

CURRICULUM VITAE

PAMELA KAISER, Ph.D., CPNP, CNS

Licensed Clinical Child & Adolescent Psychologist
Licensed & Certified Pediatric Nurse Practitioner ~ Registered Nurse
Pediatric Clinical Nurse Specialist ~ Developmental Specialist

Co-Founder & Co-Director, National Pediatric Hypnosis Training Institute (NPHTI)

Psychotherapy Private Practice: Subspecialty: Pediatric Integrative Health & Self-Regulation
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CURRENT POSITIONS:

2009 - Present **Co-Founder & Co-Director, National Pediatric Hypnosis Training Institute (NPHTI)**
2016 – Present **Director, Strategic Planning, NPHTI Board**

Description: With co-founder/co-director, Daniel Kohen, MD, expanded a long-standing tri-level training program in pediatric clinical hypnosis skills development for licensed health care professionals around the globe, co-taught by 30+ renowned faculty. Additional roles in this non-profit educational program includes curriculum evaluation and revision, broadened marketing and communications, expanded course offerings and venues, faculty development, special projects, and as a global resource for professionals, parents, and the public.

Co-Director, NPHTI Annual 3-day Tri-Level Workshop, 2010-19, Minneapolis

Co-Coordinator, Fundamentals and Utilization Levels, NPHTI Workshop, 2010-19, Minneapolis

1996-Present **International Speaker / Faculty of Clinical Workshops:**

Description: Didactic presentations related to pediatric self-regulation, anxiety/fear and stress, mind-body (somatization) and medical conditions, positive expectancy, resilience, growth mindset, within the context of integrative pediatrics approaches including clinical hypnosis, cognitive behavioral therapy (CBT), biofeedback and mindfulness. Small group supervision of licensed clinicians developing skills in pediatric clinical hypnosis and therapeutic language.

Venues include medical schools and universities (e.g. Stanford Child Psychiatry and Pediatrics, SUNY, Saybrook University, UCSF), organizations annual conferences (e.g. International Society of Hypnosis, European Society of Hypnosis, American Society of Clinical Hypnosis, Society for Developmental and Behavioral Pediatrics, American Psychological Association, etc.), and children's hospitals (eg Nationwide Childrens Hospital (Columbus, OH; Rainbow Babies & Childrens Hospital, Cleveland, OH). International invited speaker: Italy, Germany, France, Ireland, Slovenia, England, Canada (2012-2018).

1998-Present **Psychotherapy Private Practice: Child, Adolescent, & Young Adult**
(Sub-specialty: Pediatric Integrative Health: Self-regulation, Mind-Body Conditions,
Curriculum Vitae of Pamela Kaiser, PhD, CPNP, CNS

Description: Forty-five year clinical focus with children and teens in various pediatric health care settings, including a 25 year subspecialty focus on mental health evaluation and treatment of preschoolers through young adults experiencing reduced self-regulation due to medical conditions or symptoms (e.g. pain), mind-body issues, severe anxiety and stress-related disorders, somatization symptoms, peak performance issues, PTSD and/or attachment issues. Special expertise with pediatric patients having issues related to self-regulation, medical conditions &/or somatization.

Psychotherapy services involve an integrative, multi-modal treatment plan: clinical hypnosis, parent counseling, cognitive behavioral therapy (CBT), self-regulation approaches, computerized biofeedback, stress reduction and relaxation techniques, breathing re-training, mindfulness meditation, as well as imaginal and on site exposure/desensitization to feared situations/experiences, OCD confrontation, as well as modalities to foster peak performance. Interpersonal psychotherapy, positive psychology, dyadic attachment therapy, play therapy and systems approaches are also incorporated into treatment plans when appropriate.

Clinical hypnosis supervision and clinical consultation to other professionals for use with pediatric patients. Mental health consultations to pediatricians, teachers, schools, and athletic coaches.

PAST POSITIONS:

1994-98 **Children's Health Council, Palo Alto, CA.** (Stanford-affiliated child mental health agency)

- ***Director, Stanford Medical School Pediatric Residents' Behavioral-Developmental Training***
- ***Director, Anxiety, Stress, & Health Clinic***
- Staff Psychologist, Infant-Young Child Team and Mental Health Team

1983-93 **University of California, San Francisco, Medical School.**

- ***Associate Clinical Professor, Behavioral-Developmental Pediatrics***
- ***Director, Infancy & Early Childhood Clinic***
- Coordinator, Behavioral-Developmental Core Curriculum: Infancy & Young Child (Residents)
- Co-Coordinator, Child Development Seminar (Behavioral-Developmental Fellows)
- Co-Investigator, NIH-funded research project: Individual Differences in Children's Stress Reactivity
- Mental Health Staff, Pediatric Stress Clinic.
- Consultant, Preschool and childcare centers.
- Developmental Specialist.
- Nursing Graduate School faculty.

