

The Center for

Mind-Body Medicine[®]

Science. Training. Community. Outreach.

Referral List

Updated Spring 2009

ARIZONA

Bruce Roberts, MD & Molly Roberts, MD, MS

LightHearted Medicine

1701 E. Lind Road

Tucson, AZ 85719

520.327.9624

Info@LightHeartedMedicine.com

www.LightHeartedMedicine.com

Bruce & Molly run a holistic health center that provides a wide range of healing services combining Western, Eastern, and Mind-Body-Spirit techniques. They run Mind-Body Skills Groups open to everyone. They see their mission is to empower others to access their inherent healing abilities.

CALIFORNIA

Sarah Ackerman, MA, MFT

2955 Shattuck Avenue

Berkeley, CA 94705

(510) 649-8870

sarahackermanmft@comcast.net

www.mindbodyberkeley.com

For over 20 years Sarah has been helping people enjoy more healthy and fulfilling lives. As a psychotherapist she draws on different orientations including relational psychodynamic models and mind-body approaches tailored to the individual needs of each client. In addition to working with individuals and couples in her private practice, she runs Mind-Body Skills Groups throughout the year that are open to everybody.

Connie Corley, PhD, LCSW

Osher Lifelong Learning Institute

California State University, Los Angeles

323.343.4746

mysticalprofessor@yahoo.com

Connie runs Mind-Body Skills Groups for older adults. She is offering a course at the Lifelong Learning Institute. She is also available for coaching.

Rachel Donaldson, LCSW, RYT-500

The Mind-Body Treehouse

2042 Walnut Ave

Venice, CA 90291

Updated Summer 2008

310.968.7438

mindbodybreath@gmail.com

Rachel offers an integrative approach to healing, taking her training and tailoring it to the wants and needs of the client. Psychotherapy, classes and coaching are offered as well as meditation/mindfulness training and yoga therapy sessions. Mind body skills groups open to the public with special mind body programs for mothers.

Jerrol Kimmel, RN, MA

Whole Body Health

2100 Webster Street, Suite 320

San Francisco, CA 94115

415.971.3204

jerrolkimmel@mac.com

She is a faculty member of the Center's Mind-Body Medicine professional trainings in the United States.

Debby Reaghard RN, MSN, CRNP

1521 5th Street, Suite B

Berkeley, CA 94710

510.798.3902

dreaghard@comcast.net

Board Certified Advance Holistic Nurse and Geriatrics. Specialities in Older Adults, Wellness and Mental Health. Provides Integrative approaches including Mind-Body Medicine, Nutrition, Integrative Imagery and energy/bodywork. Facilitates both mind-body skills groups and individual counseling.

Neha Sangwan, MD

Intuitive Intelligence

1108 Page Street

San Francisco, CA 94117

415.823.2486

info@intuitiveintelligenceinc.com

www.intuitiveintelligence.com

Jon "Jes" E. Siiteri

Mill Valley, CA

mindbodywellness@comcast.net

Jes practices integrative medicine as a urology Physician Assistant in the San Francisco Bay area. He will see adults, women and men, interested in a holistic approach to wellness. His focus is on men with BPH, prostatitis, chronic pelvic pain, and prostate cancer, before and after treatment. He facilitates Mind-Body Skills groups and collaborates with alternative health practitioners at the Wellness Center, Mill Valley, CA.

Eva Weinlander, MD

Clinical Associate Professor of Medicine

Stanford Family Medicine

Stanford University Medical School

300 Pasteur, N329

Palo Alto CA 94305

650.723.6963

Comments: Eva is a family physician who currently leads Mind-Body Medicine courses for medical students and physicians. Other patients and community members are encouraged to contact Dr. Weinlander regarding formation of Mind-Body Skills groups.

COLORADO

Carrie Phelps

YMCA of the Pikes Peak Region
207 N. Nevada
Colorado Springs, CO 80903
719-338-2338
cphelps@ppymca.org

Carrie facilitates Mind-Body Skills groups in Colorado Springs, CO. Her groups are open to everyone. She is currently the Senior Director of Strategic Initiatives for the YMCA of the Pikes Peak Region and also serves on the YMCA of the USA national staff team as a consultant for national health related initiatives including a YMCA Cancer Survivor Collaborative and a Health and Well-being Collaborative. She received her Masters Degree in Exercise Science from the University of Denver. Carrie is a certified Mindful Coaching trainer. Carrie is passionate about the field of spirit-mind-body health and its application to individual, community and organizational development and well-being.

Tina Staley, MSW

Cancer Guide
Aspen Valley Hospital
Pathfinders
0401 Castle Creek Road
Aspen, CO 81611
970.544.7343
tstaley106@aol.com

We provide psychosocial support for out-patient oncology care. We integrate the use of Mind-Body approaches in patient care, including the use of alternative modalities. We embrace a wide range of services including both group support and individual counseling.
Tina is a member of the Center's CancerGuides® faculty.

Richard Steinberg, MD

Co-Navigating the Cancer Journey
95 Camino Bosque
Aspen, CO 80302
303.938.5097
rsteinberg108@msn.com

Rick is a physician and cancer survivor who combines conventional and complementary approaches to finding ones way back to health. He helps people explore conventional options of working with cancer combined with nutritional, energetic and psycho/spiritual modalities.
Rick is a member of the Center's CancerGuides® faculty.

