

## Curriculum Vitae of Bruce N. Eimer, Ph.D., ABPP

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[www.HypnosisHelpCenter.net](http://www.HypnosisHelpCenter.net)

### **CURRENT LICENSES & CERTIFICATIONS:**

Pennsylvania License as a Psychologist (Licensed since 1986)  
New Jersey License as a Psychologist (Licensed since 2008)  
Pennsylvania Certification as a School Psychologist (Certified since 1986)  
New Jersey Certification as a School Psychologist (Certified since 2008)  
New York Certification as a School Psychologist (Certified since 1977)  
Certificate of Professional Qualification in Psychology (CPQ), Association of State and Provincial Psychology Boards  
Certified as an Approved Consultant in Clinical Hypnosis with the American Society of Clinical Hypnosis

### **CURRENT BOARD CERTIFICATIONS:**

Board Certified Diplomate in Cognitive-Behavioral Psychology, American Board of Professional Psychology  
Fellow and Approved Consultant in Clinical Hypnosis with the American Society of Clinical Hypnosis  
Fellow with the American Academy of Cognitive and Behavioral Psychology  
Certificate of Professional Qualification in Psychology (CPQ), Association of State and Provincial Psychology Boards  
Fellow and Board Certified Diplomate with the American Academy of Pain Management  
Fellow and Board Certified Diplomate with the American Board of Medical Psychotherapists

### **CURRENT PROFESSIONAL MEMBERSHIPS & LISTINGS:**

American Board of Professional Psychology (Board Certified Diplomate in Cognitive-Behavioral Psychology)  
American Academy of Behavioral Psychology (Fellow)  
American Psychological Association (Life Member)  
APA Division 12 - Clinical Psychology (Member)  
APA Division 29 – Psychotherapy (Member)  
APA Division 30 - Psychological Hypnosis (Member)  
APA Division 40 - Clinical Neuropsychology (Member)  
APA Division 42 - Independent Practice (Member)  
American Society of Clinical Hypnosis (Fellow and Approved Consultant)  
Greater Philadelphia Society of Clinical Hypnosis (Member)  
Philadelphia Society of Clinical Psychologists (Member)  
Pennsylvania Psychological Association (Fellow)

### **PROFESSIONAL COMMITTEES:**

Member, Neurosciences Clinical Policy Management Subcommittee, Highmark Blue Shield

### **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).

- AUTHORED 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. & Allen, L.M. (1996). Psychological Assessment of Chronic Pain Patients.  
Durham, North Carolina: CogniSyst, Inc.
- 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.
- Rementer, S. R. & Eimer, B.N. (2005). Essential Guide to Handguns: Firearm Instruction for  
Personal Defense and Protection. Flushing, NY: Looseleaf Law Publications.
- Zarren, J.I. & Eimer, B.N. (2002). Brief Cognitive Hypnosis: Facilitating the  
Change of dysfunctional behavior. New York: Springer Publishing Company.

**EDITING**

**EXPERIENCE:**

Advisory Editor, American Journal of Clinical Hypnosis ([www.asch.net](http://www.asch.net)),  
Advisory Editor, Contemporary Psychology (<http://www.apa.org/psycrcritiques>).  
Self-publishing. Editing scientific books and manuals. Content and copyediting.

**PROFESSIONAL  
EXPERTISE:**

Clinical and Counseling Psychology, Educational and School Psychology, Forensic Psychology; Research Design & Statistics, Test Construction & Development, Program Management and Evaluation, Peer Reviews, Clinical Supervision, Teaching, Disability Evaluations, Fitness for Duty Evaluations, Psychological Lethal Weapons Testing, Neuropsychological and Psycho-educational Testing, Psychological & Personality Assessment, Clinical Hypnosis and Hypnotherapy, Cognitive-Behavioral Psychotherapies, Psychodynamic Psychotherapies, Marital & Family Therapy; Group Therapy, Eye Movement Desensitization & Reprocessing (EMDR) Therapy.

**DIAGNOSTIC  
EXPERTISE:**

Post-Traumatic Stress Disorder, Substance Abuse and Addictions, Chronic Pain Disorders, Medical Illnesses, Psycho-physiological Stress Disorders, Anxiety and Mood Disorders, Impulse Control Disorders, Psychotic Disorders, Dissociative Disorders, Personality Disorders, Dysfunctional Habits, Learning Disorders, Traumatic Brain Injuries, Dementias.

**GROUPS TREATED:**

Adults, Elderly Adults, Children, Adolescents, Couples, Families, Law Enforcement Personnel, Emergency Services Workers, Military Combat Veterans, Physical and Sexual Abuse Survivors, Violent Crime Victims, Athletes, Problem Drinkers, Smokers, Weight Loss Patients, People with Phobias, Depression and Panic Disorder, People with Borderline Personality Disorder.