1978-82 **University of California, San Diego, Medical School**

- ***Clinical Instructor, Pediatrics***
- Attending Faculty, Primary Care Clinic
- Attending Faculty, Family Practice Clinic
- Co-Faculty, Behavioral-Developmental Curriculum.
- Co-Faculty, Introduction to Clinical Medicine course
- Member, Feeding/Eating Assessment Team
- Member, Child Abuse Team

1975-76 **Stanford Medical Center**

- ***Clinical Nursing Coordinator, Pediatrics***
- 24-hour responsibility for 60-bed tertiary care inpatient unit, with staff of 60 RNs

1973-74 **Scripps Hospital, La Jolla, CA. *Head Nurse - Pediatrics***

1972-73 **Children's Hospital, St. Louis. *Clinical Instructor, Cardiology: for nursing students***

1971-72 Cardinal Glennon Hospital for Children, St. Louis. *Staff Nurse: Pediatrics*

EDUCATION, INTERNSHIP and FELLOWSHIP TRAINING:

1993-94	Children's Health Council, Palo Alto, CA	Fellowship	Clinical Child/Adolescent Psychology
1992-93	Child Development Unit, Children's Hospital, SF	Internship	Pediatric Psychology
1989-91	University of Calif., San Francisco, Medical School Division of Behavioral-Developmental Pediatrics	Practicum	Clinical Child & Adolescent Psychology
1988-93	Pacific Graduate School of Psychology	PhD & Masters	Clinical Psychology (Dual Foci: Child/Family; Cognitive Behavior Therapy)
1977	University of Calif., San Diego, Medical School	Certificate	Pediatric Nurse Practitioner
1974-75	University of Calif., Los Angeles	Masters	Pediatric Nurse Specialist (Behavioral/Developmental)
1972-73	St. Louis University, Graduate School of Education	--	Education
1967-71	St. Louis University	Bachelor of Science	Nursing Minor: Psychology

PUBLICATIONS:

Kaiser, P., Kohen, D., Brown, M., Kajander, R., & Barnes, A. (2018). Integrating pediatric hypnosis with complementary approaches: Clinical perspectives on personalized treatment. *Children* 5(8), 108. <http://doi.org/10.3390/children5080108>.

Kaiser, P. (2017). Chapter: Anxiety in Children and Teens. In Gary Elkins (Ed.), *Clinician's Guide to Medical and Psychological Hypnosis: Foundations, Systems, Applications, and Professional Issues*. Springer Publishing.

Kaiser, P. (2015). Chapter: Conversational hypnotic metaphors: Co-creating a self-regulation "tune-up". In Laura Graciana (Ed.), *Storytelling: Come aiutare i bambini ad aiutarsi con le proprie storie, le metafore, i racconti.... (Storytelling: How to Help Children Helping Themselves with their own Stories, Metaphors, Fables)*. Milan, Italy: Franco Angeli Publisher.

Kaiser, P. (2014). Childhood Anxiety and Psychophysiological Reactivity: Hypnosis To Build Discrimination and Self-Regulation Skills. *American Journal of Clinical Hypnosis: Special Issue: Anxiety. American Journal of Clinical Hypnosis, Special Issue: Anxiety and Hypnosis*, 56: 343-367.

Kaiser, P. (2011). Childhood Anxiety, Worry, and Fear: Individualizing Hypnosis Goals and Suggestions for Self-Regulation. *American Journal of Clinical Hypnosis: 54*, 16-31.

Kaiser, P. (1996). Chapter: Nonparental child care. In W.T. Boyce & J. Shonkoff (Eds.) *Developmental-behavioral pediatrics*. In Rudolph, A. (Ed.), *Pediatrics* (20th edition).

Kaiser, P. (1993). "The influence of temperament and stress on preschoolers' social competence in child care centers." *Dissertation Abstracts International. 54*, No.4.

