

## CURRICULUM VITAE

**DAVID RAYMOND KOPACZ, M.D.**

[davidkopacz369@gmail.com](mailto:davidkopacz369@gmail.com)

### **Current Positions:**

**Staff Psychiatrist** (12/30/13 - present)  
Primary Care Mental Health Integration Clinic  
Puget Sound VA, Seattle Division  
1660 S. Columbian Way  
Seattle, WA 98108

**Acting Assistant Professor, Department of Psychiatry & Behavioral Sciences,  
University of Washington** (7/1/14 - present)

### **Licensure and Certification:**

Washington State Medical License  
Illinois State Medical License  
Nebraska State Medical License  
New Zealand Medical Council Registration  
American Board of Psychiatry & Neurology  
American Board of Integrative & Holistic Medicine  
American Board of Integrative Medicine

### **Current Memberships:**

Academy of Integrative Health & Medicine  
Royal Australia New Zealand College of Psychiatry (Affiliate, inactive 11/13)  
The British Royal College of Psychiatry (International Affiliate)  
Australasian Integrative Medical Association

### **Past Positions:**

**Clinical Director** (02/12 - 11/13)  
**Consultant Psychiatrist** (03/11 - 11/13)  
Buchanan Rehabilitation Centre (Auckland District Health Board)  
27 Sutherland Road, Point Chevalier, Auckland 1025 New Zealand

**Honorary Lecturer** (05/11 - 11/13)  
Department of Psychological Medicine, Faculty of Medical and Health Sciences,  
The University of Auckland, Private Bag 92019, Auckland 1142 New Zealand

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Consultant Psychiatrist: (2010 to April 2011)  
Manaaki House Community Mental Health Centre (ADHB)  
Panmure, Auckland, New Zealand

Private Practice: (2005-2010)  
Champaign, IL (Practice is now closed)

Consulting Psychiatrist: (2005 to 2010)  
Developmental Services Center  
Champaign, IL

Clinical Instructor: (2009 -2010)  
Department of Psychiatry, University of Illinois Urbana Champaign

Part-time Health Professions Faculty: Fall 2008 through Fall 2009 (3 semesters)  
Parkland College, Champaign, Illinois

Teaching Assistant: (2005-2008)  
A'Claire School for Healing, Chicago, IL (School closed in 2008)

Consulting Psychiatrist: (2003-2006)  
Coles County Mental Health Center, Mattoon, IL

Staff Psychiatrist: (2003-2005)  
Human Resource Center of Edgar and Clark Counties, Paris, IL

Psychiatrist: (1999-2002)  
Christie Clinic, Group Practice, Champaign, IL

Instructor: (1997-1999)  
University of Nebraska Department of Psychiatry

Staff Psychiatrist: (1997-1999)  
Omaha Veterans Administration  
Posttraumatic Stress Disorders and Mental Health Clinic

**Education:**

Holistic Health/Leadership Development Program (08/01 - 08/04)  
A'Claire School for Healing, Chicago, Illinois USA  
Internship + Residency in Psychiatry, University of Illinois-Chicago (1993-1997)  
Trauma Psychotherapy & Research Elective, West Side VA, Chicago (1996-1997)  
M.D., University of Illinois College of Medicine - Chicago (1989-1993)  
B.S. in Psychology, University of Illinois - Urbana-Champaign (1985-1989)

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**Honors and Awards:**

Re-humanizing Medicine, one of the “Best Courageous Books of 2014,” from Center for Courage & Renewal, <http://www.couragerenewal.org/courageous-books-2014/>

Developmental Services Center Special Recognition Award (2008)

Golden Apple Teaching Award, Univ. of Nebraska, Dept. of Psychiatry (1998)

Merton Gill Case Study Award, University of Illinois - Chicago (1997)

Pfizer Psychiatry Resident of the Year Award (1997)

Chief Resident, University of Illinois-Chicago (1996-1997)

First Place in Resident Paper Competition, Illinois Psychiatric Society (1996)

**Bibliography:**

Kopacz, D. & Rael, J. *Walking the Medicine Wheel: Healing Trauma & PTSD*. Pointer Oak Books & Tri-S Foundation, distributed by Millichap Books. October, 2016.