CONNECTICUT

Monique Class, MS, APRN, BC

The Center for Women's Health
1011 High Ridge Road
Stamford, CT 06905
203.321.0200
moniqueclass@hotmail.com
www.centerforwomenshealth.com

Monique runs a women only group at the OB/GYN office. She is a faculty member at the Center's Mind-Body Medicine and CancerGuides® professional trainings in the United States.

Joel Evans MD

Director

Center For Women's Health

1011 High Ridge Road

Stamford, CT 06905

303.321.0200

www.drjoelevans.com

OB/GYN consultations provided in the office and/or by telephone.

Joel is a senior faculty member of the Center's professional training programs.

Susan Scheufele EdM, CAS, LPC

Private Practice

1305 Post Road

Suite 206

Fairfield, CT 06824

203-858-8182

sscheuff@optonline.net

Susan is a psychotherapist and licensed professional counselor in private practice. She integrates mind body skills in her practice for individuals coping with stress and life changes. She runs mind body skills groups open to everyone in Fairfield County (CT) and Westchester County (NY).

Myra Skluth, PhD, MD, FACP

Arbor Medical Group LLC

10 Mott Ave Suite 3A

Norwalk, CT

(203) 866-4455

mskluthmd@gmail.com

Myra Skluth is Board Certified in Internal Medicine and Geriatrics. She has been in private practice for more than 20 years, specializing in the primary care of adults. She takes a holistic approach to medical evaluation, and treatment, looking at nutritional imbalances and deficiencies and psycho-social issues in addition to standard medical data to help her patients achieve optimal health. She incorporates mind body techniques into her traditional internal medicine practice. She is currently running mind body skills groups which are open to all.

Looking for a cancer group? See Dr. Susan Blum in New York

DISTRICT OF COLUMBIA

[Mind-Body Skills Groups offered by The Center for Mind-Body Medicine](#)

5225 Connecticut Avenue Washington, DC 20015

202.966.7338

www.cmbm.org

Barbara Black

904 East Capitol St. NE

Washington, DC 20003

(202) 547-9044

barbarakblack@hotmail.com

Barbara Black is a cancer guide, SoulCollage® facilitator and nationally certified massage therapist. She is on the faculty of the Center's Mind-Body Medicine professional training and a senior staff member of the Cancer Help Program of Smith Farm Center for Healing and the Arts (the Washington DC sister program of Michael Lerner and Rachel Naomi Remen's Commonweal in Bolinas, CA.) A

cancer survivor herself, Barbara uses journaling, movement, and SoulCollage® with her clients for exploring self-awareness and healing. Barbara is currently running Mind-Body Skills Groups for people living with cancer and their caregivers.

Sille Borstad

Massage, Transformational & Biodynamic Cranial-Sacral Work
3122 19th Street, NW
Washington, DC 20010
202.745.6398

Larry Drell, MD

Wholistic Psychiatry and Psychotherapy
3000 Connecticut Avenue, NW
Suite 234
Washington, DC 20008
202.232.8608

Mark McClure, ND, DDS

Holistic Dentistry
NIHA
5225 Wisconsin Avenue, NW
Washington, DC 20015
202.237.7000
www.nihadc.com

Mark is on faculty for the Center's Food As Medicine professional training program for 2006 & 2007.

Kathy McNerny

Cranial Sacral Therapy-No Adjustments
3039 Macomb Street, NW
Washington, DC 20008
202.362.9504

Kris O'Shee

Yoga Instructor, Massage Therapy
Body Centered Psychotherapy
3611 35th Street, NW
Washington, DC 20016
202.237.5595
koshee@msn.com

Kris holds women's healing groups at her offices in Washington, DC. Call for details.

John Pan, MD

Obstetrics/Gynecology
Center for Integrated Medicine
908 New Hampshire Avenue, Suite 200
Washington, DC 20037
202.833.5055

Klára Royal, MA

Zen-Shiatsu Practitioner & Reiki Master

DC Therapeutics
1608 20th Street, NW
Washington, DC 20009
202.299.1200
klara@gentlebalancing.com
www.gentlebalancing.com

Zen-Shiatsu is Japanese bodywork that incorporates stretching and gentle energy work along with principles and acupressure points known from Traditional Chinese Medicine. Klára is the Coordinator for all the Center's professional training programs in the U.S.

Joel Rosenberg, MD
Cardiology
2131 K Street, NW, Suite 800
Washington, DC 20037
202.822.9356

Joseph Tarantolo MD
902 Pennsylvania Ave., SE
Washington, DC 20003
202.543.5290
Holistic Psychiatrist, Psychotherapist, Herbalist and Cancer Guide

Florida

Bob Buckley, LCSW
The Center for Mind-Body Medicine, Certification Program
14 NE 5th Street
Del Ray Beach, FL 33444
(561) 330-8636
rbuc2003@yahoo.com

Bob is not currently running groups in Florida. He is currently a member of The Center for Mind-Body Medicine's senior faculty and teaches at our CancerGuides® and Mind-Body Medicine professional trainings and Advanced Training in the United States. He is one of three faculty members to have taught in Kosovo, Gaza, and Israel in our global trauma outreach programs. He also conducts supervision for individuals in our Certification program. In addition to the work that Bob provides at the Center, he also has a private practice coaching people, by phone or in-person, on "how to live with compassion without falling into compassion fatigue", "self-care and care for other", "interpersonal relationships/ conflicts", "tapping into your intuitive powers and how to use them", "work/career transitions", "incorporating spirituality into our lives" and "living a life with authenticity".

