

## **CURRICULUM VITAE, ACADEMIC**

Jeffrey Edward Lazarus, MD, FAAP  
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### **EDUCATION:**

1970-74 B.A., Magna cum Laude, Washington University, St. Louis, Missouri  
1974-78 M.D., Rush Medical School, Chicago, Illinois

### **POST-DOCTORAL TRAINING:**

1978-79 Intern in Pediatrics, Stanford University, Stanford, California  
1979-81 Resident in Pediatrics, Stanford University, Stanford, California  
2010-present **FEELING GOOD INSTITUTE:**

**LEVEL 3 ADVANCED TEAM-COGNITIVE BEHAVIORAL THERAPIST**

**LEVEL 4, TRAINEE:**

TEAM therapy, developed by world-renowned author and therapist Dr. David Burns, is a powerful and innovative form of therapy that builds upon evidence-based treatments, such as Cognitive Behavioral Therapy (CBT), to drive faster change and relief for patients. Each step of this approach has been studied and shown to improve therapy results.

### **POST-DOCTORAL WORK:**

1981-2008 Private Practice, General Pediatrics, Cleveland, Ohio  
2008-present Private Practice, Child & Adolescent Clinical Hypnosis & Biofeedback,  
Menlo Park, California  
After Hours Pediatrics Urgent Care Clinic, San Mateo, California  
2010-2011 Private Practice, part-time, The Village Doctor, Woodside, California

### **ACADEMIC APPOINTMENTS:**

Associate Clinical Professor of Pediatrics, Case Western Reserve University School of  
Medicine, Rainbow Babies and Children's Hospital

### **PROFESSIONAL SOCIETIES:**

Fellow, American Academy of Pediatrics  
Approved Consultant, American Society of Clinical Hypnosis  
International Society of Hypnosis  
European Society of Hypnosis

### **VIDEO PUBLICATIONS:**

Lazarus, J. E. **Keeping the Bed Dry®** is a comprehensive home video program that incorporates medical hypnosis to help children and adolescents keep the bed dry at night. Available for purchase at [www.keepingthebeddry.com](http://www.keepingthebeddry.com) (2013).

### **CURRENT MEDICAL RESEARCH PROJECTS:**

#### **1. Division of Pediatric Urology, Oregon Health and Sciences University, Portland, Oregon.**

The division is using my program, "Keeping the Bed Dry®," in a medical study for patients with nocturnal enuresis (bedwetting.)

The objective is to determine if a self-guided comprehensive home video program that incorporates Self-Hypnosis (SH), behavioral strategies, and techniques to build positive expectations, can help patients with Primary Monosymptomatic Nocturnal Enuresis (PMNE) when used as initial therapy.

**2. Division of Pediatric Gastroenterology, Rainbow Babies and Children's Hospital, Cleveland, Ohio.**

The division is using my program, "Controlling Your Gut Feelings®," in a medical study for patients with irritable bowel syndrome (IBS) and functional abdominal pain (FAP).

The objective is to determine if a self-guided comprehensive home video program that incorporates Self-Hypnosis (SH), cognitive behavioral strategies, and techniques to build positive expectations, can help patients with IBS and FAP.

**CONTRIBUTING EDITOR:**

Yearbook of Pediatrics, 2014; Mosby; Stockman, James A., III, editor.

Yearbook of Pediatrics, 2004; Mosby; Stockman, James A., III, editor.

**UPCOMING INVITED PRESENTATIONS:**

**May 2019. Medical Chamber of Slovenia. Ljubjana, Slovenia.**

"Medical Hypnosis for Headaches"

"Medical Hypnosis for Gastrointestinal Conditions"

**INVITED PRESENTATIONS:**

**December 2018. Brief Therapy Conference, Burlingame, California.**

"More Important than Hypnosis: Optimizing Motivation and Dissolving Patient Resistance. Applying David Burns, MD's TEAM-CBT Approach to Children and Adolescents."

**September 2018. National Pediatric Hypnosis Training Institute. Minneapolis, Minnesota.** "Continued Learning and Resources" and small group leader/facilitator.

