

CURRICULUM VITAE

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PROFESSIONAL CREDENTIALS

B.A. Psychology - University of California, Berkeley, 1972

M.A. Clinical Psychology - University of San Francisco's Lone Mountain College,
San Francisco, 1976

National Institute on Alcohol Abuse and Alcoholism (N.I.A.A.A.) Fellow, 1974-1975

Marriage and Family Therapy License, 1976

California Community College Counseling Credential, 1978

CLINICAL AND ADMINISTRATIVE EXPERIENCE

1980 - 1987

Director Henry Ohlhoff Outpatient Programs, San Francisco, CA

Founded and directed five outpatient addiction and two eating disorder treatment programs. These included the first outpatient treatment programs for families, adolescents, and compulsive overeaters in Northern California.

Began to develop and implement nutritional strategies to address the physiological imbalances that contribute to the development of and relapse from eating disorders and addictions.

1988 - present

Executive Director, Recovery Systems, Mill Valley, CA

Directs an outpatient program that treats both eating disorders and addictions, as well as mood and health problems more generally, with therapeutic nutritional protocols along with counseling, education, and holistic medical care.

TEACHING AND PROFESSIONAL TRAINING

1993 – 2001

Instructor on the nutritional aspects of addiction and eating disorders in the John F. Kennedy University Graduate Psychology Dept.

1994 – present

Instructor on the nutritional aspects of addiction and eating disorders in the Addiction Studies Certification Program, University of California, Berkeley Extension

September, 2003

Conducted an eight hour training on nutrient therapy for carbohydrate addiction and mood chemistry deficits: "Nutritional Restoration of Neurotransmitter Function." Provided CEUs for certified nutritionists and registered dietitians in the State of Florida. Orlando, FL

January, 2004

Conducted a sixteen hour training on amino acid therapy: "The Mood Cure: Eliminating 'False Moods' with Neuronutrient Repair." Provided CEUs for MDs, mental health professionals, chiropractors, acupuncturists, nurses and nutritionists. Los Angeles, CA

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TEACHING AND PROFESSIONAL TRAINING (continued)

- May, 2004** Conducted an eight hour training on holistic recovery from alcohol and drug Addiction: "A Clean and Sober Brain." Provided CEUs for acupuncturists, alcohol and drug counselors, vocational nurses, RNs, licensed clinical social workers, marriage and family therapists, psychiatric technicians, and certified nutritionists. Sacramento, CA
- September, 2004** Conducted a seven hour training on "The Carbohydrate Addiction Epidemic: Correcting the Underlying Brain and Body Imbalances with Amino Acids and other Targeted Nutrients" at the National University of Health Sciences. Provided CEUs for MDs, acupuncturists, chiropractors and osteopaths. Chicago, Illinois.
- April, 2005** Conducted a twelve hour training on "Amino Acid Therapy:
September, 2005 Eliminating Negative Emotions and False Appetites that Block
October, 2005 Healing." Provided CEUs for certified nutritionists, marriage
and family **April, 2006** therapists, RNs, licensed clinical social workers,
naturopaths and acupuncturists. Corte Madera and Menlo Park, CA;
Denver, CO.

LECTURING AND CONFERENCE PRESENTATION HIGHLIGHTS

- 1980 - present** Presented at over 1000 lectures, workshops and conferences throughout California and the U.S.
- 1986** Produced and chaired a National Conference on Marijuana Dependence, San Francisco, California.
- 2003** Lectured in conjunction with the 2003 Northwest Naturopathic Physicians' Convention.
- 2003** Presented at American College for Advancement in Medicine annual conference, Las Vegas, Nevada.
- 2003** Presented at The Psychology of Health, Immunity and Disease, the annual conference of The National Institute for the Clinical Application of Behavioral Medicine, Hilton Head, South Carolina.
- 2004** Grand Rounds presentation for students and local doctors at the National College of Naturopathic Medicine, Portland, Oregon.
- 2004** Presented at Fourth World Conference on Nutritional Medicine, San Francisco, California.
- 2005** Presented at Nutritional Medicine Today, the annual conference of the International Society for Orthomolecular Medicine, Ottawa, Canada.
- 2005** Produced and was lead speaker for the Public Forum on Antidepressant Drugs: Risks, Benefits and Alternatives, Mill Valley, CA.

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PUBLICATIONS

Books:

- 2002 & 2004** *The Mood Cure*, published by Viking-Penguin (Hardback 2002, Paperback 2004)
- 1999 & 2000** *The Diet Cure*, published by Viking-Penguin (Hardback 1999, Paperback 2000). Over 140,000 sold by May, 2004

Articles:

- 2001** "Amino-acid precursor and enkephalinase inhibition therapy: evidence for effectiveness in the treatment of 'reward deficiency syndrome (RDS)', with particular emphasis on eating disorders" *Molecular Psychiatry*, February 2001, vol 6, suppl:S7
- 2001** "Beyond Addictive Behaviors: Healing the Reward Deficiency Syndrome Naturally" *The Professional Counselor* Feb 2001; vol 2, no.1:14-20
- 1998** "Alternative Treatments for Addiction and Eating Disorders" published in *Journal of the Division of Humanistic Psychology, American Psychological Association* Jun 1998; vol 25, no 2:162-181
- 1993** "Food Addiction: A New Look at the Nature of Craving" article published in *Addiction & Recovery* vol 11, no 5:17-19
- 1991** "Stimulant Addiction: New Tools For Recovery" article published in January edition of *Recovering*

AUDIO AND VIDEO: CDS/DVDS

- 2005** "Public Forum on Antidepressant Drugs" DVD
- 2004** "A Clean and Sober Brain," professional training audio CD (three CD set)
- 2004** "The Mood Cure: Eliminating 'False Moods' with Neuronutrient Repair," professional training CD
- 1997** "Nutrient Therapy: New Hope for Eating, Weight, and Addiction Problems," DVD
- 1995** "Marijuana Addiction," three CD set

AWARDS AND HONORS

- 1997** Award received from the California State Indian Health Services for providing training and consulting to California's Native American tribal clinics on effective nutritional strategies for recovery from alcohol and drug addiction.
- 2000** *The Diet Cure* was chosen for Amazon.com's "Tremendous Ten" Health, Mind and Body Books.

2003 *The Mood Cure* was a finalist in the Wellness category for the "Books for a Better Life" Award in New York, NY

2003 *The Mood Cure* was named AlternativeMentalHealth.Com's "Book of the Year"