Hawaii

Stephanie Misaki Whiting, LMHC, MS
4477 Emmalani Drive
Princeville, HI 96722
(808) 826-6891

Stephanie is a licensed mental health counselor. She leads Mind Body Skills Groups, while also integrating mind body skills into individual counseling. Group members deal with concerns such as panic and phobias, depression, disordered eating, social anxiety, chronic illness, grief and caregiver stress. As a former campus wellness educator, Stephanie taught mind body techniques for stress reduction for many years. She brings a wellness philosophy into her counseling practice. She is a board member of the Hawaii Counseling Association.

ILLINOIS

Steven Ayre MD

Contemporary Medicine
322 Burr Ridge Pkwy
Burr Ridge, IL 60527
630.321.9010

steven303@aol.com

<http://www.contemporarymedicine.net/>

I will be glad to take phone calls, review emails and contact people thereafter – and anything else I can do to help people looking for assistance for assistance with their disease. In my office I offer Comprehensive Cancer Care to the greatest extent that I am able. My website discusses all these issues:

Lilita Matison, MSW

Lilita Matison, MSW
PO BOX 81672
Chicago, IL
Cell: (312) 823-2702

or

Contemporary Medicine
322 Burr Ridge Parkway
Burr Ridge, IL 60527
(630) 321-9010

lilitamatison@yahoo.com

www.relaxationtherapies.net

Lilita runs mind-body skills groups open to everyone. She is an adjunct lecturer at the University of Latvia and *is a member of the Center's faculty in our Mind-Body Medicine professional trainings in the U.S.*

IOWA

Betty Hibler, MD, DABIHM, DABMA

915 13th Ave. N.
Clinton, IA 52732
(563) 519-1873

wellnesslifestyle@mchsi.com

Dr. Hibler is certified in Mind-Body skills, and is board certified in both Integrative holistic medicine and medical acupuncture. She has an integrative medicine practice specializing in bioidentical hormone therapy for both men and women, and medical acupuncture. One of her special interests is acupuncture for sports medicine, since she is a marathon runner and triathlete herself. She also is interested in teaching lifestyle changes for the prevention of illness. She is not currently running mind body skills groups.

Judith Pedersen-Benn, MS, CADC

301 22nd Street, NE
Cedar Rapids, IA, 52402
319.364.4709

jpedersen@imonmail.com

*Judith works in counseling. She currently runs Mind-Body Skills Groups open to anyone. She also runs groups for substance abuse agencies and works individually with hospice participants and family members. **She is a member of the Center's faculty in our Mind-Body Medicine professional trainings.***

KENTUCKY

John A. Patterson MD, MSPH

105 Main Street
Irvine, KY 40336
606.723.7771

japatt@windstream.net

*Dr. Patterson is board-certified in both Family Practice and Holistic Medicine and serves as a resource person for those needing information and referral for conventional as well as complementary and alternative treatment. In addition to providing primary care services, he teaches lifestyle practices that can help manage stress, restore a sense of personal control, and enhance well-being. These techniques include exercise, health-supportive nutrition, yoga, relaxation, meditation, mindfulness, imagery, biofeedback, journaling and drawing. He runs Mind-Body Skills groups open to everyone. **He is a member of the Center's faculty in our Mind-Body Medicine professional trainings both here in the United States and in our global outreach trainings in Gaza and Israel.***

LOUISIANA

Toni Q. Bankston, LCSW, BACS

Neighbors Keepers/Capital Area Alliance for the Homeless
544 North Donmoor Drive
Baton Rouge, LA 70806
(225) 302-5820

quinnbee2@aol.com

Toni is the Clinical Director of Neighbors Keepers and the Capital Area Alliance for the Homeless, a partnered program of integrative care in inner city Baton Rouge, Louisiana. In that setting, she is providing mind body skills groups open to children and families impacted by poverty, hurricane displacement and other disasters. Toni has over 22 years experience as a child and family psychotherapist and has also developed programs and curriculum, as well as published articles, related to implementing mental health programs in post-disaster settings, in poverty-affected communities and as part of a Medical Home for children. As co-founder of the MindBody Center of Louisiana, she consults with health care providers and other organizations in enhancing service delivery by integrating mind-body skills, as well as in using mind-body skills to reduce burnout and vicarious trauma.

José Calderón-Abbo, MD

Mindful Psychiatry
3439 Magazine Street
New Orleans LA 70115
504.891.8808

mindfulpsychiatry@gmail.com

www.mindfulpsychiatry.com

Dr. Calderón is dually board certified in Psychiatry and Addiction Medicine, and is certified in Mind-Body Medicine. He has played a prominent role in the rebuilding of New Orleans mental health services post-hurricane Katrina. Dr. Calderón is an Assistant Professor of Clinical Psychiatry at LSU and Clinical Faculty at Tulane University. He has a holistic integrative psychiatric private and is the Medical Director of the Co-Occurring Disorders Program for addictions and mental illness at DePaul-University Hospital in New Orleans where he incorporates mind-body disciplines with conventional treatment. He is interested

in the use and research of mindfulness and other mind-body approaches with addictions and in helping healthcare professionals care for themselves. Dr. Calderón is faculty with the Center for Mind-Body Medicine and leads mind-body groups open to the public.

