



# Brad S. Lichtenstein, ND, BCB

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## EDUCATION

**Bastyr University, Seattle, WA** Doctorate in Naturopathic Medicine 1995

**University of Pittsburgh, Pittsburgh, PA** Bachelors of Arts, Communication Disorders and Psychology, 1989

**Emerson College, Boston, MA** Undergraduate and Graduate work in Communication Disorders and Psychology 1984 - 1986

## PROFESSIONAL EXPERIENCE

**Naturopathic Physician, Private Practice, Seattle, WA** October 1995 - Present

Private naturopathic practice specializing in naturopathic mindbody medicine and counseling (biofeedback, hypnotherapy, meditation and mindfulness training, breathwork, and yoga and somatic movement education), homeopathy, energetic bodywork, and end of life care.

**Group Counseling/Meditation/Yoga Workshop Facilitator, Seattle, WA** October 1995 - Present

Creator and facilitator of group classes, workshops and seminars focusing on self-awareness, reframing relationship with illness, and engaging with life despite diagnosis or disease through mindfulness of breath, body, mind and spirit (workshops include *Living in Health and Wellness*, *Explorations in Mindfulness*, *Healing Improv*, *Science and Poetry of the Breath*, and *Yoga Nidra*). Instruct group yoga and meditation classes and provide personal fitness training to adults.

**Attending Physician, Bastyr Center for Natural Health, Seattle, WA** June 2007 - Present

Train, supervise, and evaluate naturopathic medical students during their required counseling clinical rotation and advanced training in clinical biofeedback and mindbody medicine.

**Naturopathic Physician, Bastyr Integrative Oncology Research Center** March 2009 - September 2011

Provide naturopathic mindbody medical care, counseling, homeopathy and energetic bodywork to patients enrolled in integrative oncology research study.

**Naturopathic Physician, Personal Growth Department Lead, WELLSPACE, Cambridge, MA**

May 2006 - March 2007

Developed and managed the Personal Growth/Bodymind Medicine Department at integrative clinic. Created and implemented policies and operating procedures for the department, and interviewed, hired and managed Team Members. Provided individual patient care and group classes in counseling, biofeedback, homeopathy, yoga and somatic movement education, energetic bodywork, breath retraining, and stress management.

**Meditation Provider, Complementary Comfort Care at End of Life Study (C3 Study),**

**University of Washington/Bastyr University, Seattle, WA, June 2004 - August 2006**

Provided twice-weekly guided meditation to hospice patients for research study examining the efficacy of meditation and massage on quality of death.

**Grant Review Panelist, National Center for Complementary Medicine/National Institute of Health, Bethesda, MD** May 2003 - May 2007

Reviewed, evaluated, and critiqued grant submission on complementary and alternative therapies in general medicine and in the treatment of HIV and AIDS.

**Consultant, National Institutes of Health, Harvard University Medical School, Boston, MA, July 2006**  
Panel consultant for "Provider Perceptions of CAM Research: A National Survey" sponsored by the Department of Clinical Bioethics, National Institutes of Health conducted at Osher Institute, Harvard University.

**Committee Member/Presenter/Author, Seattle Treatment Education Project, Seattle, WA  
June 1994 – September 2002**

Reviewed and evaluated medical literature of complementary and allopathic treatments in HIV and AIDS Research. Presented quarterly to public and providers on Naturopathic and Complementary Medical Treatments in HIV/AIDS. Educated on complementary approaches to side-effects management and medication adherence. Created and facilitated wellness group for individuals living with HIV/AIDS on developing mental, emotional and physical wellness through mindfulness. Authored quarterly column (Ask Dr. Brad) and articles on topic of Complementary Medicine and HIV Care.

**Attending Physician, Bastyr Center for Natural Health, Seattle, WA – October 1996 – February 2001**  
Naturopathic Medicine Clinic and Specialty Immune Wellness Clinic. Trained, supervised, and evaluated naturopathic medical students in general naturopathic medicine and in HIV/AIDS care.

**Clinical Sub-Investigator, Novum International, Seattle, WA – September 1998 - June 1999**  
Performed and evaluated physical exams for patients participating in on-going HIV research trials.

