

Sondra Barrett, PhD

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PROGRAMS

2016 Stress and Your Cells

Rainbow Valley, Scottish Cancer Charity Retreat

2016 Awakening Your Cellular Intelligence

Weekend workshops in Malta and Glasgow, Scotland

2016 Aging and Spirituality

Lecture at Lone Star College, Houston, TX

2016 The Structure and Inner Beauty of Wine

Tasting and Interactive presentation -Institute of Masters of Wine, San Francisco

2007- 2010 Educator/Consultant-Bauman College for Holistic Nutrition

Wrote, developed and delivered interactive education modules for health consumers and health professionals seeking in-depth information about nutrition, immune and heart health:

- Defusing the Inflamed Heart
- Immune Health, Allergies, Autoimmune Diseases
- Cellular Nourishment, Nutritional Biochemistry

2006-2007 Born of Woman Films

Consulting Director of Education

- Researched the effect of food quality, sustainability, and sharing meals on children's health and school performance.
 - Wrote study guide for teachers and parents to facilitate learning about youth nourishment
- RESULT: Twelve-page discussion guide used in high schools and school garden programs.

1997-2003 Cortext and Mind Matters Continuing Education Seminars

Health Educator

- Researched, wrote, and delivered professional training programs covering cancer biology, immunology, autoimmune diseases, health psychology, stress reduction, and lifestyle medicine
- Delivered more than 100 interactive presentations to 15,000 health professionals and consumers.

1995-2001 California Pacific Medical Center, San Francisco, CA

Scientist-Educator- Wellness and Stress Management

- Wrote and delivered stress management programs bridging science with practical skills.
- Evaluated efficiency of learning and changing behaviors by patients and consumers
- RESULT: An effective 6-week stress management program delivered in hospital setting for 5 years

1998-2001 Marin General Hospital, Greenbrae, CA

Educator and Group facilitator

- Worked with women with cancer in group setting teaching about the biology of cancer also providing life skills such as meditation, imagery, expressive arts & qigong to facilitate healing.

OTHER TEACHING PROGRAMS

University of Creation Spirituality (Wisdom University), Oakland

Mystic Molecules: Marriage of Science and Spirituality, D. Ministry program

Naropa Institute, Oakland extension

Cells and the Sacred, MA Program

New College, Santa Rosa, CA - Graduate Program in Spirituality & Ecology

Cells and the Sacred: Nature's Hidden Messages

Cellular Medicine and Wellness

Institute of Transpersonal Psychology

Cellular Mysteries and Wellness, Global Education Masters Program

Iyengar Yoga Institute of San Francisco

Yoga and the Immune System

Cellular Mysteries and the Nature of Healing

Esalen Institute – weekend seminars and weeklong workshops

Qigong and Psychoneuroimmunology: East/West Healing Systems

Cells and the Sacred – Biology and Spirituality

Wired for Sex: Attraction, Cells and our Senses

California Institute of Integral Studies (CIIS), San Francisco, CA

Wisdom of the Body public program/workshop – Clinical Psychology

Psychoneuroimmunology

Cellular Mysteries and Wellness

Personal Healing Practices

University of California Berkeley Continuing Education

Psychoneuroimmunology: A Bridge Between Science and Healing

JFK University, Orinda, CA

- *Psychoneuroimmunology (PNI)* - Holistic Health Masters Program
- *Physiology and Psychology of Stress* - graduate and undergraduate students

Sonoma State University

Art Therapy and Psychoneuroimmunology

University of California Medical School, San Francisco

Immunology and infectious diseases

EARLIER and RELEVANT EXPERIENCE

Writer/Editor and Research Consultant to Elson Haas MD

- Researched and wrote evidence-based medical content for PowerPoint presentations to be delivered to physician and consumer audiences. Topics included immune health, nutrition, antioxidants, healthy aging and longevity. Editor and researcher for 3 books by author-physician Dr. Haas – *Staying Healthy with Nutrition 1st Edition*, *The New Detox Diet* (3rd edition May 2012) and *NEW NOW Medicine* (2016).

