowship program throughout the year.
- “*Mind-Body Medicine and Clinical Hypnosis*” Workshops to each of the four ongoing classes attending the AZCIM fellowship at the residential weeks.” 4 times per year, 2000 to present.
- “*Clinical Hypnosis and Mind Body Training Workshop*” every class of visiting residents participating in AZCIM Integration Medicine Evolving Rotation (twice annually) 2003 to present.
- “*Clinical Hypnosis – Current Findings*”, Institute of Noetic Science, March 2, 2013, Tucson, AZ.
- “*Clinical Hypnosis for Medical Conditions*” presented to the Arizona Integrative Wellness Coalition, Tucson, AZ, October 23, 2012.
- Editor-in-Chief, *Integrative Medicine Insights*, Libertas Academica, a peer-reviewed online journal.
- Member, Arizona Psychological Association Convention Planning Committee, 2012.
- Chairman, Component Sections, the American Society of Clinical Hypnosis, 1998-2001.
- Advisory Editor, the *American Journal of Clinical Hypnosis*, The Journal of the American Society of Clinical Hypnosis, 1998
- Co-Presenter with Dr. Andrew Weil, “*Mind/Body Healing: Examining Integrative Medicine*”, Canyon Ranch, Tucson, Arizona, October 8, 1997, May 15 & September 16 1998
- Invited Workshop: “*Clinical Hypnosis and Behavioral Medicine*,” the Greater Philadelphia Society of Clinical Hypnosis, Thomas Jefferson College of Medicine, April 19, 1998.
- “*Imaginary Medicine: Hypnosis for Children*,” Specialty Clinic, Pediatric Department, College of Medicine, University of Arizona, April 16, 1998.
- Faculty, Advanced Workshop on Clinical Hypnosis in Behavioral and Rehabilitation Medicine, The American Society of Clinical Hypnosis, Fort Worth, Texas, March 13-18, 1998.
- Faculty, Advanced Workshop on Behavioral Medicine and Hypnosis, the American Society of Clinical Hypnosis, Dallas, Texas, September 17-22, 1996.
- Faculty, Frontiers in Pain 1996, Conference sponsored by the Maricopa Medical Center, Maricopa Health Systems and the Pain Institute, Scottsdale, Arizona, April 9-15, 1996.
- Presenter, Palo Verde Mental Health Services, Tucson Medical Center In-Service Continuing Education “*Mind/Body Interventions in a Psychiatric Hospital*” December 7, 1995.
- Workshop Trainer, “*Behavioral Medicine and Clinical Hypnosis*,” a three-day advanced level training program, American Society of Clinical Hypnosis, Phoenix, Arizona, November 16, 1995.
- “*Mind/Body Interventions*,” College of Medicine, University of Arizona, with Andrew Weil MD, October - December 1995.
- “*Hypnotherapy for Nocturnal Enuresis*,” Pediatrics Department, University of Arizona Medical Center, July 28, 1995.
- “*Mind/Body Interventions*,” Tucson Medical Center Staff In-Service, July 17-18, 1995.
- Chairman, Symposium, Medical: “*Difficult Challenges, the Role of Hypnosis in Drug Dependency to End Stage Lung Disease*”, 37th Annual Scientific Meetings, ASCH, San Diego, CA, March 1995.
- “*Treating the Alternative Patient*,” St. Joseph’s Hospital Continuing Education, with Fred Menick, M.D., February 21, 1995.
- “*The Alternative Cancer Patient You Can’t Understand*,” Surgical Grand Rounds, with Fred Menick, M.D. and Andrew Weil, M.D., January 25, 1995.
- Board of Governors, American Society of Clinical Hypnosis, 1979-1994.
- Participant, Scientific Program, American Society of Clinical Hypnosis, Las Vegas, April 1987.



