

Sondra Barrett, PhD

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PhD in biochemistry, former University of California Medical School (UCSF) faculty. Twenty plus years in human clinical research and health/lifestyle/mindbody medicine program development. Extensive knowledge base from cell biology, neuroplasticity, cancer, wine and food. Published 3 books and 40+articles, blogger on Huffington Post. Mentored school garden programs as well as medical residents. Skilled in social media, health coaching and public speaking.

WRITING EXPERIENCE

Medical Writer/Editor and Research Consultant to Elson Haas MD

- Researched and wrote evidence-based medical content for 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).

Video and animation scripts on monoclonal antibodies- Viscira, San Francisco

- Researched and wrote content on monoclonal antibodies, worked with team developing video script for client, a pharmaceutical company.

Blogger for Crushpad, Moveable Media

- Topics covered wine, health and culture

Nutrition Writer for Born of Woman Films

- 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. Wrote twelve-page discussion guide used in high schools and school garden programs.

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

Medical Grant Writing - University of California Medical School, San Francisco

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

- As part of my work and responsibility as assistant professor and research lab director I established, managed and secured funding for human leukemia research lab
- Wrote numerous grants successfully funded from the National Cancer Institute, American Cancer Society, University of California Cancer Coordinating Fund, and the Bechtel Foundation.
- Having secured funding of \$500,000, I was able to develop diagnostic techniques and investigate the development of human leukemias, train 4 medical residents to do research, and wrote 30 peer-reviewed articles and 1 book chapter.
- Wrote materials for informed consent protocols
- Developed clinical trials
- Participated in innovative psychosocial and education programs for children in pediatric oncology

Patient Education Grants

- Wrote and had funded 3 grants for educational support for cancer patients: Broderbund Foundation, Flow Foundation, and Lloyd Symington Foundation for Cancer Care.

PUBLICATIONS

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

BOOKS

October 2015 *Ultimate Immunity* with Elson Haas, MD, Rodale
May 2013 *Secrets of Your Cells: Discovering Your Body's Inner Intelligence*. Sounds True. Now in 7 languages
Jan. 2010 *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 (2016)
"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

Consumer 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," *Watkins Mind Body Spirit* 35:2013, p 62-64.
"The Taste of Things." *Oracle Odyssey* 2014

ELECTRONIC AND MEDIA PUBLICATIONS

- Blog posts 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

EDUCATION

1971-73 Post-doctoral fellow Immunology/hematology, University of California Medical School (UCSF)
1962-1968 MS and PhD biochemistry University of Illinois Medical School, Chicago
1962 BA, Chemistry and English, University of Illinois, Champaign, IL

HEALTH AND WELLNESS PROGRAMS: Developed and Taught

2016 Stress and Your Cells

Rainbow Valley, Scottish Cancer Charity Retreat

2016 Awakening Your Cellular Intelligence

Workshops in Malta and Glasgow, Scotland

2016 Aging and Spirituality

Lifelong Learning Lecture at Lone Star College, Houston, TX

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

Continuing Health Education Seminars - Cortext/Mind Matters

- Researched, wrote, and delivered professional training programs covering cancer biology, immunology, autoimmune diseases, health psychology, stress reduction, and lifestyle medicine. Programs: Pathways to Healing; Immune Health; Exercise and Nutrition; Energy and Sleep, Preventing Burnout.
- Delivered more than 100 interactive presentations to 15,000 health professionals and consumers.

Wellness and Stress Management California Pacific Medical Center

- 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

Group facilitator Marin General Hospital, Greenbrae, CA

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

OTHER PROGRAMS

The Structure and Inner Beauty of Wine - Institute of Masters of Wine

Tasting and Interactive presentation

University of Creation Spirituality (Wisdom University), Oakland

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

Naropa Institute

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

Other Experience

Health Conference Development

Partnership between California Pacific Medical Center & California Institute of Integral Studies

- From concept to delivery, developed a weekend program on the senses and health, a collaboration between mainstream 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

Online Health Community Manager/Moderator for HealthGate.com, NBCi

- Strategized topics, wrote content, and moderated online consumer health communities
- Conducted discussions, managed replies, seeded queries, ideas & community
- Collaborated with Prospero/Delphi.com on building online health communities

Immunology Consultant (2 years) Children’s Cancer Study Group (CCSG)

- Research and collaboration with physicians and statisticians throughout the US and Canada, 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

Clinical Consultant - Washoe-Reno Medical Center, Reno, NV

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

Health Consultant, Cardiac Rehabilitation- Cardiology Associates, TAM Program

- Worked with team (cardiologist, nutritionist, exercise physiologist, and rehab nurse) to develop 8-week training programs to improve physical and mental health for adults at-risk for heart disease. Contributed to research analyses of clinical and psychological data

- Facilitated group process in Total Atherosclerotic Management program for reversing heart disease, a Dean Ornish-like lifestyle health care model

Educational Consultant, Acting Department Head, Integral Health Program California Institute of Integral Studies

- 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.

AWARDS & APPOINTMENTS

- **Former faculty, University California Medical School**, Radiation Oncology
- **Principal investigator of research grants:** NCI, ACS, Bechtel
- Photographic awards: Nikon Small World and Olympus Photomicroscopy Competitions

INVITED PUBLIC PRESENTATIONS AND WORKSHOPS (PARTIAL LIST)

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| • The Structure and Beauty of Wine | Institute of Masters of Wine, San Francisco. |
| • <i>Secrets of Your Cells</i> | Institute of Noetic Sciences Staff Symposium |
| • Tastemaker Series: <i>Shaping Taste</i> | Jessup Cellars, Yountville, CA |
| • <i>Cellular Science and the Imagination:</i> | Science Buzz Cafe and IONS, Petaluma, CA |
| • <i>Secret Intelligence of Our Cells with Qi: Your Cells: Healing Powers Within</i> | Mingtong Gu's Healing Qigong Retreat <i>Secrets of Spirit House Center for Attitudinal Healing,</i> |
| • <i>Secrets of Your Cells: Science and the Sacred.</i> | Earthrise (IONS) Retreat Center |
| • <i>Nutrition, Stress Reduction and Bodymind Health</i> | Blue Shield |
| • <i>Using our Senses for Changing Health Habits.</i> | Association for Workplace Health Promotion |
| • <i>A New Look at Cancer.</i> | Bay Area Oncology Group |
| • <i>Complementary Cancer Care.</i> | Kaiser Hospitals, Oakland |
| • <i>Practical Bodymind Medicine in Cancer Care</i> | Northern Calif. Oncologists Assoc. |
| • <i>Alternative in Pain Management in Cancer.</i> | Visiting Nurses & Hospice Assoc. |
| • <i>Stress Management with PNI & Qigong</i> | Second World Congress on Qigong |
| • <i>The Spiral Journey: A look at DNA and Cancer.</i> | Innovations Healthcare, Marin General Hospital |
| • <i>Psychoneuroimmunology: Framework for Healthcare.</i> | Planetree Nat'l Meeting |
| • <i>Impact of Childhood Cancer in the Schools</i> | UCSF Pediatric Oncology for educators |
| • <i>Cells and the Sacred: Nature's Hidden Messages.</i> | Science Buzz Cafe |
| • <i>A New Look at Wine.</i> | American Wine Expo keynote, Dallas, TX |
| • <i>A New Look at Wine</i> | Sterling Vineyards |
| • <i>What's New in Cancer Biology?</i> | Apple Computers |

PHOTOMICROGRAPHIC EXHIBITS

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