

CURRICULUM VITAE

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PROFESSIONAL CREDENTIALS

B.A. Psychology - University of California, Berkeley, 1972

M.A. Clinical Psychology - University of San Francisco's Lone Mountain College,
San Francisco, 1976

Marriage and Family Therapy License, 1976

California Community College Counseling Credential, 1978

CLINICAL AND ADMINISTRATIVE EXPERIENCE

1980 - 1987

Director Henry Ohlhoff Outpatient Programs, San Francisco, CA

Founded and directed five outpatient addiction programs and one eating disorder treatment program in three counties. These included the first outpatient treatment programs for families, adolescents, and compulsive overeaters in Northern California.

Began to develop and implement complementary nutritional strategies to address the physiological imbalances that contribute to the development of and relapse into eating disorders and addictions.

1988 - present

Executive Director, Recovery Systems, Mill Valley, CA

Directs an outpatient program that treats both addictions and eating disorders, as well as mood and health problems more generally, with therapeutic nutritional protocols along with counseling, education, and holistic medical care.

TEACHING AND PROFESSIONAL TRAINING

1993 – 2001

Instructor on the nutritional aspects of addiction and eating disorders in the John F. Kennedy University Graduate Psychology Dept.

1994 – 2004

Instructor on the nutritional aspects of addiction and eating disorders in the Addiction Studies Certification Program, University of California, Berkeley Extension

September, 2003

Conducted an eight hour training on nutrient therapy for carbohydrate addiction and mood chemistry deficits: "Nutritional Restoration of Neurotransmitter Function." Provided CEUs for certified nutritionists and registered dietitians in the State of Florida. Orlando, FL

January, 2004

Conducted a sixteen hour training on amino acid therapy: "The Mood Cure: Eliminating 'False Moods' with Neuronutrient Repair." Provided CEUs for MDs, mental health professionals, chiropractors, acupuncturists, nurses and nutritionists. Los Angeles, CA

TEACHING AND PROFESSIONAL TRAINING (continued)

- May, 2004** Conducted an eight hour training on holistic recovery from alcohol and drug Addiction: "A Clean and Sober Brain." Provided CEUs for acupuncturists, alcohol and drug counselors, vocational nurses, RNs, licensed clinical social workers, marriage and family therapists, psychiatric technicians, and certified nutritionists. Sacramento, CA
- September, 2004**
October, 2008
December 2008 Conducted seven hour trainings on "The Carbohydrate Addiction Epidemic: Correcting the Underlying Brain and Body Imbalances with Amino Acids and other Targeted Nutrients" at the National University of Health Sciences. Provided CEUs for MDs, acupuncturists, chiropractors and osteopaths in Chicago, IL, Copenhagen, Denmark, and Seattle, WA.
- April, 2005**
September, 2005
October, 2005
April, 2006
December, 2007
August, 2007
October, 2009 Conducted seven - twelve hour trainings on "Amino Acid Therapy: Eliminating Negative Emotions and False Appetites that Block Healing." Provided CEUs for certified nutritionists, marriage and family therapists, RNs, licensed clinical social workers, naturopaths and acupuncturists in Corte Madera, CA; Menlo Park, CA; Denver, CO; Los Angeles, CA, Seattle, WA, Saskatchewan, Canada

CLINICAL / ORGANIZATIONAL CONSULTATION

- 2003-2005** Community Addiction Recovery Association, Sacramento, CA
- 2004 – 2005** Bridging the Gaps Treatment Complex, Winchester, VA
- 2009** G and G Holistic Recovery, Miami, FL

CERTIFICATION

- 2009** The Recovery Systems Clinic developed an intensive training program adjunct: "The Neuronutrient Therapy Institute". The Institute, under Julia Ross' direction, provides a combination of distance learning, video conference consultation and supervision, and on-site externship.

LECTURING AND CONFERENCE PRESENTATION HIGHLIGHTS

- 1980 - present** Has given over 600 presentations, i.e., lectures, workshops and conferences, throughout California, the U.S., and Canada.
- 1986** Produced and chaired a National Conference on Marijuana Dependence, San Francisco, California.
- 2003** Lectured in conjunction with the 2003 Northwest Naturopathic Physicians' Convention.

LECTURING AND CONFERENCE PRESENTATION HIGHLIGHTS (continued)

