**Philosophical & Methodological Underpinnings**

In Physics, I believe, everything is made up of nothing moving. Energy!

That is to say, we – and our problems – are not always here. Like adding a carbon atom (energy) to change a molecule, changing a vibration – and the emotional energy which holds problems in place – allows one to experience being different. Since one cannot be what one was, and what one is, change happens.

We have no known real limits on what human being are capable of. This means we have no known real limits on our own abilities to change.

I firmly believe in utilizing all available, positive methods of therapy relevant to unique, individual needs and proven to offer effective results. Some of these methods are based in long-standing, sold tradition. Others are the product of new and emerging research gleaned from counseling pioneers who are experts in their fields of specialization.

Starting from this philosophical stance, what this means for my patients, as for myself, is that I am dedicated to continuously updating my training and knowledge of therapeutic techniques and research. My primary goals have always been to help others, to alleviate needless suffering, and improve life quality for those who seek my help.

**Education and Training**

**Degrees, Certificates, and Specialized Training**

I have been fortunate to personally train with dozens of leading experts in a variety of related fields of specialization. The list of respected professionals I’ve trained with includes Dr. Carl Rogers, Humanistic Psychology Institute, Margaret Keys (The Inward Journey), Janie Rhyne, UC Santa Cruz (Gestalt Therapy), Marie Edwards, USC (Challenge of Being Single), Williams Glasser (Reality Therapy), O. Carl Simonton (Getting Well Again), Dr. Brugh Joy, Walt Kempler (Gestalt Family Therapy), L. John Mason (Guide to Stress Education), Ram Dass, Karen Kellog, UC Irvine (Alcoholic Family Systems), Professor Cedric Clark, Stanford, Professor Charles Thomas, UC Dominguez, and Hal Stone.

I have studied, and trained in, Psychology since 1966, taking undergraduate degrees in various fields of specialization in 1968 and 1974. I was involved in the development of Sonoma State University’s Humanistic Psychology Institute (HPI) in 1971, which evolved from a summer workshop training in which I participated.

In 1973, the La Jolla Project allowed me to study under Carl Rogers, the pioneering father of modern psychology.

In 1975, I earned my BA Psychology, with a field of specialization in Stress and Disease. I received my Master’s Degree ( Humanistic Psychology) from Sonoma State in 1975, and my Doctorate ( in General Studies, an interdisciplinary program ) from San Francisco Piadia University in 1985, where my area of specialization was Psychophysiological Disorders. I’ve been a licensed, practicing, Psychotherapist since 1976 (MFCC #7604).

Through the University of California, Irvine, I studied in the Treatment of Alcoholism in 1976. At around that same time, from 1976-1977, I took my In-Service Training in Crisis Intervention, Development & Treatment of Psychopathological Behavior Patterns, and Personal Effectiveness Training at the Orange County Mental Health Services.

In 1977, the L.A. Center for the Healing Arts led me to Dr. Brugh Joy, M.D., renowned expert in the field of transformational energies (<http://www.brughjoy.com>). Dr. Joy was a Board Certified and highly successful Internal Medicine specialist, until a personal life journey led him to refocus his professional endeavors with an emphasis on understanding and practicing Inner Health and Human Energy-based healing techniques.

Dr. Brugh Joy, M.D. introduced me to ***Energy Transformation*** in 1978 at his Apple Valley Ranch and conducted therapist trainings through the Center for the Healing Arts in Los Angeles, California (and described in his first book, **Joy’s Way – A Map for the Transformational Journey, 1979,** St. Martin’s Press).

In 1979, I interned under L. John Mason, Ph.D. (**A Guide to Stress Relaxation**) at the Stress Education Center in Cotati, California, in Biofeedback. I was trained and certified in Hypnosis in 1984 under Laura Cutler, Ph.D. at Sonoma State College.

I have completed workshops with leading Couples Therapists Dr. Peter Pearson, Ph.D., the Couples Institute of Menlo Park (1997), Dr. John Gottman, Ph.D. of the Gottman Institute (2004), and Michael Leads, Ph.D., a trainer in Eye Movement Desensitization and Reprocessing (EMDR), developed by Francine Shapiro, Ph.D., at the Mental Research Institute, Palo Alto, California.

Moreover, I have extensive experience in both private and public (or institutionalized) practice, which has afforded me a more comprehensive understanding of the complex nature of the therapeutic setting itself, and its role in the therapy process. I have been a resident worker of, and consultant for, numerous institutions and health services, including the Orange County Mental Health Services in Newport Beach, the Santa Rosa Alternative Medicine Foundation, Mendocino State Hospital’s Adolescent Ward, Rio Honda Out-Patient Alcoholism Services in Whittier, California, and the Good Samaritan Boy’s Home in Corona.

In this regard, I interned at the Los Angeles Center for the Healing Arts in the treatment of patients dealing with cancer and other catastrophic illnesses.