**August 2018. World Congress of Medical and Clinical Hypnosis, Montreal, Canada.**

"More Important than Hypnosis: Optimizing Motivation and Dissolving Patient Resistance. Applying David Burns, MD's TEAM-CBT Approach to Children and Adolescents."

"Treatment of Headaches with Training in Self-Hypnosis."

**August 2018. Rainbow Babies and Children's Hospital. Cleveland, Ohio.**

"Medical Hypnosis for Pediatric Gastrointestinal Conditions" for the Division of Pediatric Gastroenterology.

**January 2018. Division of Pediatric Neurology. Stanford University School of Medicine. Stanford, CA**

"Update in Medical Hypnosis for Common Pediatric Neurological Conditions."

**November 2017. Kiwanis Club. Menlo Park, CA**

“Optimizing Performance and Overcoming Anxiety”

**October 2017. Kaiser Permanente. Oakland, California.**

“Medical Hypnosis for Pediatric Urological Conditions” for their Division of Pediatric Urology.

**October 2017. National Pediatric Hypnosis Training Institute. Minneapolis,**

**Minnesota.** “Medical Hypnosis for Tics and Habit Disorders” and small group leader/facilitator.

**October 2017. The Lillian and Betty Ratner School. Cleveland, Ohio.**

“Utilizing David Burns, MD’s ‘Magic Dial’ as a Quick Tool to Overcome Anxiety”

**August 2017. High-Speed Treatment of Depression and Anxiety Disorders – A Four-Day T.E.A.M. / Advanced CBT Intensive. South San Francisco, California.**

“Utilizing David Burns, MD’s, TEAM Approach in Children and Adolescents” and teaching assistant.

**May, 2017. Children’s Hospital of Orange County.**

“Medical Hypnosis for Children and Adolescents”

**May, 2017. Stanford University Department of Pediatric Gastroenterology.**

“Update on Medical Hypnosis to Treat Pediatric GI Conditions”

**April, 2017. Stanford University Department of Urology Grand Rounds.**

“Medical Hypnosis to Treat Pediatric Urological Conditions”

**February, 2016. Entheos Audiology Group, Tucson, Arizona.**

“Advanced Empathy Workshop: The Five Secrets of Effective Communication.” This workshop was based on the work of David Burns, MD.

**October 2016. National Pediatric Hypnosis Training Institute. Minneapolis,**

**Minnesota.** “Explaining Hypnosis to Children and Parents” and small group leader/facilitator.

**August 2016. High-Speed Treatment of Depression and Anxiety Disorders – A Four-Day T.E.A.M. / Advanced CBT Intensive. South San Francisco, California.**

“The Use of David Burns, MD’s, TEAM Therapy in Children and Adolescents” and teaching assistant.

**July 2016. ASAP: American Syringomyelia & Chiari Alliance Project, 28<sup>th</sup> Annual Conference. San Mateo, CA**

“Medical Hypnosis for the Treatment of Headaches”

**May 2016. Oregon Health & Science University. Portland, OR.**

“Medical Hypnosis for Children and Adolescents” for Department of Pediatrics  
“Medical Hypnosis for Headaches and Tics” for Department of Pediatric Neurology  
“Medical Hypnosis for Enuresis” for Department of Pediatric Urology  
“Medical Hypnosis for ENT Conditions” for Department of Pediatric Otolaryngology

“Medical Hypnosis for Pediatric Gastrointestinal Conditions” for Department of  
Pediatric Gastroenterology

**May 2016. Kaiser Permanente. Portland, OR.**

“Medical Hypnosis for Pediatric Gastrointestinal Conditions” for Department of  
Pediatrics

**April, 2016. Key-Note Lecture, The Annual International Congress of Arab Medical &  
Surgical Pediatrics, Abu Dhabi, United Arab Emirates.**

“Pediatric Applications of Mental Imagery: the Power of the Mind.”

**October 2015. International Children Continence Society. Montreal, Canada.** “Medical  
Hypnosis for Nocturnal Enuresis.”