Kopacz, D. *Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine*. Ayni Books, a division of John Hunt Publishing, November 28, 2014.

Kopacz, D., Klamen, D., & Grossman, L. (1999). Medical students and AIDS: Knowledge, attitudes and implications for education. *Health, Education & Research*, 14 (1): 1-6.

Klamen, D., Grossman, L., & Kopacz, D. (1999). Medical student homophobia. *Journal of Homosexuality*, 37 (1): 53-63.

Kopacz, D., & Janicak, P. (1996). The relationship between bipolar disorder and personality. *Psychiatric Annals*, 26 (10): 644-650.

Klamen, D., Grossman, L., & Kopacz, D. (1996). Attitudes about abortion among second-year medical students. *Medical Teacher*, 18 (4): 345-346.

Klamen, D., Grossman, L., & Kopacz, D. (1995). Posttraumatic stress disorder symptoms in resident physicians related to their internship. *Academic Psychiatry*, 19, 142-149.

**Non-peer Reviewed Publications:**

“A Proposition for a Counter-Curriculum in Healthcare Education and Practice,”

**CURRICULUM VITAE**  
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(8/11/16), guest blog for Academy of Integrative Health & Medicine.

“Treating All of the Patient,” (August 2016), interview for *Physio Matters*, member newsletter of New Zealand Physiotherapy Association.

“A Counter-curriculum of Self Care,” Arnold P. Gold Foundation Blog, 11/4/15, <http://humanism-in-medicine.org/counter-curriculum-self-care/>

“Recovering Hope, Poetry and Connection in Health Care,” The Center for Courage & Renewal blog, (5/9/13). <http://www.couragerenewal.org/blog/103-parker-entries/613-kopacz-healthcare-hope>

“Just Say Yes! (To Private Practice),” PrivatePractice.MD, (3/7/10).

“Coniunctionis,” monthly column in the online journal, *Mental Contagion*, 2000-2001.

Regular contributor (1995 - 1999) to *The Minneago Belladonna Journal*, a journal of poetry and the arts.

Kopacz, D., Anderson, J., “A diagnostic puzzle: stress, trauma, and chronic illness,” *The Trauma and Illness Newsletter*, (5/97).

**Poetry Publications:**

“I stare out,” poem reprinted with permission in *The Inner World of Medical Students: Listening to their voices in poetry*, by Johanna Shapiro, Ph.D., Radcliffe Publishing, 2009.

“I stare out,” poem reprinted with permission in *Body Electric*, Journal of the Medical Humanities, Twentieth Anniversary issue, 2005.

“I stare out,” poem reprinted with permission in *Body Electric*, Journal of the Medical Humanities, Volume XV, University of Illinois Chicago, 1999.  
<http://www.uic.edu/com/mcme/body/frames/find99.htm>

“I remember,” poem published in the *Body Electric*, Journal of the Medical Humanities, Volume XV, University of Illinois Chicago, 1999.  
<http://www.uic.edu/com/mcme/body/frames/find99.htm>

“I stare out,” (poem reprinted with permission) in *Songs of Innocence and Experience: Student’s Poems about Their Medical Education*, Poirier, S., Ahrens, W., and Brauner, D. *Academic Medicine*, (1998).

“I stare out,” poem reprinted with permission. I stare out. *Hippocrates: Health*

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*and Medicine for Physicians*, (1993, November/December).

“I stare out,” poem published in *Body Electric*, Journal of the Medical Humanities, Volume IX, University of Illinois Chicago, 1993.

<http://chicago.medicine.uic.edu/cms/One.aspx?portalId=506244&pageId=4324265>

**Presentations:**

Kopacz, D. (9/22/16) “Pathways to Moral Healing,” VA Specialty Care Access Network-Extension for Community Healthcare Outcomes (SCAN-ECHO) Richmond-Gainesville-Walter Reed Conference Call (70 callers on line).

Kopacz, D. (9/16/16) “A Holistic Look at Culture, Trauma, and Addiction.” Evergreen Treatment Services, 1700 Airport Way S, Seattle, WA 98134. (90 minute invited lecture).