- Kaiser, P.** (1979). Book Review of Applied Decision Making for Nurses by J.G. Ford, et al. *American Journal of Nursing*, 79, p. 2203.
- Kaiser, P.** (1978). “Ten steps to interviewing job applicants.” *American Journal of Nursing*, 78, 627—640.
- Kaiser, P., & Dixon, S.** (1992). Chapter: 5 days to 4 weeks: Making a place in the family. In S. Dixon & M. Stein (Eds.), *Encounters with Children: Pediatric Behavior and Development*. St. Louis: Mosby Yearbook Medical Publishers, (2nd ed.).
- Kaiser, P., & Dixon, S.** (1992). Chapter: 7 to 8 months: Separation & strangers. In S. Dixon & M. Stein (Eds.), *Encounters with Children: Pediatric Behavior and Development*. St. Louis: Mosby Yearbook Medical Publishers, (2nd ed.).
- Kaiser, P., & Dixon, S.** (1992). Chapter: 9 to 10 months: Active exploration in a safe environment. In S. Dixon & M. Stein (Eds.), *Encounters with Children: Pediatric Behavior and Development*. St. Louis: Mosby Yearbook Medical Publishers, (2nd ed.).
- Kaiser, P., McCaffery, M., Brehm, H., Dixon, S., Stein, M., & Felice, M.A.** (1992). Chapter: Books for parents, videos for kids, and annotated bibliography. In S. Dixon & M. Stein (Eds.), *Encounters with Children: Pediatric Behavior and Development*. St. Louis: Mosby Yearbook Medical Publishers, (2nd ed.).
- Kohen, D.P., **Kaiser, P.** & Olness, K. (2017). State-of-the-Art Pediatric Hypnosis Training: Remodeling Curriculum and Refining Faculty Development. *American Journal of Clinical Hypnosis*, November.
- Kohen, D.P. & **Kaiser, P.** (2014). Clinical hypnosis with children and adolescents—What? Why? How?: Origins, applications, and efficacy. *Children* 2014, 1, 74-98; doi:10.3390/children1020074
www.mdpi.com/journal/children/
- Alkon, A., Genevro, JI, Tschann, JM, **Kaiser, P.**, Ragland, DR, Boyce, WT. (1999). The epidemiology of injuries in four child care centers. *Arch.Pediatrr Adolesc Med*, Dec., 153: 1248-54.
- Alkon-Leonard, A., Genevro, J., **Kaiser, P.**, Tschann, J., Chesney, M., & Boyce, W.T. (1994). Injuries in child care centers: Rates, severity, and etiology. *Pediatrics Supplement*, December, 1043—1046.
- Boyce, W.T., Chesney, M., Alkon-Leonard, A., Tschann, J., Adams, S., Chesterman, B., Cohen, F., **Kaiser, P.**, Folkman, S., & Wara, D. (1995). Psychobiologic reactivity to stress and childhood respiratory illnesses: Results of two prospective studies. *Psychosomatic Medicine*, 57, 411-422.
- Boyce, W.T., Chesney, M., **Kaiser, P.**, Alkon, A., Eisenhardt, M., Chesterman, E., & Tschann, J. (1991) Development of protocol for measuring cardiovascular response to stress in preschool children. *Pediatric Research*. Abstract. (April).
- Dixon, S., Hennessey, M., & **Kaiser, P.** (1992). Chapter: 5 to 6 months: Reaching out to play. In S. Dixon & M. Stein (Eds.), *Encounters with Children: Pediatric Behavior and Development*. St. Louis: Mosby Yearbook Medical Publishers, (2nd ed.).
- Richstmeier-Cyr, L., Culbert, T., & **Kaiser, P.** (2003). Helping Children with Stress and Anxiety: An Integrative Medicine Approach, Special Issue: Pediatric Integrative Medicine. *Biofeedback*, 31, 12-33, Summer.
- Tschann, J., **Kaiser, P.**, Boyce, W.T., Chesney, M.A., & Alkon-Leonard, A. (1996). Resilience and vulnerability among preschoolers: Family functioning, temperament, and behavior problems. *Journal of Child and Adolescent Psychiatry*, 35,184-192.

PROFESSIONAL LEADERSHIP & SERVICE

2009- present **National Pediatric Hypnosis Training Institute (NPHTI):**

- Co-Founder & Co-Director

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- NPHTI Board: Director of Strategic Planning
- Co-Owner NPHTI Listserve
- Co-Coordinator, Introductory, Intermediate, & Intermediate-PLUS Workshops
- Creative Designer, Website, www.NPHTI.org