**October 2015. National Pediatric Hypnosis Training Institute. Minneapolis,  
Minnesota.** “Medical Hypnosis for Gastrointestinal Conditions” and small group  
leader/facilitator.

**September 2015. Lucena Clinic for Child and Adolescent Mental Health. Dublin,  
Ireland.** “Medical Applications of Hypnosis” and “Medical Hypnosis for Pain and  
Headaches”

**September 2015. Medical Chamber of Slovenia. Ljubjana, Slovenia.** “Medical Hypnosis  
in Children and Adolescents”

**August 2015. World Congress of Hypnosis. Paris, France.** “Self-Hypnosis in the  
Treatment of Headaches, Including Migraine”

**October 2014. European Hypnosis Society Congress. Sorrento, Italy.**

“Treatment of Tics and Habit Disorders with Training in Self-Hypnosis<sup>[SEP]</sup>”

“Self-Hypnosis for the Treatment of Nocturnal Enuresis”

“Self-Hypnosis in the Treatment of Headaches, Including Migraine”

“Optimizing Motivation and Dissolving Patient Resistance”

“Treatment of Irritable Bowel Syndrome and Functional Abdominal Pain with  
Training in Self-Hypnosis”

**October 2013. Child Hypnosis Congress, Heidelberg, Germany.** “Techniques to  
Maximize Treatment Adherence and Outcome.”

**October 2013. Child Hypnosis Congress. Heidelberg, Germany.** “Treatment of Tics and  
Habit Disorders with Training in Self-Hypnosis.”

**October 2013. Society for Clinical and Experimental Hypnosis, Advanced Workshop,  
Annual Meeting. Berkeley, California.** “Treatment of Headaches Utilizing Self-  
Hypnosis.”

**August 2013. Society for Clinical and Experimental Hypnosis, Advanced Workshop,  
Annual Meeting. Berkeley, California.** Guest lecturer and teaching assistant for  
David Burns, MD when Dr. Burns teaches “Advanced Applications in Cognitive  
Therapy: A Four-Day Intensive Training.” San Francisco, California.

- April 2013. Dubai Paediatric Society. Dubai, United Arab Emirates.** “Medical Applications of Mental Imagery in Children and Adolescents.”
- March 2013. American Society of Clinical Hypnosis Annual Scientific Meeting. Louisville, Kentucky.** “Treatment of Tics and Habit Disorders with Training in Self-Hypnosis.”
- October 2012. International Society of Hypnosis Congress. Bremen, Germany.** “Treatment of Tics in Patients with Tourette Syndrome with Training in Self-Hypnosis” and “A Comprehensive Approach to the Treatment of Nocturnal Enuresis (Bedwetting) Incorporating Self-Hypnosis.”
- May 2012. American Academy of Pediatrics Annual California Chapter 1 Meeting. Monterey, California.** “The Use of Hypnotherapy in Pediatrics” and “Medical Hypnosis in the Treatment of Functional Abdominal Pain and Irritable Bowel Syndrome.”
- March 2011. American Society of Clinical Hypnosis annual scientific meeting.** “Application of Dr. Michael Yapko’s Approach to Sports Performance Enhancement.” This was the first time this has ever been reported.
- December 2010. Parents Education Network. San Francisco, California.** “Test-taking Anxiety and Situational –Specific Anxiety: Using visualization and positive self-talk to manage Test-Taking Anxiety and Situational-Specific Anxiety.”
- October 2010. California Association of Marriage and Family Therapists.** “Clinical Hypnosis in the Treatment of Insomnia and Anxiety.” California Association of Marriage and Family Therapists.
- September 2009. XVIIIth Annual International Hypnosis Society Congress. Rome, Italy.** “Treatment of Tics in Tourette Syndrome with Training in Self-Hypnosis,” “Treatment of Nocturnal Enuresis with Self-Hypnosis,” and “Treatment of Migraine Headaches with Self-Hypnosis,”
- September 2009. Department of Child and Adolescent Psychiatry; Saarland University Hospital. Homburg, Germany**
- May 2009. Pritzker Lecture Series, Osher Center for Integrative Medicine, University of California. San Francisco.**
- October 2008. Combined meeting of the American Academy of Pediatrics and International Children’s Continenence Society.** “Treatment of Nocturnal Enuresis with Self-Hypnosis”
- August 2006. XVIIth Annual International Hypnosis Society Congress.** “Treatment of Tics in Tourette Syndrome with Training in Self-Hypnosis”, “Treatment of Nocturnal Enuresis with Self-Hypnosis”, “Learning and Teaching Self-Hypnosis”