Kopacz, D., De Paul, N., Salmon, J. (8/4/16) “Healing Circles,” Whole Health Clinical Community of Practice Call. COP call reviewing our work with the Hero’s Journey Class, Walking the Medicine Wheel, and Whole Health Class (90 callers on line).

Kopacz, D., De Paul, N., Salmon, J., Santerre, C. Wood, S., Wilkerson, P., Beaulieu, M., Alston, K. (6/30/16). “Whole Health,” team presentation for VA staff, one day event at Fed Center South. This was the culmination of Shirley Wood’s LEAN project on staff wellness. Attendees were primarily Administrative Officers with a few Nurses also in attendance.

Kopacz, D. and Maguen, S. (6/10/16) “Pathways to Moral Healing,” National VA Post-Deployment Integrated Care Initiative (PDICI) Community of Practice Call, (165 callers on line).

Kopacz, D. (6/1/16). “Teaching the Whole Health curriculum to Veterans, Staff, and Trainees for Self-care, Cultural Transformation, and Inter-professional Integration & Collaboration,” Lightning Round Abstract Presentation, CLIME Together: A Symposium for Excellence in Health Professions Education, University of Washington.

Kopacz, D. (4/13/16) “Holistic Decision Making - Creating a good ending to life.” National Health Care Decisions Week, St. Mary’s Hospital, Grand Junction Colorado. (1 hour community lecture).

Kopacz, D. (4/14/16) “Creating a good ending - your decisions matter.” National Health Care Decisions Day, St. Mary’s Hospital, Grand Junction, Colorado. (2.5 hour community workshop, given twice, once in morning and

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once in afternoon).

Kopacz, D. (4/15/16) “Caring for Self - Well-Being in the workplace.” Two 3 hour staff wellness workshops, morning and afternoon. HopeWest Colorado, Grand Junction, Colorado.

Kopacz, D. (10/24/15) “Becoming a Whole Person to Treat a Whole Person,” Australasian Doctors Health Conference, Melbourne, Australia.

Kopacz, D. (9/13/15) “Becoming a Whole Person to Treat a Whole Person,” Alliance of International Aromatherapists, Denver, Colorado.

De Paul, Nicola; Kopacz, David; Salmon, Jennifer; Santerre, Craig (7/2/15) “Putting the Veteran at the Center of Care: Using the Whole Health Model to Increase Staff Collaboration and Improve Veteran Self Care,” Primary Care Mental Health Integration Monthly Education National VA Conference Call, (100 callers on line).

Kopacz, D. (5/14/15) “Perspectives and Paradigms in Medicine,” in the “Culture, Spirituality, and Integrated Health” Psychiatry R1 Lecture Series, University of Washington.

Kopacz, D. (5/7/15) “Integrative Approaches to the Care of Trauma and PTSD,” invited presentation, POC Didactics Series, Puget Sound VAHCS.

Kopacz, D. (3/31/15) “Re-humanizing Medicine,” School of Population Health, Head of School Seminar Series, University of Auckland, Auckland, New Zealand, (invited lecture).

Kopacz, D. (3/28/15) “Becoming a Whole Person to Treat a Whole Person,” Australasian Integrative Medicine Association, New Zealand branch conference, Auckland, New Zealand.

Kopacz, D. (3/26/15) “Re-humanizing Medicine,” VA Psychiatry CME Lecture, Puget Sound Health Care System.

Kopacz, D. (3/5/15) “Re-humanizing Medicine,” National VA Whole Health Community of Practice Call, invited presentation.

Kopacz, D. (1/8/15) “Re-humanizing Medicine,” book reading & signing, University of Washington Bookstore.

Kozak, L. & Kopacz, D. (10/9-10/30/14) “Whole Health and the Office of Patient Centered Care & Cultural Transformation.” A 4 session lunch & learn series, open to all VA staff, Seattle Division, Puget Sound VAHS, US.

