

## Curriculum Vitae of Bruce N. Eimer, Ph.D., A.B.P.P.

**Pennsylvania Psychology License Number (Active): PS-004665-L    Date of Licensure: 1986**

**ADDRESS:    Mailing Address:**

Bruce N. Eimer, Ph.D., A.B.P.P.

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**LICENSURES & CERTIFICATIONS:**

Pennsylvania License as a Psychologist (Active PA License #: PS-004665-L. Licensed since 1986)

New Jersey License as a Psychologist (application in process)

Pennsylvania Certification as a School Psychologist (Permanent)

New York Certification as a School Psychologist (Permanent)

National Register of Health Service Providers in Psychology

Certified as an Approved Consultant in Clinical Hypnosis with the American Society of Clinical Hypnosis

**BOARD CERTIFICATIONS:**

Board Certified Diplomat in Cognitive & Behavioral Psychology, American Board of Professional Psychology (A.B.P.P.)

Fellow and Approved Consultant in Clinical Hypnosis with the American Society of Clinical Hypnosis (ASCH)

Fellow with the American Academy of Cognitive and Behavioral Psychology

Fellow and Board Certified Diplomat with the American Academy of Pain Management

Fellow and Board Certified Diplomat with the American Board of Medical Psychotherapists

Fellow and Board Certified Diplomat with the American Board of Vocational Neuropsychology

**PROFESSIONAL MEMBERSHIPS & LISTINGS:**

American Board of Professional Psychology

(Diplomate in Behavioral Psychology)

American Psychological Association (Member)

Division 12 - Clinical Psychology (Member)

Division 30 - Psychological Hypnosis (Member)

Division 40 - Clinical Neuropsychology (Member)

Division 42 - Independent Practice (Member)

American Society of Clinical Hypnosis

(Fellow and Approved Consultant)

American Academy of Behavioral Psychology (Fellow)

Division 29 – Psychotherapy (Member)

Greater Philadelphia Society of Clinical Hypnosis

Society for Clinical/Experimental Hypnosis (Past Member)

**PAST ACADEMIC APPOINTMENTS**

**1990 - 2005:** Adjunct Professor, Institute for Graduate Clinical Psychology, Widener University, Chester, PA

**1994 - 1999:** Adjunct Professor, Professional Institute for Educators, University of the Arts, Philadelphia, PA

**1996 - 1998:** Adjunct Professor of Clinical Psychology, Doctoral (Psy.D.) Program in Clinical Psychology, Department of Psychology, Philadelphia College of Osteopathic Medicine (PCOM), Philadelphia, PA

**1994 - 1997:** EMDR Training Facilitator, The EMDR Institute, Pacific Grove, CA 93950

**PAST HOSPITAL**

**STAFF APPOINTMENTS:**

Member of Allied Health Professional Staff, Department of Medicine, Allegheny Hospitals-Elkins Park Division, Elkins Park, PA 19117 (1991-2001).

Member of Allied Health Professional Staff with specific consulting Privileges in Neuropsychology, The Frankford Hospital System, Philadelphia, PA (1993-2002).

**BOOKS**

- AUTHORED:** Eimer, B.N. (2008). Hypnotize Yourself Out of Pain Now! (Second Ed.). Bethel, CT: Crown House Publishing Company.
- Eimer, B.N. (2002). Hypnotize Yourself Out of Pain Now!. Oakland, Ca: New Harbinger Publications.
- Eimer, B.N. & Freeman, A. (1998). Pain Management Psychotherapy: A Practical Guide. New York: John Wiley & Sons, Inc.
- Eimer, B.N., & Torem, M.S. (2002). Coping With Uncertainty: 10 Simple Solutions. Oakland, Ca: New Harbinger Publications.
- Ewin, D.M., & Eimer, B.N. (2006). Ideomotor Signals for Rapid Hypnoanalysis: A How-To Manual. Springfield, IL: Charles Thomas.
- Zarren, J.I. & Eimer, B.N. (2002). Brief Cognitive Hypnosis: Facilitating the Change of dysfunctional behavior. New York: Springer Publishing Company.

**WRITING / JOURNAL**

- APPOINTMENTS:** Book reviewer for the American Journal of Clinical Hypnosis ([www.asch.net](http://www.asch.net)), Contemporary Psychology and PsychCritiques (<http://www.apa.org/psyccritiques>).