- Participant, Scientific Program, Annual Meetings of American Society of Clinical Hypnosis, Seattle, Washington, March 1986.
- Presenter, Industrial Commission of Arizona Annual Workshop, June 1985.
- Presenter, Counseling Conference, University of Arizona, Department of Counseling, January 1985.
- Presenter, “*Psychodynamics of Pain*”, St. Joseph’s Hospital, Nursing In-Service, February 1984.
- Lecturer, “*Treatment of the Chronically Ill Patient*”, St. Joseph’s Hospital Rehabilitation Series, October 1984.
- Presenter, Southern Arizona Counselor Association and Career Guidance Project Seminars “*Counseling Techniques*”, March, 1984.
- Member, Executive Committee of the American Society of Clinical Hypnosis, 1984-1986; 1999-2000
- Chairman, By-Laws Committee, American Society of Clinical Hypnosis, 1983.
- Division 30 (Psychological Hypnosis) Liaison to Health Psychology Division 38, American Psychological Association, 1982-1983.
- Committee Member/Faculty, Division 30, Psychological Hypnosis, the American Psychological Association Pre-Convention Workshops, 1982-1983.
- Nursing In-Service Training: “The Disruptive Patient,” El Dorado Hospital, April 1982.
- Lecturer, Arizona Workers Claim Association, “*Intricacies of the MMPI*,” Phoenix, Arizona, Jan. 1982.
- Guest Speaker, State Compensation Fund, In-Service Education, September 1980 to 2009, varied topics in behavioral medicine, psychology, and rehabilitation.
- Guest Lecturer, Nursing Education, St. Joseph’s Hospital, September 1981.
- Participant, Current Concepts in Medicine 1980, St. Joseph’s Hospital, Southern Arizona Chapter of Arizona Academy of Family Physicians, and Tucson Hospitals Medical Education Program, (THMEP) May 1980.
- Panel Participant, Arizona Career Education Conference, Phoenix, Arizona, April 1978.
- Session Chairman, *Roundtables at Annual Meetings of National Council on Family Relations*, San Diego, October 1977.
- Panel Participant, 54th Annual Meetings of the American Orthopsychiatric Association, New York, April 1977.
- Panel Participant, Evaluation Session, TASC - Treatment Alternatives to Street Crime- National Conference, Tucson, Arizona, November 1976.
- Session Chairman, *Roundtables at Annual Meetings of National Council on Family Relations*, New York, October 1976.
- Member, Scientific Project Management Development Group, Arizona State Department of Education, ESEA Title III---Innovative Programs, 1974-1975.
- Panel Discussant, Evaluation Workshop at North American Congress on Alcohol and Drug Problems, December 1974.
- Panel Discussant, Perspectives on Minorities Session, Pacific Sociological Association, 1972.

### **Technical Evaluation & Research Reports**

Author and/or co-author of over 40 technical research reports of program and outcomes evaluation research contracted through my private consulting practice – Behavioral Research Associates, Tucson, AZ – in areas of mental health, education, labor, and substance abuse funded by state and federal governmental agencies and grants.