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Kopacz, D. (9/18/14) “Collaborative Poetry Writing: Reaching Through Trauma & Psychosis to Connect with the Whole Person.” Poster presentation, American Holistic Medical Association conference, Minneapolis, Minnesota, US.

Kopacz, D. (10/4/13) “Re-humanizing Medicine: Supporting Whole Health in the Professional to Deliver Whole-Person Care.” Health Professionals’ Health Conference, Brisbane Australia.

Kopacz, D. (7/19/13) “Working with Clients with Complex Trauma Histories,” in-service, Buchanan Rehabilitation Centre, Auckland, New Zealand.

Kopacz, D. (12/5/12) “A Psychiatrist’s Personal Perspective in the Pursuit of Holistic Mental Health Recovery,” Community Support Workers, Auckland District Health Board, invited lecture.

Kopacz, D. (9/24/12) “Help, Support, Hope, and Nihilism in Rehabilitation,” Buchanan Rehabilitation Centre In-service, Auckland, New Zealand.

Kopacz, D. (8/30/12) “Every Thought Leads to Infinity: Perspectives on Personal Growth, Psychosis, and Spirituality in Carl Jung’s Red Book and Philip K. Dick’s Exegesis.” The International Society for Psychological and Social Approaches to Psychosis, Australia/New Zealand chapter annual conference, Auckland, New Zealand.

Kopacz, D. & Traxler, MP (8/21/12) “Clinical Audits as New Research: A Chart Review Comparison of Rates of Abnormal Vitamin D results in a New Zealand and US Mental Health Population.” Invited lecture, School of Public Health and Psychosocial Studies lecture series, Auckland University of Technology.

Kopacz, D. (7/25/12) “Work, Occupation, and Recovery.” Invited keynote address to the Community Support Workers graduation, Auckland District Health Board.

Kopacz, D. (7/23/12) “Models of Psychiatric Diagnosis and Treatment: DSM-IV, Holistic, and Spiritual Perspectives.” Invited lecture to the second year nursing student class, University of Auckland.

Kopacz, D. (5/24/12) “What Does it Mean to Be Human? The Role of Psychiatrists in Philip K. Dick’s Life & Writing.” The Royal Australian & New Zealand College of Psychiatrists annual conference, Hobart, Tasmania, Australia.

Kopacz, D. & Traxler, MP (5/22/12) “A Chart Review Comparison of Rates of Abnormal Vitamin D results in a New Zealand and US Mental Health Population.” The Royal Australian & New Zealand College of Psychiatrists annual conference, Hobart, Tasmania, Australia.

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Kopacz, D. (5/3/12) “Posttraumatic Stress and Co-Existing Problems,” guest lecture, Co-Existing Problems paper, Auckland University, Tamaki Campus.

Kopacz, D. (5/2/12) “A Holistic Approach to Getting the Most Out of Your Medications,” Community Support Workers Client Education Group, Auckland District Health Board, Auckland, New Zealand.

Kopacz, D. (4/11/12) “Approaches to Working with Treatment Resistant Depression,” invited speaker at SIGMHA (Special Interest Group Mental Health Auckland), a collaborative group of primary and secondary care clinicians.

Kopacz, D. (11/4/11) “What is Good for the Patient is Good for the Doctor (or Health Professional),” Health of Health Professionals conference, Auckland, New Zealand.

Kopacz, D. (6/29/11) “Getting the Most Out of Your Medications,” Community Support Workers Client Education Group, Auckland District Health Board, Auckland, New Zealand.

Kopacz, D. and O’Shaughnessey M.E. (4/8/10) “Nurture Yourself With Happiness,” Invited lecture at the University of Illinois Urbana Champaign Faculty/Staff Development Seminar, *Living an Intentional Life*.

Kopacz, D. (3/18/10) “Incorporating Holistic Care into your Medical Practice,” University of Illinois Urbana Champaign, College of Medicine.

Kopacz, D. (2/24/10) noBODY is Perfect: The Truth about Eating Disorders, invited panelist, University of Illinois Urbana Champaign, for Eating Disorders Awareness Week activities.

Kopacz, D. (2/17/10) “Energy Healing: Process of Self-Discovery,” invited lecture, Art Club, Champaign, Illinois.