**EDITING**

- EXPERIENCE :** Self-publishing. Editing scientific and technical books and manuals. Content and copyediting for a wide range of books and journal articles.

**CLINICAL**

- EXPERTISE:** Clinical Diagnosis & Treatment Planning; Clinical and Forensic Hypnosis; Clinical and Forensic Neuropsychological Assessment & Testing; Psychological and Personality Assessment & Testing; School & Educational Psychology; Cognitive-Behavioral Psychotherapy and Social Skills Training with Children, Adolescents, Adults, Couples, Families and Groups; Short-Term Psychotherapy; Hypnotherapy; Group Therapy, Eye Movement Desensitization & Reprocessing (EMDR); Treatment of sex offenders; Treatment of Substance abusers & Dually Diagnosed (e.g., MH/MR); Clinical Supervision.

**DIAGNOSTIC**

- GROUPS TREATED:** Substance abusers, chronic pain patients, child, adolescent, adult and geriatric patients with: Post Traumatic Stress Disorder; Anxiety Disorders, Mood Disorders, Developmental Disorders, Psychotic Disorders, Dissociative Disorders, Personality Disorders, Dysfunctional Habits, Learning Disorders, and Brain Injuries.

**CONSULTING**

- APPOINTMENTS:** Office of Vocational Rehabilitation (OVR): Dates: 1988 through 1997.  
Bureau of Disability Determination (BDD): Dates: 1985 through 1996.  
Greater Delaware Valley Chapter of the National Multiple Sclerosis Society: 1988-1997.  
Department of Homeland Security Federal Air Marshal Service: Dates: Aug. 2005-Dec. 2006.  
PA State Police Lethal Weapons Training Program (Sept. 2002-Current)

**EDUCATION:**

- |   |  |
|---|--|
| State University of New York College at Oneonta | B.A. (1975)<br><u>Field:</u> Psychology                          |
| State University of New York at Albany          | M.A. (1976)<br><u>Field:</u> Educational Psychology              |
| State University of New York at Albany          | Specialist Certificate (1977)<br><u>Field:</u> School Psychology |

State University of New York  
at Albany

Ph.D. (1981)  
Field: Educational Psychology & Statistics

Hahnemann University  
APA Approved Psy.D. Professional  
Psychology Program

APA Approved Certificate of Postdoctoral  
Respecialization (1983-1986)  
Field: Psy.D. Clinical Psychology

**CERTIFICATE  
PROGRAMS:**

Center for Cognitive  
Therapy, University of  
Pennsylvania, Philadelphia, PA 19104

Training and supervision in  
Cognitive Therapy (Approx. 750 hrs.)  
(1984-1986)

American Society of Clinical Hypnosis,  
Clinical Workshops

Beginning, Intermediate and Advanced  
Training in Clinical Hypnosis  
(Approx. 100 hrs., 1986-1989)

Biofeedback Training Associates  
New York, NY

BCIA Certification  
Equivalent Training  
in Clinical Biofeedback (16 hrs., 1987)

Pennsylvania Society of Biofeedback and  
Behavioral Medicine, and Biofeedback  
Society of America - Clinical Workshops

Training and Individual  
Supervision in Clinical  
Biofeedback (Approx. 50 hrs., 1986-1988)

Hartje Biofeedback Therapy  
Therapist Training Institute  
Jacksonville, Florida 32217

BCIA Certification  
Equivalent Training &  
Skills Update (40 hrs., 1990)

American Hypnosis Training Academy and  
National Association of Certified  
Hypnotherapists, Silver Springs, MD 20910

Training leading to  
Certification as Master  
Practitioner of NLP  
and Hypnotherapy (100 hrs., 1988)

Reitan Neuropsychology Laboratory  
Certification Training in Clinical  
Neuropsychology

Basic and Advanced  
Courses on the Halstead-  
Reitan Neuropsychological  
Test Battery for Evaluation of  
Brain Dysfunction in Head  
Injury & Medical Illness (60 hrs., 1989)

Hamot Institute of Behavioral Health  
Luria-Nebraska Neuropsychology Conference  
Erie, PA

Basic and Intermediate  
Training in the Luria-Nebraska  
Neuropsychology Battery (32 hrs., 1991)

Eye Movement Desensitization & Reprocessing  
(EMDR Therapy)  
EMDR Institute Facilitator Training

Level I & II Certificate Training with the  
EMDR Institute (Approx. 48 hrs., 1992)  
(Approx. 48 hrs., 1994)

The Institute for Relationship Therapy  
New York, New York.

