



Brad S. Lichtenstein, ND, BCB

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EDUCATION

Doctor of Naturopathic Medicine, 1995

Bastyr University, Kenmore, WA

Bachelor of Arts, Communication Disorders and Psychology, 1989

University of Pittsburg, Pittsburg, PA

CLINICAL EXPERIENCE

Naturopathic Physician, Private Practice

The Breath SPACE, Seattle, WA, October 1995 – Present

Specialize in behavioral and mind-body medicine (biofeedback, meditation and mindfulness training, breath work, yoga and somatic movement education, counseling), energetic bodywork and advanced care planning.

Group / Corporate Wellness Facilitator

The Breath SPACE, Seattle, WA – October 1995 - Present

Provide group and corporate courses, workshops and seminars focused on creating resiliency and stress reduction through mind-body approaches.

Attending Physician

Bastyr Center for Natural Health, Seattle, WA – June 2007 - Present

Mind-Body Medicine Clinic & Integrated Chronic Pain Clinic

Train, supervise, and evaluate naturopathic medical students during their clinical rotation in clinical mind-body medicine and integrated chronic pain care.

Naturopathic Physician

WELLSPACE, Cambridge, MA May 2006 – March 2007

Specialized in homeopathy, counseling, biofeedback, breath retraining, and stress management for individuals and groups in interdisciplinary clinic.

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.

TEACHING EXPERIENCE

Instructor, The Breath SPACE, Continuing Education Courses

Classes:

42-Hour Professional Biofeedback Certificate Training Course August 19th, 2016 — August 21st, 2016,
June 22nd – June 24th, 2018

Breathing & Biofeedback February 2013 & January 10, 2015

Associate Professor, School of Naturopathic Medicine

Bastyr University, Kenmore, WA, Fall 2013 – Present

Core Classes:

Naturopathic Theory and Practice 1 – 3

Clinical Biofeedback/Mind-Body Medicine

Nervous System and Mental Health

Myth, Ritual and Healing

Mind-Body Techniques for Stress Reduction

Counseling Theories & Interventions 2

Chairperson, Homeopathy Department

Bastyr University, Kenmore, WA, Fall 2012 – Fall 2015

Core Classes:

Homeopathy 1 - 3

Naturopathic Theory and Practice 1 – 3

Clinical Biofeedback/Mind-Body Medicine

Counseling Theories & Interventions 2

ND Counseling 3

Mind-Body Techniques for Stress Reduction

Contemplative Practices in Health Care

Myth, Ritual and Healing

Assistant Professor, School of Naturopathic Medicine

Bastyr University, Kenmore, WA September 2012 – August 2013

Assistant Professor, Counseling and Health Psychology Department

Bastyr University, Kenmore, WA September 2007 – August 2012

Core Classes:

Clinical Biofeedback/Mind-Body Medicine

ND Counseling 3

Counseling and Chronic Pain and Terminal Illness

Psychology and the Soul of Breathing

Somatic Medicine: An Overview

Naturopathic Medicine in Global Context

Fundamentals of Naturopathic Clinical Theory

Naturopathic Medicine in Historical Context

Psychology and the Soul

Fundamentals of Counseling

Creating Wellness

Science & Spirituality

Healing Self, Society and the World

Illness as Initiation
Science and Poetry of the Breath

Adjunct Faculty, School of Naturopathic Medicine

Bastyr University, Kenmore, WA September 1995 – April 2006

Core Classes:

Fundamentals of Naturopathic Clinical Theory

Naturopathic Counseling 3

Vis Medicatrix Naturae

Introduction to Somatic Based Therapy

Mind, Body, Spirit, Nature – Integral Practice

Introduction to Yoga Philosophy and Yogasana

Yoga Therapy I & Yoga Therapy II

Theories of Psychotherapy

Psychoneuroimmunology

Determinants of Health

Advanced Seminar in HIV/AIDS

Science and Poetry of the Breath

Homeopathy II & III

Western Clinical Sciences I and II

Naturopathic Counseling I, & II Labs

Physical / Clinical Diagnosis

Guest Lecturer

Boucher Institute of Naturopathic Medicine

Course: Master Class – Science and Poetry of the Breath

Adjunct Faculty

Seattle Institute of Oriental Medicine, Seattle, WA Fall 2005

Core Class:

Counseling and Referral

Adjunct Faculty

Northwest Institute of Acupuncture and Oriental Medicine, Seattle, WA, Fall 1998 – Fall 2002

Core Class:

Patient – Practitioner Counseling

ADMINISTRATIVE EXPERIENCE

Behavioral Medicine Curriculum

Bastyr University, Kenmore, WA Fall 2014 – Present

Developed, revised and implemented behavioral medicine curriculum within larger naturopathic medical coursework

Chairperson, Homeopathy Department

Bastyr University, Kenmore, WA, Fall 2012 – Fall 2015

Revised and implemented homeopathy curriculum. supervised and managed homeopathy curriculum. Coordinated and supervised faculty delivering didactic and clinical curriculum

Personal Growth / Mind-Body Medicine Department Team Lead

WELLSPACE, Cambridge, MA May 2006 – March 2007

Developed and managed the Personal Growth/Mind-Body Medicine Department, created and implemented policies and operating procedures, and interviewed, hired and managed Team Members

RESEARCH EXPERIENCE**Naturopathic Physician**

Bastyr Integrative Oncology Research Center March 2009 – September 2011

Specialize in behavioral and mind-body medicine, counseling and advanced care planning with patients enrolled in integrative oncology research study.