- 2003** Presented at American College for Advancement in Medicine annual conference, Las Vegas, Nevada.
- 2003** Presented at The Psychology of Health, Immunity and Disease, the annual conference of The National Institute for the Clinical Application of Behavioral Medicine, Hilton Head, South Carolina.
- 2004** Grand Rounds presentation for students and local doctors at the National College of Naturopathic Medicine, Portland, Oregon.
- 2004** Presented at Fourth World Conference on Nutritional Medicine, San Francisco, California.
- 2005** Presented at Nutritional Medicine Today, the annual conference of the International Society for Orthomolecular Medicine, Ottawa, Canada.
- 2005** Produced and was lead speaker for the Public Forum on Antidepressant Drugs: Risks, Benefits and Alternatives, Mill Valley, California.
- 2006** The Association for Professionals Treating Eating Disorders' Annual Conference, San Francisco, CA.
- 2006** The California Chiropractic Association's Summer Convention, San Diego, California
- 2006** The Cancer Control Society's 34th Annual Cancer Convention, Los Angeles, California.
- 2007** The California Chiropractic Association's Winter Convention, Reno, Nevada.
- 2007** The Society for Orthomolecular Health-Medicine's 13th Annual Scientific Meeting, San Francisco, California.
- 2007** The International College of Integrative Medicine's Bi-Annual Conference, Troy, MI
- 2007** Keynote speaker at Community Addiction Recovery Association's 1st Annual conference, Sacramento, CA
- 2008** Keynote speaker at Nutritional Therapy Association's 1st Annual Conference, Portland, OR
- 2008** California Association of Drug Court Professionals Annual Conference, Anaheim, CA
- 2008** Keynote speaker at the Juvenus Annual Conference on Attention Deficit Hyperactivity Disorder, Kehlorn, Germany

LECTURING AND CONFERENCE PRESENTATION HIGHLIGHTS (continued)

- 2008** Keynote speaker at Weston A. Price Foundation's "Wise Traditions" Annual Conference, San Francisco, CA
- 2009** Community Addiction Recovery Association's Conference: "Brain Repair for Addictive Disorders," Sacramento, CA
- 2009** Presented at Sonoma Indian Health Project, Santa Rosa, CA

PUBLICATIONS

Books:

- 2002 & 2004** *The Mood Cure*, published by Viking-Penguin (Hardback 2002, Paperback 2004)
- 1999 & 2000** *The Diet Cure*, published by Viking-Penguin (Hardback 1999, Paperback 2000).

Articles:

- 2008** "Why Can't Our Clients Follow A Healthy Diet Plan? The Secret Behind Carbohydrate Addiction" *The Nutritional Therapist*, Winter
- 2006** "Urinary Neurotransmitter Testing: Problems and Alternatives" *Townsend Letter* October, 2006, #279
- 2001** "Amino-acid precursor and enkephalinase inhibition therapy: evidence for effectiveness in the treatment of 'reward deficiency syndrome (RDS)', with particular emphasis on eating disorders" *Molecular Psychiatry* February 2001, vol 6, suppl:S7
- 2001** "Beyond Addictive Behaviors: Healing the Reward Deficiency Syndrome Naturally" *The Professional Counselor* Feb 2001; vol 2, no.1:14-20
- 1998** "Alternative Treatments for Addiction and Eating Disorders" *Journal of the Division of Humanistic Psychology, American Psychological Association* June 1998; vol 25, no 2:162-181
- 1993** "Food Addiction: A New Look at the Nature of Craving" *Addiction & Recovery* vol 11, no 5:17-19
- 1991** "Stimulant Addiction: New Tools For Recovery" *Recovering* January, 1991

AUDIO AND VIDEO: CDS/DVDS

- 2008** "Neuro-Nutrient Therapy: 21st Century Treatment for Addictive Disorders," professional training (10 CD set)
- 2008** "Amino Acid Therapy: Eliminating Negative Emotions and False Appetites That Block Healing," professional training (6 CD set)
- 2007** Featured in the documentary "Curing Depression, Anxiety and Panic Disorders" DVD produced by Burton Goldberg

AUDIO AND VIDEO: CDS/DVDS (continued)

- 2006** "Public Forum on Alternatives to Antidepressant Drugs" DVD
- 2004** "A Clean and Sober Brain," professional training on integrative addiction recovery audio CD (three CD set)
- 2004** "The Mood Cure: Eliminating False Moods with Neuronutrient Repair," professional training CD (13 CD set)
- 1997** "Addressing the underlying Physical Causes of Mood Problems, Addictions, and Eating Disorders: Targeted Nutritional Therapies that Correct Brain and Body Imbalances," DVD
- 1995** "Marijuana Addiction," three CD set

AWARDS, HONORS, AND APPOINTMENTS

- 1974** National Institute on Alcohol Abuse and Alcoholism (N.I.A.A.A.) Fellowship
- 1997** Award received from the California State Indian Health Services for providing training and consulting to California's Native American tribal clinics on effective nutritional strategies for recovery from alcohol and drug addiction.
- 2000** *The Diet Cure* was chosen for Amazon.com's "Tremendous Ten" Health, Mind and Body Books.
- 2003** *The Mood Cure* was a finalist in the Wellness category for the "Books for a Better Life" Award in New York, NY
- 2003** *The Mood Cure* was named AlternativeMentalHealth.Com's "Book of the Year"
- 2005** Awarded the Outstanding Innovator Award by The Weston A. Price Foundation.
- 2008** Named to the Executive Committee and the Chairpersonship of Treatment Standards Committee of the Alliance for Addiction Solutions

MEDIA

- 1988 to present** Numerous print, radio and television appearances
- 2006** Subject of NBC special on "Nutrition and Depression"
- 2007** Interview Featured in the documentary "Depression"