



HUDSON VALLEY PSYCHOLOGICAL ASSOCIATION  
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Cultivating Psychologically Healthy Communities

~ And ~



Present:

**MIND-BODY APPROACHES TO TREATMENT and WELLNESS:**  
***The Wave of the Future***  
**June 15 & 16, 2012**

## PRESENTER BIOGRAPHIES



**Richard Brown, MD**

**Dr. Brown,** Associate Clinical Professor of Psychiatry at Columbia University gives over 200 lectures and courses every year. Since 1998, Dr. Brown has taught full-day courses on complementary and integrative medicine (CAIM) for the American Psychiatric Association and other conferences. He has written over 90 scientific articles, books and chapters including, *Stop Depression Now* (1999). He coauthored with Dr. Patricia Gerbarg, *The Rhodiola Revolution* (2004), "Complementary and Alternative Treatments in Psychiatry," in *Psychiatry* (Wiley & Sons 2003, 2007); "Alternative Treatments in Brain Injury" in *Neuropsychiatry of Traumatic Brain Injury* (American Psychiatric Press 2004 and 2009), *How to Use Herbs, Nutrients, and Yoga in Mental Health Care* (WW Norton 2009), *Non-Drug Treatments for ADHD: New Options for Kids, Adults, and Clinicians* (WW Norton 2012) and *The Healing Power of the Breath* (Shambhala Press June 2012).

Dr. Brown developed a comprehensive neurophysiological theory of the effects of yoga breathing on the mind and body, particularly its benefits in anxiety, insomnia, depression PTSD, and stress-related conditions. He is a certified teacher of Aikido (4<sup>th</sup> Dan), yoga, Qi Gong, and meditation. Dr. Brown provides Breath~Body~Mind<sup>®</sup> workshops for health care professionals, yoga teachers, research studies, people with medical illnesses such as cancer and inflammatory bowel disease, and the general public. Sponsored by Serving those Who Serve ([www.STWS.org](http://www.STWS.org)), his workshops are helping people overcome the emotional and physical effects of the September 11<sup>th</sup> World Trade Center attacks and the Gulf Horizon oil spill. His disaster relief programs have been used in Haiti, Sudan and Rwanda. Information, resources, lectures, and workshops on Integrative Psychiatry are available at: [www.haveahealthymind.com](http://www.haveahealthymind.com).



**Charles E. Burbridge, PhD, ABPH**

**Dr. Burbridge** is a Licensed Psychologist in New York and Pennsylvania. He has a Diplomate in Clinical Hypnosis from the American Board of Psychological Hypnosis. He is also an Approved Consultant from the American Society of Clinical Hypnosis. Dr. Burbridge was the Chief Psychologist (retired) at the Hudson River Psychiatric Center. He currently has a private practice in Pleasant Valley, NY. In addition to his private practice, Dr. Burbridge is active in the governance and research efforts of several hypnosis organizations: Secretary, ABPH; Past Secretary, ASCH; Editor, ASCH Newsletter (2005-2009). He has also been the Advisory Editor with the American Journal of Clinical Hypnosis from 2005 to the present. His website is: [www.DrBurbridge.com](http://www.DrBurbridge.com). His email address is: [Ceburphd@aol.com](mailto:Ceburphd@aol.com).



***Cindy Dern, LCSW***

Cindy Dern, LCSW, is a Licensed Clinical Social Worker with a Master's Degree in Social Work. She has over twenty-five years experience providing psychotherapy and leading workshops for people of all ages. Cindy currently maintains a full time private practice in the Hudson Valley, working with men and women, young adults and adolescents. She incorporates a range of well-respected mind/body methods including EMDR, Somatic Experiencing, guided imagery, and relaxation techniques. Cindy runs a weekly women's therapy group at the Woodstock Therapy Center.

As a member of the Mental Health Services team at Benedictine Hospital in Kingston, Cindy served for fourteen years as the units' dance therapist, and ran clinical groups focusing on addiction and women's issues. She also has diverse experience working with cancer patients and their caregivers. Previously, she worked for ten years in the Ulster County public school system providing counseling for middle and high school students.

For over a decade, Cindy was the lead teacher for a holistic wellness program at the world-renowned Omega Institute, and currently teaches *Listening To Your Body: Tuning Into Its Wisdom For Guidance & Vitality*. Since 1987 she has provided innovative programs for personal and professional development for various organizations including health and mental health facilities, schools, hospitals, businesses and community groups.

With compassion and integrity at the core of her practice, Cindy honors the unique path of everyone she works with, creating a safe place to enhance well-being.



**Patricia Gerbarg, MD**

**Dr. Gerbarg**, Assistant Clinical Professor in Psychiatry at New York Medical College, graduated from Harvard Medical School (1975), Beth Israel Psychiatry Residency (1979), and the Boston Psychoanalytic Society and Institute (1992). She lectures on natural treatments, including herbs, nutrients, supplements, and mind-body practices, at the American Psychiatric Association Meetings and many other conferences.