**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.  
Pennsylvania State Police Lethal Weapons Training Program (Sept. 2002-Current).  
Pennsylvania Municipal Police Officers Education and Training Commission (MPOETC).  
Neurosciences Clinical Policy Management Subcommittee, Highmark Blue Shield.

<b>EDUCATION:</b>	State University of New York College at Oneonta	B.A. (Completed: 1975) <u>Field:</u> Psychology
	State University of New York at Albany	M.A. (Completed: 1976) <u>Field:</u> Educational Psychology
	State University of New York at Albany	Certificate of Advanced Study (1977) <u>Field:</u> School Psychology
	State University of New York at Albany	Ph.D. (Completed: 1981) <u>Field:</u> Educational Psychology & Statistics
	Hahnemann University APA Approved Psy.D. Clinical Psychology Repecialization Program	APA Approved Certificate of Postdoctoral Respecialization (Completed: 1986) <u>Field:</u> Clinical Psychology
	Hahnemann University APA Approved Clinical Psychology Internship (1984-1986)	APA Approved Clinical Psychology Internship (Completed: 1986)
<b>CERTIFICATE PROGRAMS:</b>	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 TBI and Brain Dysfunction (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)

<b>CERTIFICATE PROGRAMS:</b>	Eye Movement Desensitization & Reprocessing (EMDR Therapy)	Level I & II Certificate Training with the EMDR Institute (Approx. 48 hrs., 1992)
	EMDR Institute Facilitator Training	(Approx. 48 hrs., 1994)
	The Institute for Relationship Therapy New York, New York.	Certification Training Program in Imago Relationship Therapy (80 hrs. in 1993)
	International Critical Incident Stress Foundation Ellicott City, MD	Level I & II Training in Critical Incident Stress Debriefing. (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.eimer1@comcast.net](mailto:dr.eimer1@comcast.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.

**2000 – present:** Individual practice.

**Practice of Clinical, Counseling and School Psychology.** 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 neuropsychological testing. Personality assessment.

**School Psychology.** Provision of Independent School Psychology Evaluations of students referred by various school districts and private charter schools.

**Consultation-Liaison.** 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.

**Forensic Psychology.** Expert witness in civil (personal injury; workers compensation) and criminal cases (self-defense and law enforcement line-of-duty shootings). Forensic neuropsychological and psychological assessment and expert witness testimony.

**Teaching and Supervision.** 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.

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

**POSITIONS &**

**APPOINTMENTS:** **Aug. 2010 – Ongoing: Medical Expert in Psychology**, Social Security Administration, Office of Disability Adjudication and Review, Philadelphia, PA. 2010-Current.

**Aug. 2010 – Dec. 2010. Staff Psychologist**, Juniata Mental Health Clinic, 2254 North 3rd Street Philadelphia, PA.

**Aug. 2008 – Nov. 2008: School Psychologist.** Temporary position. Trenton School District. Trenton, New Jersey.

**Duties:** Case management for children with Autism Spectrum Disorders. Psychological and intellectual/cognitive testing. Writing initial IEPs and updating them as needed. Running IEP conferences with parents and members of the child study team. Consultation with teachers, school counselors and parents. Student counseling. Writing and implementing behavior plans, using Applied Behavior Analysis and Positive Behavior Support principles. Case load composition: Pre-school disabled and Grades K through 6.

**September, 1992 – Present:** Independent School Psychologist Evaluator, Philadelphia School District, Philadelphia, PA.

**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.

**January, 1991 - Dec., 1993:** Attending Neuropsychologist at Northwestern Institute of Psychiatry, Fort Washington, PA. **Duties:** Provision of neuropsychological consultations with adolescents and adults on various Psychiatric inpatient units. Supervision & Treatment planning.

**December, 1991 - Sept., 1992:** Consulting Neuropsychologist at Progressive Living Units & Systems (PLUS). A post-acute Rehabilitation Program for Head Injured Adolescents and Adults. 2432 Bristol Road, Bensalem, PA 19020. Neuropsychological testing, behavioral 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. Applied Behavior Analysis and Positive Behavior Support programs.

**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, Philadelphia, PA 19103. **Duties:** Running seminars on psychological coping and 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.

**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, PTSD, dissociative disorders, chronic pain, general medical.

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

**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.

**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.

**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. Applied Behavior Analysis and Positive Behavior Support programs. Direct supervision of clinical and school 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.