## **ACADEMIC EXPERIENCE**

**CHAIR OF HOMEOPATHY DEPARTMENT - BASTYR UNIVERSITY – FALL 2012 - PRESENT**  
**ASSOCIATE PROFESSOR – SCHOOL OF NATUROPATHIC MEDICINE - FALL 2013 – PRESENT**  
**ASSISTANT PROFESSOR – SCHOOL OF NATUROPATHIC MEDICINE - FALL 2012 – FALL 2013**  
**ASSISTANT PROFESSOR – COUNSELING AND HEALTH PSYCHOLOGY DEPARTMENT -  
SEPTEMBER 2007 – AUGUST 2012**

### **Core Classes**

ND Counseling 3 – Spring 2007 - present  
Counseling Theories & Interventions 2 – Spring 2014 & 2015  
Homeopathy 3 – Spring 2013, 2014, & 2015  
Homeopathy 2 – Winter 2008, Winter 2013 & 2014  
Homeopathy 1 - Fall 2012, 2013 & 2014  
Clinical Biofeedback/Mindbody Medicine - Spring & Fall 2009, Spring 2010, Spring 2011, Winter 2012, Winter 2012, Fall 2012, Fall 2013, Winter 2014, Fall 2014, Winter 2015  
MindBody Techniques for Stress Reduction – Winter 2008 - present  
Myth, Ritual and Healing – Winter 2008 - present  
Contemplative Practices in Health Care, Winter 2013  
Naturopathic Theory and Practice II – Winter 2013  
Naturopathic Theory and Practice I – Fall 2012  
Naturopathic Theory and Practice I & II – Fall 2012, Winter 2013  
Contemplative Practices in Healthcare – Winter 2013  
Counseling and Chronic Pain and Terminal Illness 2007 - 2012  
Psychology and the Soul of Breathing, Fall 2011  
Somatic Medicine: An Overview – Winter 2012, Spring 2011  
Naturopathic Medicine in Global Context Spring 2008 – Spring 2011  
Fundamentals of Naturopathic Clinical Theory – Winter 2007 – Winter 2011  
Naturopathic Medicine in Historical Context Fall 2007 – Fall 2010  
Psychology and the Soul – Fall 2007 - present  
Fundamentals of Counseling Fall 2007  
Creating Wellness – Winter 2008  
Science & Spirituality - Spring 2009 – Spring 2010  
Healing Self, Society and the World – Spring 2009  
Illness as Initiation – Spring 2008  
Science and Poetry of the Breath - Spring 2008

## ADJUNCT FACULTY

### BASTYR UNIVERSITY, SEATTLE, WA SEPTEMBER 1995 - MARCH 2007

Fundamentals of Naturopathic Clinical Theory Fall 1999 - 2005  
Naturopathic Counseling 3 Spring 2004- 2007  
Vis Medicatrix Naturae Winter 2002 - 2006  
Introduction to Somatic Based Therapy Fall 2001 - 2006  
Mind, Body, Spirit, Nature Integral Practice Spring 2001 - 2006  
Introduction to Yoga Philosophy and Yogasana Fall 2005  
Yoga Therapy I & Yoga Therapy II Winter and Spring 2002 - 2006  
Theories of Psychotherapy Spring 2007  
Psychoneuroimmunology Winter 2004 - 2006  
Determinants of Health Spring 2005 - 2006  
Advanced Seminar in HIV/AIDS Spring 2000 - 2003; Summer 2003  
Science and Poetry of the Breath Spring 2003 - 2006; Spring 2007  
Homeopathy II & III Winter and Spring 2000- 2001  
Homeopathy III Spring 1998 - 1999  
Western Clinical Sciences I and II Fall/Winter 1998 - 1999  
Naturopathic Counseling I, & II Labs Fall and Winter 1996 - 1997  
Physical/Clinical Diagnosis 1995 - 1996

### Seattle Institute of Oriental Medicine, Seattle, WA. FALL 2005

Counseling and Referral

### Northwest Institute of Acupuncture and Oriental Medicine, Seattle, WA. FALL 1998 - FALL 2002

Patient-Practitioner Counseling

## PUBLICATIONS

### Integrative Men's Health

Spar, et. al. Integrative Men's Health. Oxford University Press, 2014.  
Chapter - *Mind-Body Medicine and Men's Health*.