- 2009-present ***Journal of Developmental and Behavioral Pediatrics***: Manuscript reviewer
- 2018- ***Children***: Manuscript reviewer
- 2018- ***International Journal of Clinical and Experimental Hypnosis***: Manuscript reviewer
- 2007-08 **Society for Developmental and Behavioral Pediatrics**: Membership Committee
- 2004- **American Society of Clinical Hypnosis**:
- Executive Committee (Psychology Member-At-Large) (2013-14)
 - Literature Review Committee (2009-2015)
 - Ethics Committee (2012-2014)
 - Approved Consultant
- 1994 **Childrens' Health Council**. Palo Alto, CA.
Founder and Director: Anxiety, Stress and Health Clinic.
- 1992 **UCSF Division of Behavioral-Developmental Pediatrics**. Organizer and presenter:
8-hour workshop: "Assessing Parent-Infant Interaction via the Feeding Scale". Attendees: physicians and infant specialists from Northern California.
- 1989 **UCSF Division of Behavioral-Developmental Pediatrics**. Organizer and presenter:
8-hour workshop: "Assessing Parent-Child Interaction via the Teaching Scale". Attendees: physicians and infant specialists in wider Bay area.
- 1988 **UCSF Department of Pediatrics**. Program Chairperson. 2-day Symposium: "Childhood Vulnerability, Stress & Coping". Continuing Education for Western U.S. MDs & NPs.

NATIONAL AWARDS:

- 2017 Josephine Hilgard Award for the Best Pediatric Paper on Pediatric Uses of Hypnosis for:
"State-of-the-Art Pediatric Hypnosis Training: Remodeling Curriculum and Refining Faculty Development". American Society of Clinical Hypnosis. Co-recipient.
- 2014 Special Recognition Award, American Society of Clinical Hypnosis. Co-recipient. "To congratulate you on all you have done to organize and educate pediatric practitioners from around the world in hypnosis for children through the National Pediatric Hypnosis Training Institute"
- 1990 National Teaching Award. Ambulatory Pediatric Association. Co-recipient. "In recognition of co-developing the Behavioral/Developmental curriculum for UCSF Pediatric Residents"

ACADEMIC GRANTS & RESEARCH ACTIVITIES:

- 1996-97 Haas Foundation Grant. Teaching Behavioral-Developmental Pediatrics to Stanford Medical School, Pediatric Residents.
- 1991 The Psychological Corporation. Trained Examiner. Standardization of Bayley Scales of Infant Development-Revised
- 1989-92 National Institute of Child Health and Disability. Co-investigator. "Stress Reactivity & Health in Preschool Children. UCSF Medical School

- 1989-91 W.T. Grant Foundation. Developmental Specialist. “Psychosocial & Immunologic Predictors of Childhood Respiratory Illness”. UCSF Medical School
- 1987 UCSF Academic Senate. Instructional Improvement Grant to film: “A Model for Teaching Early Child Development in Daycare Centers”.
- 1987 California Medical Education and Research Foundation. Continuing Medical Education Grant. Editing Film: “A Model for Teaching Early Child Development in Daycare Centers”
- 1980-81 UCSD Medical School. Project Coordinator. Group Well Child Care research project

INVITED PRESENTATIONS, WORKSHOPS, & WEBINARS (Completed and Scheduled):

INTERNATIONAL:

- 2019 **Slovenian Association for Medical Hypnosis.** The Medical Chamber of Slovenia, Ljubljana, Slovenia. (May)
Co-Keynote Speaker: Combining Hypnosis and Cognitive Behavioral Therapy for Pediatric Obsessive Compulsive Disorder
- 2018 **International Society of Hypnosis, 20th International Congress of Hypnosis.** Montreal, Canada.
Advanced Short (90 min) Course Speaker: Pediatric spontaneous hypnosis and self-regulation metaphors via play materials and milieu objects
Advanced Short (90 min) Course Co-Speaker: Designing state-of-the-art hypnosis trainings: Remodeling curriculum and refining faculty development
- 2015 **University College, Dublin, Ireland.** Lucena Child & Adolescent Mental Health Clinic Annual Conference: Clinical Hypnosis and its Application in Medical and Psychiatric Settings.
Co-Keynote speaker: Clinical Hypnosis: Adjunctive Treatment for Mind-Body Symptoms
- 2015 **Slovenian Association for Medical Hypnosis, The Medical Chamber of Slovenia, Slovenia.** Pediatric Hypnosis Symposium. *Co-Keynote speaker:* Clinical Hypnosis for Children, Teens, and Adults with Anxiety, Stress, or Somatization.
- 2015 **International Society of Hypnosis, 20th International Congress of Hypnosis, Paris, France.**
Workshop Speaker: Anxiety and Worry in Childhood: Individualizing Hypnosis for Self-regulation.
- 2014 **European Society of Hypnosis, XIII ESH International Congress, Sorrento, Italy.** *Workshop Speaker:* Childhood Stress & Anxiety: Individualized Profiles for Vulnerability vs. Resilience.
Speaker: Short Talk: Childhood Stress: Hypnosis Strategies to Build Positive Expectancy
- 2012 **International Society of Hypnosis, 19th International Congress of Hypnosis.** Bremen, Germany.
Advanced Short Course Speaker (90 min.): “Anxiety and Worry in Childhood: Individualized Hypnosis for Self-Regulation”. *Panel Presenter:* “Developmental Origins of Pediatric Hypnosis”

