

## **Presenter biographies**



**Richard Brown, MD**

Dr. Richard 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," (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 (4th Dan), yoga, Qi Gong, and meditation. Dr. Brown provides Breath~Body~Mind™ 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 11th 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).



**Asha Clinton, MSW, PhD**

Asha Clinton, MSW, PhD, is the developer of Advanced Integrative Therapy, a new depth therapy that integrates the energetic removal of trauma with analytic understanding. A former Princeton professor in full-time practice for 31 years, she trained in analytical psychology, expressive arts therapy, object relations, self psychology, and Sufi and Buddhist practice, later integrating them into AIT. She has developed and taught 13 AIT seminars focusing on the comprehensive treatment of the attachment, personality, anxiety, and dissociative disorders, and on the treatment of historical trauma, psychogenic illness, triggers, and spiritual blockage, and has written the manuals for each. She has taught AIT seminars in the US, Canada, the UK, Germany, Denmark, Guatemala, and El Salvador, and participates in AIT trauma relief projects with the Maya of Guatemala, the Navajo, and in post-Katrina New Orleans. She has also been actively involved in training AIT teachers and supervisors.



**Linda Erman, MPS, LCAT**

Linda Erman, MPS LCAT is a member of the clinical treatment team at Health Alliance's Adolescent Partial Hospitalization Program, where she practices Art Therapy, DBT and Somatic Experiencing® with individuals and groups. Linda graduated with distinction from the Master's program in Art Therapy & Creativity Development at Pratt Institute, earning a Pratt Circle award for academic excellence. She has completed a three-year certification at the Somatic Experiencing® Trauma Institute.



**Alexandra Geiger, LCSWR**

Alexandra Geiger, clinical social worker and therapist, graduated from Hunter College School of Social Work (1987), is a Pathwork Helper for Spiritual Transformational Work (1997), trained in EMDR with Laurell Parnell (2009) and is a HeartMath and NonViolent Communication Practitioner (Marshall Rosenberg's Work). She is the co-founder of the Rhinebeck Center for Progressive Psychotherapy and has been in private practice in Rhinebeck for 10+ years after working 18 years in clinics with families, abused children and adults.

In her current practice, she offers EMDR as a powerful tool for working with trauma to release, desensitize and heal clients' symptoms. As a visual artist and poet, Alexandra has incorporated expressive arts: watercolor, drawing and writing poetry into the treatment of PTSD. In addition, as a Buddhist

and meditation practitioner, she has taught clients the tool of full body deep breathing to fully reclaim and inhabit the body, quiet the mind, and relax the nervous system. Self Care is also an essential component of treatment to help clients cultivate Self Empathy, Compassion and Self Kindness as well as for letting go of deep seated shame, a bi-product of Trauma, and supporting clients to accept the unacceptable parts of themselves.



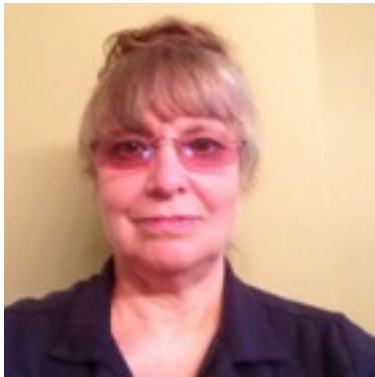
**Patricia Gerbarg, MD**

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 11th 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).



**Carol Kessler, PhD**

Dr. Carol Kessler, PhD, LAC, MS, LMT, is a doctor of oriental medicine and massage therapist who practices in the upstate New York area. In her 28 years of private practice, she has incorporated a variety of different modalities for her patients, including NET, full body Acupuncture, Asyra testing, auricular therapy and Irlen. Her recent focus has been the treatment of Post-Traumatic Stress Disorder via the use of auricular acupuncture. This form of treatment is used extensively for emotional and physical manifestations of discomfort due to its ability to rebalance the neurological system.