### Naturopathic Doctors News & Review (NDR)

*The Orienting Response*, Lichtenstein, B. S. June 3, 2014 - <http://ndnr.com/oncology/the-orienting-response/>  
*Bargaining in Medicine, Concepts for Treating the "Whole" Person*, Lichtenstein, B. S. Summer 2011; Vol7; No6.

### Angie's List - First Person Column

*Seeing the Bigger Picture through Naturopathy*. April 2011

### Unified Energetics/Unified Health - Quarterly Column *Consciousness and Healing*.

*Freedom and Flow*. Lichtenstein, B.S. Fall 2009. Vol5. No17  
*The Mythic Arc of Healing*. Lichtenstein, B.S. Summer 2009. Vol5 No16  
*The Wisdom of the Body*. Lichtenstein, B.S. Spring 2009. Vol5 No 15  
*Attending to Suffering*. Lichtenstein, B.S. Winter 2009. Vol5 No14  
*The Art of Knowing*. Lichtenstein, B.S. Fall 2008. Vol4 No 13.  
*Spirituality and Medicine*. Lichtenstein, B.S. Summer 2008. Vol4. No. 12  
*Little Boxes*, Lichtenstein, B. S. Spring 2008 Vol4. No. 11.  
*The Gift of Grief*, Lichtenstein, B. S. Winter 2008 Vol4. No 10.  
*A Meditation*. Lichtenstein, B. S. Fall 2007. Vol3. No9.  
*Cheeseburgers and a Chocolate Cake*. Lichtenstein, B. S. Fall 2007. Vol2. No8.  
*What Needs to Be Healed*. Lichtenstein, B.S. Summer 2007. Vol2. No.7  
*Revolutionizing Healthcare*, Lichtenstein, B.S. Winter 2007. Vol2. No.6  
*It's All Yoga*. Lichtenstein, B.S. Fall 2006. Vol2. No.5  
*Mirror Neurons on the Wall*. Lichtenstein, B.S. Summer 2006. Vol2. No.4.  
*Acceptance, Approval, Validation*. Lichtenstein, B. S. Spring 2006. Vol2. No.3  
*The Energetics of Intentions*. Lichtenstein, B. S. Winter 2006. Vol2. No.2  
*The Energetics of Breath*. Lichtenstein, B. S. Fall 2005. Vol1. No1.

## **STEP Perspective**

*Ask Dr. Brad, Quarterly Column* Addressing Questions about Naturopathic Health Care for People Living with HIV.

<http://www.thebody.com/step/wintero3/brad.html>

<http://www.thebody.com/step/springo2/brad.html>

<http://www.thebody.com/step/summero1/brad.html>

## **Articles Addressing Naturopathic and Complementary Approaches in HIV Care.**

*HIV and Sexual Functioning.* Lichtenstein, B. S. and Schouten, J. T., STEP Perspective, Vol. 02, 2, Spring 2002. - [http://www.thebody.com/step/springo2/sexual\\_function.html](http://www.thebody.com/step/springo2/sexual_function.html)

*Improving HAART Naturally.* Lichtenstein, B. S., STEP Perspective, Vol. 99, 2. Summer 1999. -

<http://www.aegis.com/pubs/step/1999/STEP199906o3.html>

*Dietary Consideration and Protease Inhibitors.* Lichtenstein, B. S., STEP Perspective, Vol. 8. No. 3. Fall 1996. - <http://www.aegis.com/pubs/step/1996/STEP83o4.html>

*Psychoneuroimmunology and HIV.* Lichtenstein, B. S., STEP Perspective, Vol. 7. No. 2. Summer 1995. -

<http://www.aegis.com/pubs/step/1995/STEP72o4.html>

*Nutrition and HIV.* Lichtenstein, B.S., STEP Perspective, Vol. 7. No. 1. Spring 1995.

<http://www.aegis.com/pubs/step/1995/STEP71o2.html>

## **Let's Live,**

*The Spirit.* Lichtenstein, B. S., May 1998.

**Caregivers Quarterly**, Vol. 6, 3. Summer 1996

*The Needs of Caregivers.* Lichtenstein, B. S.