Certification Training Program in Imago  
Relationship Tx (Approx. 80 hrs. 1993)

International Critical Incident Stress Foundation  
Ellicott City, MD

Level I & II Training in Critical Incident  
Stress Debriefing. Basic program with  
Jeff Mitchell, Ph.D. on conducting CISM  
defusings & debriefings (24 hrs., 1994).

**PROFESSIONAL  
EXPERIENCE:**

Sept. 1988 – present: Private Practice, Director & CEO, **The Behavior Therapy Center, P.C.** Address: Huntingdon Valley, PA. Tel: 215-947-7867. Fax: 215-947-7860. Email: [dr.bruce@hypnosishelpcenter.net](mailto:dr.bruce@hypnosishelpcenter.net) Website: [www.hypnosishelpcenter.net](http://www.hypnosishelpcenter.net)

**Scope of Services**

**Through 2000:** Managing a four office clinical practice, with 6 psychologists and 3 clerical staff. Budgetary planning and management. **Hrs. per week:** 50 to 60.

**2000 – present:** Individual practice. **Hrs. per week:** Approximately 40.

Provision of direct patient care in the form of individual, couples and family psychotherapy, and clinical hypnosis services in a private office setting. Evaluating and treating adults, adolescents, children, and geriatric patients with acute and chronic post traumatic stress disorder, severe mental illness, psychotic disorders, dissociative disorders, phobias, panic disorder, generalized anxiety disorder, depression, dysfunctional habits, adjustment disorders, substance abuse disorders, somatization and pain disorders, stress-related medical and psychosomatic disorders, and brain injuries. Psycho-educational and neuropsychology testing. Personality assessment.

Provision of direct patient care to adult and geriatric populations in acute care, medical and psychiatric hospitals, physical rehabilitation units, and long term care facilities.

Consultation-liaison work in acute care, medical and psychiatric hospitals, physical rehabilitation units, long term care facilities, and nursing homes.

Police psychology. PA Act 235 psychological lethal weapons testing and psychological qualification of security and law enforcement personnel.

Consultation and provision of fitness for duty evaluations for the Department of Homeland Security Federal Air Marshal Service.

Expert witness in civil (personal injury; workers compensation) and criminal cases (self-defense and law enforcement line-of-duty shootings)

Planning and organizing educational programs pertaining to health care services in inpatient, outpatient, and residential treatment settings. Provision of training seminars.

Communicating orally and in writing using word processing software (MS Word) and MS Power Point.

Clinical supervision of psychologists and clinical social workers (since 1987).

Writing and preparation for publication of journal articles and books; research; and psychometric test construction.

Forensic neuropsychological and psychological assessment and expert witness testimony.

**Clinical Approaches and Interventions**

Cognitive and Behavioral Psychotherapies. Brief Therapies. Critical Incident Stress Debriefing. Clinical and Forensic Hypnosis. EMDR Therapy. Psychological and neuropsychological assessment services. Psychodiagnostic treatment planning. Cognitive rehabilitation therapy with brain-injured patients. Cognitive behavioral skills training with severely mentally ill patients.

**POSITIONS &  
APPOINTMENTS:**

**January, 1991 - Dec., 1994:** Attending Neuropsychologist at Huntington Hospital, 200 Fitzwatertown Road, Willow Grove, PA 19090.

Duties: Provision of neuropsychological consultations on geriatric Inpatient unit as well as on general psychiatry unit. Clinical staff supervision. Hours per week: 4 to 8

**January, 1991 - Dec., 1993:** Attending Neuropsychologist at Northwestern Institute of Psychiatry, Fort Washington, PA.

Duties: Provision of neuropsychological consultations on various Psychiatric inpatient units. Supervision & Treatment planning. Hrs. per week: 2 to 8

**December, 1991 - Sept., 1992:** Consulting Neuropsychologist at Progressive Living Units & Systems (PLUS). A post-acute Rehabilitation Program for Head Injured Adults. 2432 Bristol Road, Bensalem, PA 19020. Clinical testing, consultation, staff counseling and supervision.