**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. **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.

**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 and pharmaceutical addictions.

### **APA APPROVED CLINICAL INTERNSHIP**

**August, 1984 - June, 1986:** Clinical Psychology Intern, Division of Clinical Psychology, Department of Mental Health Sciences, Hahnemann University, Philadelphia, PA 19102. APA Approved.

**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 patients.

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

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

Duties: Psychodiagnosics 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.

Duties: (1) Conducting research on parental teaching strategies with learning disabled children. (2) Conducting research on children's social-cognitive development. (3) Conducting research on Applied Behavior Analysis and Positive Behavior Support training with parents of developmentally disabled children. (4) Budgetary management. (5) Developing grant proposals. (6) Program development.

**August, 1981 - June, 1982:** Clinical-Child Psychology Intern, Child Psychiatric Services, University of Louisville Medical School, Louisville, Kentucky, 40202. Duties: Individual and group psychotherapy with inpatient and outpatient children and adolescents. Family therapy, behavior therapy, psychological testing, consultation with nursing staff and parents, and psychological 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.

Eimer, B.N. (1981). Children's conceptions of the purposes, outcome, and styles of parental reprimand. Dissertation Abstracts International. 42(3).

**September, 1979 - June, 1981:** School Psychologist, Project STRIVE, 135 Ontario Street, Albany, NY  
Duties: Psychological testing. Behavioral consultations. Supervision of allied health staff.

**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 and behavior programs for autistic, 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, autistic mentally retarded, and emotionally disturbed children and adolescents. Designing Applied Behavior Analysis and Positive Behavior Support programs.

**Summer, 1974:** Group Counselor for Autistic Children, Maimonides Institute Residential Treatment Program, Monticello, NY 12071. Duties: Staff counselor/case manager for autistic boys.

**HONORS:** William S. Kroger Award for The Best Paper on Hypnosis, Health and Behavioral Medicine American Journal of Clinical Hypnosis, American Society of Clinical Hypnosis (2010)  
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)



**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. (June, 2010). Using psychology in pain management. Grand Rounds Presentation at Crozier Chester Hospital and Medical Center, Chester, PA.

Ewin, D.M. & Eimer, B.N. (March, 2009). Ideomotor signals for rapid hypnoanalysis. Advanced Workshop. Presented at the Annual Meeting of the American Society of Clinical Hypnosis. Boston, MA.

Zarren, J.I. & Eimer, B.N. (March, 2009). Brief Cognitive Hypnosis and other behavior change skills. Advanced Workshop. Annual Meeting of the American Society of Clinical Hypnosis. Boston, MA.

Eimer, B.N. (October, 2008). Teaching fundamentals of hypnotic inductions and how to hypnotize. Introductory Workshop. Society for Clinical and Experimental Hypnosis. King of Prussia, PA.

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. 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. 6-Day Graduate Course 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 in behavioral medicine and biofeedback. PA Society of Behavioral Medicine and Biofeedback, Valley Forge, PA.
- Ewin, D.M. & Eimer, B.N. (2007, Jan.). Idemotor 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.

**SOME 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.

- BOOK CHAPTERS:** Eimer, B.N. (1991). The treatment of chronic pain. In A. Freeman and F. Dattilio (Eds.), Clinical Casebook of Cognitive Behavior Therapy. New York: Plenum Press.
- Eimer, B.N. & Freeman, A. (1991). The schizophrenic patient. In Freeman and F. Dattilio (Eds.), Clinical Casebook of Cognitive Behavior Therapy. New York: Plenum Press.
- Eimer, B.N., & Gravitz, M.A. (2007). Clinical and forensic hypnosis. In F. Dattilio & R. Sadoff (Eds.), Mental health experts: Roles & qualifications for Court (Second Ed.). Mechanicsburg, PA: Pennsylvania Bar Institute.
- Eimer, B.N., & Gravitz, M.A. (2003). Clinical and forensic hypnosis. In F. Dattilio & R. Sadoff (Eds.), Qualifying the mental health expert witness: A guide for attorneys and jurists. Mechanicsburg, PA: Pennsylvania Bar Institute.
- Eimer, B.N. (1989). Psychotherapy for chronic pain: A cognitive approach. In A. Freeman, K.M. Simon, H. Arkowitz, and L. Beutler (Eds.), Comprehensive Handbook of Cognitive Therapy. New York: Plenum.
- Eimer, B.N. (1988). A patients' guide to psychotherapy. In P.A. Keller (Ed.), Innovations in Clinical Practice: A Source Book. Volume 7. Sarasota, Florida: Professional Resource Exchange, Inc.
- Eimer, B.N. (1988). Sentence Completions About Relationships, Experiences, and Discomfort: A structured sentence completion test. In P. Keller (Ed.), Innovations in Clinical Practice: Volume 7. Sarasota, Florida: Professional Resource Exchange.
- Mancuso, J.C. & Eimer, B.N. (1982). Fitting things into sorts: The range corollary. In J.C. Mancuso and J. Adams-Webber (Eds.), The Construing Person: A Review of George Kelly's Theory. New York: Praeger Press.
- BOOK REVIEWS:** Eimer, B.N. (April, 1995). Review of Raising a thinking child: The "I-Can-Problem-Solve" Program. Philadelphia Society of Clinical Psychologists Newsletter.
- Eimer, B.N. (2002). Review of Cognitive hypnotherapy. Spring issue of Journal of Cognitive Psychotherapy.
- Eimer, B.N. (2003). Review of Cognitive hypnotherapy. American Journal of Clinical Hypnosis, 46, 65-67.
- Eimer, B.N. (2006). Review of Hypnosis in clinical practice: Steps for mastering hypnotherapy. American Journal of Clinical Hypnosis, 49, 80-82.
- ARTICLES:** Zarren, J.I. & Eimer, B.N. (2010). Response to Dr. Edwin Yager's open letter to the editor. American Journal of Clinical Hypnosis, 52, 171-172.
- Eimer, B.N. (Nov. 2002). Stop pain with hypnosis. Bottom Line Health, Vol. 16, No. 11.
- Eimer, B.N. (Winter, 2000). Hypnosis for the relief of post-accident personal injury pain. Psychological Hypnosis, Vol 10, No. 1.
- Eimer, B.N. (2000). Clinical applications of hypnosis for brief and efficient pain management psychotherapy. American Journal of Clinical Hypnosis, 43, 17-40.

