

CURRICULUM VITAE

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EDUCATION/TRAINING/BOARD CERTIFICATION

SPORTS MEDICINE, CERTIFICATE OF ADDED QUALIFICATION <i>SPORTS MEDICINE CREDENTIAL FOR PRIMARY CARE PHYSICIANS, RECERTIFIED IN 2003</i>	1993-2013
FAMILY MEDICINE, DIPLOMATE, AM. BOARD OF FAMILY MEDICINE <i>BOARD-CERTIFIED 1987, RE-CERTIFIED IN 1994, 2001, AND 2008</i>	1987-2015
UCLA/SANTA MONICA HOSPITAL FAMILY PRACTICE RESIDENCY <i>COORDINATOR OF RESIDENT ER MOONLIGHTING EXPERIENCES</i>	1984-87
NEW YORK UNIVERSITY SCHOOL OF MEDICINE (M.D.) <i>RESEARCH IN PSYCHOSOMATIC APPROACH TO BACK PAIN</i>	1980-84
PRINCETON UNIVERSITY (BA) <i>RESEARCH IN NUCLEOTIDE BIOCHEMISTRY, MEMBER STUDENT HEALTH SERVICES COMMITTEE</i>	1976-80

LICENSURE AND OTHER CERTIFICATION

PAIN MANAGEMENT, CREDENTIALLED PAIN PRACTITIONER <i>AMERICAN ACADEMY OF PAIN MANAGEMENT, CERTIFIED 2007</i>	2007-2011
QUALIFIED MEDICAL EVALUATOR, QME, STATE OF CALIFORNIA <i>CERTIFIED AND RE-CERTIFIED TO PERFORM MEDICO-LEGAL EXAMS</i>	2000-2009
CALIFORNIA LICENSE, DEA LICENSE	1985-2009
ACLS, BLS	1984-2005

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CURRENT PRIVATE PRACTICE (EACH TWO DAYS A WEEK)

BEVERLY HILLS OFFICE 1994-present
SPORTS MEDICINE/PAIN MANAGEMENT/FAMILY MEDICINE:
MUSCULO-SKELETAL INJURIES, CHRONIC BACK PAIN, MIND-BODY
APPROACHES TO PAIN, FAMILY AND PREVENTATIVE MEDICINE

CULVER CITY 2002-present
Same as Beverly Hills

PREVIOUS PRACTICE EXPERIENCE

CAMBER CLINICS (including at location of current Culver City Office) 1999-2002
MEDICAL CONSULTATIONS AND MEDICAL PAIN MANAGEMENT SERVICES
IN MULTI-DISCIPLINARY (MD-DC) CLINICS. CHAIRMAN OF QUALITY REVIEW
COMMITTEE. WORKERS' COMPENSATION, PERSONAL INJURY, AND PVT. INS.
VICE-PRESIDENT OF PROFESSIONAL CORPORATION (2000-2002).

SPORTS MED/WELLNESS (SPORTS CLUB LA) (part-time) 1996-2002
MEDICAL DIRECTOR, PERFORMED PREVENTATIVE, FITNESS-ORIENTED
PHYSICAL EXAMINATIONS, HEALTH RISK ASSESSMENTS, EXERCISE TREADMILL
TESTING, AND COUNSELING ON RISK FACTOR MODIFICATION.

HEALTHSOURCE, EXPRESS CARE 1994
STAFF PHYSICIAN AT AN URGENT CARE CENTER

GARDENA INDUSTRIAL MEDICINE/OCCUPATIONAL HEALTH CTR. 1992-3
STAFF PHYSICIAN AT A FACILITY SPECIALIZING IN INDUSTRIAL INJURIES

QUICK CARE, CALIFORNIA MEDICAL CENTER 1991
STAFF PHYSICIAN AT A HOSPITAL-BASED URGENT CARE CENTER

CALIFORNIA PRIMARY PHYSICIANS MEDICAL GROUP 1990-91
STAFF PHYSICIAN IN AN URGENT CARE CENTER AND MEDICAL HOLDING WARD

CENTINELA AIRPORT MEDICAL CENTER 1989-90
URGENT CARE, INDUSTRIAL MEDICINE, FAMILY PRACTICE, PRE-EMPLOYMENT
PHYSICALS INCLUDING EXERCISE TREADMILL TESTS, FITNESS EVALUATIONS AT
CENTINELA'S FITNESS INSTITUTE.