**Continuing Education (accredited)**

- “*Accident or Injury: Managing Abuse in Younger Children.*” University of Arizona College of Medicine, February 27, 2015. 2.00 CE hours.
- “*Identifying and Evaluating Child Abuse*” University of Missouri-Columbia School of Medicine, Certificate of Continuing Education Participation, February 27, 2015. 2 CE hours
- International Research Congress on Integrative Medicine & Health, Oregon Health & Science University School of Medicine and (ACCME), Category I AMA, 16 Category 1 Credits.
- Faculty and Annual Scientific Meetings and Advanced Workshops, the American Society of Clinical Hypnosis, San Diego, California, February 21-25, 2014. 28 hours CME.
- Ethics Review Course: “*Hot Topic is Ethics and Risk Management in Psychological Practice*” Jeffrey Younggren PhD, sponsored by the American Psychological Association and the Arizona Psychological Association, December 14, 2013. 6 hours CEU.
- Advanced Intensive Training in Ericksonian Approaches to Hypnosis*, The Milton H. Erickson Foundation, Inc., Jeffrey K. Zeig, PhD, instructor; Phoenix, AZ, July 29 - August 2, 2013, 30.0 CEU.
- Arizona Psychological Association Annual Convention presentations and workshops, Tucson, AZ October 5-6, 2012, 12 CE hours.
- AzPA Legislative Luncheon, Arizona Psychological Association, October 6, 2012, 1 CE hour.
- Faculty, “*Hypnotic Tools for a Lifestyle of Physical and Emotional Well-Being*” Advanced Regional Workshop, American Society of Clinical Hypnosis, Scottsdale, AZ, May 17-20, 2012, 20 CEU
- Faculty and Advanced Workshops and Scientific Program, the American Society of Clinical Hypnosis Annual Workshops and Scientific Meetings, Charlotte, NC, March 16-20, 2012. 27 hours CME.
- Integrative Medicine Grand Rounds, presented by Gabor Maté MD, University of Arizona College of Medicine, March 1, 2012, 1 hour CME
- National Psychologist Continuing Education Online Course tests at [www.pdresources.org](http://www.pdresources.org), Jan-May 2012, 3 CE hours.
- 11<sup>th</sup> Annual International Congress on Ericksonian Approaches to Psychotherapy*, Phoenix, AZ, December 8-12, 2011, 30.5 hours CEU.
- Ethics Review Course: “*Ethics and Risk Management in the Digital Era*” Jeffrey Younggren PhD, sponsored by the American Psychological Association and the Arizona Psychological Association, December 3, 2011. 6 hours CEU.
- “*Emotional Manipulation: Understanding Manipulators and Helping Their Victims*” presented by James Fogarty, EdD, Cross Country Education, Tucson, AZ, November 8, 2011, 6 hours CEU.
- Faculty and Advanced Workshops, the American Society of Clinical Hypnosis Annual Workshops and Scientific Program, Las Vegas, NV, March 4-8, 2011 26 hours CME.
- Ethics Review Course, “Professional Liability and Risk” sponsored by the American Psychological Association and the Arizona Psychological Associations, 2010, 6 hours CME
- Integrative Mental Health Conference, Arizona Center for Integrative Medicine, Phoenix, Arizona, March 22-24, 2010, 12 CME.
- Advanced Workshops and Scientific Program, the American Society of Clinical Hypnosis Annual Workshops and Scientific Meetings, Nashville, TN, March 12-16, 2010. 26.5 hours CME.
- Ethics Review Course, “Professional Liability and Risk” sponsored by the American Psychological Association and the Arizona Psychological Association, December 5, 2009, 6 CEU hours.
- “Advocacy in the Profession of Psychology: Making a Difference,” Arizona Psychological Association, Annual Convention, (15 CE hrs), Tucson, AZ. Nov. 7-8, 2008.
- “Get Out of Your Mind and Into Your Life: Using Acceptance and Commitment Therapy for Powerful Life Change,” Robyn Walser, PhD, Tucson, AZ, Oct. 8, 2008, 6 CE hrs
- “The Development of Trauma and Its Developmental Treatment,” Neal Weiner, PhD, Arizona Psychological Association, Tempe, AZ, Sept. 19, 2008, 6 CE hrs

CE-Credit.com *distance learning* earned:

- “*Women and Smoking*,” Surgeon General Report, (1 CE hr), Oct. 2008.
- “*Adolescent Sleep Needs and Patterns: Research and Resource Guide*,” (1CE hr) Oct. 2008.
- “*Sleep Apnea*” (1 CE hr), Oct. 2008.
- “*Melatonin for Treatment of Sleep Disorders – Summary*”, (1 CE hr), Oct. 2008.
- “*The Dream Catcher: A Therapeutic Technique Used With American Indian Adolescents*,” (1CE hr.), Oct. 2008
- “*Brain Basics: Understanding Sleep*,” (1 CE hr), Oct. 2008.
- “*The Iraq War Clinician Guide Appendix H: Pharmacotherapy for PTSD*” Dept. Veteran Affairs, (1 CE hr), Oct. 2008
- “*A Brief Primer on the Mental Health Impact of the Wars in Afghanistan and Iraq*,” National Center for PTSD, (1 CE hr.) Oct. 2008.
- “*Assessing and Managing Risk in Psychological Practice*,” APA Trust, (11 CE hrs), Oct. 2008
- “*10 Ways Practitioners Can Avoid Frequent Ethical Pitfalls*” (1 CE hr), Sept. 2008.
- “*Coping with a Family Member Has Been Called to War*,” National PTSD Center, (1 CE hr), Sept. 2008
- “*Working with Emotional Intelligence*, (18CE hrs), Sept. 2008
- “*Molecules of Emotion*” (12 CE hrs), Feb, 2008
- “*The Biology of Belief*” (8 CE hrs), Feb, 2008
- “*Asperger Syndrome Factsheet*” (1 CE hr), Feb, 2008
- “*Melatonin for Treatment of Sleep Disorders*” (1 CE hr) Apr, 2007
- “*Alzheimer’s Facts*” (1 CE hr), Apr, 2007
- “*Costs of Intimate Partner Violence Against Women*” (4 CE hr), Apr, 2007
- “*Are You Considering Using Complementary and Alternative Medicine?*” (1 CE hr), Apr, 2007
- “*Promoting Safety and Nonviolence in the Workplace*” (1 CE hr), Apr, 2007
- “*10 Ways Practitioners Can Avoid Frequent Ethical Pitfalls*” (1 CE hr), Apr, 2007
- “*From Chocolate to Morphine*” (9 CE hrs), Apr, 2007