Dr. Kessler became trained as an Acupuncture Detoxification Specialist with the National Acupuncture Detoxification Association (NADA) at Lincoln Hospital in 1991 and is an active member of the Acupuncture Society of New York and Acupuncturists Without Borders (AWB). The mission of AWB is to offer community acupuncture to victims of natural disasters and trauma, and has specific interest in providing these services to United States veterans through the Military Stress Recovery Project. Dr. Kessler is committed, via her association with these organizations and by providing auricular acupuncture, to relieving the difficult symptoms experienced by those who have undergone trauma and Post-Traumatic Stress Disorder.



**Barry M. Mark, DDS**

Dr. Barry M. Mark, DDS, LAC, CAC, Hom, is a Dentist, Licensed Acupuncturist (NCCAOM certified) and Homeopath (using complex homeopathy) whose practice is limited to treating Headaches, TMJ Disorders and Facial Pain in Kingston, NY. He has been in practice for almost 40 years. Dr. Mark has incorporated a variety of different modalities to treat his patients including but not limited to appliance therapy, far infrared therapy, acupuncture, homeopathy, auricular therapy including battlefield acupuncture and NADA protocols, Korean hand therapy, and biopuncture.

Dr. Mark was previously affiliated with the Rockland Center for TMJ Disorders and craniofacial pain and has authored a book entitled: "All Pain Is Not The Same- A Unique Perspective on Headaches, TMJ Disorders and Facial Pain".



**Stephen Larsen, PhD, LMHC**

Stephen Larsen, PhD, LMHC, is SUNY (Ulster) Psychology Professor Emeritus, and Board Certified in Neurofeedback (BCN). He is the author of *The Healing Power of Neurofeedback* (2006) and *The Neurofeedback Solution* (2012) as well as several other books in print. He is director of Stone Mountain Counseling Center (PC) near New Paltz.



**Rebecca Rooney, PhD**

Dr. Rebecca Rooney is a retired Army Lieutenant Colonel and New York State Licensed Psychologist. Dr. Rooney's education includes a Bachelors in Psychology, Masters Degrees in Vocational Counseling and Guidance, and Public Administration and Organizational Behavior, and a Masters and PhD from the Ohio State University in Counseling Psychology. She is also trained in EMDR, AIT, and EFT. Dr. Rooney has served as a Psychologist in educational, military, supervisory, and drug and alcohol positions, and is currently in private practice in Goshen, New York. She has treated clients with PTSD symptoms who have suffered physical and sexual abuse, and has provided therapy for soldiers, their spouses, and Veterans of World War II, the Gulf War, the Vietnam Conflict, Operation Iraqi Freedom, and Operation Enduring Freedom. She has also treated fire fighters, police officers and civilians who were involved in the World Trade Center tragedy. Dr. Rooney regularly teaches the Emotional Freedom Technique (EFT) to adult and adolescent clients and couples in psychotherapy. She also provides EFT workshops for Veterans and their families, and clinicians. She has practiced EFT and other Energy Psychology methods for the last decade.



**Steven Ruden, DDS**

Dr. Steven Ruden has collaborated with his twin brother for over ten years in the development of the Havening Technique. He earned his Doctor of



Dental Surgery from New York University in 1971. He enjoys a successful practice for over 40 years and has published in the area of dental phobias. In addition Dr. Ruden is a certified hypnotherapist. He is also a consultant and coach for individuals and Fortune 500 companies including PepsiCo and Smith Barney in the area of communication. He currently is a member of the International Coaching Federation and has earned the title of ACC. In addition, NYU granted him a Certificate in Coaching after two years study. He lectures on the Havening Technique from the scientific as well as the clinical component.



**Stephanie Stolar, LMHC, CYT**

Facilitator, Stephanie Stolar, LMHC, CYT, provides psychotherapy and yoga to survivors of trauma and has been practicing yoga for over 13 years.