Marie T. O'Neil, LCSW, CYT

616 N. Olympia Street
New Orleans, LA 70119
504.444.4344

marietoneil@gmail.com

Marie is a Licensed Clinical Social Worker, Certified Yoga Teacher, and the Program Director of the Mind-Body Center of Louisiana (MBCLA). Through the MBCLA she facilitates mind-body workshops and groups that are open to everyone. Marie also incorporates mind-body modalities into her private psychotherapy practice and hospice work.

MARYLAND

Kathy Alley, MD

Breast Cancer Surgeon
6410 Rockledge Drive, Suite 504
Bethesda, MD 20817
301.493.8500

Kuno Bachbauer, MD

Body Oriented Psychotherapy
Core Energetics
Totally Alive "Core Energetics" Center
1317 Apple Ave.
Rockville, MD 20910
301.578.8643

Janine Blackman, MD, PhD

The Gilbert Clinic
11300 Rockville Pike
One Central Plaza, Suite 1205
North Bethesda, MD 20852
301.230.2530

jblackman@thegilbertclinic.com

www.TheGilbertClinic.com

Janine works in a private integrative medical center dedicated to resolving conditions that conventional medical approaches do not. They specialize in a comprehensive 12-month treatment program for people with Chronic Fatigue Syndrome and Fibromyalgia. Other conditions commonly helped include, but are not limited to, women's health issues, diabetes, neurological conditions, thyroid disease, migraines, hypertension, arthritis, respiratory conditions, and mental or emotional concerns including depression, anxiety, stress, and "burn-out".

Barbara Blitzer, LCSW-C, M.Ed

Private Practice
4400 East-West Hwy. #24 Bethesda, MD 20814
or 8 Park Valley Rd. Silver Spring, MD 20910
301.588.6461

barbarablitzer@comcast.net

www.barbarablitzer.com

Barbara has a special expertise in women's health/mental health issues, including infertility. She runs groups open to everyone, as well as groups for women and groups for adolescents. She has over 30 years of experience working with mind-body skills, and over 25 years experience in health care, counseling, and education.

Maggie Covington, MD

Internal Medicine, Holistic Medicine, Women's Health Specialist

*No insurance participation

5618 Shields Drive
Bethesda, MD 20817
301.493.8444

Donna Dryer, MD

Trans-Personal Psychiatry, Shamanic Personal Growth Workshops

Orenda Institute
2403 Talbot Road
Baltimore, MD 21216
443.850.7837

Mary Lee Esty, PhD

Neurotherapy Center of Washington

5480 Wisconsin Avenue Suite 221

Chevy Chase, MD 20815

301.652.7175

info@neuropathycenters.com

www.neuropathycenters.com

Mary Lee is in a private practice. She treats a variety of Central Nervous System related problems, including depression, chronic fatigue, FMS, ADD/ADHD, Post-Concussion Syndrome, headaches, "chemotherapy fog", MS, and more. She is not currently running Mind-Body Skills Groups.

Norton Fishman, MD

Internal Medicine, Nutrition, Biological Medicine, Anti-Aging

15235 Shady Grove Road #102

Rockville, MD 20850

301.330.6515

Robert Hedaya, MD

Psychiatry, Nutrition, Endocrinology, Psychology, Adolescence

*No insurance participation

4701 Willard Avenue, Suite 222

Chevy Chase, MD 20815

301.657.4749

Carolyn Hendricks, MD

Medical Oncology

Suburban Hospital

6410 Rockledge Drive, Suite 506

Bethesda, MD 20817

301.897.1503

Wendy Hookman, MD

Washington Center for Women and Children's Wellness

One Central Plaza
11300 Rockville Pike, Suite 714
North Bethesda, MD 20852
301.881.9464
No insurance participation

Juliana M. Jacobson, MS, RN, CS
Private Practice & PG County Health Department
2230 Washington Ave. #101
Silver Spring, MD 20910
240.486.6498
JMJ9@msn.com

Juliana works with HIV/AIDS patients in the PG County Health Department, and works with adults of all kinds in her private practice. She facilitates monthly workshops where she incorporates mind-body skills.

Rachel Lenn, PhD
Adult Psychotherapy; Mind-Body Skills groups; psychotherapy groups; Cancer Patients as well; Individuals, couples and groups
9412 Woodington Drive
Potomac, MD 20854
301.765.7615
Will perform long-distance consultations by phone.

Kelsey Menehan, MS, LCSW-C
Private Practice Psychotherapy, Writer on Health Topics
8811 Colesville Road, Suite 102
Silver Spring, MD 20910
202.364.5315
kmenehan@msn.com
*Kelsey offers individual sessions and occasionally groups using mind-body approach. **She is a senior faculty member of the Center's professional training programs both here in the United States and abroad with our Global Outreach program.***

Augusto Pichard, MD
Cardiology
6401 Kennedy Drive
Chevy Chase, MD 20815
202.877.5976

Monica Rukus, RN, LAC, LCSW-C, NP
Acupuncture, Psychotherapy, Chinese Herbs, Flower Essences, Homeopathy, NAET for Allergies
8901 Connecticut Avenue
Chevy Chase, MD 20815
301.986.9999

Royal Schomp
Deep Tissue Massage Therapy, integrates: Zero Balancing, Cranial Sacral Therapy, Trager Approach
2011 Wallace Avenue
Silver Spring, MD 20902

301.946.5457

Cherie L. Snyder, MSS, MA

Professor & Director of Human Services and Integrative Health

Allegany College of Maryland

12401 Willowbrook Rd. Cumberland, MD 21502

301.784.5556

csnyder@allegany.edu

www.allegany.edu

Cherie has been running Mind-Body Skills Groups with college students at Allegany College for over 7 years where they have been received extremely well by all types of students. She also runs groups with the Department of Social Services with hard-to place welfare-to-work recipient, and they transform from "resistant clients" to motivated and empowered individuals who ask for more.

