

BEN BERNSTEIN, PhD

PSYCHOLOGIST • PERFORMANCE COACH

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EDUCATION

1965-1969	Bowdoin College, Brunswick, Maine	AB (Cum Laude)	English
1970-1972	University of Toronto, Ontario, Canada	M.Ed.	Applied Psychology
1972-1979	University of Toronto, Ontario, Canada	Ph.D.	Applied Psychology
1976-1978	Spolin Theater Game Center, Los Angeles	Certificate	Improvisation
1984-1993	School of Images, New York and Jerusalem	Trainee	Guided Imagery
1993-1995	Mills College, Oakland, California	M.A.	Music Composition

LICENSES AND CERTIFICATIONS

1985	Psychologist's License, New York State (#84103)
1988	Psychologist's License, Connecticut (#1214)
1995	Psychologist's License, California (PSY 14306)

EMPLOYMENT

Principal Positions Held

1969-1971	Board of Education, Bedford-Stuyvesant, NY	Teacher
1970-1971	Inner London Education Authority, England	Teacher
1971-1974	University of Toronto, Ontario Institute for Studies in Education	Project Director
1974-1975	Various theaters and presenters, Canada	Coach/Actor
1979-present	Self-employed, private practice (NY, CT, CA) Focus on addiction and performance Serving adolescents, adults and geriatric patients and their families	Psychologist/Coach
1981-1986	The Country Place, Litchfield, CT Staff psychotherapist in addiction treatment center	Psychologist
1985-1990	Harwinton Consolidated School District	Chief Psychologist
1985-present	Private practice, specialist in high stress professions	Psychologist
1997-present	The Singer's Gym, Oakland, CA	Founder/Teacher
1998-present	Professional groups, USA and Canada	Speaker
2001-2005	UCSF, School of Dentistry	Consultant/Teacher
2003-present	John F. Kennedy University, Orinda, CA	Adjunct Faculty
2003-2005	Foothill College, Dental Hygiene Program	Visiting Teacher
2004-present	American Dental Association, Seminar Series	National Speaker
2005-present	San Francisco Opera, Adler and Merola Programs	Performance Coach
2007-present	Young Musicians Program, UC Berkeley	Performance Coach
2008-present	UCSF, School of Medicine	Adjunct Faculty
2009-2011	Oregon Health Sciences University, Portland	Performance Coach

Ancillary Positions Held Concurrently

1971	University of Wales, Carmarthen	Visiting Professor
1976	National Youth Theater, Toronto	Director/Coach
1971-1974	University of Toronto, Toronto, Canada	Adjunct Lecturer
1978-1979	Ontario Arts Council, Ontario, Canada	Artist-in-Residence
1980	Prince Alfred Hospital, Sydney, Australia	Psychologist
1980	National Institute for Dramatic Art, Sydney	Visiting Teacher
1981	New York University	Adjunct Professor
1981	Michigan Council for the Arts	Artist-in-Residence
1981	The Guggenheim Museum, NY	Project Assistant
1980-1981	The Juilliard School, NY	Visiting Director
1984-1987	The Sundance Institute, Provo, Utah	Resource Artist
1985-1987	Esalen Institute, Big Sur, CA	Workshop Teacher
1986	The Open Center, NY	Workshop Teacher
1989	Hispanic Playwright's Festival, Costa Mesa, CA	Resource Artist
1991	Global Forum, NY and Provo, Utah	Facilitator
1993	The San Francisco Opera	Master Teacher
1998-2000	YourHealth.com	Media Expert
2003	Elephant Pharmacy, Berkeley, CA	Expert Speaker
2005-2007	Ashby Care Center (Geriatric Long-Term)	Psychologist
2005-present	San Francisco Opera, Adler Fellowship Program	Master coach
2007-present	Young Musicians Program, UC Berkeley	Performance Coach
2010	Voice Director, Electronic Arts	Voice director

Clinical Training and Experience

1971-1973	Hincks Treatment Center, Toronto	Intern
1976-1978	Spolin Theater Game Center, Los Angeles	Intern Teacher
1981-1984	The Country Place, Litchfield, CT	Intern Psychologist

HONORS AND AWARDS

1968	Alexander Speaking Prize, Bowdoin College
1969	Alice Merrill Mitchell Award in Acting, Bowdoin College
1969	Goodwin Commencement Prize, Bowdoin College
1969	Prospective Teaching Fellowship, Department of H.E.W., Washington, D.C.,
1977	Canada Council Doctoral Fellowship
1977	Ontario Graduate Fellowship
1978	Professional Theater Training Grant, Theater Ontario, Toronto
1979	Artist-in-Residence Grant, Ontario Arts Council
1980	Artist-in-Residence Grant, Michigan Council for the Arts
1992	Jerome Fellowship, New Dramatists, New York
1992	Hellman Scholarship, Mills College
1993	Crothers Scholarship, Mills College

PROFESSIONAL ACTIVITY

Memberships in Professional Organizations

1975	Member, Actors' Equity Association (USA, Canada)
1976	Member, Association of Film, Television and Radio Artists (Canada)
1976	Member, Screen Actors' Guild (USA)

- 1982 Member, Connecticut Composers, Inc.
- 1996 Member, California Psychological Association
- 1998 Member, American Psychological Association
- 2002 Member, Alameda County Psychological Association

Invited Papers (* indicates registered CE courses)

