

Biographies

BERNARD S. SIEGEL, MD...

...who prefers to be called Bernie, not Dr. Siegel, was born in Brooklyn, NY. He attended Colgate University and Cornell University Medical College. He holds membership in two scholastic honor societies, Phi Beta Kappa and Alpha Omega Alpha and graduated with honors. His surgical training took place at Yale New Haven Hospital, West Haven Veteran's Hospital and the Children's Hospital of Pittsburgh. He retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers.

In 1978 he originated Exceptional Cancer Patients, a specific form of individual and group therapy using patients' drawings, dreams, images and feelings. ECaP is based on "carefrontation," a safe, loving therapeutic confrontation, which facilitates personal lifestyle changes, personal empowerment and healing of the individual's life. The physical, spiritual and psychological benefits which followed led to his desire to make everyone aware of his or her healing potential. He realized exceptional behavior is what we are all capable of.

Bernie, and his wife and coworker Bobbie, live in a suburb of New Haven, Connecticut. They have five children and eight grandchildren. Bernie and Bobbie have co-authored their children, books and articles. Their home with its many children, pets and interests resembled a cross between a family art gallery, museum, zoo and automobile repair shop. It still resembles these things, although the children are trying to improve its appearance to avoid embarrassment.

In 1986 his first book, *Love, Medicine & Miracles*, was published. This event redirected his life. Many books followed.

- **1989:** *Peace, Love & Healing*
- **1993:** *How To Live Between Office Visits*
- **1998:** *Prescriptions for Living* was born from Bernie's realization that we all need help dealing with the difficulties of life, not just

the physical ones. It helps people to become aware of the eternal truths and wisdom of the sages through Bernie's stories and insights rather than wait for a personal disaster. He wants to help people fix their lives before they are broken, and thus not have to become strong at the broken places.

- **2003:** *Help Me to Heal* empowers patients and their caregivers and *365 Prescriptions for the Soul* provides daily inspiration and practical wisdom.
- **2004:** *Smudge Bunny*, a children's book about how difficulties can become blessings.
- **2005:** *101 Exercises For The Soul* teaches us how to incorporate changes into our daily lives.
- **2006:** *Love, Magic & Mud Pies*, a prescriptions for parenting book.
- **2008:** *Buddy's Candle*, for children of all ages, relates to dealing with the loss of a loved one—be it a pet or parent.
- **2009:** *Faith, Hope & Healing* contains inspiring survivor stories and Bernie's reflections about what they teach us.
- **2010:** *Words Swords*, Bernie provides meaningful poetry about life, nature, faith, and relationships, and a chance to write and react with your own.
- **2011:** A book on daily miracles revealing our human potential.

He is currently working on other books with the goal of humanizing medical education and medical care, as well as, empowering patients and teaching survival behavior to enhance immune system competency.

Woody Allen once said, "If I had one wish it would be to be somebody else." Bernie's wish was to be a few inches taller. His work has been such a growth experience that he is now a few inches taller. His prediction is that in the next decade the role of consciousness, spirituality, non-local healing, body memory and heart energy will all be explored as scientific subjects.

For many, Bernie needs no introduction. He has touched many lives all over our planet. In 1978 he began talking about patient empowerment and the choice to live fully and die in peace. As a physician, who has cared for and counseled innumerable people whose mortality has been threatened by an illness, Bernie embraces a philosophy of living and dying that stands at the forefront of the medical ethics and spiritual issues our society

grapples with today. He continues to assist in the groundbreaking fields of healing, personally struggling to live the message of kindness and love. His web site: www.BernieSiegelMD.com

BARBARA H. SIEGEL...

...graduated from Oswego State Teachers College with a BS in Early Childhood Education. As she says, "It prepared me to educate and train Bernie." Even he admits that her guidance has helped him become the person he is today. Bobbie and Bernie married in 1954.