Kopacz, D. (2/17/10) “What an Energy Healing Perspective can bring to Mental Health,” invited lecture, Abnormal Psychology class, Parkland Community College, Champaign, Illinois.

Kopacz, D. (2/10/10) “Overview of CAIM and Holistic Medicine,” lecture given at University of Illinois Urbana Champaign College of Medicine, CAIM Day lecture as part of the Medicine and Society Clerkship. I also participated in planning CAIM Day, 2/10/10, for this clerkship, developed and facilitated a case presentation on Holistic approaches to weight loss, and took part in the panel discussion at the end of the day.

Kopacz, D. (11/10/09) “What is Holistic Medicine?” Part of Whole Health



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Lecture series through Community Education and Health Professions, Parkland College.

Kopacz, D. (10/20/09) "Holistic Approaches to Posttraumatic Stress Disorder." University of Illinois College of Medicine.

Kopacz, D. (4/9/09) "It's Up To You." Invited lecture at the University of Illinois Urbana Champaign Faculty/Staff Development Seminar, *Simplicity, Self-Responsibility, Sustainability: Recharging Your Life*.

Kopacz, D. (3/21/09) "Does it Hurt to Open Your Heart? Growing from consequences in your life." Workshop, Hawthorn Suites, Champaign, Illinois.

Kopacz, D. & Hills, R. (12/6/08) "Using Your Mind and Body to Recover from Depression." Workshop, Hawthorne Suites, Champaign, Illinois.

Kopacz, D. (6/22/08) "The Danger of Putting Technique Before Intention in Energy Healing." International Society for the Study of Subtle Energies and Energy Medicine, Boulder, Colorado.

Kopacz, D. (5/24/08) "Keeping It Real." Lecture and Meditation workshop, Hawthorne Suites, Champaign, Illinois.

Kopacz, D. (3/22/08) "Finding Your Self." Meditation workshop, Hawthorne Suites Hotel, Champaign, Illinois.

Kopacz, D. (10/27/07) "How Do You Know Who You Are?" Lecture and meditation, Hawthorne Suites Hotel, Champaign, Illinois.

Kopacz, D. (7/14/07) Meditation and Healing lecture and experiential exercise, Lake of the Woods Park, Mahomet, Illinois.

Kopacz, D. (11/8/06) "What Energy Healing Is, and What It Isn't," community lecture, Springer Cultural Center, Champaign, Illinois.

Kopacz, D. (6/13/06) "Holistic Approaches to Mood Disorders," Depression and Bipolar Support Alliance meeting, Urbana, Illinois.

Kopacz, D. (4/22/06) "The Effect of Energy Healing in Everyday Life," International Natural Foods and Health Expo 2006, Cleveland, Ohio.

Kopacz, D. (4/11/06) "Introduction to Energy Healing," invited lecture at the Champaign Public Library series on Holistic Healing, Champaign, Illinois.

Kopacz, D. (2/1/05) "A Multi-dimensional approach to evaluating and treating trauma," invited lecture to the Champaign Area Psychological Association,

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Champaign, Illinois.

Kopacz, D. (11/17/2004) "Exploring the effects of trauma on human beings," invited lecture to the Champaign Social Work Association, Champaign, Illinois.

Kopacz, D. (3/3/2004) "Pain evaluation and management in the Mental Health Setting," In-service, Coles County Mental Health Center, Mattoon, Illinois.

Kopacz, D. (2004, March) "The use of Seroquel and atypical anti-psychotics in the Primary Care Setting," Grand Rounds, Paris Hospital, Paris, Illinois.

Kopacz, D. (9/23/2003) "Trauma and its effects on human beings," in-service, Human Resource Center of Edgar and Clark Counties, Paris, Illinois.

Kopacz, D. (2003, October) "Trauma and its effects on human beings," in-service, Coles County Mental Health Center, Mattoon, Illinois.

Kopacz, D. (2003) "Psychotropic medication review," In-service, Human Resource Center of Edgar and Clark Counties, Paris, Illinois.