NATIONAL:

- 2018 **Brief Therapy Conference** (San Francisco, CA). Workshop: Anxious Children and Teens: Solution-based Strategies to Promote Self-Regulation, a Growth Mindset, and Psychological Resilience.
- 2018 **National Pediatric Hypnosis Training Institute, 9th Annual Pediatric Hypnosis Skills Development Workshop.** Minneapolis, MN. *Workshop Co-Chair, 3-day Curriculum Vitae of Pamela Kaiser, PhD, CPNP, CNS*

tri-level workshop. *Co-Coordinator*, Introductory and Intermediate Level Workshops. Lectures for Intermediate.: Anxiety, Fear & Worry in Childhood: Individualized Strategies for Goals of Self-Regulation; Conversational Inductions: Erickson's Utilization Approach; Planning a Hypnosis Session: Post-Hypnotic Suggestions. Lectures for Introductory workshop: Hypnosis for Children/Teens with Fears, Worry, & Anxiety; Small group Facilitator (Intro. & Intermed). (October, 2018)

- 2018 **National Pediatric Hypnosis Training Institute, Pediatric Hypnosis Skills Development Workshop: Fundamental Level.** Rainbow Babies Childrens' Hospital, Case Western Reserve Medical School. Cleveland, Ohio. 3-day *Workshop Co-Chair and faculty: lectures & small group supervision.* (May 3-5, 2018)
- 2017 **National Pediatric Hypnosis Training Institute, 8th Annual Pediatric Hypnosis Skills Development Workshop.** Minneapolis, MN. *Workshop Co-Chair*, 3-day tri-level workshop. *Co-Coordinator*, Introductory and Intermediate Level Workshops. Lectures for Intermediate.: Anxiety, Fear & Worry in Childhood: Individualized Strategies for Goals of Self-Regulation; Conversational Inductions: Erickson's Utilization Approach; Planning a Hypnosis Session: Post-Hypnotic Suggestions. Lectures for Introductory workshop: Hypnosis for Children/Teens with Fears, Worry, & Anxiety; Small group Facilitator (Intro. & Intermed).
- 2016 **American Psychological Association Annual Conference**, Denver, Colo. *Workshop Chair:* Pediatric Anxiety & Pain: Combining Hypnosis & CBT to Build Self-Regulation Skills (August, 2016)
- 2016 **National Pediatric Hypnosis Training Institute, Pediatric Hypnosis Skills Development Workshop: Basic Level.** Nationwide Childrens' Hospital, Columbus, Ohio. 3-day *Workshop Co-Chair and faculty: lectures & small group supervision.* (June, 2016)
- 2016 **National Pediatric Hypnosis Training Institute, 7th Annual Pediatric Hypnosis Skills Development Workshop.** Minneapolis, MN. *Workshop Co-Chair*, 3-day tri-level workshop. *Co-Coordinator*, Introductory and Intermediate Level Workshops. Consultant (Advanced/Individual Consultation); Lectures for Intermediate.: Utilization: Designing Metaphors; Self-regulation of Pediatric Anxiety & Fear; Milieu Metaphors: Conversational Hypnosis & Self-Regulation. Lectures for Introductory workshop: Hypnotic Approaches for Pediatric Anxiety; Small group Facilitator (Intro. & Intermed). (October, 2016)
- 2015 **National Pediatric Hypnosis Training Institute, 6th Annual Pediatric Hypnosis Skills Development Workshop.** Minneapolis, MN. *Workshop Co-Chair*, 3-day tri-level workshop. *Co-Coordinator*, Introductory and Intermediate Level Workshops. Consultant (Advanced/Individual Consultation); Lectures for Intermediate.: Utilization: Designing Metaphors; Self-regulation of Pediatric Anxiety & Fear; Developmental Aspects of Pediatric Hypnosis; Combining CBT & Hypnosis for Pediatric Phobias. Lectures for Introductory workshop: Hypnotic Approaches for Pediatric Anxiety; Small group Facilitator (Intro. & Intermed).
- 2014 **National Pediatric Hypnosis Training Institute, 5th Annual Pediatric Hypnosis Skills Development Workshop.** Minneapolis, MN. *Workshop Co-Chair. Co-Coordinator*, Introductory and Intermediate Levels. Consultant, Advanced Level/Individualized Consultation. Intermediate lectures: Developmental Aspects of Hypnosis Phenomena; Anxiety and Psychophysiological Self-Regulation; Building Positive Expectancy; Utilizing Metaphors; Combining Hypnosis & CBT for Cognitive Worry. Introductory lectures: Hypnosis for Pediatric Anxiety. Small group facilitator.
- 2014 **Stanford University Medical School**, Annual Pediatric Update Conference. *Speaker*, Medical Hypnosis: Adjunctive Treatment for Medical and Mind-Body Symptoms.
- 2014 **American Society of Clinical Hypnosis** Annual Meeting, San Diego, CA. *Faculty*,
- Curriculum Vitae of Pamela Kaiser, PhD, CPNP, CNS