MAPLE MEDICAL CENTER 1987-88
FAMILY PRACTICE AND URGENT CARE

HOSPITAL STAFF PRIVILEGES--current

CEDARS-SINAI MEDICAL CENTER 2001-present
OLYMPIA/MIDWAY HOSPITAL 2004-2009
CALIFORNIA HOSPITAL, CENTURY CITY, AND BROTMAN HOSPITAL Prior Years

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RESEARCH FOUNDATION

PRINCIPAL INVESTIGATOR, SELIGMAN MEDICAL INSTITUTE 2003-07
*RESEARCH EXPLORING THE MIND-BODY CONNECTION IN CHRONIC BACK PAIN
SEVERAL PUBLICATIONS AND PROJECTS ONGOING: OUTCOME STUDIES, ETC. PART TIME.
WWW.SMI-MINDBODYRESEARCH.ORG.*

TEACHING EXPERIENCE

FACULTY, USC/CALIFORNIA MEDICAL CENTER F.P.RESIDENCY 1988-97
INPATIENT AND OUTPATIENT SUPERVISION OF FAMILY PRACTICE RESIDENTS AND STUDENTS. SEMINARS AND LECTURES FOCUSING ON SPORTS MEDICINE, MUSCULO-SKELETAL INJURIES, AND PRACTICE MANAGEMENT. DIRECTOR OF MEDICAL STUDENT CLERKSHIP (THIRD AND FOURTH YEAR MEDICAL AND OSTEOPATHIC STUDENTS). AWARDED THREE TEACHING AWARDS BY RESIDENTS ('91, '96, '97). INSTRUCTOR, INTRODUCTION TO CLINICAL MEDICINE PROGRAM FOR SECOND-YEAR USC STUDENTS

ACADEMIC APPOINTMENT

CLINICAL ASSOCIATE PROFESSOR, USC SCHOOL OF MEDICINE 1998-2008
LECTURED IN DEPARTMENTAL COURSES, PARTICIPATED IN VARIOUS DEPARTMENTAL ACTIVITIES.

CLINICAL ASSISTANT PROFESSOR, USC SCHOOL OF MEDICINE 1991-97
CLINICAL FACULTY, INTRODUCTION TO CLINICAL MEDICINE INSTRUCTOR, FACULTY AT AFFILIATED RESIDENCY PROGRAM.

CLINICAL INSTRUCTOR, USC SCHOOL OF MEDICINE 1988-90
RESIDENT TEACHING IN OUT-PATIENT SETTING

QUALITY ASSURANCE/UTILIZATION REVIEW/CONSULTING

SPORTS MED/WELLNESS (SPORTS CLUB LA) (part-time or consultant) 2002-2005
WELLNESS PROGRAMS AT HEALTH CLUB

CAMBER CLINICS 2000-2001
CHAIRMAN, QUALITY REVIEW/UTILIZATION MANAGEMENT COMMITTEE

BLUE CROSS OF CALIFORNIA 1998-2000
PHYSICIAN ADVISOR REVIEWING SURGERIES, PROCEDURES AND HOSPITAL STAYS FOR MEDICAL APPROPRIATENESS.

CORE 1996-2000
UTILIZATION REVIEW AND DISABILITY REVIEW

VALUE HEALTH SCIENCES/PROTOCOLARE 1991-98
CONSULTANT REVIEWING PROPOSED SURGERIES FOR MEDICAL NECESSITY USING COMPUTERIZED GUIDELINES, ADVISORY PANEL PROTOCOLS, AND UPDATED LITERATURE REVIEWS. CO-CHAIRMAN, QUALITY IMPROVEMENT SUBCOMMITTEE, PHYSICIAN ADVISOR SERVICES.

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CARE INTERVENTION 1994-1996
DEVELOPED GUIDELINES FOR TREATMENT OF INDUSTRIAL BACK INJURIES.
DEVELOPED TRAINING MANUAL FOR PRIMARY CARE PHYSICIANS TO
ENHANCE APPROPRIATE CARE OF BACK AND SOFT TISSUE INJURIES.

PROFESSIONAL MEMBERSHIPS

AMERICAN ACADEMY OF FAMILY PHYSICIANS 1983-2009
NORTH AMERICAN SPINE SOCIETY 2005-2008
AMERICAN PSYCHOSOMATIC SOCIETY 2004-2009
AMERICAN ACADEMY OF PAIN MANAGEMENT 1999-2009
AMERICAN MEDICAL ASSOCIATION 1999-2009
SOCIETY OF TEACHERS OF FAMILY MEDICINE 1993-2004
AMERICAN COLLEGE OF SPORTS MEDICINE 1989-2004

PRESENTATIONS (partial listing of over fifty, in total)

