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P R O F E S S I O N A L E X P E R I E N C E

Whole Health MD – Integrative Medical Practice 2006 to Present

FAMILY PRACTICE PHYSICIAN

SelfHealth Programs 1988 to Present

Developing and presenting stress and life management programs
to medical, general and professional audiences.

Rush Lincoln Park Family Physicians

FAMILY PRACTICE PHYSICIAN

2000 to 2011

Rush Prudential Health Plans - Anchor HMO, a staff model HMO

FAMILY PRACTICE PHYSICIAN

1982 to 2000

DIRECTOR OF BEHAVIORAL MEDICINE

1992 to 2000

Developing, promoting and implementing behavioral medicine interventions system-
wide at three medical offices.

SECTION HEAD OF FAMILY PRACTICE

1988 to 1992

MEMBER, CREDENTIALS COMMITTEE

1984 to 1986

Rush Medical College - Department of Family Medicine

ASSISTANT PROFESSOR

1982 to present

E D U C A T I O N

Family Institute of Northwestern

University

Chicago, Illinois

CLINICAL TRAINING PROGRAMS IN FAMILY THERAPY

1984 - 1986

1981 - 1982

Swedish Covenant Hospital

Chicago, Illinois

COMPLETED FAMILY PRACTICE RESIDENCY

1979 - 1982

University of Illinois Medical School

Chicago, Illinois

DOCTOR OF MEDICINE

1973 - 1978

Bradley University

Peoria, Illinois

BACHELOR OF SCIENCE, BIOLOGY

1969 - 1973

B O A R D C E R T I F I C A T I O N

Recertification in Family Practice

2013, 2003, 1996, 1989

Certification in

FAMILY PRACTICE

1982

A W A R D S

Norman Cousins Award

BEST ESSAY IN BIOPSYCHOSOCIAL MEDICINE FROM 1992
THE DEPT. OF FAMILY MEDICINE, RUSH UNIVERSITY MEDICAL CENTER
"MEDICINE: SOMETHING OLD, SOMETHING NEW"

Slawikowski Memorial Award

OUTSTANDING RESIDENT OF THE YEAR 1981-1982

R E S E A R C H

- RYBARCZYK,B., DEMARCO, DELACRUZ,M., LAPIDOS,S & FORTNER (2001). A CLASSROOM MIND-BODY WELLNESS INTERVENTION PROGRAM FOR OLDER ADULTS WITH CHRONIC ILLNESS: COMPARING IMMEDIATE AND ONE-YEAR BENEFITS. BEHAVIORAL MEDICINE27, 15-27
- RYBARCZYK,B., DEMARCO,G., DELACRUZ,M., & LAPIDOS,S.(1999). COMPARING TWO TYPES OF MIND-BODY WELLNESS PROGRAMS FOR OLDER ADULTS WITH CHRONIC ILLNESS: CLASSROOM VS. HOME INSTRUCTION. BEHAVIORAL MEDICINE 24(4), 181-190.
- RECEIVED A SCHOLL FOUNDATION GRANT TO STUDY THE EFFECTIVENESS OF "NEW BEGINNINGS" AS AN INTERVENTION FOR REDUCING SYMPTOMS AND UTILIZATION IN A GERIATRIC HMO POPULATION. RESULTS WERE FAVORABLE, AND FINDINGS WERE PRESENTED AT THE 1995 SOCIETY OF BEHAVIORAL MEDICINE CONFERENCE IN SAN DIEGO, CALIFORNIA.
APRIL 1995
- OUTCOMES MEASURE ON THE EFFECTIVENESS OF "PATHS TO WELLNESS", AS A BEHAVIORAL MEDICINE INTERVENTION PROGRAM FOR REDUCING SYMPTOMS, UTILIZATION AND INCREASING SATISFACTION IN YOUNG TO MIDDLE-AGE ADULT HMO PATIENTS.
1995 TO 1998

COMMUNITY WORK

2009 TO PRESENT

VOLUNTEER PHYSICIAN FOR PATIENTS AND TEACHER FOR MEDICAL STUDENTS AT NON-PROFIT COMMUNITY HEALTH CLINIC.

1998 TO PRESENT

LECTURES AND WORKSHOPS TO VARIOUS COMMUNITY GROUPS ON THE RELATIONSHIP BETWEEN STRESS AND HEALTH, AND PRACTICAL STRATEGIES FOR STRESS MANAGEMENT.