**January, 1987 - Dec., 1999:** Consulting Psychologist to Nursing Homes.

Duties: Provision of neuropsychological, psychological assessment, team treatment planning services, and psychological counseling to nursing home residents. Evaluation & treatment of geriatric patients with dementia, psychosis, anxiety, adjustment and depressive disorders. Family counseling, staff support, training, and consultation with staff, design and implementation of behavior modification programs, and participation in rehabilitation team and treatment care plan conferences. Supervision of a geropsychology consultation service provided by Ph.D. and Masters level psychologists in six nursing homes. Managing budgets. Treatment planning. Program development. Hours per week: 10 to 15

**September, 1986 - April, 1990:** Faculty, Academic Review, 3 West 73rd Street, New York, NY 10023.

Duties: Planning and running seminars to prepare psychologists to take the National Examination for Professional Practice in Psychology.

**September, 1988 - 1997:** Psychological Consultant, National Multiple Sclerosis Society, Greater Delaware Valley Chapter, 117 South 17th Street, 3rd Floor, Philadelphia, PA 19103.

Duties: Provision of seminars on special psychological coping topics. Facilitating support groups.

**October, 1988 - September, 1989:** Director of Biofeedback Services and Psychology, Division of Psychological Services, Department of Psychiatry, Philadelphia College of Osteopathic Medicine, 4150 City Avenue, Philadelphia, PA 19131. Hours per week: 20

Duties: Directing clinical biofeedback therapy services. Psychophysiologic and behavioral approaches to treatment of addictive disorders. Providing psychological and neuropsychological testing services for children and adults. Providing individual psychotherapy and clinical supervision of staff. Clinical supervision and teaching of psychiatric residents. Budgets. Program development.

**Types of patients seen:** General psychiatric and substance abuse (drug and alcohol), PTSD, dissociative disorders, severely mentally ill, chronic pain, and general medical.

**October, 1987 - October, 1988:** Director of Psychology, Dept. of Rehabilitation Medicine, Abington Memorial Hospital, 1200 Old York Rd, Abington, PA 19001.  
Hours per week: 40

Duties: Clinical provision of services on a 21 bed rehabilitation unit of general hospital serving chronic pain, neurological and orthopedic patients. Providing psychological evaluations, neuropsychological screening, treatment & consultation services as part of an interdisciplinary rehabilitation team. Individual and family counseling, patient support groups, biofeedback therapy and hypnosis, and serving on Hospital Palliative Care Team. Directing treatment planning conferences. Budgets. Clinical staff supervision.

**July, 1986 - June, 1988:** Part-time Private Practice: Philadelphia, PA.  
Hours per week: 10 to 12

Duties: Comprehensive psychological services to adults, adolescents, children, families, couples, and geriatric patients. Psychological consultation to skilled nursing facilities and nursing homes. Provision of psychodiagnostic consultations, psychological assessment services, evaluations, and psychotherapy to patients with chemical dependencies, chronic schizophrenics, post traumatic stress disorder, dissociative disorders, anxiety and depressive disorders, habit disorders, chronic pain, and various chronic medical disorders. Budgets. Program development.

**September, 1986 - October, 1987:** Staff Psychologist, Eastern State School and Hospital, 3740 Lincoln Highway, Trevese, PA 19047.  
Hours per week: 40

Duties: Team treatment planning. Provision of direct clinical services (assessment and psychological treatment to hospitalized children and adolescents with psychiatric, developmental, personality, psychotic, behavioral, substance abuse, and complex post traumatic stress disorders. Direct supervision of clinical psychology interns, psychiatry residents, and clinical teaching. Behavioral consultations with nursing staff and hospital school personnel. Running treatment planning conferences. Supervision of psychology and allied health staff. Budgets.

**January, 1987 - September, 1987:** Clinical Psychology Associate, Southwood Medical Associates, 10125 Verree Road, Suite 201, Philadelphia, PA 19116.  
Hours per week: 4 to 6

Duties: Psychological associate in internal and rehabilitation medicine practice. Providing psychological consultations and evaluations, psychotherapy, biofeedback therapy, and clinical hypnosis to patients with medical-psychiatric, post traumatic stress, acute stress disorders and chronic pain.