## **SELECTED PRESENTATIONS**

### **BASTYR INTEGRATIVE CASE CONFERENCE - PANELIST**

#### **Bastyr Integrative Case Conference - Panelist**

Chronic Pain November 17, 2014

HIV May 27, 2014

Pertussis February 25, 2013

Diabetes November 12, 2012

IBS/Colitis May 21, 2012

### **DEATH CAFES / DEATH & CUPCAKES**

2015 Dates - April 16, March 18, February 18, January 21

2014 Dates - December 17, November 19, October 22, September 17, June 25, May 28, April 23

### **MINDBODY MEDICINE**

#### **Breathe Your Way to Better Health**

Ida Culver House March 19, 2015

Harborview Nutrition Staff March 10, 2015

Prime Electric November 6, 2014

Aljoia Living Center October 21, 2014

#### **Breathing and Biofeedback**

Bastyr University Continuing Education Department, February 2013 & January 10, 2015

#### **Healing through Meditation**

Silverglen Senior Center, December 10, 2014

#### **The Healing Power of the Breath *Stimulating Vis Medicatrix Naturae & Primum Non Nocere through Breathing***

Respiration Conference NCNM October 19, 2014

29<sup>th</sup> Annual AANP Convention, Phoenix Arizona, August 7, 2014

### **Breathing into Your Life**

TEDxSeattle - June 23, 2013

[http://www.youtube.com/watch?v=KiyikxA2gck&feature=player\\_embedded#t=0](http://www.youtube.com/watch?v=KiyikxA2gck&feature=player_embedded#t=0)

### **Treating Depression Naturally**

DBSA Support Group, Everett WA - November 4, 2013

### **First Do No Harm: Breathing as a Way to Stimulate the Vis**

TxANP Annual Conference, October 19, 2013

### **Change Your Breath, Change Your Life**

Bastyr University Continuing Education Department, November 2010, March 2013

Bastyr University, Counseling and Health Psychology Department, June 2010

### **Breathing and Biofeedback**

Bastyr University Continuing Education Department, February 2013

### **MindBody Medicine and Cancer**

Gilda's Club, Seattle, WA. February 2010 & October 2012

### **You are the Medicine, The Healing Power of the Therapeutic Relationship**

HeartMath Institute, Webinar Presentation, September 2012

### **Active Rest**

Pinnacle Care, Webinar Presentation, September 2012

### **The Stress Response**

Pinnacle Care, Webinar Presentation, August 2012

### **The Power of Focus Forums: Dealing With Cancer**

YPO-WPO Forum and M2Mx, Webinar Presentation, July 2011

### **Role of Motivational Interviewing in Patient Management**

Virginia Mason Medical Center Ambulatory Care Conference, Seattle, WA April 2011

### **Science and Poetry of the Breath**

California Naturopathic Doctors Association Conference, Los Angeles, CA October 2010

### **Yoga Therapy**

Seattle Street Yoga, Seattle WA September 2010

### **The Healing Power of the Therapeutic Relationship/Healing Presence**

Webinar, Innate Response, August 2010

The Art of Healing in Palliative Care Conference, Keynote Speaker, Virginia Mason Medical Center, Seattle WA April, 2010

### **Meditation and Medicine**

Bastyr University, Continuing Education Course, Center for Spirituality, Science and Medicine, April 2010

### **Conversations on Body, Mind, Spirit Psyche and the Mind**

*Center for Spirituality, Science and Medicine*, Bastyr University, February 2010

### **Integration of Mind-Body-Soul in Naturopathic Medicine**

12<sup>th</sup> Annual AANP Convention, Phoenix Arizona, August 20, 1997

## **MEDICINE AND SUSTAINABILITY**

**Presentation focusing on how medicine must consider the concept of sustainability**

**Bioneer's Conference Seattle Satellite,**

October, 26, 2008

## **NATUROPATHIC MEDICAL APPROACHES TO HIV/AIDS TREATMENT**

**Discuss the role of complementary medicine in the treatment of HIV and AIDS to the following organizations and group throughout Washington, United States and Puerto Rico:**

Annual HIV Clinical Update for Nurses, UW Washington, Seattle, WA, June 2011, 2012 & 2013  
AIDS Health Fraud Task Force, Ponce, Puerto Rico. August 1998

