

The Center for

Mind-Body Medicine[®]

Science. Training. Community. Outreach.

Referral List

Updated Summer 2008

ARIZONA

Bruce Roberts, MD & Molly Roberts, MD, MS

LightHearted Medicine

1701 E. Lind Road

Tuscon, 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

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.

Jerrold Kimmel, RN, MA

Whole Body Health

2100 Webster Street, Suite 320

San Francisco, CA 94115

415.971.3204

jerrolkimmel@mac.com

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

COLORADO

Tina Staley MSW

Cancer Guide

Aspen Valley Hospital

Updated Summer 2008

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.

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

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

Wendy Hookman, MD

3800 Reservoir Road
Kober-Cogan Building
Washington, DC 20007
202.687.5324

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".

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, FACS, ABHM

Wellness Ways

Clinton, IA 52732

wellnesslifestyle@mchsi.com

Betty has a solo medical practice using holistic and integrative medicine, including medical acupuncture. She also runs Mind-Body Skills Groups open to everyone.

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.***

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

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

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.

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

212.228.0322

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 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

Providence Cancer Center

5050 NE Hoyt Suite 101
Portland, OR 97213
503.215.5305
Jocelyn.Libby@providence.org
www.providence.org/cancer

Jocelyn runs groups for cancer patients at the cancer center.

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

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

Barbara Black

1808 12th Avenue West
Seattle, WA 98119
(206) 947-8448

barbarakblack@hotmail.com

*Barbara Black is a massage therapist and Nia (white belt) instructor who has served on the staff of Smith Farm cancer retreats for 9 years. She has recently (fall 2007) relocated from Washington DC to Seattle and is currently not running Mind-Body Skills groups, but welcomes inquiries. **She is a member of the Center's faculty in our Mind-Body Medicine professional trainings.***

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.

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.***

Stephanie Misaki Whiting, LPC, MS

Riverwood Counseling Associates
1052 Main Street Suite 202
Stevens Point, WI 54481
715.341.8757

Stephanie is a licensed professional counselor in private practice. 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.

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.

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 Trellis, 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.***