**June, 1986 - July, 1987:** Staff Psychologist, Bustleton Guidance Center, 8400 Bustleton Avenue, Suite 201, Philadelphia, PA 19152.  
Hours per week: 10

Duties: Individual psychotherapy with children, adolescents and adults, and marital and family therapy. Direct provision of psychophysiological and cognitive-behavioral therapies to outpatients with post traumatic stress disorders, dissociative disorders, and a wide range of psychiatric, medical, personality, and chemical dependency disorders. Psycho-educational consultations to schools & agencies. Direct supervision of masters level therapists. Program development. Budgetary management.

**June, 1986 - September, 1986:** Consulting Psychologist, Craniofacial Pain Center, 1847 Old York Road, Abington, PA 19001.

Duties: Provision of psychophysiological therapies to patients with acute and post traumatic stress disorder, chronic pain disorders, and pharmaceutical addictions.

**CLINICAL INTERNSHIP**

**August, 1984 - June, 1986:** Clinical Psychology Intern, Division of Clinical Psychology, Department of Mental Health Sciences, Hahnemann University, Philadelphia, PA 19102. Hours per week: 30

**Types of patients seen:** General psychiatric, substance abuse (drug and alcohol), post traumatic stress disorder, and addictive disorders.

**Sites: 1984 - 1985:** Philadelphia Mental Health Clinic, 1235 Pine Street, Philadelphia, PA 19102.

Duties: Outpatient psychotherapy and psychological testing with adults and children. Couples, and family therapy. Psychological disability evaluations and school psychology.

**1985 - 1986:** Department of Psychiatry, Mercy Catholic Medical

Center - Misericordia Hospital, Philadelphia, PA and Fitzgerald-Mercy Hospital, Darby, PA.

Duties: Individual and group therapy with inpatient psychiatric, geriatric, psychotic, and substance abuse/addictive patients.

**March, 1984 - April, 1985:** Staff Psychologist, Delaware Valley Psychological Clinics, 1536 Pratt Street, Philadelphia, PA 19124.

Hours per week: 15

Duties: Outpatient therapy with patients presenting with: psychiatric disorders, substance abuse (drug and alcohol), addictive disorders, relationship and family problems. Provision of psychodiagnostic assessments. Work with children and adolescents.

**August, 1983 - June, 1984:** Hahnemann University Clinical Practicum. Hours per week: 20

Site: Fairmont Institute, 571 Fairthorne Avenue, Philadelphia, PA 19128.

Duties: Psychodiagnostics with hospitalized adolescents, adults, and geriatric patients with psychiatric, substance abuse, addictive and neuropsychiatric disorders.

**August, 1982 - July, 1983:** NIH Postdoctoral Fellow in Personality Development Research, Center for Research in Human development, Educational Testing Service, Princeton, NJ 08541.

Hours per week: 45

Duties: (1) Conducting research on parental teaching strategies with learning disabled children. (2) Conducting research on children's social-cognitive development. (3) Budgetary management. (4) Developing grant proposals. (5) Program development.

**August, 1981 - June, 1982:** Clinical-Child Psychology Intern, Child Psychiatric Services, University of Louisville Medical School, Louisville, Kentucky, 40202.

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Hours per week: 40

Duties: Individual and group psychotherapy with inpatient and outpatient children and adolescents. Family therapy, psychological testing, consultation with nursing staff and parents, and psycho-educational consultations to schools.

**June, 1979 - April, 1981:** Doctoral Dissertation Research, Departments of Psychology and Educational Psychology, State University of New York at Albany, 1400 Washington Avenue, Albany, NY 12222 and Saratoga Springs Public School District, Saratoga Springs, NY 12966.

Topic: Research on developmental changes in children's thinking about parental disciplinary strategies.

**September, 1979 - June, 1981:** School Psychologist, Project STRIVE, 135 Ontario Street, Albany, NY

Duties: Psychodiagnostic testing. Consultation in behavior modification and special education with recreational and educational staff in a city-funded therapeutic recreation program for court remanded boys. Supervision of allied health staff. Budget management. Program development and management.

**August, 1977 - June, 1980:** Instructor, Department of Educational Psychology, State University of New York at Albany, 1400 Washington Avenue, Albany, NY 12222.

Duties: Teaching of undergraduate courses in educational and developmental psychology.

**August, 1977 - June, 1979:** Staff Counselor, Middle Earth Counseling and Referral Center, State University of New York at Albany, 1400 Washington Avenue, Albany, NY 12222.