Kopacz, D. (2003) "Psychotropic medication review," In-service, Coles County Mental Health Center, Mattoon, Illinois.

Kopacz, D. (2003) Open Forum, Depression and Bipolar Support Alliance meeting, Urbana, Illinois.

Kopacz, D. (2001, November) "Behavioral Health approaches for living with chronic pain," Community Lecture Series, Champaign, Illinois.

Kopacz, D. (2001) Open Forum, Chronic Pain Support Group, Provena Covenant Hospital, Urbana, Illinois.

Petzel, J., Chesen, C., Coleman, R., Larsen, L., and Kopacz, D. (2000, May) "Poetry and medicine." Workshop presented at the annual meeting of the American Psychiatric Association, Chicago.

Petzel, J., Coleman, R., Kopacz, D. (1999, April) "Poetry and medicine." Paper presented at Creighton-University of Nebraska Department of Psychiatry Grand Rounds.

Kopacz, D. (1998, November) "Myths, tasks, and paradigms in trauma work: The therapist as a moral agent." Paper presented at the annual meeting of the International Society for Traumatic Stress Studies, Washington D.C.

Kopacz, D. (1998, November) "Learning to save the self: Samuel Shem's portrayal of trauma and medical education." Paper presented at the annual

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meeting of the International Society for Traumatic Stress Studies, Washington D.C.

Kopacz, D., Bencomo, L., and Gabel, T. (1998, November) "Nefazodone, visual trails, and mistrust in a Viet Nam veteran." Poster presented at the annual meeting of the International Society for Traumatic Stress Studies.

Kopacz, D. (1998, April) "Issues in differentiating bipolar and personality disorders." Paper presented at Grand Rounds, Creighton-University of Nebraska Department of Psychiatry.

Kopacz, D. (1997, November) "Witnessing and disguise: Kosinski and Céline's writings on brutality." Paper presented at the annual meeting of the International Society for Traumatic Stress Studies, Montreal, Canada.

Kopacz, D. (1997, June) "Disguise, witnessing, and the death taint: trauma in the lives and writings of Kosinski and Céline." Paper presented at the Trauma Studies Conference, West Side Veterans Administration, Chicago, IL.

Kopacz, D. (1997, June) "The trials and tribulations of writing a case study." Paper presented at the Merton Gill Case Study Award, Department of Psychiatry, University of Illinois at Chicago.

Kopacz, D. (1997, May) "Medical students' attitudes toward AIDS." Paper presented at the annual meeting of the American Psychiatric Association, San Diego, CA.

Kopacz, D. (1997, April) "Myths, paradigms, and tasks in trauma psychotherapy." Paper presented at the Trauma Studies Conference, West Side Veterans Administration, Chicago, IL.

Kopacz, D. (1997, April) "Chaos and harmony: A case of dissociative identity disorder." Resident Case Conference presentation, Department of Psychiatry, University of Illinois at Chicago.

Kopacz, D. (1997, March) "The relationship between bipolar disorder and personality." Paper presented at Grand Rounds, Department of Psychiatry, Ellis Hospital, NY.

Kopacz, D. (1996, May) "Medical student homophobia: Can psychiatrists help?" Paper presented at the annual meeting of the American Psychiatric Association, New York, NY.

Kopacz, D. (1996, April) "AIDS: Medical student attitudes and implications for education." Paper presented at Grand Rounds, Department of Psychiatry,

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University of Illinois at Chicago.

Kopacz, D. (1996, February) "Posttraumatic stress and professional training." Paper presented at the Posttraumatic Stress Conference, West Side Veterans Administration, Chicago, IL.

Kopacz, D. (1996, February) "Posttraumatic stress disorder symptoms in relationship to internship year." Paper presented at Grand Rounds, Department of Psychiatry, University of Illinois at Chicago.

**Selected Courses, Seminars & Groups Developed:**

**Whole Health Class** (February 2015 - present)

Primary Care Clinic Class Seattle VA

This is an 8 week class which adapts the Personalized Health Inventory and Circle of Health from the National VA Office of Patient Centered Care & Cultural Transformation into a format of 8 classes focusing on exercise, nutrition, surroundings, personal growth, sleep, relationships, spirituality, and mindfulness. It is run as a drop-in class with a focus on whole health - including both mental and physical health. Co-led by myself, Nicola De Paul, Craig Santerre and Jenny Salmon.