MIND-BODY MEDICINE—NOVEL APPROACHES TO CHRONIC PAIN 2008
PRESENTED AT NATIONAL TELECONFERENCE FOR DESIGNS FOR HEALTH

TENSION MYOSITIS SYNDROME—APPROACH TO CHRONIC PAIN: 2007
RESEARCH AND PRACTICE
PRESENTED AT UCLA INTEGRATIVE EAST WEST CENTER

TENSION MYOSITIS SYNDROME—A NOVEL MINDBODY APPROACH 2005
TO DIAGNOSING AND TREATING BACK PAIN
PRESENTED AT AAPB ANNUAL MEETING, AUSTIN TEXAS

TENSION MYOSITIS SYNDROME 2003
PRESENTED AT CULVER CITY EXCHANGE CLUB

LOW BACK PAIN 2003
PRESENTED AT LAKEWOOD REGIONAL MEDICAL CENTER

UTILIZATION REVIEW--CONCURRENT HOSPITAL REVIEW AND 2003
LENGTH OF STAY
PRESENTED AT GARFIELD MEDICAL CENTER

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LOW BACK PAIN <i>PRESENTED AT USC STUDENT HEALTH CENTER</i>	2002
ORTHOPEDICS FOR THE PRIMARY CARE PHYSICIAN <i>PRESENTED AT ST. JUDE'S MEDICAL CENTER</i>	2002
SPORTS RELATED INJURIES <i>AT CONTINUING EDUCATION COURSE FOR MASSAGE THERAPISTS</i>	2002
MIND BODY APPROACHES TO BACK PAIN <i>PRESENTED AT SO. CAL. UNIV. OF HEALTH SCIENCES, TO CHIROPRACTORS</i>	2002
LOW BACK PAIN <i>PRESENTED AT LA PALMA INTERCOMMUNITY HOSPITAL</i>	2001
THE MINDBODY PARADIGM: TENSION MYOSITIS SYNDROME <i>PRESENTED AT CALIFORNIA GRADUATE INSTITUTE OF PSYCHOLOGY</i>	2001
SPORTS RELATED INJURIES: CASE STUDIES <i>PRESENTED AT LAKEWOOD REGIONAL MEDICAL CENTER</i>	2001
LOW BACK PAIN <i>PRESENTED AT GRAND ROUNDS CONFERENCE, ST. VINCENT'S HOSPITAL</i>	2001
THE MINDBODY PARADIGM: TENSION MYOSITIS SYNDROME <i>PRESENTED AT A MEETING OF THE SAN FERNANDO CHAPTER OF THE CALIFORNIA ACADEMY OF FAMILY THERAPISTS</i>	2001
EXERCISE PRESCRIPTION <i>PRESENTED AT CITRUS VALLEY MEDICAL CENTER</i>	2001
UTILIZATION REVIEW--CONCURRENT HOSPITAL REVIEW AND LENGTH OF STAY <i>PRESENTED AT DANIEL FREEMAN MEMORIAL HOSPITAL, GRANADA HILLS COMMUNITY HOSPITAL, AND LA PALMA INTERCOMMUNITY HOSPITAL</i>	2000
UPDATE ON SPORTS MEDICINE FOR PRIMARY CARE PHYSICIANS <i>PRESENTED AT SAN GABRIEL VALLEY MEDICAL CENTER</i>	1999
PREVENTIVE MEDICINE FOR THE WORKPLACE <i>PRESENTED AT CORPORATE HEALTH TRENDS CONFERENCE, ANAHEIM</i>	1999
MUSCULOSKELETAL EXAM DEMONSTRATION <i>PRESENTED AT USC COMMON PROBLEMS IN PRIMARY CARE 24TH ANNUAL REVIEW COURSE</i>	1998