Dr. Gerbarg works with her husband, Dr. Richard P. Brown, to develop natural treatments for a wide range of mental health conditions including anxiety disorders, post-traumatic stress, depression, bipolar, cognitive disorders, Attention Deficit Disorder, schizophrenia, and post-Lyme disease. They combine the best of standard and evidence-based natural treatments that are safe and effective, creating novel ways to achieve the highest level of recovery possible for each individual.

Dr. Gerbarg's research focuses on Integrative Psychiatry for anxiety, PTSD, and depression in survivors of trauma, mass disasters (Southeast Asian Tsunami, September 11<sup>th</sup> World Trade Center attacks, 2010 earthquake in Haiti, genocide in Sudan, Gulf horizon oil spill), and military service. In addition to co-authoring numerous articles and books, she wrote, "Yoga and Neuro-Psychoanalysis," in *Bodies in Treatment: the Unspoken Dimension* (Analytic Press 2007).

Dr. Brown, Dr. Gerbarg, and Dr. Philip Muskin combined research and clinical experience to write, "*How to use Herbs, Nutrients, and Yoga in Mental Health Care*" (WW Norton 2009). This comprehensive guide, covering every major area of mental health, has won national and international awards. This year Drs. Gerbarg and Brown wrote *Non-Drug Treatments for ADHD* (WW Norton) and *The Healing Power of the Breath* (Shambhala). For research studies, workshops, and free newsletter visit [www.haveahealthymind.com](http://www.haveahealthymind.com).



**Frederic Lowen**

**Frederic Lowen**, son of Alexander Lowen, M.D., is Executive Director of The Alexander Lowen Foundation.

Living with, and being raised by Alexander Lowen, in conjunction with long term and extensive experience in Bioenergetics, Bioenergetic therapy, workshop and training attendance with his father and many other Bioenergetic practitioners beginning in 1966, Fred seeks to expand the visibility, appreciation, and use of Bioenergetics. Convinced that Bioenergetics offers a powerful and unique way to heal the widespread mind-body split, largely un-recognized, afflicting individuals and populations around the world, Fred brings his widely varied problem-solving experiences to the task.

Principally a "businessman," with a unique background in psychotherapy, Fred integrates economics, business, psychotherapy and Bioenergetics in his understanding of individual and collective behaviors in directing the Foundation's efforts to promote Bioenergetics. In addition to operating the non-profit Alexander Lowen Foundation, Fred is Manager of LowenCorp Publishing LLC, a holding company for the Lowen copyrights. LowenCorp Publishing is actively expanding the availability, accessibility and visibility of the 14 Lowen books in 18 languages currently, and growing. Fred is also President of Gentle Energy Systems, Inc., a diversified property management company with a focus on renewable and sustainable energy use. Fred lives in Vermont, USA with his wife and daughter.



**Ron Robbins, PhD**

**Dr. Robbins** has practiced psychotherapy in Poughkeepsie since 1965. He's a former Trustee of the International Institute of Bioenergetic Analysis, as well as the United States Association of Body Psychotherapists, and a Past President of the Hudson Valley Psychological Association.

Ron studied Psychodrama under the direction of Dr. J. L. Moreno, and his wife Zerka, serving for a brief time as the Director of Training at their Institute in Beacon, New York and studied body psychotherapy as a student and client of Dr. Alexander Lowen, founder of Bioenergetic Analysis. He is a student of Kabbalah, studies a rapid method body-oriented Sufi path taught by Adnan Sarhan, and practices Tai Chi.

Over the past fifty years, he continues to lecture and extensively train qualified mental health professionals across the world. He leads the Rhythmic Integration Panic Project which developed and researched a one-session ninety minute treatment for frequent panic attacks. Two studies demonstrate immediate and sustained drops in attacks: Averaging 13.7 attacks before intervention to .55 a year later. ( $p < .005$  and  $p < 0000036$ ).

His major work is: *Rhythmic Integration: Finding Wholeness in the Cycle of Change*, Station Hill Press, 1990. For that work he reviewed the lives of the founders of the major psychotherapy schools of the 1960's, including Carl Jung and R. D. Laing, and personally interviewed Ellis, Moreno, Schiff, Rogers, Satir, and Lowen to relate their lives and work to the phase of the Rhythmic Cycle with which they were identified.