Duties: Provision of short term and crisis-oriented counseling with college students, having adjustment and drug and alcohol problems. Supervision of allied health staff. Budget management. Program development and management.

**Summer, 1977:** Learning Disabilities Teacher, Summit Residential Treatment Center Summer Camp, Honesdale, PA 18431.

Duties: Co-directing remediation program for learning disabled and emotionally disturbed children.

### **SCHOOL PSYCHOLOGY INTERNSHIP**

**September, 1976 - June, 1977:** School Psychology Intern, School Psychology Program, State University of New York at Albany, Albany, NY 12222.

Sites: **September - December, 1976:** Child Study Center, Albany Medical college and State University of New York at Albany, Albany, NY. Duties: Psycho-educational assessment of children and consultation with parents and school personnel.

Sites: **January - June, 1977:** Saratoga Springs School District, Saratoga Springs, NY 12866.

Duties: Psychodiagnostics and counseling with elementary, middle school, and high school students. Consultation with parents and school personnel.

**September, 1974 - June, 1975:** **Community Apprentice**, State University of New York College at Oneonta, Oneonta, NY 13820.

Sites: **1974 - 1975:** Otsego County Mental Health Clinic, 1 Norton Avenue, Oneonta, NY 13820.

Duties: Outpatient child psychotherapy and parent counseling.

**1974 - 1975:** 85 Crisis and Referral Center, 85 Chestnut Street, Oneonta, NY 13820.

**Duties:** Crisis counseling and educational presentations for busy community agency addressing pregnancy and drug and alcohol abuse. Program development and management. Peer supervision.

**Summer, 1975:** Vocational Training Counselor, Maimonides Institute Residential Treatment Program, Monticello, NY 12071.

**Duties:** Directed vocational therapy program for learning disabled, mentally retarded, and emotionally disturbed children and adolescents.

**Summer, 1974:** Group Counselor for Autistic Children, Maimonides Institute Residential Treatment Program, Monticello, NY 12071.

**Duties:** Custodial care of four autistic boys.

**HONORS:**

Distinguished Dissertation Award  
State University of New York at Albany (1981)

Graduate Teaching Fellowship in Educational Psychology  
State University of New York at Albany (1977 - 1980)

Graduate Research Fellowship in Educational Psychology  
State University of New York at Albany (1976)

Honors Commendation in Psychology  
State University of New York College at Oneonta (1975)

**OFFICES HELD:**

**August, 1989 - 1992:** Officer, Bylaws Committee, Pennsylvania Society of Behavioral Medicine and Biofeedback. **Duties:** Participation as part of committee to evaluate, update, and revise bylaws giving the purpose, standards, and organizational rules of the society.

**November, 1990 - Dec., 1991:** Chair, Insurance Advisory Committee, Pennsylvania Society of Behavioral Medicine and Biofeedback.

**Duties:** Organizing and administering committee to review, evaluate and develop standards for the clinical practice of biofeedback for provider certification, and for state licensure. Developing standards for peer review and for education of third-party payers as well as billing standards.

**SOME MEDIA APPEARANCES:**

Various invited radio talk show appearances including WDVT Talk 900 AM Philadelphia. **Topics:** Pain management; stress; and parenting.

Invited Guest on Dr. Emmet Miller's "Deep Healing" on Wisdom Radio (9/27/02). Topic: "Hypnotize Yourself Out of Pain Now!"

Invited Guest on Radio Station KPOP San Diego (6/10/02)  
Topic: "Hypnotize Yourself Out of Pain Now!"

Interview in Shape Magazine on "Self-Hypnosis for Pain Management" (Sept. 2002).

Interview and article in Bottom Line Health with Carl Sherman (Oct. 2002).  
Topic: "Hypnotize Yourself Out of Pain Now!"

Interview in First For Women on "Coping With Uncertainty"(Sept. 2002).