MASSACHUSETTES

Susan Lord, MD

Kripalu Center for Yoga and Health

Associate Director of the Institute for Integrated Healing

Director of Mind-Body Medicine

PO Box 309

Stockbridge, MA 01262

(413) 448-3285

susanl@kripalu.org

Susan works as a health consultant, specializing in functional medicine, nutrition, mind-body medicine and psychotherapy. She is also a senior faculty member of the Center's professional training programs, and the former Course Director of Food As Medicine.

MICHIGAN

Kathleen Reynolds, APRN, BC

Karmanos Cancer Institute Counseling Services

4100 John R Detroit, MI 48201

313.576.9056

reynolds@karmanos.org

Kathleen runs Mind-Body Skills Groups for cancer survivors and their families. She incorporates mind-body skills into her counseling practice. She trains staff in mind-body skills at the cancer center. She also lectures to community groups on Mind-Body Medicine as well.

MINNESOTA

Yvette Erasmus

Aslan Institute

4141 Old Sibley Memorial Highway

Eagan, MN, 55122

(612) 208-7216

yvette@aslaninst.com

www.aslaninst.com

Yvette runs Mind-Body Skills groups at Aslan Institute on a regular basis. She is an experienced trainer and coach, and regularly leads workshops and retreats for students, parents and educators. By combining her training and education in psychology, healing and education, she advocates for integrative, holistic practices that promote health and wellness within larger systems.

Kathy Farah, MD

Integrative Medicine Program
Children's Hospital's and Clinics of Minnesota
MOB Suite 306
2545 Chicago Ave. South
Minneapolis, MN 55404
kathleen.farah@childrensmn.org

*Kathy is board certified in Family Medicine and Holistic Medicine. She leads Mind-Body Skills groups for children and parents and teaches these skills individually in her medical practice. **She is also a member of the Center's faculty in our Mind-Body Medicine and CancerGuides® professional trainings.***

Lora Matz MS, LICSW

Transformative Practices
2966 Creek Lane
Minnetonka, MN 55305
651.592.1176
loramatz@earthlink.net
www.transformativepractices.com

Lora is a member of the Center's faculty in our Mind-Body Medicine and CancerGuides® professional trainings.

Susan Nordin, MD

Family Physician
1029 Grand View Ave.
Duluth, MN 55812
218.249.6888
snordin1@dwave.net

Lynda Richtsmeier Cyr, PhD, LP

Pediatric Psychologist
Program Manager, Integrative Medicine
Children's Hospitals and Clinics of Minnesota
2525 Chicago Ave. South
Minneapolis, MN 55404
612.813.7994
lynda.richtsmeiercyr@childrensmn.org

*Lynda is a pediatric psychologist who specializes in chronic illness and incorporates mind-body medicine into her psychotherapy practice. She has been leading mind-body skills groups for children, teens and parents for many years. She is available to respond to calls, receive emails, provide services and refer to other resources. **She is a member of the Center's faculty in our Mind-Body Medicine and CancerGuides® professional trainings.***

Robert Rothstein, MS, LP

Allina Medical Clinic
8675 Valley Creek Road
Woodbury, MN 55125
(651) 501-3008

Robert.Rothstein@allina.com

*Robert is a Licensed Psychologist in general practice at The Allina Medical Clinic. He integrates mind-body skills in his practice and offers Mind-Body Skills Groups open to anyone; those receiving their medical care at the clinic and those coming from outside the clinic. Participants include those coping with various acute or chronic medical conditions, life changes, and/or stress. Participants may self refer or be referred by their healthcare provider. Groups meet for two hours, once per week for 8 weeks, with a goal of decreased symptoms, improved coping skills, and increased awareness. **He is a member of the Center's faculty at our Mind-Body Medicine professional trainings.***

Susan Sencer, MD

Medical Director
Pediatric Hematology-Oncology
Children's Hospitals & Clinics of Minnesota
2525 Chicago Avenue South
Minneapolis, MN 55404
612.813.5940

susan.sencer@childrensmn.org

*Susan is a pediatric oncologist. She is willing to respond to questions about complementary therapies for children with cancer. **She is a member of the Center's CancerGuides® faculty.***

Jon "Jes" E. Siiteri

Aspen Medical Group
St. Paul, MN 55108
(651) 238-0861

jesteri52@msn.com

Jes practices integrative medicine as a urology Physician Assistant in St. Paul, MN. He will see adults, women and men, interested in a holistic approach to wellness. His focus is on men with BPH, prostatitis, chronic pelvic pain, and prostate cancer, before and after treatment. He facilitates Mind-Body Skills groups and collaborates with alternative health practitioners at the Natural Care Center, Woodwinds Hospital, Woodbury, MN.