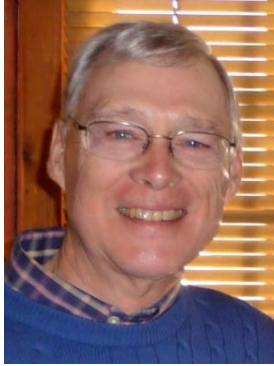
**Jeff Schneider, LCSW**

**Mr. Schneider** graduated from Adelphi University in 1985 having earned a Master's Degree in Social Work. He is a Licensed Clinical Social Worker with over 25 years experience. He has worked for Pius XII Chemical Dependency Services/Catholic Charities, an outpatient drug treatment center, as a clinician, supervisor and trainer for 22 years along with maintaining his private practice for much of that time. Currently he is in fulltime practice providing counseling services and seminars for individuals, groups, businesses and agencies.

Through the years Mr. Schneider has worked with people from all walks of life and from very different socioeconomic categories. His insight, sensitivity, compassion and sense of humor enable him to engage and connect with wide ranging people with significantly different needs and problems. He has assisted people struggling with a wide range of issues, including substance abuse, emotional eating and other addictions, relationship problems, depression, fear and low self esteem.

Mr. Schneider has been teaching EFT seminars for agencies, conferences, universities and businesses. He has also written a workbook that introduces people to EFT

He is very strongly committed to his own personal, professional and spiritual growth. He has participated in numerous post graduate trainings, a variety of in-depth and profound personal growth programs and has been practicing meditation for over 35 years. For more information regarding Mr. Schneider's private practice please go to: [www.healing-wellness-counseling.com](http://www.healing-wellness-counseling.com) or call: 845-255-4175.



**David W. Sherwood, PhD**

**Dr. Sherwood** received his A.B. degree from Wittenberg University (Springfield, Ohio) in 1964, and his Ph.D. in Clinical Psychology from Duke University (Durham, North Carolina) in 1969. His internship with the Astor Home in Rhinebeck brought him to the Hudson Valley, where he provided psychological services to the Astor Clinics and the Dutchess County Department of Mental Hygiene, including the positions of Supervising Psychologist, Director of Consultation and Education, and Division Chief for Outpatient Mental Health Services.

Since 1985, he has maintained a full time private practice in Poughkeepsie, specializing in depression, anxiety, stress and trauma disorders. Trained in Eye Movement Desensitization and Reprocessing (EMDR) in 1997, he has served on several committees of the EMDR International Association. Additionally, he was a member of the EMDRIA Board of Directors from 2006 through 2010. He is an EMDRIA Approved Consultant in EMDR and is ASCH Certified in Hypnotherapy. He brings a whole person focus to his work.





**Glenn B. Soberman, PhD**

**Dr. Soberman**, a licensed clinical psychologist, received his B.A. from Haverford College in 1974, his M.A. in Psychology from the New School for Social Research in 1978 and his Ph.D. in Clinical Psychology from Walden University (Minneapolis, Minnesota) in 1998. He has been in private practice as a practitioner of Advanced Integrative Therapy (AIT) for over 10 years and an AIT teacher for the past 7 years. He has authored '*Letting Go: A Self-Help Manual for Emotional Well-Being*' (Blue Dolphin Publishing) and co-authored with Dr. Greenwald and Dr. Rule, 'A Controlled Study of Eye Movement Desensitization and Reprocessing for Boys with Conduct Problems' (Haworth Press).

Dr. Soberman has provided AIT training throughout North and Central American and Europe, and taught at AIT humanitarian outreach projects in New Orleans, on the Navajo Reservation and in Guatemala.

A former professor at Marist College, he has over 25 years of professional experience providing psychological services to a wide range of clients including children, adolescents, mentally retarded adults, forensic clients, couples and adults.

Dr. Soberman has also received training in other mind body therapies including Eye Movement Desensitization and Reprocessing (EMDR), Ericksonian Hypnosis, and Be Set Free Fast (BSFF); traditional therapies including Solution Focused Therapy, Behavioral Therapy and Structural Family Therapy; as well as psychospiritual therapy: Psychosynthesis. To learn more about his work please feel free to call Dr. Soberman at (845) 255-2443, email him: [glennsoberman@centerforholistichealing.com](mailto:glennsoberman@centerforholistichealing.com) or visit his website: [www.centerforholistichealing.com](http://www.centerforholistichealing.com).



**Stephanie Speer, MA**

**Ms. Speer** has been teaching Mindfulness-Based Stress Reduction to individuals and groups of students for over 20 years. She has delivered Mindfulness programs to mental and physical health professionals, consumers of mental health services, people living with chronic pain, anxiety, depression and life threatening illnesses. In response to the terrorist acts of 2001, she provided mindfulness programs as a part of New York State's FEMA-funded Project Liberty. She was trained by the Center for Mindfulness in Medicine, Health Care and Society of the University of Massachusetts Medical Center and received her Master's in Humanistic Education from Goddard College. All of Stephanie's professional work has been informed by her 25 year meditation practice and Buddhist studies. In addition to teaching mindfulness, Stephanie is currently the Director of Staff Development at Crystal Run Healthcare LLP of Orange and Sullivan Counties.