Intermediate level workshop: Lectures: Pediatric Applications of Hypnosis; Indirect Suggestions & Utilizing Metaphors. Small Group facilitator.

- 2013 **American Society of Clinical Hypnosis** Annual Meeting, Nashville, Tenn. *Expert Consultation Advanced Faculty*: Pediatric Stress and Self-Regulation. *Invited Faculty*: Intermediate: Lecture: Hypnosis: Myths, Misconceptions, & Memory. Small Group facilitator.
- 2013 **National Pediatric Hypnosis Training Institute, 4th Annual Pediatric Hypnosis Skills Development Workshop**. Minneapolis, MN. *Workshop Co-Chair*. (3-day, 2-Levels). *Coordinator*, Introductory Level. Consultant (Advanced/Individual Consultation); Lectures for Intermed.: Designing Metaphors; Hypnosis Treatment Planning for Children/Teens with Clinical Anxiety Disorders; Developmental Aspects of Pediatric Hypnosis. Lectures for Introd.: Introduction to Induction and Intensification; Hypnotic Approaches for Pediatric Anxiety (Introd.); Developmental Basics for Use with Hypnosis; Small group Facilitator (Introd. & Intermed).
- 2012 **National Pediatric Hypnosis Training Institute, 3rd Annual Pediatric Hypnosis Skills Development Workshop**. Minneapolis, MN. *Workshop Co-Chair*. (3-day, 2-Levels). *Coordinator*, Introductory Level. Consultant (Advanced/Individual Consultation); Lectures for Intermed.: Designing Metaphors; Hypnosis Treatment Planning for Children/Teens with Clinical Anxiety Disorders; Developmental Aspects of Pediatric Hypnosis. Lectures for Introd.: Introduction to Induction and Intensification; Hypnotic Approaches for Pediatric Anxiety (Introd.); Developmental Basics for Use with Hypnosis; Small group Facilitator (Introd. & Intermed).
- 2012 **Minnesota Society of Clinical Hypnosis**. Minneapolis, MN. *Keynote Speaker*. Workshop (Full day, Advanced Level). “Anxiety in Children, Teens, and Young Adults: Designing Individualized Hypnosis Sessions—A Developmental Perspective”.
- 2012 **Saybrook Graduate School & Research Center**. San Francisco, CA. *Invited Co-Faculty*. Intermediate Training & Education in Applied Hypnosis, Integrative Health Studies Course and Mind-body Medicine Course. Workshop (Full day, Intermediate Level): “Developmental Aspects of Pediatric Hypnosis”; “Anxiety and the Use of Clinical Hypnosis”; “Metaphors for Adults and Children”; Small Group Practice sessions.
- 2011 **Saybrook Graduate School & Research Center**. San Francisco, CA. *Invited Co-Faculty* (with Don Moss, PhD & Eric Willmarth, PhD). Workshop (Intermed. Level). Lectures and Small group facilitator. Intermediate Training & Education in Applied Hypnosis, Integrative Health Studies Course and Mind-body Medicine Course.
- 2011 **National Pediatric Hypnosis Training Institute: 2nd Annual Pediatric Hypnosis Skills Development Workshop**. Minneapolis, MN. *Workshop Co-Chair*. (3-day, 2-Levels). *Co-Coordinator*, Introductory Level. Consultant (Advanced/Individual Consultation); Lectures for Intermed.: Designing Metaphors; Hypnosis Treatment Planning for Children/Teens with Clinical Anxiety Disorders; Developmental Aspects of Pediatric Hypnosis. Lectures for Introd.: Introduction to Induction and Intensification; Hypnotic Approaches for Pediatric Anxiety (Introd.); Developmental Basics for Use with Hypnosis; Small group Facilitator (Introd. & Intermed).
- 2011 **American Society of Clinical Hypnosis** Annual Meeting. Las Vegas, NV. *Workshop Chair*: (Full day, Advanced Level): Applying Yapko’s Approach to Pediatric Hypnosis: Assessment and Treatment in Medical and Mental Health Settings.
- 2011 **American Society of Clinical Hypnosis** Annual Meeting. Las Vegas, NV. *Faculty*. Workshop (Intermed. Level). Lecture: “Utilization of Metaphors: Development, Creativity, and Patients’ Participation” and Small group Facilitator.