**June 2004. 4<sup>th</sup> scientific meeting of the International Tourette Syndrome Association, poster session.** “Treatment of Tics in Tourette Syndrome with Training in Self-Hypnosis”

**April 2004. Department of Psychology, Ursuline College.** Guest speaker, Annual Mullen Lecture Series.

**April 2003. National Scientific Meeting of the American Society of Clinical Hypnosis.** “Treatment of Tics in Tourette Syndrome with Training in Self-Hypnosis.” Presented at the

**INVITED PRESENTATIONS, SPORTS-RELATED:**

**February 2019. Boys Basketball Team, Menlo School, Menlo Park**  
“Overcoming Anxiety and Incorporating David Burns, MD’s, TEAM-CBT Approach Using “The Magic Dial.”

**February 2019. 11<sup>th</sup> grade students, The Harker School, San Jose, California**  
“Optimizing Performance and Overcoming Anxiety.”

**November 2018. 9<sup>th</sup> grade students, The Harker School, San Jose, California**  
“Optimizing Performance and Overcoming Anxiety.”

**March 2011. American Society of Clinical Hypnosis annual scientific meeting.**  
“Application of Dr. Michael Yapko’s Approach to Sports Performance Enhancement.”  
**This was the first time this has ever been reported.**

**February 2011. NIKE Coach of the Year Conference. Concord, California.** Spoke about treating Sports Performance Enhancement using clinical hypnosis. The conference was largely attended by high school and junior college football coaches.

**March 2010. NIKE Coach of the Year Conference. Concord, California.** Spoke about treating Sports Performance Enhancement using clinical hypnosis. The conference was largely attended by high school and junior college football coaches.

**PUBLICATIONS:**

**Lazarus, J.** “Nocturnal Enuresis.” Chapter in *Clinician’s Guide to Medical and Psychological Hypnosis: Foundations, Systems, Applications, and Professional Issues*. In Press. Springer Publishing Company. Edited by Gary Elkins, PhD. Expected Publication Date: May, 2016.

**Lazarus, J** and Klein, S. Trattamento non farmacologico dei tic nella sindrome di Tourette con l'autoipnosi appresa tramite un videotape. *Rivista Italiana di Ipnosi Clinica e Sperimentale*, n° 2, 2010, pp. 5-20.

**Lazarus, J** and Klein, S. Non-Pharmacological Treatment of Tics in Tourette Syndrome with Videotape Training in Self-Hypnosis. *Journal of Developmental & Behavioral Pediatrics*. July/August 2010 - Volume 31 - Issue 6 – pp. 498-504.

**Lazarus, J.** Aneddoti e fiabe per la terapia dei disturbi più comuni in età pediatrica, in *Storytelling: Storie terapeutiche per aiutare bambini e genitori ad aiutarla*, A cura di

Maria Laura Fasciana, Ph.D. (Anecdotes and fairy tales for the treatment of the most common disorders in pediatric age in *Storytelling: therapeutic stories to help children help themselves*. Edited by Maria Laura Fasciana, Ph.D., 2014)

**Lazarus, J.** L'enuresi pediatrica: la diagnosi e il trattamento con l'uso dell'autoipnosi, in *L'ipnosi con I bambini e gli adolescenti: Tecniche psicoterapeutiche in eta evolutiva*, A cura di Maria Laura Fasciana, Ph.D. (Pediatric enuresis: the diagnosis and treatment using self-hypnosis, in *Hypnosis in Children and Adolescents: psychotherapeutic techniques for different stages of development*. Edited by Maria Laura Fasciana, Ph.D., 2009)

Silverman, F.N., Stresling A.M., Stevenson, D. K. and **Lazarus, J. E.**, Cerebro-Costo Mandibular Syndrome. *Journal of Pediatrics*, September, 1980 Volume 97, Number 3, pp. 406-416.