**SOME PRESENTATIONS AND WORKSHOPS:**

- Eimer, B.N. (April, 2005). Weight loss hypnotherapy: A mini-workshop. Invited Presentation to the Greater Philadelphia Society of Clinical Hypnosis, Philadelphia, PA.
- Eimer, B.N. (April, 2003). Teaching in the Intermediate Workshop at the annual meeting of the American Society of Clinical Hypnosis. Alexandria, VA.
- Eimer, B.N., & Torem, M.S. (April, 2003). Hypnosis for coping with uncertainty. Half-day workshop presented at the American Society of Clinical Hypnosis annual meeting. Alexandria, VA.
- Eimer, B.N. (August 24, 2001). Chair & Discussant, Symposium: Hypnosis for surgical analgesia: An underutilized tool. Annual meeting, American Psychological Association, San Francisco, CA.
- Eimer, B.N. (March 30, 2001). Psychological Barriers to Pain Management. Invited Presentation to the Greater Philadelphia Pain Society, Philadelphia, PA.
- Eimer, B.N. (December 17, 2000). Hypnosis for the relief of pain. Invited Presentation to the Greater Philadelphia Society of Clinical Hypnosis, Philadelphia, PA.
- Eimer, B.N. (August, 2000). Brief Pain Management Psychotherapy: Assessment and Treatment Strategies. Full-day intermediate workshop presented at the annual convention of the American Psychological Association, Washington, D.C.
- Eimer, B.N. (August, 2000). Brief Cognitive Hypnosis: Combining cognitive psychotherapy and hypnosis in the treatment of chronic pain. Invited paper. Division 30, Psychological Hypnosis Symposia, Annual convention of the American Psychological Association, Washington, D.C.
- Eimer, B.N. (June, 2000). Brief Pain Management Psychotherapy: Assessment and Treatment. Full-day Intermediate workshop presented at the annual convention of the Pennsylvania Psychological Association, Harrisburg, PA.
- Eimer, B.N. (1999, May). Participated as invited faculty in 4-day Regional American Society of Clinical Hypnosis (A.S.C.H.) Basic Workshop in Clinical Hypnosis, Philadelphia, PA. Taught basic hypnotic induction techniques to physicians, psychologists, and other licensed health care providers, provided small group supervision in workshop practica, and lectured on "Fundamentals of Self-Hypnosis in Clinical Practice".
- Eimer, B.N. (1999, Mar.). The Uses of Clinical Hypnosis in the care of the Chronic Pain Patient. Symposium Chaired at the Annual Scientific Meeting of the American Society of Clinical Hypnosis, Atlanta, GA.
- Eimer, B.N. (1999, Sept.). Cognitive Relaxation Therapy for Pain Management. Workshop presented at the annual meeting of the American Academy of Pain Management, Las Vegas, NV.
- Eimer, B.N. (1999, June). Cognitive Therapy for Pain Management. Full-Day Workshop presented at the annual meeting of the Pennsylvania Psychological Association, Valley Forge, PA.
- Eimer, B.N. (1998, Sept.). Cognitive Therapy for Pain Management. Invited Workshop at the annual meeting of the American Academy of Pain Management, Atlanta, GA.
- Eimer, B.N. & Pignotti, M. (1997 - 1998). Level I and II Training in Thought Field Therapy (TFT). Full Weekend (Two-Day Training). NYC and Philadelphia: Professional Psychotherapist Training Workshops and The Behavior Therapy Center., P.C.