1998

- NURSING STAFF AT ILLINOIS MASONIC MEDICAL CENTER
- HEALTHY SOLUTIONS WELLNESS CENTER
- GILDA'S CLUB IN CHICAGO
- THE LATIN SCHOOL OF CHICAGO
- CANCER WELLNESS CENTER, NORTHBROOK

NOVEMBER 1987 TO JUNE 1990

- SERVED ON THE BOARD OF DIRECTORS OF ASPIRA, INC., OF ILLINOIS. ASPIRA WORKS TO PROMOTE HIGHER EDUCATION IN THE HISPANIC COMMUNITY.

1983

- ONE MONTH MEDICAL VOLUNTEER FOR CATHOLIC MISSIONS BOARD OF HONDURAS.
-

PROFESSIONAL ACCOMPLISHMENTS

- AUTHORED BALANCING ACT, A MIND-BODY-SPIRIT APPROACH FOR OPTIMAL HEALTH. CHICAGO:SELFHEALTH PROGRAMS, 2006. USED IN WORKSHOPS AND AVAILABLE TO THE PUBLIC ON AMAZON.COM
- DEVELOPED AND PRESENTED HEART SPRINGS, A 12-WEEK BEHAVIORAL MEDICINE INTERVENTION PROGRAM FOR PATIENTS WITH CORONARY ARTERY DISEASE.

OCTOBER 1998

- AUTHORED BALANCING ACT, AN INTERACTIVE MIND-BODY-SPIRIT WORKBOOK FOR HOME USE OR TO ACCOMPANY BEHAVIORAL MEDICINE PROGRAMS.

SEPTEMBER 1998

- DEVELOPED AND PRESENT THE MIND-BODY STRESS-MANAGEMENT CLINIC, A WEEKLY PROGRAM ON MIND-BODY AND NUTRITIONAL MEDICINE AT RUSH PRUDENTIAL HEALTH PLANS

JUNE 1995

MEMBER OF THE COMMITTEE FOR ALTERNATIVE MEDICINE OF RUSH PRES-ST. LUKE'S MEDICAL CENTER, CHICAGO. TASK WAS TO MAKE RECOMMENDATIONS FOR SETTING UP A CENTER FOR ALTERNATIVE MEDICINE IN THE MEDICAL CENTER.

JUNE 1996

- DEVELOPED AND PRESENTED A TRAINING PROGRAM TO TEACH OTHER PROFESSIONALS TO PRESENT PATHS TO WELLNESS. TAUGHT TRAINING PROGRAM AGAIN MARCH 1996.
NOVEMBER 1995
- COORDINATOR OF THE FIRST FIVE ANNUAL MIND-BODY MEDICINE CONFERENCES AT RUSH PRESBYTERIAN ST. LUKE'S MEDICAL CENTER.
1992-1996
- MEMBER OF THE HEALTH, PREVENTION AND WELLNESS STEERING COMMITTEE OF ANCHOR HMO. TASK IS TO DEVELOP RECOMMENDATIONS FOR IMPLEMENTING A PREVENTIVE HEALTH AND WELLNESS APPROACH TO HEALTHCARE DELIVERY.
NOVEMBER 1993
- DEVELOPED AND PRESENTED THE BEHAVIORAL MEDICINE PORTION OF "NEW BEHAVIORS" A 20-WEEK WEIGHT-LOSS PROGRAM OFFERED BY ANCHOR HMO NUTRITION SERVICES, FOR THOSE MORE THAN 50 POUNDS OVERWEIGHT.
PRESENTED JUNE 1993 AND SEPTEMBER 1993
- DEVELOPED AND PRESENTED "NEW BEGINNINGS", A 6-WEEK WELLNESS CLASS FOR MEDICARE MEMBERS OF ANCHOR HMO. (SEE RESEARCH BELOW).
PRESENTED APRIL 1993 AND SEPTEMBER 1993
- MEMBER OF THE PREVENTIVE MEDICINE TASK FORCE OF RUSH PRESBYTERIAN ST. LUKE'S MEDICAL CENTER. TASK WAS TO DEVELOP RECOMMENDATIONS FOR IMPLEMENTING PREVENTIVE AND WELLNESS PRACTICES INTO AMBULATORY MEDICINE.
JUNE 1993
- DEVELOPED AND IMPLEMENTED "PATHS TO WELLNESS", A SIX-WEEK, BEHAVIORAL MEDICINE INTERVENTION PROGRAM (BMIP) FOR PATIENTS. THIS BMIP IS PRESENTED QUARTERLY TO ANCHOR PATIENTS. (SEE RESEARCH BELOW).
FEBRUARY 1993
- DEVELOPED AND IMPLEMENTED "GREAT EXPECTATIONS II - THE LIFE/WORK MANAGEMENT SEMINAR"; A BEHAVIORAL MEDICINE INTERVENTION PROGRAM FOR ANCHOR HMO EMPLOYEES.
OCTOBER 1990
- LECTURE TO THIRD YEAR STUDENTS AT RUSH MEDICAL COLLEGE EVERY SIX WEEKS ON "THE RELATIONSHIP BETWEEN EMOTIONS/THOUGHTS AND ILLNESS/WELLNESS - CLINICAL IMPLICATIONS".
SEPTEMBER 1992 TO 1994
- EDITOR AND WRITER OF "GOOD NEWS" - THE GREAT EXPECTATIONS QUARTERLY NEWSLETTER. THIS FOUR PAGE NEWSLETTER PROVIDES PATIENT EDUCATION ON MIND- BODY MEDICINE TOPICS AND RESEARCH.
BEGAN 1990; ONGOING
- DEVELOPED AND IMPLEMENTED "GREAT-EXPECTATIONS - A COURSE IN SELF-HEALTH"; A GROUP OF ONGOING PSYCHOEDUCATIONAL AND EXPERIENTIAL BEHAVIORAL MEDICINE INTERVENTION PROGRAMS FOR ANCHOR HMO PATIENTS.
1988 - 1993