Enoch, J. M., **Lazarus, J.E.**, and Johnson, C.A. Human Psychophysical Analysis of Receptive Field-like Properties: I. A New Transient-Like Visual Response Using a Moving Windmill (Werblin-type) Target. *Sensory Processes*, 1: 14-32, 1976.

#### **PEDIATRIC GRAND ROUNDS PRESENTATIONS (2000-Present)**

"Medical Hypnosis for Children and Adolescents"

Stanford University Medical Center

Hospital Infantil, Madrid, Spain

Mattel Children's Hospital at UCLA, David Geffen School of Medicine at UCLA

Children's Hospital and Health Center, San Diego, California

Rainbow Babies and Children's Hospital, Case Western Reserve University

School of Medicine

The Children's Hospital in Portland, Oregon, Oregon Health Sciences University

Duke University Medical Center

The Cleveland Clinic Foundation

Cardinal Glennon Children's Hospital, St. Louis, Missouri

Akron Children's Hospital

Palo Alto Medical Foundation

#### **PEDIATRIC GRAND ROUNDS PRESENTATIONS (cont'd):**

Division of Child Psychiatry, Langley Porter Psychiatric Institute, University of

California in San Francisco, School of Medicine, Dept of Psychiatry

Division of Child Psychiatry, Stanford University Medical Center

Children's National Medical Center, Washington, D.C.

California Pacific Medical Center

Marin General Hospital

Good Samaritan Hospital

El Camino Hospital

Palo Alto Medical Foundation

Oakland Children's Hospital

Santa Clara Valley Medical Center, Department of Pediatrics

Santa Clara Valley Medical Center, Division of Urology

Mills Peninsula Hospital, Division of Pediatrics

Division of Pediatric Otolaryngology, Stanford University Medical Center  
Kaiser Permanente, Division of Pediatrics, Portland, Oregon

“Medical Hypnosis for Children and Adolescents (Update)”

Oakland Children’s Hospital  
Stanford University Medical Center, Department of Pediatrics

“Medical Hypnosis for Headaches”

Stanford University Medical Center, Division of Neurology  
Stanford University Medical Center, Division of Pediatrics  
University of California in San Francisco, Division of Child Neurology

“Medical Hypnosis for Gastrointestinal Disorders”

Palo Alto Medical Foundation  
El Camino Hospital, Division of Pediatric Gastroenterology  
Children’s National Medical Center, Division of Pediatric Gastroenterology,  
Washington, D.C.  
Stanford University Medical Center, Division of Pediatric Gastroenterology  
Children’s Hospital of Oakland, Division of Pediatric Gastroenterology

“Medical Hypnosis for Tics and Tourette Syndrome”

University of California in San Francisco, Division of Pediatric Neurology  
University of California San Francisco, Division of Pediatric Psychiatry  
Stanford University Medical Center, Division of Pediatric Otolaryngology  
Stanford University Medical Center, Division of Pediatric Psychiatry  
Stanford University Medical Center, Division of Pediatric Neurology  
California Pacific Medical Center, Division of Pediatric Gastroenterology

“Medical Hypnosis for Nocturnal Enuresis”

Santa Clara Valley Medical Center, Division of Urology  
Stanford University Medical Center, Division of Urology  
Children’s National Medical Center, Division of Pediatric Urology

“Medical Hypnosis for Pediatric Allergy and Immunology”

Stanford University Medical Center, Division of Pediatric Allergy and  
Immunology

“Medical Hypnosis in the Treatment of Pediatric Pulmonary Conditions”

Children’s Hospital of Oakland, Division of Pediatric Pulmonology  
Stanford University Medical Center, Division of Pediatric Pulmonology  
Stanford University Medical Center, Division of Pediatric Otolaryngology

**PERSONAL INTERESTS:**

Enjoy tai chi, hiking, swimming, fitness training, and telling good jokes.

(May, 2018)