- 2010 **National Pediatric Hypnosis Training Institute: 1st Annual Pediatric Hypnosis Skills Development Workshop.** Minneapolis, MN. *Workshop Co-chair*, (3-day, 2-Levels). *Co-Coordinator*, Introductory Level. Lectures: Hypnotic Interventions for Pediatric Anxiety (Introd.); Hypnosis Treatment Planning for Children/Teens with Clinical Anxiety Disorders (Intermed). Small group Facilitator.
- 2010 **American Psychological Association**, Annual Convention. San Diego, CA. *Workshop Co-Chair*, (2 hr): Hypnotic Interventions for Children and Caregivers: Anxiety, Pain, and Palliative Care.
- 2010 **State University New York (SUNY) Medical School.** Syracuse, NY. *Invited Co-Faculty*. Experiential Training in Pediatric Clinical Hypnosis. Workshop (3 Day: 3-Levels). Several lectures and small group facilitator.
- 2010 **American Society of Clinical Hypnosis** Annual Meeting. Nashville, TN. *Workshop Chair*. (1/2-day, Adv. Level) Examining Yapko's Assessment Method from a Developmental Perspective: Hypnosis with Children and Teens.
- 2009 **Society for Developmental and Behavioral Pediatrics Annual Conference.** Portland, Oregon. *Acting Program Director for Workshop: Pediatric Training of Clinical Hypnosis Workshop.* (3-Day: 3-Levels). Lectures and small group facilitator.
- 2008 **Society of Developmental and Behavioral Pediatrics (SDBP) Annual Conference.** *Co-Faculty*. Pediatric Training of Clinical Hypnosis. Cincinnati, Ohio. Workshop (3 Day: 3-Levels). Lectures, Supervision of Advanced trainees, Small group facilitator Introd./Intermed. trainees.
- 2008 **National Association Nurse Practitioners and Associates (NAPNAP) Annual Conference,** Nashville, Tenn. *Faculty* (with Linda Thomson, PNP, PhD and Rebecca Kajander, CPNP). Workshop (3 Day). Hypnosis Training for PNPs: Introductory Level. "Get HYP". Lectures and small group facilitator.
- 2007 **Society of Developmental and Behavioral Pediatrics (SDBP) Annual Conference,** Providence, RI. *Faculty*. Pediatric Training of Clinical Hypnosis. Workshop (3 Day). Lectures, Small group facilitator.
- 2006 **Society of Developmental and Behavioral Pediatrics (SDBP),** San Diego, CA. *Faculty*: Pediatric Training of Clinical Hypnosis Workshop (3 Day). Small group facilitator.
- 1989 **Clinical Advances in Pediatrics Annual Medical Meeting,** S.F. "Assessment and Management of Aggression in Early Childhood"
- 1990 **Ambulatory Pediatric Association Annual Conference,** Washington, D.C. Workshop (3 hr). "Developing Teaching Programs in Daycare Settings: Faculty's Role & Residents' Response"
- 1988 **UCSF Behavioral/Developmental Pediatrics** Annual Symposium: Stress, Vulnerability, and Child Health, *Conference Chairperson*. *Speaker*: 3 hour workshops: Developmental Screening: Infants and Toddlers; Temperament and the Vulnerable Child; Daycare Stressors: Primary Care Providers Role
- 1988 **Ambulatory Pediatrics Association** Annual Conference, Carmel, CA. Workshop (2 hr): "Daycare Centers and Preschools: A Model for Teaching Early Child Development and Daycare Issues to Pediatric Residents"

REGIONAL:

- 1998 **Stanford Child Psychiatry Core Curriculum.** *Speaker*. "Self-Regulation: Clinical Hypnosis and Biofeedback with Children and Teens."