Judy Westphal RN, OCN, CRA

Immanuel-St. Joseph-Mayo Health System
1025 Marsh Street
PO Box 8673
Mankato, MN 56002-8673
507.345.2929

westphal.judy@mayo.edu

Judy welcomes emails, and is willing to answer questions and make referrals.

NEBRASKA

Chanel Helgason, MD

Assistant Professor
Department of Psychiatry
University of Nebraska Medical Center
985578 Nebraska Medical Center
Omaha, NE 68198-5578
Office: (402) 552-6007

chelgason@unmc.edu

www.unmc.edu/psychiatry/integrative.htm

www.community-alliance.org

Dr. Helgason is board certified in both Psychiatry and Integrative-Holistic Medicine. She has also completed the University of Arizona Center for Integrative Medicine's fellowship program. Dr. Helgason currently staffs the University of Nebraska Medical Center's Integrative Mental Health services, while serving on the Assertive Community Treatment team at Community Alliance. She offers both Mind Body Skills groups for a variety of populations, as well as individual consultations on overcoming stress. Dr. Helgason has a special interest in integrative and mind-body treatments for serious mental illnesses, but is happy to work with anyone who is interested in improving their well-being.

NEW HAMPSHIRE

Vicki Patric, BS, MHA

Dartmouth Hitchcock

Bedford, NH

603.629.1209

victoria.j.patric@hitchcock.org

Runs groups sporadically. Call for information.

NEW YORK

Susan S. Blum, MD, MPH

Center for Nutritional Medicine

1241 Mamaroneck Avenue

White Plains, NY 10605

914.421.1500

drblum@healthylifemd.com

www.healthylifemd.com

*Susan runs cancer groups for Barry Boyd at his Integrative Cancer Center in Greenwich, CT. She also runs groups at her office that are open to everyone. **She is a member of the Center's faculty in our Mind-Body Medicine and CancerGuides® professional trainings.***

Henry Cretella, MD & Kathleen Fitzpatrick, LMSW, MPA

Amber Light International

496 White Spruce Boulevard

Rochester, NY 14623

585.424.3390

amberlightintl@yahoo.com

www.amberlightinternational.com

Henry and Kathleen founded their not-for-profit organization, Amber Light International. They travel where they are needed to run Mind-Body Skills Groups with various populations. They primarily run groups for educators, but have done groups for day-care centers, a day group for the severely developmentally disabled, and more.

Henry Dreher, MA

Director

Cancer Guides Consultations

84 East 3rd Street, Apt. 2C

New York, NY 10003

917.509.5407

HenDreh2@aol.com

www.henrydreher.com

Henry Dreher offers substantive information and guidance -- enabling clients to implement cutting-edge conventional and complementary treatments -- individually tailored. He provides referrals to to

oncologists, integrative care specialists, and CAM providers. Written reports or summaries are available on request. **Henry is a member of the Center's faculty in our CancerGuides® professional training.**

NORTH CAROLINA

Vera Lucia Moura, MD

Department of Physical Medicine & Rehabilitation
Program on Integrative Medicine
University of North Carolina - Chapel Hill
CB # 7200
Chapel Hill, NC 27499-7200
919.966-8586 x6

vera_moura@med.unc.edu

<http://pim.med.unc.edu>

Vera facilitated Mind-Body Skills Group (MBSG) for medical and other health professional students and women with a history of abuse during the 5 years she was working at the University of Michigan Integrative Medicine. Currently, as a faculty member at the UNC-Chapel Hill, she continues running groups and is also developing a research project to look at the effectiveness of MBSG for patients experiencing chronic pain.

OHIO

Patricia A. VanKley

Private Practice
975 Commerce Drive
Perrysburg, OH 43551
419.874.8257

pvankley@aol.com

*A graduate of our Mind-Body Medicine Certification program, Pat conducts Mind-Body Skills Groups in her private practice. She also conducts mind-body-spirit retreats. **She is a member of the Center's faculty in our Mind-Body Medicine professional trainings.***

OREGON

Jocelyn B. Libby, RN, MA

Private Practice
3456 SW 44th Avenue
Portland, OR 97221
503.780.0294

jocelynlibby@mac.com

www.providence.org/cancer

Jocelyn works in the field of trauma and grief. Contact her for more information.

Claire Michaels Wheeler, MD, PhD

Private Practice
10940 SW Barnes Road, Suite 361
Portland, OR 97225
503.626.0300

cewheeler@mac.com

www.stresshappiness.com

Claire runs Mind-Body Skills Groups open to everyone. She is a member of the Center's faculty in our Mind-Body Medicine and CancerGuides® professional trainings.

SOUTH CAROLINA

John Charles, MD

Vice President Medical Affairs
Grand Stand Regional Medical Center
809 82nd Parkway
Myrtle Beach, SC 29572
843.692.1118

john.charles@hcahealthcare.com

John is not currently running groups. However, he is willing to talk to anyone with questions about mind-body medicine or the Center's programs.

SOUTH DAKOTA

Michael R. McVay, MD

Cardiologist Yankton Medical Center
1104 W. 8th Street
Yankton, SD 57078
605.665.1082

mcvay@iw.net

<http://www.averasacredheart.com/ash/services/wellness/spirit/index.aspx>

Michael is a practicing cardiologist at the Yankton Medical Clinic. A graduate of the Center's Certification program, he runs Mind-Body Skills Groups open to anyone at the Avera Center for MindBodySpirit. He also has started classes that teach mindfulness based stress reduction.