Washoe-Reno Medical Center, Reno, NV Clinical Consultant

- Trained nursing staff to develop research protocols and implement cancer support groups
- Developed and delivered daylong presentation for hospital staff and community entitled *Bridging Science and Healing*.

Cardiology Associates, TAM Program, Greenbrae, CA

Health Consultant and Cardiac Rehabilitation Team Member

- Worked with team (cardiologist, nutritionist, exercise physiologist, and rehab nurse) to develop 8-week training programs to improve physical and mental health for at-risk patients
- Facilitated group process in Total Atherosclerotic Management program for reversing heart disease, a Dean Ornish-like lifestyle health care model
- Contributed to research analyses of clinical and psychological data

California Institute of Integral Studies

Consultant and Acting Department Head, Integral Health Program

- Translated the science of psychoneuroimmunology into practical material for psychologists, anthropologists and health educators
- Initiated, developed and delivered graduate programs bridging biomedicine and healing practices
- Advised students how to negotiate the changing flavor of healthcare, plan effective consumer programs, and communicate with physicians
- A member of the advisory board to develop an innovative graduate health curriculum encompassing nutrition, western biomedicine, Asian health practices, psychology, herbal medicine and spirituality.

Biohealth Laboratories

Research and patient counseling

- Worked on developing a cytotoxicity test for detecting food allergens.
- Counseled patients on making dietary changes

California Pacific Medical Center Div. Medicine and Philosophy

Consultant, Conference Designer, Project Manager

- From concept to delivery, developed a weekend program on the senses and health, a collaboration between hospital and “alternative” graduate school (CIIS), **Come to Your Senses**.
- Recruited faculty members and keynote speakers plus experts on sound, music, touch, movement, imagery, aroma and complementary medicine to educate physicians, health students and the community. Keynote speakers included Drs. Andrew Weil and David Sobel.
- Managed volunteer staff, coordinated public relations, and evaluated program’s effectiveness

Consultant (2 years) Children's Cancer Study Group (CCSG)

- Collaborated with physicians and statisticians planning the care of children with cancer
- Initiated a clinical trial in acute myelogenous leukemias designing the protocol, training labs across the country, and analyzing data
- **Results:** developed a successful analytical tool distinguishing kinds of acute leukemia and responsiveness to treatment

Medical and Dental School Curricula (UCSF)

- Wrote curricula and taught immunology and infectious disease at UCSF Medical School
- Wrote and delivered programs on stress management for students at UCSF Dental School

University of California Medical School, San Francisco

Assistant Professor and Research Lab Director. Cancer Research Institute (10 years)

- Established, managed and secured funding for human leukemia research lab
- Developed and managed research budget, hired personnel, and supervised all writing projects including grants, journal articles, informed consent and IRB
- Analyzed data, collaborated with other scientists across the country, and made presentations
- Mentored resident physicians on designing and executing clinical research programs
- Developed clinical trials
- Delivered conferences on back-to-school programs for children with cancer
- Participated in innovative psychosocial and education programs for children in pediatric oncology
- **Results:** Generated \$500,000 in funding, trained 4 medical residents, wrote 30 articles, delivered presentations, collaborated with healthcare organizations throughout North America.

EDUCATION

1971-73	Post-doctoral fellow immunology/hematology, University of California Medical School, San Francisco
1962-1968	MS and PhD biochemistry University of Illinois Medical School, Chicago
1962	BA , Chemistry and English, University of Illinois, Champaign, IL

AWARDS & APPOINTMENTS

- **Former faculty, University California Medical School**, Radiation Oncology
- **Principal investigator of research grants:** National Cancer Institute, American Cancer Society, Bechtel, University California Cancer Coordinating Fund, Lloyd Symington Foundation for Cancer Care.
- **Media grants** awarded by Broderbund, Flow Foundation
- Photographic awards: Nikon Small World and Olympus Photomicroscopy Competitions

INVITED PUBLIC PRESENTATIONS AND WORKSHOPS (PARTIAL LIST)