**The Hero's Journey** (07/13 to present)

Primary Care Clinic Class, Seattle VA

This is a 12 week class for Veterans utilizing the Hero's Journey framework of Joseph Campbell, with particular emphasis on the phase of the "hero's return." It is aimed at assisting with re-integration into civilian life after military service and combat through the use of narrative, myth, the concept of acculturation, therapeutic writing, guided imagery and relaxation training. Co-led by me, Jenny Salmon and Lamont Tanksley.

**Integrative Health Work Group** (06/13 to present)

Coordinator & Developer.

This is a group of about 60 VA staff, across disciplines, interested in the use of Integrative Medicine in clinical work and research. The goals of the group are fostering collegiality, program development, and research.

**Spirituality & Philosophy Discussion Group** (08/11 - 2013)

Buchanan Rehabilitation Centre, Auckland NZ

*This combined staff and client group looks at the relevance of spiritual and philosophical concepts to mental illness and recovery.*

**Exploring Mental Health with Yoga** (01/11 - 11/13)

Buchanan Rehabilitation Centre, Auckland NZ

*This combined staff, inpatient client, and outpatient client group takes*

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*participants through yoga and body awareness exercises.*

**Culture and Acculturation Group (10/10 - 03/11)**

Manaaki House Community Mental Health Centre, Auckland NZ

*This group assisted international staff with cultural understanding and personal acculturation to New Zealand.*

**Complementary, Alternative, and Integrative Medicine (CAIM) Day, Medicine and Society Clerkship (2/10/10)** I assisted in the planning, lecturing, and group facilitation at University of Illinois Urbana Champaign College of Medicine.

**Holistic Psychiatry 4<sup>th</sup> Year Medical Student Elective (2010)**

*This month-long elective, set in my private practice, introduced medical students to holistic psychiatry concepts.*

**Being Fully Human: Taking Personal Responsibility for Self, Community & World (01/10 - 05/10)**

*This semester-length community seminar focused on expanding personal growth to include humanitarian community/global awareness and action.*

**Finding Your Self: Healing and Personal Growth (HCS 136-050, 3 semesters, Fall 2008 - Fall 2009), Parkland College, Champaign, Illinois USA**

*This class utilized lectures creative and experiential exercises to teach health professional students holistic self-awareness for well-being and to learn to use self-knowledge in working with others.*

**Trauma and Dissociation Discussion Group (08/00 - 01/02)**

Christie Clinic (Multi-Specialty Group Practice), Champaign, IL USA

*This psychotherapy discussion group combined theoretical readings along with case presentations.*

**The Interpersonal Relations Seminar (10/97 - 05/99)**

University of Nebraska Psychiatric Residency Program/Omaha VA, USA

*This monthly resident's seminar discussed interpersonal relations from various perspectives including Psychoanalytic, Group Dynamic & Cognitive-Behavioral.*

**Resident Literature & Medicine Group (01/98 - 05/99)**

*I co-coordinated and facilitated this group with Robert Coleman through the University of Nebraska Department of Psychiatry.*

**Visual Arts:**

**Eight paintings published in *Walking the Medicine Wheel: Healing Trauma & PTSD*, David R. Kopacz, MD & Joseph Rael (Beautiful Painted Arrow).**

**All Things That Move (04/15/10)**

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Boneyard Arts Festival, Champaign, Illinois.

I also was the curator for the show at my venue, the 209 West University Building, which included: Leah Guadagnoli (graphite drawings, collage, and acrylic paintings); Jerry Sims (photography); and Scott Wenderdahl (interactive computer generated art).

**Visions Past (04/16/09)**

Boneyard Arts Festival, Champaign, Illinois.

I also was the curator for the show at my venue, the 209 West University Building, which included: Jerry Sims (photography); Scott Wenerdahl (interactive computer generated art); and Jen Harris' first public show (ink drawings and sayings).