P R E S E N T A T I O N S

- PRESENTED VARIOUS STRESS/LIFE MANAGEMENT WORKSHOPS FOR THE CHICAGO PRINCIPALS AND ADMINISTRATORS ASSOCIATION'S 52ND ANNUAL EDUCATION CONFERENCE, THE BUSINESS OF EDUCATION: MAKING IT WORK, FEBRUARY 2009
- PRESENTED VARIOUS STRESS/LIFE MANAGEMENT WORKSHOPS TO HUNDREDS OF TEACHERS AND STAFF MEMBERS AT MORE THAN 20 DIFFERENT PUBLIC SCHOOLS IN THE CHICAGO AREA.
AUGUST 2000 TO PRESENT
- PRESENTED STRESS/LIFE MANAGEMENT WORKSHOPS FOR CHICAGO PUBLIC SCHOOLS' (CPS) LIFT TRAINING FOR NEW PRINCIPALS.
AUGUST 2002, 2003 AND 2004
- PRESENTED STRESS/LIFE MANAGEMENT WORKSHOPS TO CPS PRINCIPALS' MEETINGS FROM REGION ONE, AND REGION 2.
FEBRUARY 2000, 2001
- PRESENTED AT JOLIET JUNIOR COLLEGE ON "BODY-MIND-SPIRIT APPROACH TO WHOLE HEALTH."
NOVEMBER 1998
- PRESENTED AT THE ILLINOIS ACADEMY OF FAMILY PHYSICIANS 1998 ANNUAL MEETING ON "BODY-MIND-SPIRIT APPROACH TO WHOLE HEALTH."
JULY 1998
- PRESENTED TO TEACHERS AND STAFF AT THE NORTH SIDE LEARNING CENTER IN CHICAGO ON "BODY-MIND-SPIRIT STRESS MANAGEMENT."
AUGUST 1998
- PRESENTED AT THE SEVENTH ANNUAL MIND-BODY CONFERENCE ON "A MIND BODY MEDICINE PROGRAM IN MAGANGED CARE: 10 YEARS EXPERIENCE."
APRIL 1998
- PRESENTED TO UROLOGY NURSES "MIND-BODY-SPIRIT STRESS MANAGMENT."
MARCH 1998
- PRESENTED AT THE ENDOSCOPIC INNOVATIONS WORKSHOP / VENDOR FAIR ON "BODY-MIND-SPIRIT STRESS MANAGMENT."
SEPTEMBER 1997
- PRESENTED AT THE RUSH ASSOCIATES SUMMER LUNCHEON ON "THE MIND-BODY CONNECTION."
JULY 1997
- PRESENTED AT THE WAVELAND WELLNESS CENTER, CHICAGO, ON "HOLISTIC MEDICINE - PARTS OF THE WHOLE."
APRIL 1997
- PRESENTED AT THE SIXTH ANNUAL MIND-BODY CONFERENCE ON "BEHAVIORAL MEDICINE IN PRIMARY CARE."
APRIL 1997
- PRESENTED AT THE FIFTH ANNUAL MIND-BODY CONFERENCE ON "INTEGRATING BEHAVIORAL MEDICINE INTERVENTION INTO PRIMARY CARE."