“*Research on Alzheimer’s Disease & Related Dementias: Diagnosis, Treatment, & Risk Reduction*”;

Alfred W. Kazniak, PhD, Arizona Psychological Association, Tucson, AZ April 13, 2007, 4 CEs  
Advanced Workshops and Scientific Program, the American Society of Clinical Hypnosis Annual  
Workshops and Scientific Meetings, Orlando, Florida, March 23-28, 2006. 31 hours CME.

Arizona Psychological Association Annual Convention, October 20-21, 2006, Tucson, AZ CME 3.

Ethics Review Course, “*Professional Liability and Risk*” sponsored by the American Psychological  
Association and the Arizona Psychological Association, December 9, 2005, 6 CE hours.

Advance Workshops, the American Society of Clinical Hypnosis Annual Scientific Meeting and  
Workshops, Anaheim, CA, March 12-16, 2004, 35 hours CME.

Integrative Pain Medicine Conference, Columbia University - College of Physicians & Surgeons,  
Department of Rehabilitation Medicine, Columbia-Presbyterian Medical Center,  
New York, New York, April 19-20, 2002, 35 hours CME.

Pediatric Integrative Medicine Conference, University of Arizona College of Medicine and the Program  
in Integrative Medicine, Tucson, Arizona, February 18-20, 2000.

Advanced Workshops and Scientific Program, the American Society of Clinical Hypnosis Annual  
Workshops and Scientific Meetings, Reno, Nevada, March 23-27, 2001. 30 hours CME.

Advanced Workshops and Scientific Program, the American Society of Clinical Hypnosis Annual  
Workshops and Scientific Meetings, Baltimore, Maryland, February 25-29, 2000, 30 hours CME.

- Pain Frontiers '98, *The NeuroBiogenesis of Pain – Enhancing the Healing Response*, Sept 24-27, 1998, 27 hours CME.
- Arizona Psychological Association Annual Convention, Tucson, Arizona, September 25, 1998, 3.0 hours.
- Examining Integrative Medicine, Canyon Ranch, Tucson Arizona, October 8, 1997, May 15, and September 16, 1998, 6 hours CME.
- 40<sup>th</sup> Annual Workshops and Scientific Meetings of the American Society of Clinical Hypnosis, Fort Worth, Texas, March 13-18, 1998, 30 hours CME.
- "*Many Faces of Grief*," Carondelet Management Institute, Tucson, Arizona, October 14, 1997, 5.0 hours CME.
- Review Test, "*NIH Consensus Statement on the Treatment of Chronic Pain and Insomnia*," The Office of Medical Applications of Research and the Office of Education at the National Institutes of Health, September, 1997, 1 hour CME.
- 14<sup>th</sup> International Congress of Hypnosis Workshops, the International Society of Clinical Hypnosis and the American Society of Clinical Hypnosis, San Diego, California, June 21-27, 1997, 20 hours CME.
- Review Course*, the American Academy of Pain Medicine, Phoenix, Arizona, February 12-16, 1997, 27 hours CME.
- Regional Workshop, the American Society of Clinical Hypnosis, Dallas, Texas, September 19-22, 1996, 20 hours CME.
- Frontiers in Pain 1996, conference sponsored by the Maricopa Medical Center, Maricopa Health Systems and the Pain Institute, Scottsdale, Arizona, 25 hours CME.
- ASCH Regional Workshop, American Society of Clinical Hypnosis, Phoenix, Arizona, November, 1995 24 hours CME.
- Annual Scientific Meetings and Workshops on Clinical Hypnosis, the American Society of Clinical Hypnosis, approximately 30 hour CME for each year attended: 1979, 1981, 1982, 1985, 1986, 1987, 1988, 1990, 1993, 1994, 1995, 1997.
- "*Testifying in Court and Tutorial*" with Stanley A. Brodsky, Ph.D., Forensic Psychological Services and Maricopa Psychological Society, October 22-24, 1994, 14 CE hours.
- "*Confidentiality of Medical Records*," American Health Information Management Association, Phoenix, Arizona, August 26, 1994, 6 CE hours.
- "*Mental Health Care Tomorrow*," Southern Arizona Psychological Association, April 1994, 7 CE hours.
- "*Approaches to Pain Management*," Maricopa Medical Center and Pain Management Collaborative Group, Tucson, Arizona, February 1994, 6 CME.
- "*Advanced Topics in Clinical Hypnosis*," Errol Korn, M.D., the Arizona Society of Clinical Hypnosis, April 1993, 8 CE.
- "*Insomnia and the Psychopharmacology of Sleep*," with Milton Erman, M.D., Tufts University School of Medicine, Phoenix, Arizona, October 19, 1993, 1 CME.
- Regional *Advanced Workshops*, American Society of Clinical Hypnosis, Chicago, IL, Aug. 1991, 25 CEU's.
- Rutgers University Graduate Program in Applied and Professional Psychology, "Advances in Psychology," 1982-1983, 33 hrs.
- Practica and Workshops of the Society of Behavioral Medicine, G. Schwartz, Ph.D., R. Elliot, M.D., Chicago, Illinois, March 1982, 24 CME.
- "*The Psyche, The Soma and the Heart: Psychological and Behavioral Aspects of Cardiovascular Disease and Its Treatment*," Robert Elliot, M.D., Behavioral Health Services of St. Luke's Medical Center, Phoenix, Arizona, April 3, 1982, 7 CME.

