

CURRICULUM VITAE

Stephen I. Sideroff, Ph.D.

BORN: March 17, 1947
Mt. Vernon, N.Y.

EDUCATION:

1963-1967	State University of New York, Binghamton	B.A.
1967-1970	University of Miami, Coral Gables	M.S.
1970-1971	University of Miami, Coral Gables	Ph.D.

PROFESSIONAL TRAINING:

1971-1972	Postdoctoral Fellow, Department of Psychobiology University of California, Irvine
1976-1978	Postdoctoral Trainee, Gestalt Therapy Institute of Los Angeles
1976-1979	Postdoctoral Scholar, Department of Psychiatry & Biobehavioral Sciences University of California, Los Angeles And V.A. Hospital Medical Center, Brentwood, California

PROFESSIONAL EXPERIENCE:

1969-1971	Research Psychologist, Perrine Primate Research Laboratory, Environmental Protection Agency Perrine, Florida
1972-1976	Assistant Professor, Department of Psychology McGill University, Montreal, Canada
1977-1980	Director, Naltrexone Experimental Treatment Program VA Hospital Medical Center, Brentwood, CA

1978-1979	Cofounder, Gestalt Therapy Clinic Gestalt Therapy Institute of Los Angeles
1980-1984	Principal Investigator, Conditioned Aspects of Drug Addiction National Institute on Drug Abuse, Research Grant University of California, Los Angeles
1982-1985	Clinical Supervisor, Open Paths Community Mental Health Clinic Mar Vista, CA
1986-1993	Founder and Clinical Director, Stress Strategies Santa Monica Hospital Medical Center
1978 to Present	Private Practice, Peak Performance and Corporate Consulting Clinical Psychology Santa Monica, CA
1980 to Present	Assistant Professor Department of Psychiatry and Biobehavioral Sciences University of California, Los Angeles
1992 to Present	Director Raoul Wallenberg Institute of Ethics, Malibu, California
1999 to 2002	Director of Biofeedback and Psychotherapy BIOS: Behavioral Medicine Cancer Program
2001 to 2004	Joint Director of China-US Biofeedback Training Center, Sichuan Mianyang Mental Health Center, P.R. China
2001 to Present	Clinical Director Moonview Sanctuary

HONORS

1968-1970	NDEA Fellow	University of Miami
1970-1971	NIH Fellow	University of Miami
1971-1972	NIH Postdoctoral Fellow	U.C. Irvine
1976-1980	NIDA Postdoctoral Fellow	U.C. Los Angeles

MEMBERSHIP

American Psychological Association
Association for Applied Psychophysiology and Biofeedback
Biofeedback Society of California
International Society for Neurofeedback and Research
Raoul Wallenberg Institute of Ethics, Chairman
Board of Directors

LICENSES:

1978 to Present Clinical Psychology
Board of Medical Quality Assurance, CA

MEDICAL STAFF:

1986 to Present Santa Monica Hospital Medical Center

CERTIFICATION:

Biofeedback
Biofeedback Society of California

Qualified Medical Evaluator
Industrial Medical Council of California

PUBLICATIONS:

1. Sideroff, S. Septal stimulation: relationship between heart rate conditioning and instrumental properties as a function of unconditioned stimulus intensity. MA Thesis, University of Miami, 1970.
2. Sideroff, S. Classical conditioning of cardiovascular responses in rabbit to chemical stimulation and appetitive or aversive electrical stimulation as the unconditioned stimulus. Ph.D. Thesis, University of Miami, 1971.
3. Sideroff, S. Schneiderman, N, and Powell, D. Motivational properties of septal stimulation as the US in classical conditioning of heart rate in rabbits, J Comp Physiol Psychol, 74: 1-10, 1971.
4. Sideroff, S. Motivational divergences caused by the cholinesterase inhibiting pesticide Carbaryl. In: Conference on EEG and Behavioral Indices of Pesticide Exposure. Santolucito, J. Ed., Government Publications. March 1971.

5. Sideroff, S., Elster, A., and Schneiderman, N. Cardiovascular classical conditioning in rabbits (*Oryctolagus cuniculus*) using appetitive or aversive hypothalamic stimulation as the US. J Comp Physiol Psychol, 81:501-508, 1972.
6. Sideroff, S., and Santolucito, J. Behavioral and physiological effects of the cholinesterase inhibitor Carbaryl (L-naphtyl methylcarb amate). Physiol Behav, 9:459-462, 1972.
7. Haycock, J., Deadwyler, S., Sideroff, S., and McGaugh, J. Retrograde amnesia and cholinergic systems in the caudate-putamen complex and dorsal hippocampus of the rat. Exp Neurol, 41:201-213, 1973.
8. Sideroff, S. Keeping in tune with your body. Contemp Psychol, 18:102-104, 1973.
9. Sideroff, S., Bueno, O., Hirsh, A., Weyand, T., and McGaugh, J. Retrograde amnesia initiated by low level stimulation of hippocampal cytoarchitectonic areas. Exp Neurol, 43:285-297, 1974.
10. Sideroff, S., and Bindra, D. Neural correlates of discriminative conditioning: separation of associational and motivational processes. Brain Res, 101:378-382, 1976.
11. Sideroff, S. Initiation of an ongoing Naltrexone treatment program in methadone maintenance patients, newly detoxified patients, and post-addicts. Research Prospectus, Veterans Administration Medical Center Brentwood, 1976.
12. Sideroff, S. The relationship of seizures to retrograde amnesia in hippocampectomized rats. Physiol Behav, 18:577-580, 1977.
13. Sideroff, S. The souring of Alice's looking glass; a review of Sensual Drugs. Contemp Psychol, 23:179-181, 1978.
14. Sideroff, S., Charuvastra, V.C., Jarvik, M.E., and Ouren, J. Craving in heroin addicts maintained on the opiate antagonist Naltrexone. Am J Drug and Alcohol Abuse, 5(4):415-423, 1978.
15. Sideroff, S. Use of Gestalt Therapy within a drug treatment program. J Drug Education 9(4): 349-357, 1979.
16. Sideroff, S. and Jarvik M.E., Conditioned heroin responses as an indication of readdiction liability. In: Problems of Drug Dependence 1979. (LS Harris, Ed.) National Institute on Drug Abuse Research Monograph 27. Washington, DC: Department of Health, Education and Welfare, 1979, pp. 268-274.

