

Michael Stanton

MYT Coach & Presenter

Dr. Stanton is a licensed clinical health psychologist and Assistant Professor at California State University, East Bay. Dr. Stanton holds a doctorate in Clinical Psychology with a focus in Behavioral Medicine from Duke University. He completed his clinical internship with a focus in Behavioral Medicine at the VA Palo Alto Healthcare System (affiliate of Stanford University) and his Postdoctoral Fellowship at Stanford University and the VA Palo Alto. He received his B.A. from Brown University.

Dr. Stanton's research focuses on psychosocial determinants of obesity. His clinical work in clinical health psychology integrates mind-body skills such as mindfulness and hypnosis with cognitive behavioral therapy to treat health problems including obesity, hypertension, chronic pain, insomnia and depression.

His work has been recognized at national and international scientific conferences, and he is a co-author of several studies which have been published in various academic journals, including *Molecular Psychiatry*, *Psychosomatic Medicine*, and *Harvard Review of Psychiatry*. Dr. Michael Stanton provides coaching for participants in our Mastery and Extension programs.