- American Psychological Association, Division 30, Psychological Hypnosis  
Advanced Workshop, Los Angeles, California 1982, 8 CE.
- “*Hypnosis and Pain*,” with H. Crasilneck, Ph.D., Arizona Society of Clinical Hypnosis, Tucson  
Hospitals’ Medical Education Program, Tucson, Arizona, May 1981, 8 CE.
- “*Obesity: Nutritional and Psychological Treatments*,” Health and Weight Program,  
with M. Simonson, Ph.D., Sc.D., and James Wirth, M.D., Ph.D., Department of Psychiatry,  
Johns Hopkins Medical School, March 1981, 33 hrs CME.
- “*Biofeedback: A Treatment for Stress Disorders, an Adjunct to Psychotherapy*,” Advanced Workshop,  
Program, American Psychological Association, Los Angeles, California, August 1981, 6 CME.
- 2nd European Congress of Hypnosis in Psychotherapy and Psychosomatic Medicine, Dubrovnik,  
Yugoslavia, May 1980, 20 CE.
- “*Clinical Use of Hypnosis with Children*” with Karen Olness, M.D. and Gail Gardner, Ph.D.,  
The Society of Clinical and Experimental Hypnosis, Department of Psychiatry,  
University of Colorado Medical School, Denver, Colorado October 1979, 30 CME.
- “*Hypnosis and Pain Control*” with Paul Sacerdote, M.D., Society of Clinical and  
Experimental Hypnosis and the University of North Carolina College of Medicine, Asheville,  
North Carolina, October 1978, 30 CME.
- Advanced Workshop*, the American Society of Clinical Hypnosis, Phoenix, Arizona, January 1978,  
25 CEU.
- “*Hypnosis and Psychosomatics*” with T.X. Barber, Ph.D., Cal State Polytech and Proseminars,  
September 1977, 15 CE.
- Advanced Seminar*, Don Schaefer, M.D., Southern California Society of Clinical Hypnosis and  
University of California, Irvine, Newport Beach, California, February 1976, 16 CME.
- Basic Workshop*, Kay Thompson, DDS, R. Pearson, M.D., Milton Erickson, Marion Moore,  
The American Society of Clinical Hypnosis, Phoenix, Arizona, February 1975, 20 CE.
- “*Human Sexuality Workshop for Professionals*”--Human Growth and Development Series,  
Department of Counseling and Guidance Psychology, University of Arizona, 1973.
- “*Gestalt Workshop for Counselors*,” Gestalt Training Institute of UCLA, Tucson, Arizona, 1973.
- “*Transactional Analysis Workshop for Professionals*,” Human Growth and Development Series,  
Department of Counseling Psychology, University of Arizona, 1973.