

Chapter 1.1 Brief Bio

I grew up as an only child in Hot Springs, Arkansas. After gaining a B. S. Degree from Southern Methodist University, I received an M. D. degree in 1953 from University of Texas Southwestern Medical School at Dallas. 1955 to 1957 was spent as medical officer in the United States Navy before starting a 3-year psychiatric residency in Baltimore, Maryland. I had a private practice in psychiatry in Baltimore from 1960 to 1967, and then moved my practice to Washington, D. C.

I received extensive training with Murray Bowen and Virginia Satir, and specialized in psychotherapy, particularly family therapy. I attended many workshops and training programs in family therapy, Gestalt, Transactional Analysis, psychodrama, Ericksonian hypnosis and Neurolinguistic Programming (NLP). I am a Life Member of American Psychiatric Association. I am a member of American Medical Association, and International Human Learning Research Network.

In 1976, I returned to Hot Springs as Medical Director of Community Counseling Center. I retired from doing medical management in 2002, and continue to do psychotherapy.

I am married and have two sons and a granddaughter.