- *Secrets of Your Cells* Institute of Noetic Sciences Staff Symposium
- Tastemaker Series: - *Shaping Taste:* Jessup Cellars, Yountville, CA
- *Cellular Science and the Imagination:* Science Buzz Cafe and IONS, Petaluma, CA
- *Secret Intelligence of Our Cells with Qi:* Mingtong Gu's Healing Qigong Retreat
- *Secrets of Your Cells: Healing Powers Within* Spirit House Center for Attitudinal Healing,
- *Secrets of Your Cells: Science and the Sacred.* Earthrise(IONS) Retreat Center
- *Nutrition, Stress Reduction and Bodymind Health* Blue Shield
- *Using our Senses for Changing Health Habits.* Association for Workplace Health Promotion
- *A New Look at Cancer.* Bay Area Oncology Group
- *Complementary Cancer Care.* Kaiser Hospitals, Oakland
- *Practical Bodymind Medicine in Cancer Care* Northern Calif. Oncologists Assoc.
- *Alternative in Pain Management in Cancer.* Visiting Nurses & Hospice Assoc.

- *Stress Management with PNI & Qigong*, Second World Congress on Qigong
- *The Spiral Journey: A look at DNA and Cancer*. Innovations Healthcare, Marin General Hospital
- *Psychoneuroimmunology: Framework for Healthcare*. Planetree Nat'l Meeting
- *Impact of Childhood Cancer in the Schools* UCSF Pediatric Oncology for educators
- *Cells and the Sacred: Nature's Hidden Messages*. Science Buzz Cafe
- *A New Look at Wine*. American Wine Expo keynote, Dallas, TX
- *What's New in Cancer Biology?* Apple Computers

PUBLICATIONS

BOOKS

October 2015 *Ultimate Immunity* with Elson Haas, MD, Rodale
 May 2013 *Secrets of Your Cells: Discovering Your Body's Inner Intelligence*. Sounds True
 Dec. 2009 *Wine's Hidden Beauty*. Mystic Molecules Media

BOOK CHAPTERS:

New Cancer Imagery: Engaging Cellular Science and Ancient Wisdom in *Transformational Imagery: Tapping the Source of Personal and Social Change*. Editor Leslie Davenport. Jessica Kingsley Publishers, London, UK (2015)
 Cells and the Sacred in *Radiant Minds*. 2009
 Psychoneuroimmunology in *Radiant Minds* 2009
 Psychoneuroimmunology, Bridge between Science and Spirit,. *Silver Threads: Twenty Years Parapsychology Research*. ed. Kane, Millay & Brown, Praeger 1993

ARTICLES

Come to Your Senses. *Healing, J. Healing Health Care Project 2*: 3-5, 1993
 Complementary Self-Care Strategies for Healthy Aging. *Generations: J Amer.Soc Aging* 17 (3):49-52, 1993
Sacred Secrets Cellular Mysteries. Earthlight, J. Ecological & Spiritual Living, Winter 2005
 Wine's Inner Beauty. *World of Fine Wine Magazine* 19, 94-97, 2008
Secrets of Your Cells in Watkins Mind Body Spirit 35:2013, p 62-64.
The Taste of Things Oracle Odyssey 2014

First author of peer-reviewed publications in *New England J. Medicine, Blood, Clinical Immunology and Immunopathology, British Journal of Haematology, Lancet, and Archives of Pharmacology* (Bibliography available upon request)

ELECTRONIC AND MEDIA PUBLICATIONS

- Blogs in Huffington Post
- Video for Sonoma State University: *Shaping Taste Tasting Shape*
- Logging On - qigong instruction video with Petaluma Pictures 2014
- *Super Charge Your Energy* video script. Pacific Media, 2002
- *Molecular Messengers of the Heart* audio CD script, graphics. KABA 2002

PHOTOGRAPHIC EXHIBITS

Sterling Vineyards, Calistoga, CA
 Lawrence Hall of Science, UC Berkeley
 Society of Wine Educators, San Luis Obispo, CA
 Napa Sonoma Film Institute, Calistoga
 Barry Singer Gallery
 hope & grace winery, Yountville, CA
 Jessup Cellars, Yountville, CA
 Earthrise Retreat Center, Petaluma, CA
 Olympus Bioscapes Museum Tour
 Sonoma Wine Library, Healdsburg, CA