

RANDY E. KAMEN-GREDINGER, Ed.D.

kamen-gredinger@comcast.net
relationshipcoaching.org

SUMMARY

Psychologist/Educator/Speaker/Coach: motivate and inspire individuals and groups to navigate through life challenges and transitions; extensive experience in clinical, medical, academic, media and corporate settings

EXPERIENCE

Licensed Psychologist and Educator (1980-present)

- Private practice: conduct cognitive-behavioral and psychodynamic therapy with individuals, couples, families and groups
- Teach practical mind/body tools and strategies within the traditional psychotherapy model

Behavioral Therapy Consultant (1979-present)

- Develop behavioral programs for hospitals, universities, corporations and religious institutions
- Incorporate strategies to enhance communication skills, healthy relationships and support systems, resilience, stress and pain management

Workshop/Seminar Designer and Leader, Canyon Ranch (Tucson/Lenox), Red Mountain Spa (1990-present)

- Conduct workshops/seminars for spa guests, spa staff and medical teams
- Focus on improving communication, strengthening relationships, developing mindfulness, resilience, managing stress and pain, fostering gratitude, altruism, balancing love, work, fun

Assistant Professor, School of Medicine, Boston University (1980-1992)

- Developed and instituted Behavioral Science Department
- Directed and supervised programs, courses, and workshops for dental and medical school faculty, staff and students
- Focused on stress and pain management, communication skills, managing transitions and loss, patient care management and related areas

Director, Biofeedback Department, Boston Pain Unit, Spaulding Rehabilitation Hospital (1977-1980)

- Developed and supervised all behavioral programs and therapy groups

Previous Faculty Appointments

- Boston University School of Medicine (1981-1992)
- Lesley University (1982-1986)
- Tufts University (1981-1982)

EDUCATION

Boston University

- Postdoctoral work in clinical psychology, 1982
- Ed.D.in psychophysiology, 1979
- M.S.in communications research, 1975
- B.A. in psychology, religion, teaching certification, 1972

SELECTED SPEAKING ENGAGEMENTS

- Harvard Medical School
- Hadassah Medical Center
- Massachusetts General Hospital
- Kimberly Clark and Warner Lambert
- Beth Israel Hospital
- Local and National Television/Radio
- American Biofeedback Society
- Chicago Rehabilitation Hospital
- Yankee Dental Congress
- Israel's Hospital for War Injured
- Boston University School of Medicine
- Apple Inc.