TENNESSEE

Nora E. Moore, RN, Sr. LPE

Center for Integrative Medicine
1100 East Third St. Suite G100
Chattanooga, TN, 37403

nmoore@cim.md

Nora is a registered nurse and mental health provider who is in private practice at the Center for Integrative Medicine. In addition to seeing individuals and couples in counseling, she runs groups at the facility for anyone who is seeking a better balance in mind/body/spirit. Nora uses the mind/body skills as taught by The Center for Mind-Body Medicine in Washington, D.C. in the groups as well as with her private clients. In addition to psychotherapy and group practice she is trained in Healing Touch and other mind/body modalities.

Gerre L. Schwert, MSW, LCSW

Memorial Cancer Resource Center
605 Glenwood Drive Suite 307
Chattanooga, TN 37404
423.495.7888

gerre_schwert@memorial.org

Gerre runs Mind-Body Skills Groups with a mix of cancer survivors, cancer center staff and interested persons from the community. As a part of her practice as a clinical social worker in oncology, she also uses the mind-body skills individually with cancer patients and family members. She teaches journaling classes, runs cancer support and grief groups, and is a Reiki practitioner.

TEXAS

Debra Lewis Kaplan, LCSW-LMFT

Private Practice & Kaplan Center for Spiritual Awareness
5309 Mariners Drive
Plano, TX 75093
972.801.9118

DebraKap@aol.com

*Debra sees clients in private practice as well as at the Healing Center. She runs Mind-Body Skills Groups for children, teens, adults, and couples. She also lectures on spiritual psychology. **She is a senior faculty member of the Center's CancerGuides® and Mind-Body Medicine professional trainings both here in the States as well as in Israel & Gaza.***

VIRGINIA

Sandra Chase, MD

Homeopathic Family Physician
10418 Whitehead Street
Fairfax, VA 22030
703.273.5250

Charlie Cho, DC, CCN

Chiropractic Manipulations, Physical Therapy, Clinical Nutritionist
McLean Wellness Center
6732 Old McLean Village Drive
McLean, VA 22102
703.356.8887

Elizabeth T. Conrad, MD

Acupuncture & Herbal Medicine
1225 Martha Custis Drive, Ste C1
Alexandria, VA 22302
703.823.5770

Frances Demmerle, DO

Cranial Osteopathy—All ages
200 N. Glebe Road
Arlington, VA 22203
703.294.9988

Donna Fitzwater, Ed.S

Director
Valley Health Wellness Services
1014 Amherst St., Suite 202
Winchester, VA 22601
540.536.0045

dfitzwat@valleyhealthlink.com

Although a graduate of the Center's Certification program, Donna is not currently running groups. She would be happy to speak with anyone interested in the Center's programs.

Carol A. Jacobs, LCSW

Private Practice
214 England Street Suite B
Ashland, VA 23005
804.752.7989
[cajacobs6@aol.com](mailto:cjacobs6@aol.com)

A graduate of the Center's Certification program, Carol runs Mind-Body Skills Groups that are open to everyone. She also runs Mind-Body Skills Groups for patients with fertility issues for a program that takes a holistic approach to fertility. Services include: acupuncture, mind-body groups, nutrition, and psychotherapy.

Gary Kaplan, DO

Family Medicine, Acupuncture, Osteopathic Manipulation
*No insurance participation; No Medicare
5275 Lee Highway, Suite 200
Arlington, VA 22207
703.532.5804

Joseph Lamb, MD

Internal Medicine & Board Certified Holistic Family Physician/Nutrition
Integrative Medicine Works
5249 Duke Street, Suite 309
Alexandria, VA 22304
703.823.8206

Mark Lawrence, MD

Psychiatrist, Hypnotherapy
Guided Imagery
Abuse and Trauma Work
8612 Tebbs Lane
McLean, VA 22102
703.821.0761

Laura Pole RN, OCNS, MSN

Oncology Clinical Nurse Specialist
Health Support Chef
Private Practice
699 Lakeshore Terrace Road
Hardy, VA 24101
540.890.7289
lpchef@earthlink.net

*Laura can help people most with needs regarding pain and symptom management or health supportive food selection, preparation and menu planning. She is willing to provide consultation via phone when that is appropriate. **Laura is on the Advisory Board for the Center's Food As Medicine professional training program.***

James Piepergerdes, MD

Ear, Nose & Throat, Allergies
1635 N. Goerge Mason Drive, Suite 250
Arlington, VA 22205

703.524.1212

Michael Porvaznik, DO
Osteopathic Manipulation
4910 South 31st Street
Arlington, VA 22206
703.931.7173

Amy Shinal, LCSW

Individual and couples counseling in an integrative psychotherapy practice. Mind-Body Skills Group Facilitator: general groups and women's groups. Call for information on groups.