- 1997 **Stanford Child Psychiatry Conference.** *Speaker.* “Treating Children’s Anxiety with Clinical Hypnosis and Biofeedback.”
- 1996-98 **Stanford Pediatric Residents Behavioral-Developmental Core Curriculum:** *Director/Faculty.* Tutorials and clinical demonstrations of pediatric hypnosis and biofeedback.
- 1996 **Children’s Health Council** (Stanford-affiliated mental health agency), Palo Alto, CA. *Speaker.* “Hypnosis and Self-Regulation for Children and Teens Experiencing Anxiety and PTSD.”
- 1995 **Stanford Medical School:** Grand Rounds: “Childcare: Consequences and Controversies”
- 1995 **Stanford Medical School:** Infant Development Program. “Infant Development: Perturbations, Disturbances, & Disorders”
- 1995 **Stanford Medical School:** Infant Development Program. “Behavioral Indices for Screening Attachment”
- 1994 **Stanford Medical School:** Infant Development Program. “NICU Graduates and High Risk Follow-Up”
- 1991 **UCSF Medical School:** Pediatric Grand Rounds. “The Clinician’s Role in Managing Childhood Aggression”
- 1987 **California Association of Independent Schools,** Northern California Annual Meeting, Berkeley, CA. Workshop (2 hr): “Academic Readiness and Advancement in the Lower School”
- 1987 **Ambulatory Pediatrics Association** Annual Conference, Carmel, CA. Workshop (2 hr): “Daycare Centers and Preschools: A Model for Teaching Early Child Development and Daycare Issues to Pediatric Residents”
- 1986 **UCSF Medical School:** Pediatric Grand Rounds: “Daycare: Impact on Child Development and Role of the Clinician”

WEBINARS, INSTRUCTIONAL VIDEOS, TV INTERVIEWS:

- 2016 **Webinar Series: Best Practices in Therapy: Experts Training Series:** (developed by Maggie Phillips, PhD) “Working Hypnotically with Children and Teens” (1 hour webinar)
- 2013 **Webinar Series: The Heads and Tales of Clinical Hypnosis: Candid Conversations with the Experts:** (developed by Michael Yapko, PhD). “Childhood Anxiety, Fear and Worries: Individualizing Hypnosis for Self-Regulation” (1 hour)
- 1989 **Channel KPIX.** San Francisco: TV Interview. “Kindergarten Readiness Screening and Stress”
- 1988 **PBS Television Network.** Television panel participant. “Superbabies: Pushing Young Children Too Fast Too Soon”
- 1988 **PBS Television Network.** Television panel participant, “Childcare: The Issues”
- 1987 **UCSF Department of Pediatrics.** Producer, Director, & Co-editor: Pediatric faculty instruction film: “*Doctors, Daycare & Development*”, demonstrating the value and method of on site faculty instructing pediatricians-in-training about child development and behavioral issues. Presented at national conferences and utilized nationally by medical school faculties.

CERTIFICATIONS:

- 2018-19 Pediatric BTTI: In-Depth Training Program in State-of-the-Art Cognitive Behavioral Therapy for OCD, International OCD Foundation, Rogers Behavioral Health (Oconomowoc, WI) (1/2019: Final certification almost complete)
- 2016 Heart Rate Variability Biofeedback: Board Certification, Biofeedback Certification International Alliance (BCIA)---in process
- 2009 Mindfulness Meditation (8-day) Training for Health Professionals, Harvard Mindfulness Program
- 2008-present Certified, Approved Consultant, American Society of Clinical Hypnosis
- 1995 Biofeedback Certificate program, Stens Corporation, Oakland, CA
- 1988-1994 Clinical Hypnosis Training Certificates: Basic, Intermediate, Advanced Levels, Society for Developmental & Behavioral Pediatrics (SDBP)
- 1987 Kindergarten Readiness Screening Examiner Certificate, Gesell Institute of Human Development
- 1982 Lifetime Instructor Certificate, California Community Colleges
- 1979-80 Instructor Certificate: NCAST Parent-Child Interaction Scales, and Home Observation for Measurement of the Environment [HOME] Scale, University of Washington, Seattle, WA
- 1978-now Certified Diplomate, PNP, National Board of Pediatric Nurse Practitioners and Associates
- 1975-now Certified Pediatric Clinical Nurse Specialist, California Board of Registered Nursing

PROFESSIONAL AFFILIATIONS:

Anxiety Disorders Association of America
 Association for Behavioral and Cognitive Therapies
 Association of Applied Psychophysiology and Biofeedback
 American Psychological Association: also member of Society of Psychological Hypnosis, Society of Clinical Child and Adolescent Psychology, and Society of Pediatric Psychology
 American Society of Clinical Hypnosis (ASCH)
 Biofeedback Society of California
 European Society for Hypnosis
 International Obsessive Compulsive Foundation
 International Society of Hypnosis
 National Association of Nurse Practitioners and Associates
 National Pediatric Hypnosis Training Institute

LICENSES:

1995-present	Psychologist	California (PSY14092)
1978-present	Nurse Practitioner	California (233187)
1973-present	Registered Nurse	California (233187)

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