- Eimer, B.N. (Summer, 2000). Hypnosis for the relief of pain: What's possible and what's not. Psychological Hypnosis, Vol 9, No. 2, 3-6.
- Eimer, B.N. (Winter, 1993). EMDR approaches for treating chronic pain. EMDR Network Newsletter. 3(3).
- Eimer, B.N. (January, 1993). Psychological desensitization and reprocessing of chronic pain with EMDR. EMDR Network Newsletter. 3(1).
- Eimer, B.N. (1988). The chronic pain patient: Multimodal assessment & psychotherapy. International J. of Medical Psychotherapy. 1, 23-40.
- Eimer, B.N. (September, 1988). Coping with the stress of being a single parent during the holidays. The Jewish Exponent. Philadelphia.
- Eimer, B.N. (1983). Age differences in boys' evaluation of fathers' intervening to stop misbehavior. Journal of Psychology. 115, 159-163.
- Eimer, B.N. (1983). A technique for prediction of children's social problem-solving. Perceptual and Motor Skills. 57, 711-717.
- Eimer, B.N. & Mancuso, J.C. (1983). Children's perceptions of variously reprimanded transgressors. Journal of Psychology. 115, 209-220.
- Eimer, B.N., Mancuso, J.C., & Lehrer, R. (1983). Developmental Differences in Boys' Judgements About Paternal Disciplinary Behavior. Princeton, New Jersey: Educational Testing Service (ERIC Document Reproduction Service # PS 013702).
- Eimer, B.N. & Mancuso, J.C. (1980). A constructivist framework for helping parents develop positive parenting concepts. Albany, NY: SUNY at Albany (ERIC Doc Reproductions No. ED 192 918).
- Mancuso, J.C. & Eimer, B.N. (1982). A constructivist view of reprimand in the classroom. Interchange. 13(4), 39-45.
- TESTS:** Eimer, B.N. & Oster, M. (1998). The Hypnotic Ability and Response Profile (HARP). In B.N. Eimer & A. Freeman, Pain Management Psychotherapy: A Practical Guide. New York: John Wiley and Sons, Inc.
- Eimer, B.N. & Allen, L. (1993). The Pain Coping Inventory (PCI). Paper-and-pencil and computer software versions. Durham, NC: CogniSyst, Inc.
- Eimer, B.N. & Allen, L. (1994). The Pain Assessment Battery (PAB). Computerized administration, scoring and reporting software. Durham, NC: CogniSyst, Inc.
- Eimer, B.N. & Allen, L. (1994). The Philadelphia Pain Questionnaire (PPQ). Computerized administration, scoring and reporting software. Durham, NC: CogniSyst, Inc.

#### 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.

November, 2001 – Ongoing. Member of the Literature Review, Speakers' Bureau, Continuing Education & Ethics Committees of the American Society of Clinical Hypnosis.

October, 2009 – Ongoing. Member, Neurosciences Clinical Policy Management Subcommittee, Pennsylvania Highmark Blue Shield.