Whole Life Concepts, LLC
489-B Carlisle Drive
Herndon, VA 20170
703.850.7407

AShinal@WholeLifeConcepts.com

ashinal@yahoo.com

*Amy uses mind-body skills with individuals and couples in an integrative psychotherapy practice. She currently runs Mind-Body Skills Groups open to everyone, as well as a women only group. **She is also the Director of Clinical Services at the Center for Mind-Body Medicine. Amy is also a senior faculty member at our Mind-Body Medicine professional trainings both here in the United States, as well as in Gaza and Israel.***

Marie Steinmetz, MD, DABFP

Traditional Medicine, Herbal Medicine, Acupuncture
1225 Martha Custis Drive, Suite C1
Alexandria, VA 22302
703.671.2700
800.511.6506

VERMONT

Ellen Fein, LCSW, RYT

Cancer Coach
13 Terrace Street
Montpelier, VT 05602
(w) 802 229 2352
(h) 802 229 1134

cancercoachvt@comcast.net

www.notjustapatient.com

Ellen is a Licensed Clinical Social Worker, a registered Yoga Teacher and a Yoga Therapist. She works as a Cancer Coach with both adult cancer survivors and their families and friends. She attended the Center's CancerGuides® training in addition to completing the mind-body medicine certification. She works with individuals in her office as well as by email and phone. She runs Mind-Body Skills Groups for those affected by cancer.

WASHINGTON

Tanmeet Sethi, MD

Swedish Family Medicine Cherry Hill

550 16th Ave, #100
Seattle, WA 98122
206-320-2484
tsethi90@hotmail.com

Tanmeet is a board-certified family physician and faculty attending at the Swedish Cherry Hill Family Medicine Residency Program. There she directs the integrative medicine curriculum and runs an integrative medicine consultation clinic one half day a week. She also has a primary care practice there. She currently runs mind body skill groups at the clinic. She also runs workshops in Seattle on healing from illness, crisis and cultivating forgiveness, authenticity, compassion. She is open to patients at the clinic or for the groups.

WISCONSIN

Pamela Avery MD

MindBody Acupuncture
4510 Regent Street
Madison, WI 53705
608.233-9331
pgavery@charter.net

Pam has a private practice with special expertise in pain management, medical acupuncture, nutrition, and mind-body medicine. A graduate of the Center's Certification program, she currently runs Mind-Body Skills Groups for cancer patients and their family members, weight management, and seniors. She is also a certified laughter leader and uses laughter exercises in some of her groups, as well as doing laughter groups.

Danny L. Correll LCSW, CCCJS, MAC, QCSW, DCSW

Twin Ports VA Outpatient Clinic – Psychiatry
3520 Tower Ave
Superior, WI 54880
(715) 398-2951 (MH Clerk)

[dan - at - mountain-trail.net](mailto:dan-at-mountain-trail.net) (Remember to change the “ - at - ” to @)

Danny is a Licensed Clinical Social Worker/Psychotherapist at The Twin Ports VA Community Based Outpatient Clinic (CBOC). He works exclusively with veterans and their families. His practice integrates Mind-Body Skills for individuals and groups. The Mind-Body Skills groups were found to be particularly beneficial for populations suffering with chronic pain as well as 12 week groups for veterans struggling with stressors.

Kathy Farah, MD

Red Cedar Medical Center
Mayo Health System
219 East Oak Street
Glenwood City, WI 54013
Farah.kathleen@mayo.edu

*Kathy is board certified in Family Medicine as well as Holistic Medicine. She leads Mind-Body Skills groups for teens and adults, and individually in her medical practice. **She is also a member of the Center's faculty in our Mind-Body Medicine and CancerGuides® professional trainings.***

CANADA

Anita Gainer, MD, PhD

Private Practice

#214 3210-118 Ave Abbottsfield Mall
Edmonton, AB T5W 4W1 Canada
780.906.5797
againer@ualberta.ca

Anita is a graduate of the Center's Certification program, and runs Mind-Body Skills open to everyone in addition to her private practice.

Deepika Mittra, BSW, MSc, RSW
Individual / Relationship / Family Therapist
#216, 8625 109St
Edmonton, AB
T6G 1E7
780.238.9490

dmittra@openingspaces.ca
www.openingspaces.ca

Deepika is in private practice and provides a number of therapeutic services aimed to help you attain your full potential. Her work is aimed to create self-determination, self worth, empowerment, growth and healing. She works wholistically, considering not only the concern at hand but how it relates to a larger picture. She runs Mind-Body Skills Groups open to everyone.

Gjorgji Nikoloski , MD
Child and Adolescent Mental Health Clinician
5-100 Roseview Avenue
Cambridge, ON, N1R 4A7
Canada
(519) 836-4991 ext 757
gnikoloski@hotmail.com

*Gjorgji is working with Trelis, Mental Health and Developmental Services in Guelph Ontario, as a Child and Adolescent Mental Health Clinician. Gjorgji also runs a private clinic, utilizing mind body medicine and psychotherapy. Gjorgji runs Mind-Body Skills Groups open to everyone. **He is also a member of the Center's faculty at our Mind-Body Medicine professional trainings.***

Stephen Sagar BSc(Hons), MB, MS, MRCP, FRCR, FRCPC
Board Certified with American Board of Radiology (recertified 2005)
Associate Professor and Oncologist
MCMaster University and Juravinski Cancer Centre
Juravinski Cancer Centre
699 Concession Street
Hamilton, ON L8V 5C2
CANADA
905.387.9495 (ext. 64721)

stephen.sagar@hrcc.on.ca
http://fhs.mcmaster.ca/medicine/radiation_oncology/faculty_member_sagar.htm

*Stephen provides consultations, presentations, workshops, and strategic planning for designing and implementing Integrative Oncology programs for health care institutions and clinics. He also provide strategies for treating and preventing burnout (physical and mental exhaustion) in health care professionals. **Stephen is a member of the Center's CancerGuides® faculty.***