POZ Life Expo, Seattle, WA. July 1999

Clallam AIDS Service Project, Challam, WA. August 1999

Region VI AIDS Network, Olympia, WA. November 1999

Northwest Regional HIV/AIDS Seminars, Spokane, WA, April 1998

Spokane AIDS Network, Spokane, WA. March 2000

Dieticians In AIDS Care, Los Angeles, CA April 2000

University of Medicine and Dentistry of New Jersey (UMDNJ), Newark, NJ June 2000

Desert AIDS Network, Palm Springs, CA August 2000

National College of Naturopathic Medicine, Portland, OR September 2000

Alaskan AIDS Association, Anchorage, AK April 2000 & 2001

CAREvent, Sea-Tac, WA. October 1997, 1999, 2001 Pierce County AIDS Network, November, 2001

S.T.E.P. (Seattle Treatment Education Project.) 1994 - 2001

Dunshee House/Bastyr University 2005

Planned Parenthood. Seattle, WA. May, August, October 1997

Pan American Health Organization (PAHO) International Training Seattle, WA. October 1996

Shanti Support Group. Seattle, WA. Fall 1995 & 1996

## **NATUROPATHIC MEDICAL APPROACHES TO PRIMARY CARE**

Seattle Senior Center, WA February 2005

Fast Track, Olympia, WA. May 1999

Bastyr University's Speaker Bureau 1995 - 2005

University of Washington School of Nursing WA. May 1998

## **NATUROPATHIC MEDICAL APPROACHES AND HEPATITIS TREATMENT**

Hepatitis Community Day, Vancouver, BC.

Discussed role of complementary therapies in treatment of hepatitis C.

## **ARTS AND MEDIA**

**KING5 News - April 22, 2014**

**KOMO Radio News - April 22, 2014**

Death Cafes

Talking about Death and the Death Cafes

**AccuWeather News, November 20, 2013**

Seasonal Affective Disorder

**Fox Q13 News, November 8, 2013**

Work Place Bullying - The Psychology of Bullying and How to Deal with It

**Anti-Breakdown Podcast - October 17, 2013**

Johnathn Prousky, ND - Podcast on Mental Health

**Fox Q13 News, November 12, 2013**

How to get a Good Nights Sleep

**Fox Q13 News, September 4, 2013**

Breathing and Meditation

[http://www.youtube.com/watch?v=71gLLyA5\\_Gk&feature=player\\_embedded#t=0](http://www.youtube.com/watch?v=71gLLyA5_Gk&feature=player_embedded#t=0)

**Sound Integrative Health News, October 15, 2010**

Discussion on Meditation and Health for online WebMagazine on Health

<http://soundintegratedhealth.com/sound-mind-and-body/articles/meditation>

**Bastyr YouTube – Center for Science, Spirituality and Medicine**  
Mind Body Spirit Lecture Series - February 1, 2010  
[http://www.youtube.com/watch?v=yW8n5\\_pbiz8](http://www.youtube.com/watch?v=yW8n5_pbiz8)

**The Naturopathic Perspective, June 17, 2007**  
<http://video.google.com/videoplay?docid=-4072247513104935960#>

**Fox Network New, National Television, May 1997**  
Hypericum (St John's Wort) in the Treatment of Depression

## **PROFESSIONAL ORGANIZATIONS / CERTIFICATIONS**

Biofeedback Certification International Alliance – Board Certified Biofeedback Trainer (BCB) #5390  
NPLEX (Naturopathic Physician License Examination) Board Certified.  
Washington State Department of Health Licensed Naturopathic Physician #760.  
Active Member of the American Association of Naturopathic Physicians.  
Active Member of International Association of Yoga Therapist.  
YogaFit Certification.  
Thai Massage Certification, Chiang Mai, Thailand, Level 1 – 3.  
Somatic Experiencing Level 1, Beginning 1, 2, and 3.  
Phoenix Rising Yoga Therapy Level 1 and 2.

## **PROFESSIONAL AREAS OF STUDY**

Biofeedback, STENS Biofeedback Basic and Advanced  
New England School of Homeopathy  
Cranio-Sacral Therapy  
Ortho-Bionomy  
Thai-Yoga Massage, Chiang Mai, Thailand  
Continuum Movement Therapy  
Iyengar, Kripalu, Yogafit, Power and Asthanga Yoga  
Authentic Movement

## **HONORS**

Group Study Exchange Member Seattle Rotary District 5030 February 22 – March 22, 2001.  
Traveled throughout Northeast Thailand on professional/cultural exchange sponsored by Rotary International. Focused on traditional Thai methods of healing, Thai massage and HIV care.