- Eimer, B.N. (1995, June). EMDR Applications for Pain Management. A 3-Hour Workshop at the 1995 International EMDR Conference, Santa Monica, CA.
- Eimer, B.N. (1995, May). The Psychology of Managing Stress for Effective Teaching. A 6-Day Graduate Level Course offered at the Professional Institute for Educators, The University of the Arts, Philadelphia, PA.
- Eimer, B.N. (1995, March). Psychological Approaches to Managing Chronic Pain. Presentation to the Philadelphia Craniomandibular Society. Philadelphia College of Osteopathic Medicine.
- Eimer, B.N. (1994, March). EMDR and the Puzzle of Chronic Pain: An Evaluation and Treatment Protocol. A 90-Minute Workshop at the 1994 International EMDR Conference, Sunnyvale, CA.
- Eimer, B.N. (1994, May). EMDR and Psychological Therapy for Chronic Pain. Presented at the Philadelphia EMDR Network Conference.
- Eimer, B.N. (1992). The role of the primary care physician in screening for and managing depressive and anxiety disorders. Grand Rounds Presentation to the medical staff of Medical College Hospitals – Elkins Park Campus, Elkins Park, PA.
- Eimer, B.N. & Brick, R.H. (1990, November). Video-Assisted Desensitization as an adjunctive technique for behavioral medicine and biofeedback. PA Society of Behavioral Medicine and Biofeedback, Valley Forge, PA.
- Ewin, D.M. & Eimer, B.N. (2007, Jan.). Ideomotor Signals in Hypnoanalysis. Half-day workshop presented at the annual meeting of the American Society of Clinical Hypnosis. Dallas, TX.
- Zarren, J.I., & Eimer, B.N. (2005, March). Brief Cognitive Hypnosis. Full-day workshop presented at the annual meeting of the American Society of Clinical Hypnosis. St. Louis, MO.
- Zarren, J.I., & Eimer, B.N. (2003, April). Brief Cognitive Hypnosis. Full-day workshop presented at the annual meeting of the American Society of Clinical Hypnosis. Alexandria, VA.
- Zarren, J.I., & Eimer, B.N. (2003, March). Brief Cognitive Hypnosis. Full-day workshop presented to the Greater Philadelphia Society of Clinical Hypnosis. Philadelphia, PA.
- Zarren, J.I., & Eimer, B.N. (2002, March). Brief Cognitive Hypnosis. Full-day workshop presented at the annual meeting of the American Society of Clinical Hypnosis. Indianapolis, IN.
- Zarren, J.I., & Eimer, B.N. (Feb., 2000). A One-Session Stop Smoking Approach Using Brief Cognitive Hypnosis. Full-day advanced workshop presented at the annual meeting of the American Society of Clinical Hypnosis. Baltimore, MD.
- Zarren, J.I., & Eimer, B.N. (1999, March). Brief Cognitive Hypnosis. Full-day workshop presented at the annual meeting of the American Society of Clinical Hypnosis. Atlanta, GA.
- (1990-1998). Implementation of workshops at local community organizations. **Topics:** stress management, overcoming addictions, coping with pain, relationship problems, challenge of single parenting, depression, and overcoming phobias.
- (1989-1993). Running support groups for individuals with chronic medical illnesses. **Topics:** Multiple Sclerosis (patients and spouses), Stroke patients, Chronic pain patients.
- (1990-1998). In-service presentations and consultations to businesses, insurance companies, and health care

organizations on occupational stress management and the reduction of organizational stress.

Control Stress. Stay Well. A Stress Management Seminar for management and office personnel at the Prudential Insurance Company Eastern Home Office. Horsham, PA. (May 11, 12, 15, 1992).

Assisting in the conducting of weekend "Getting the Love You Want" workshops for couples based on Imago Relationship Therapy (Philadelphia and New York City 1993-1994).

Assisting in the conducting of Level I and Level II Basic and Advanced training workshops in EMDR.

Eimer, B.N. (1987, November). Cognitive strategies in pain management. Presentation at the ninth annual meeting of the PA Society of Behavioral Medicine and Biofeedback, King of Prussia, PA.

**GRADUATE COURSES TAUGHT:**

**Title:** Psychology of Managing Stress in the Classroom.  
Fall & Spring curricula (1991-1995).  
Professional Institute for Educators, University of the Arts,  
Broad & Pine Streets, Philadelphia, PA.

**Title:** Psychology of Pain Management (1996). Summer curriculum.  
Department of Psychology, Philadelphia College of Osteopathic  
Medicine, Philadelphia, PA.

**BOOKS:**

Eimer, B.N. (2008). Hypnotize Yourself Out of Pain Now! (Second Ed.)  
Bethel, CT: Crown House Publishing Company.

Eimer, B.N. (2002). Hypnotize yourself out of pain now!  
Oakland, CA: New Harbinger Publications

Eimer, B.N. & Freeman, A. (1998). Pain Management Psychotherapy:  
A practical guide. New York: John Wiley & Sons, Inc.

Eimer, B.N., & Torem, M.S. (2002). Coping With Uncertainty: 10 Simple Solutions.  
Oakland, Ca: New Harbinger Publications.

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**PROFESSIONAL COMMITTEE MEMBERSHIPS:**

November, 1998 - 2005. Invited Member of the Certification-Credentialing Examination Committee of the American Academy of Pain Management. Duties: Assisting the Academy in constructing the written Pain Management Board Certification Examination. Authoring examination questions in areas of professional expertise: Cognitive-Behavioral Psychotherapies; Relaxation Therapies; Pain Assessment; Clinical Hypnosis for Pain Control.

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