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LOW BACK PAIN—NOVEL APPROACHES TO MANAGEMENT <i>PRESENTED AT KAISER PERMANENTE DEPARTMENT OF FAMILY PRACTICE EDUCATIONAL SERIES</i>	1998
LOW BACK PAIN—PRIMARY CARE PERSPECTIVES <i>PRESENTED AT LONG BEACH MEMORIAL HOSPITAL</i>	1997
COMMON SPORTS RELATED INJURIES <i>PRESENTED AT NORTH HOLLYWOOD MEDICAL CENTER AND AT USC " COMMON PROBLEMS IN PRIMARY CARE COURSE "</i>	1997
PRACTICE MANAGEMENT—“PRIORITIZING YOUR TIME, PLANNING YOUR CAREER” <i>PRESENTED AT CALIF MED CTR, LA</i>	1997
PREPARTICIPATION EVALUATION FOR SPORTS <i>PRESENTED AT CALIF MED CTR, LA</i>	1997
LOW BACK PAIN AND EXERCISE PRESCRIPTION <i>AT USC BOARD REVIEW COURSE, RECEIVED OUTSTANDING SPEAKER AWARD</i>	1996
KNEE EXAM WORKSHOP <i>PRESENTED AT CALIF MED CTR, LA</i>	1996
EXERCISE PRESCRIPTION <i>PRESENTED AT CALIF MED CTR, LA</i>	1995
RESIDENT APPLICANT INTERVIEWING TECHNIQUES <i>PRESENTED AT CALIF MED CTR, LA</i>	1995
HAND AND FINGER INJURIES <i>PRESENTED AT CALIF MED CTR, LA</i>	1995
SPORTS-RELATED KNEE AND SHOULDER INJURIES <i>AT USC POSTGRADUATE CME COURSE</i>	1995
COMPUTERS IN PRACTICE <i>PRESENTED AT CALIF MED CTR, LA</i>	1995
REASONABLENESS AND NECESSITY OF PRIMARY MEDICAL CARE FOR WHIPLASH AND SOFT TISSUE INJURIES <i>PRESENTED AT MEDICAL-LEGAL SYMPOSIUM MCLE-ACCREDITED.</i>	1994
FOOT AND ANKLE DISORDERS <i>PRESENTED AT CALIF MED CTR, LA</i>	1994

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EVALUATION AND TREATMENT OF KNEE PROBLEMS <i>PRESENTED AT CALIF MED CTR, LA</i>	1994
LOW BACK PAIN--DIAGNOSIS AND TREATMENT <i>PRESENTED AT CALIF MED CTR, LA</i>	1993
COMMON MUSCULOSKELETAL PROBLEMS--DIAGNOSIS AND EXAM <i>PRESENTED AT CALIF MED CTR, LA</i>	1993
EVALUATION OF SHOULDER, KNEE, WRIST PROBLEMS <i>PRESENTED AT CALIF MED CTR, LA</i>	1993
COMMON AND COVERT FRACTURES FOR FAMILY PHYSICIANS <i>PRESENTED AT CALIF MED CTR, LA</i>	1993
EXERCISE PRESCRIPTION FOR THE FAMILY PHYSICIAN <i>PRESENTED AT CALIF MED CTR, LA</i>	1993
HAND AND FINGER INJURIES--ESSENTIALS <i>PRESENTED AT CALIF MED CTR, LA</i>	1993
ANKLE INJURIES--DIAGNOSIS AND TREATMENT <i>PRESENTED AT CALIF MED CTR, LA</i>	1992

ARTICLES, ABSTRACTS, AUDIO RECORDINGS, BOOKS, CHAPTERS

OUTCOMES OF A MIND-BODY HEALING PROGRAM FOR CHRONIC BACK PAIN WITH NO DISTINCT STRUCTURAL PATHOLOGY: A CASE SERIES OF PATIENTS DIAGNOSED AND TREATED AS TENSION MYOSITIS (TMS) <i>ALTERNATIVE THERAPIES IN HEALTH AND MEDICINE; SEPT/OCT 2007</i>	2007
BACK PAIN AS A DISTRACTION PAIN SYNDROME: A WINDOW TO A WHOLE NEW DYNAMIC IN INTEGRATIVE MEDICINE <i>EVIDENCE BASED INTEGRATIVE MEDICINE, VOL. 2, NO. 1, P. 3-8, 2005.</i>	2005
OUTCOME STUDY OF CHRONIC BACK PAIN TREATED BY A PSYCHOLOGICALLY BASED PROGRAM, ABSTRACT PRESENTED AT APS CONFERENCE <i>PSYCHOSOMATIC MEDICINE, VOL. 67, NO.1, ONLINE, P. A-101</i>	2005
AT HOME EDUCATIONAL MATERIALS FOR CHRONIC PAIN <i>PRACTICAL PAIN MANAGEMENT, MAY/JUNE 2004</i>	2004
WHAT YOU NEED TO KNOW ABOUT UTILIZATION REVIEW <i>PUBLISHED IN FAMILY PRACTICE MANAGEMENT, MARCH 2001</i>	2001

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"THE MINDBODY WORKBOOK", (A THIRTY DAY PROGRAM OF INSIGHT AND AWARENESS FOR PATIENTS WITH BACK PAIN AND OTHER DISORDERS)--*A WORKBOOK FOR EMOTIONAL ISSUES IN BACK PAIN PUBLISHED BY MINDBODY MEDICINE PUBLICATIONS* 1999