After raising five children and teaching kindergarten she began to help Bernie with his ECaP (Exceptional Cancer Patients) groups and workshops. She has worked with many participants to help with their drawing interpretations and make the workshop groups aware of the importance of humor in healing. She often contributes one-liners to presentations to allow people to experience humor and see how laughter affects them physically. This leads to her getting more grateful comments than Bernie. She and Bernie both enjoy a home still filled with their children's things, pets and love.

SCOTT E. SMITH...

...is a licensed clinical psychologist who lives in Annapolis, Maryland with his wife and three children. He grew up in Severna Park where he was active in sports, sailing and studies. After attending Washington and Lee University he entered graduate school at McGill University in Montreal, Canada. While at McGill, Scott worked on research which measured the effects of substance abuse on the brain and behavior as well as performing pioneering work on the relationship between brain biochemical precursors such as tryptophan and depression. His research was published in several notable journals and textbooks. He was selected as the "Outstanding Psychology Student" his senior year and was presented with the prestigious NCAA Scholar-Athlete award to help continue his study of psychology in graduate school. He graduated Magna Cum Laude and as a member of Phi Beta Kappa.

Scott was the first of his class to complete his Ph.D. before beginning his clinical internship at Walter Reed Army Medical Center where he studied child and adolescent evaluation and treatment, adult evaluation and treatment, hypnotherapy and liaison with medical services. During his tours as an Army Psychologist, he served as the Chief of Adult Outpatient Psychology at Madigan Army Medical Center in Tacoma, Washington and as Chief of the Psychology Section at Kimbrough Army Community Hospital located on Ft. Meade, MD. While in the Army he earned the Desert Storm service ribbon and the Expert Field Medical Badge.

After leaving the military, Scott entered private practice with Spectrum Behavioral Health, where he has been serving his patients since 1988 and writes a biweekly psychology column for *The Capital*, one of the nation's oldest newspapers. His writing has been referenced in the *Washington Post*, the *Indianapolis Star*, the *Chicago Sun Times* and *Rosie* magazine.

Scott has a general practice where he works with individuals of all ages in conducting evaluations and providing treatment for children, adolescents and adults. His areas of expertise include working with anxiety, depression, mood disorders, trauma, abuse, behavioral disorders, adjustment issues, habit disorders, chronic pain and illness, stress management, family problems, divorce, school related difficulties, learning disabilities, ADHD, couples and family therapy. He also testifies as an expert in psychology in forensic matters and conducts evaluations related to security clearance issues.

Following the death of his father from cancer and with the impending death of his mother from the same illness, he and his family settled nearby in Annapolis to raise their children. An avid sportsman, Scott has enjoyed coaching children in sports as well as practicing sports psychology as a hobby and sidelight to his clinical practice. As a sidelight, he enjoys applying psychological principles to performance enhancement and he has worked with athletes at the recreational, high school, college and professional levels. He was the psychological consultant for the Baltimore-based "Whitbread Around the World" racing team.

ALISON KELLY...

...is a motivational speaker, trainer and facilitator. She delivers inspiring presentations to thousands of individuals each year at meetings, conferences and customized workshops. A firm believer in the power of each individual to affect change and influence others, she strives to motivate people to leave their mark in this world through their everyday actions, positive attitude and personal awareness.

A Graduate from the National College of Ireland, she has more than 20 years of experience in human resource management, consulting, quality management and training with Fortune 500 companies, colleges and federal, state and local government services. She has received numerous awards and recognition for her excellence in design and delivery of training. Her extensive management and consulting skills, coupled with her energetic and empathetic approach, energizes participants of her workshops to take charge of their life.

Combining her passion for inspiring people with her love of both her home country, Ireland, and her adopted homeland America, Alison injects humor, compassion and real life examples into each topic she teaches.

Her book *Through My Irish Eyes* is a collection of her experiences of the people who have used their influence to motivate others and change the world for the better. Alison's website is www.akellyassociates.com.