APRIL 1996

- PRESENTED AT THE FOURTH ANNUAL MIND-BODY CONFERENCE ON “STRESS AND HEART DISEASE IN WOMEN”, AND “USING BEHAVIORAL MEDICINE INTERVENTIONS IN CLINICAL PRACTICE”.

APRIL 1995

- PRESENTED A POSTER SESSION AT THE SOCIETY FOR BEHAVIORAL MEDICINE CONVENTION IN SAN DIEGO, CALIFORNIA, ON “A WELLNESS PROGRAM FOR AT-RISK ELDERLY IN AN HMO: PSYCHOLOGICAL, MEDICAL AND UTILIZATION BENEFITS”.

MARCH 1995

- PRESENTED A TWO-PART LECTURE TO INTERNAL MEDICINE RESIDENTS AT MICHAEL REESE HOSPITAL IN CHICAGO, ON “IMPLICATIONS OF MIND-BODY MEDICINE RESEARCH ON HEALTHCARE DELIVERY” AND INTEGRATING BEHAVIORAL MEDICINE INTERVENTIONS INTO PRIMARY CARE”.

JANUARY 1995

- PRESENTED TO FAMILY PRACTICE RESIDENTS AT CALIFORNIA MEDICAL CENTER LOS ANGELES ON “USING BEHAVIORAL MEDICINE TECHNIQUES IN OFFICE PRACTICE”.

DECEMBER 1994

- PRESENTED A TWO-HOUR SEMINAR AT THE 15TH FORUM FOR THE BEHAVIORAL SCIENCES IN FAMILY MEDICINE IN CHICAGO, ON “INTEGRATING COST-EFFECTIVE BEHAVIORAL MEDICINE INTERVENTIONS INTO OFFICE PRACTICE”.

SEPTEMBER 1994

- PRESENTED AT THE 3RD ANNUAL MIND-BODY CONFERENCE ON “COST-EFFECTIVE BIOBEHAVIORAL INTERVENTIONS IN PRIMARY CARE”, AND “A BEHAVIORAL MEDICINE INTERVENTION PROGRAM: SIX YEAR’S EXPERIENCE”.

APRIL 1993

- PRESENTED A PAPER ON “IMPLICATIONS AND APPLICATIONS OF PNI IN HEALTHCARE DELIVERY” AT THE PSYCHONEUROIMMUNOLOGY AND HEALTHCARE DELIVERY CONFERENCE, HELD IN PASADENA, CALIFORNIA AND SPONSORED BY THE LEE TRAVIS INSTITUTE OF BIOPSYCHOSOCIAL RESEARCH.

NOVEMBER 1992

- INVITED TO SPEAK TO THE NATIONAL COLLEGE OF CHAPLAINS NATIONAL CONFERENCE IN INDIANAPOLIS ON “SPIRITUALITY AND HEALTH”.

APRIL 1992

- PRESENTED AT THE 1ST ANNUAL MIND-BODY CONFERENCE ON “APPLICATIONS IN PRIMARY CARE” AND “EDUCATING PATIENTS ON STRESS-RELATED ILLNESS”.

APRIL 1992

- INVITED TO SPEAK IN “ANXIETY PROFILES - NEW PERSPECTIVES FOR DIAGNOSIS AND TREATMENT” - AN EDUCATIONAL PROGRAM FOR FAMILY PHYSICIANS DEVELOPED BY AN EDITORIAL BOARD OF FAMILY PHYSICIANS. SPOKE ON “NON-PHARMACOLOGIC TREATMENT OF ANXIETY” AND “SPECTRUM OF ANXIETY DISORDERS”.

JULY 1991 SAN ANTONIO, TEXAS

NOVEMBER 1991 CHARLESTON, WEST VIRGINIA

REFERENCES AVAILABLE ON REQUEST