MINDBODY APPROACHES TO BACK PAIN
CHAPTERS ACCEPTED FOR PUBLICATION IN BACK PAIN RELIEF BY ROBERT H. MILLER (ALSO ONLINE) AND BACK PAIN SOURCEBOOK BY S. LEVIN-GERVASI 1998

THE MINDBODY AUDIO PROGRAM FOR BACK PAIN 1997
A THREE AUDIOTAPE/CD SERIES FOR PATIENTS WITH BACK PAIN THAT TEACHES THEM ABOUT A UNIQUE MINDBODY PROGRAM FOR PAIN

LOW BACK PAIN--DIAGNOSIS AND MANAGEMENT 1997
INTERVIEWED ON CME-CERTIFIED AUDIOTAPE FOR AMERICAN ACAD. OF FP

"SARCOIDOSIS PRESENTS AS A TESTICULAR MASS" 1992
JABFP, 5:437-8, 1992.

CONTRIBUTOR TO AEROBIC FITNESS ASSOCIATION OF AMERICA'S
HEALTH AND FITNESS PATIENT EDUCATION SET

JOURNAL REVIEW BOARDS

JOURNAL OF MUSCULOSKELETAL MEDICINE 1999-present

SPORTS MEDICINE SPECIAL EXPERIENCES

VOLUNTEER PHYSICIAN, FIBV OLYMPIC QUALIFYING INTERNATIONAL VOLLEYBALL TOURNAMENT, HOME DEPOT CENTER, LA 2003

RINKSIDE PHYSICIAN, UNITED STATES FIGURE SKATING CHAMPIONSHIPS STAPLES CENTER, LOS ANGELES 2002

STAFF PHYSICIAN, MT. SAC CROSS-COUNTRY MEET 1996

U.S. TEAM PHYSICIAN, PAN AM MACCABI GAMES, Buenos Aires 1995

STAFF PHYSICIAN, LOS ANGELES MARATHON 1990-95

VOLUNTEER PHYSICIAN, SPECIAL OLYMPICS SUMMER GAMES 1990

SUPERVISING TEAM PHYSICIAN, FREMONT H.S. FOOTBALL 1989-91

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PREPARTICIPATION PHYSICAL EXAMS FOR VARIOUS SCHOOLS 1987-98
 VOLUNTEER PHYSICIAN, WORLD GAMES FOR THE DEAF 1985

ADVISORY BOARD

AEROBICS AND FITNESS ASSOCIATION OF AMERICA 1996-2001

GENERAL MEDIA

BACK PAIN 2003
LOCAL TELEVISION NEWS HEALTH EPISODE

OI VEY! 2002
AN EXPLORATION OF MINDBODY THEMES IN HEALTH IN AN ETHNIC CONTEXT, PUBLISHED JEWISH JOURNAL LA

KPCC INTERVIEW PROGRAM 2000
BACK PAIN AND THE TENSION MYOSITIS SYNDROME

"ASK DR. ANGELOV" RADIO PROGRAM 2000
TENSION MYOSITIS SYNDROME

TMS BACK PAIN 1999
CHANNEL 7 NEWS HEALTH EPISODE

"CAN YOU THINK YOURSELF FREE OF TENSION AND STRESS-RELATED PAIN?" 1998
ARTICLE PUBLISHED IN AMERICAN FITNESS MAGAZINE, NOV/DEC 1998, P. 43-44.

INTERNET PRESENTATIONS AND WEBSITES

YOU TUBE VIDEOS AND ITUNES PODCASTS 2006-2008
MIND BODY APPROACHES TO PAIN

WWW.MINDBODYMEDICINE.COM 1997-2008
FOR LAY PUBLIC, DISCUSSES MIND BODY APPROACHES TO PAIN

WWW.SCHECHTERMD.COM 2003-2008
PRACTICE "BROCHURE", OFFERS OFFICE FORMS TO COMPLETE IN ADVANCE OF SEEING THE DOCTOR

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WWW.SMI-MINDBODYRESEARCH.ORG 2006-2008
*RESEARCH FOUNDATION WEBSITE INCLUDES A FULL
SUMMARY OF RECENT PUBLICATIONS*

WEBMD.COM LIVE CHAT--"PREVENTING SPORTS INJURIES" 1999

COMMUNITY INVOLVEMENT

VOLUNTEER PHYSICIAN, VENICE FAMILY CLINIC 1988-1993

HONORS AND AWARDS

MEN'S HEALTH MAGAZINE, "AMERICA'S TOP DOCTORS FOR MEN
APRIL 2008 ISSUE 2008

REFERENCES AVAILABLE UPON REQUEST