- 1976 Council of Drama in Education, Ontario
- 1979 Ontario Institute for Studies in Education, Toronto, Ontario
- 1980 Ontario Institute for Studies in Education, Toronto, Ontario
- 1985 International Conference in Humanistic Psychology, Mexico City
- 2001 University of California San Francisco /Dental School, Scientific Sessions
- 2003 National Association of Teachers of Singing, San Francisco, California
- 2002 American Dental Education Association, Happaugue, New York
- 2003 California Psychological Association, San Jose, California*
- 2003 University of California San Francisco /Dental School, Scientific Sessions*
- 2003 California Academy of Family Physicians, Los Angeles, California*
- 2003 American Dental Association, Well Being Institute, Chicago*
- 2004 Deans' Institute, Monterey. Invited principal speaker at the yearly conference of the Deans of all North American dental schools
University of Florida, Gainesville
University of California, Los Angeles
- 2005 Rocky Mountain Dental Convention, Denver*
Hawaii Dental Forum, Kauai*
University of Alabama, Birmingham
American Dental Association, Well Being Institute (focus on stress and addiction), Chicago, Keynote speaker*
Dental Trade Alliance, Annual Meeting. Closing keynote speaker
Speaker for the American Dental Association, CELL Seminar Series (Des Moines)
- 2006 Western Regional Dental Association, Phoenix, featured speaker*
ADEA Annual Meeting, Orlando, Signature Series Speaker*
University of Louisville, invited speaker
Oregon Dental Association, Annual Meeting, featured speaker*
ADA Seminar Series speaker* (Madison, WI, Janesville WI, State College PA)
American Student Dental Association annual meeting, Baltimore, keynote speaker
Butte-Sierra Dental Society, California. Featured speaker
- 2007 University of Kentucky, The Barr Lecture, for the entire dental school
Student Dental Hygiene Association, Northeast region, keynote speaker, Niagara Falls
Alliance of the American Dental Association, Keynote speaker, Tulsa, OK
California Dental Association Annual Meeting, featured speaker*. Anaheim CA
American Dental Hygiene Assoc, National leadership conference, keynote speaker, Chicago
ADA Seminar Series speaker* (Myrtle Beach SC; Dickinson, ND; Newark, DE
Specialty Practice guest speaker*, Visalia CA
- 2008 ADA Seminar Series speaker* (Valdosta, GA; Peoria, IL,)
American Association of Endodontists, Annual Meeting, featured speaker*
Oregon Dental Association, Annual Meeting, featured speaker*
California Dental Association Annual Meeting, featured speaker*. San Francisco CA
American Dental Hygiene Assoc, National leadership conference, keynote speaker, Chicago
- 2009 American Dental Association speaker, North Virginia Dental Society
Oregon Health Sciences University, School of Dentistry, invited speaker/stress specialist*
American Dental Association, Wellness Conference, presenter and closing keynote
- 2010 Speaker nationally for the American Dental Association (various locations)
- 2011 Speaker nationally for the American Dental Association (various locations)
Featured speaker, Learning and the Brain conference, Chicago

Postgraduate and Continuing Education Courses Attended

I have met the yearly requirements for continued licensing as a Psychologist in California. These include numerous courses in addiction diagnosis and treatment

UNIVERSITY SERVICE

1971-1974	University of Toronto, Ontario Institute for Studies in Education	Project Director
1988	University of Utah	Visiting Lecturer
2000, 2003	UCSF Millberry Union	Enrichment Series Lecturer
2000-2001	UCSF School of Dentistry	Occasional Lecturer
2001-2005	UCSF School of Dentistry	Consultant/Teacher
2003-2005	Foothill College Dental Hygiene Program	Visiting Teacher
2008-present	UCSF School of Medicine	Invited Lecturer

PUBLICATIONS

Original articles

"*Becoming Involved: Spolin Theater Games in Classes for the Educationally Handicapped*," in Theory into Practice, Vol. XXIV, Number 3, Summer 1985

"*The Model for Successful Performance*" (co-authored with Catherine S. Hunter), in The California Association of Independent Schools Newsletter, Spring 2001.

"*Getting Fit for Dentistry*," in OraCal Magazine, Vol. 15, No. 3, December 2001.

"*Performance Coaching: Adjunct to Treatment*," in Alameda County Psychological Association Newsletter, Fall 2004.

Chapters

"*Spolin Theater Games*" (ed. for Viola Spolin's article), in Drama and Therapy (Vol. II) Gertrud Schattner and Richard Courtney, eds. Drama Book Specialists, 1981

"*Drama as a Context for Transformation*," in Drama in a Developmental Context. Judith Case-Polisini, ed. University Press of America, 1985

Books

Stress Free. Co-authored by Alexandra Chalif. Published by Kodansha, Tokyo, Japan., 1993. Publication pending in Korea, Taiwan, and China

Test Success! How to Be Calm, Confident and Focused on Any Test. Emeryville, CA: Spark Avenue. 2012.

Dr. B on Stress (Familius Press, forthcoming, 2013-14)

- *Teenage Stress*
- *Stress, Performance and Sports*
- *Coaching for Performing Artist*
- *The Parents' Guide to Dealing with Stress*

MEDIA

Films

"The Light," "Birdwatchers," and : "Rex Messup's World of Fighting."
Three Films. Thomas Walker House, Prince Alfred Hospital, Sydney, Australia, 1980

Media Expert

Around the Corner Magazine. Regular contributor to Q&A column on psychology. Litchfield County, CT. 1989-1992.

YourHealth.com On-line question and answer forum on health and related issues.
1998-2000.

Video

“Performance Enhancement/Stress Reduction: A Pilot Program at the UCSF School of Dentistry.” Introductory video for dentists’ and hygienists’ well-being and dental education.

Guest blogger

Stanford University, “College Puzzle,” Blogger: Dr. Michael W. Kirst, 2012