17. Sideroff, S. and Jarvik, M.E., Conditioned responses to a videotape showing heroin-related stimuli. Int. J. Addict. 15(4):529-536, 1980.
18. Sideroff, S. Readdiction liability testing: a proposal. Br. J. Addiction 75:405-412, 1980.
19. Sideroff, S. A homeostatic approach to asthma. Behavioral Medicine, 8(3):24-29, 1981.
20. Sideroff, S. Biofeedback training as an adjunctive drug treatment approach. Focus on Alcohol and Drug Issues 6(1):14-15,24. 1983.
21. Sideroff, S. Primitive Gestalts: A new concept in Gestalt Therapy. The Good Health Company. Los Angeles 1983.
22. Sideroff, S. Biofeedback... Learning to reduce your tension. HBPC 6(4):3, 1983.
23. Sideroff, S., Stress MidValley Life 1(1):21-27, 1984.
24. Sideroff, S. Making Breakthroughs in Controlling Stress: A guidebook. The Good Health Company. Los Angeles, 1984.
25. Sideroff, S. Psychological and Behavioral Treatments for Disorders Associated with the Immune System. Contemp. Psychol. 33(10):1988.
26. Sherman, J.E., Zinser, M.C., and Sideroff, S. Subjective dimensions of heroin urges: Influence of heroin-related and affectively negative stimuli. J. Clin. Psychol. 14:611-623, 1989.
27. Sideroff, S., Success with Holiday Stress. ElderMed America 4-5, Winter, 1990.
28. Sideroff, Stephen I. What is Behavioral Medicine? Health Styles 1-2, Summer, 1994.
29. Sideroff, S., Brain Training. Health & Fitness Journal 62-64, March/April 1999.
30. Bytton, Armand, and Sideroff, Stephen I. The Discipline of Success. Health & Fitness Journal 68-70, September/October 1999.
31. Sideroff, Stephen I. Creativity. Strive 72-74, November/December 2000.
32. Sideroff, Stephen I. Stress and Cancer. Biosphere Newsletter. July, 2001

33. Sideroff, Stephen I. The Hidden Cost of this Catastrophe. Biosphere Newsletter. October, 2001
34. Sideroff, Stephen I. Stress Management. In: Clinical Practice of Biofeedback (Zheng, Yanping, ed.) High Educational Press, Beijing, China 2002.
35. Sideroff, Stephen I. Resilience: A functional approach to stress. California Biofeedback 20(1): 5,12-14, Spring 2004.
36. Scott, William C., Kaiser, David, Othmer, Siegfried., and Sideroff, Stephen. Effects of an EEG biofeedback protocol on a mixed substance abusing population. American Journal of Drug and Alcohol Abuse 31:455-469, 2005.
37. Sideroff, Stephen I. Primitive Gestalts: Early developmental patterns and their effect on later life. Somatics, 15(1): 10-17, Fall/Winter 2004-2005.
38. Sideroff, Stephen I. (In Press). Tuning your mind with neurofeedback for high performance golf. In M. Linden, B. Strack, & V. Wilson (Eds.), Biofeedback and neurofeedback in sport. New York: Springer.
39. Sideroff, Stephen I. Athlete's emotional health as vital as physical well-being. Sports Business Journal 10(22):54, September 24-30, 2007.
40. Sideroff, Stephen Getting to the heart of resilience: A nine component model. Leadership Excellence, 2008, In Press.

AUDIO PROGRAMS

1. Sideroff, Stephen I. Stress Control with Biofeedback, audiotape and guidebook. Thought Technology, 1986.
2. Sideroff, Stephen I., The Science of Biofeedback. Nightingale Conant, 1995.
3. Sideroff, Stephen I. and Bytton, Armand, Journey into Sleep, University of Life, 1998.
4. Sideroff, Stephen I., "Resilience: A six-week program of stress mastery and optimal functioning, Third Wind publishing, 2002.

SEMINAR PRESENTATIONS

Dr. Sideroff has presented over 400 public and professional seminars and workshops in the following areas:

- Stress Management
- Executive Resilience and Optimal Performance
- Biofeedback and Neurofeedback: Basic and Advanced training
- Resilience
- Optimal Functioning
- Peak Performance in Sports
- Enhancing Creativity
- Improving Sleep Patterns
- Behavioral Medicine
- Mind/body Approaches to Chronic Pain
- Substance Abuse
- Gestalt Therapy
- Post Traumatic Stress Disorder
- Couples and Relationships
- Men's Retreats
- Shamanic Psychology: Applications of traditional men's circle ritual and ceremony in clinical practice

TRAINING PROGRAMS

Dr. Sideroff also presents training programs in psychology and biofeedback for professionals around the world.