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

Seattle Treatment Education Project (STEP) Seattle, WA – June 1994 – September 2002

Reviewed and evaluated medical literature on complementary and allopathic treatments in HIV/AIDS Research

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.

PUBLICATIONS

Textbook of Naturopathic Medicine

Mind-Body Medicine in Naturopathic Medicine, Elsevier Publishing, In Print.

Biofeedback Journal Volume 44 (3) p 121 - 125

The Mindfulness Imperative: How Pedagogical Principles of Mindfulness Provide the Foundation for Biofeedback. Fall 2016

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)

Conversations about Dying about Death – Death Cafes – June 2016

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.

Seattle Treatment Education Project (STEP) Perspective

Ask Dr. Brad, Quarterly Column - Questions and Answers about Naturopathic Health Care for People Living with HIV.

<http://www.thebody.com/step/winter03/brad.html>

<http://www.thebody.com/step/spring02/brad.html>
<http://www.thebody.com/step/summer01/brad.html>

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/spring02/sexual_function.html

Improving HAART Naturally. Lichtenstein, B. S., STEP Perspective, Vol. 99, 2. Summer 1999. - <http://www.aegis.com/pubs/step/1999/STEP19990603.html>

Dietary Consideration and Protease Inhibitors. Lichtenstein, B. S., STEP Perspective, Vol. 8. No. 3. Fall 1996. - <http://www.aegis.com/pubs/step/1996/STEP8304.html>

Psychoneuroimmunology and HIV. Lichtenstein, B. S., STEP Perspective, Vol. 7. No. 2. Summer 1995. - <http://www.aegis.com/pubs/step/1995/STEP7204.html>

Nutrition and HIV. Lichtenstein, B.S., STEP Perspective, Vol. 7. No. 1. Spring 1995. <http://www.aegis.com/pubs/step/1995/STEP7102.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

Death Café / Death & Cupcakes Series

2018 Dates – February 25, January 28

2017 Dates – December 17, November 19, July 17, June 25

2016 Dates – March 17, February 18, January 14

2015 Dates – December 17, November 19, October 15, September 17, June 18, May 21, April 16, March 18, February 18, January 21

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

Naturopathic Medicine #101 – Introduction to Theory and Practice

38th Annual Society of Behavioral Medicine Annual Meeting and Scientific Session – San Diego, CA March 30, 2017

Naturopathic Medicine #101 – Introduction to Theory and Practice

48th Annual AAPB Scientific Conference – Chicago – March 14th, 2017

Determining the Appropriate Mind-Body Modality for Greater Clinical Outcomes

38th Annual Society of Behavioral Medicine Annual Meeting and Scientific Session – San Diego, CA March 29, 2017

Foundational Breathing Essentials Beyond Biofeedback

48th Annual AAPB Scientific Conference – Chicago – March 15th, 2017

The Mindfulness Imperative

48th Annual AAPB Scientific Conference – Chicago – March 18, 2017

Functional Breathing

Illinois Association of Naturopathic Physicians (ILANP) – October 8th & 9th, 2016

Breathe Your Way to Better Health

Ida Culver House – March 19th, 2015, November 15, 2016, May 2, 2017

Cornerstone Advisor Inc. – March 9, 2017

University House – December 8, 2015

Harborview Nutrition Staff – March 10, 2015

Prime Electric – November 6, 2014

Aljoya Living Center – October 21, 2014

Breathing & Biofeedback

Seattle IBS Support Group – April 26, 2106

Seattle Dystonia Support Group Evergreen Hospital – September 12, 2015

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

29th Annual AANP Convention, Phoenix Arizona, August 7, 2014

TEDxSeattle - *Breathing into Your Life*

June 23, 2013

http://www.youtube.com/watch?v=KiyikxA29ck&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

Mind-Body 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

12th Annual AANP Convention, Phoenix Arizona, August 20, 1997

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

Medicine and Sustainability

Bioneer's Conference – Seattle Satellite, October, 26, 2008

Naturopathic Medical Approaches To HIV/AIDS Treatment

Annual HIV Clinical Update for Nurses, UW Washington, Seattle, WA, June 2011, 2012 & 2013

Seattle Treatment Education Project, Seattle (STEP), WA – June 1994 – September 2002

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
Dunshie 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 – October 29, 2015

Stress & Traffic

Voice of Vashon, July 13, 2015

Death with Dignity

FOX Q13 News, May 19 and May 20, 2015

Stress and Driving – Techniques to reduce your stress while stuck in traffic

KING5 News - April 22, 2014

KOMO Radio News – April 22, 2014

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=719LLyA5_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

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

ADDITIONAL TRAINING AND CERTIFICATION

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

New England School of Homeopathy

Cranio-Sacral Therapy

Ortho-Bionomy

Continuum Movement Therapy

Iyengar, Kripalu, Power and Asthanga Yoga

Authentic Movement

PROFESSIONAL MEMBERSHIP

American Association of Naturopathic Physicians
Association of Applied Psychophysiology and Biofeedback
Society of Behavioral Medicine
International Yoga Therapist Alliance

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.