

CURRICULUM VITAE: David Gruder, Ph.D.

[Note: Last name of Grudermeyer between 1986 & 2003]

BUSINESS NAMES **Integrity Revolution, LLC, Willingness Works®**
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Co-Founder and Executive Director of Integrity Revolution, LLC

Willingness Works® was founded in 1988 and was subsumed in 2008 under Integrity Revolution, LLC. Through it, Dr. Gruder provides speaking, training, consulting and psychoeducational resources for individuals, couples, leaders, helping professionals, religious communities, businesses, and conferences. Areas of expertise include but are not limited to: 1) **Integrity Development** (author of a two-award-winning book setting new standards for personal, relationship, societal, business and leadership integrity: *The New IQ: How Integrity Serves You, Your Relationships and Your World*); 2) **Self-Help Education** (co-author of *Sensible Self-Help*, Colliers 1997 Mental Health Book of the Year); 3) **Anger & Boundaries Competence and Inner Critic Management Training** (Trainer Certification in Focused Expressive Psychotherapy by developers at the University of Arizona and developer of the *Conquering Anger Mountain, NICE™ Boundaries* and *Getting the Upper Hand on Your Inner Critic* curricula); 4) **Synergy Education** (co-author of the *Relationship Synergy* training manual, converting the research findings from Dr. John Gottman's University of Washington study into psychoeducational training exercises for couples, businesses and leaders); 5) **Energy Psychology** (developer of *Energy Psychology Essentials* training program and the *Energy Psychology Anywhere* self-help audio CD; Founding President and master certification trainer for the nonprofit Association for Comprehensive Energy Psychology).

Licenses

California Licensed Clinical Psychologist (PSY 9266)
California Licensed Marriage, Family and Child Counselor (MFC 18889)

Degrees

California School of Professional Psychology at San Diego
Doctor of Philosophy in Clinical Psychology, with a secondary emphasis in
Organizational Development, 1982
Master of Arts in Clinical & Organizational Psychology, 1977

Alfred University
Bachelor of Arts, Magna Cum Laude with
Psychology Major and Music Minor, 1975

Specialized Training & Certificates & Highlights

D.CEP -- Diplomate, Comprehensive Energy Psychology (2006)
Focused Expressive Psychotherapy (Anger Completion Therapy) Full Certification (1998)

Energy Diagnostic & Treatment Methods Certification (1998)
Personality Assessment System Training (1997)
Thought Energy Synchronization Therapy Dx Training and Certificate (1997)
Gottman's Scientifically-Based Marital Therapy Training (1997)
Thought Field Therapy Level One & Two Training (1996-7)
Emotional Intelligence Assessment Training (1996)
Focused Expressive Psychotherapy Level 1&2 Training (1994-5)
Interactive Guided Imagery Training (1994-5)
EMDR Level One & Two Training (1994)
Intention Training Trainer (1988)
Focusing Trainer Training and Certificate (1986)
Certificate in Holistic Health: University of California, San Diego
and the Association for Holistic Health (1976)

Memberships

Association for Comprehensive Energy Psychology Charter Member

Leadership & Administrative Positions

Integrity Revolution, LLC Executive Director (2008-present): Responsibilities include managing the IntegrityPledge.org website and all integrity-related products and services produced by Willingness Works®, which is a subsidiary of Integrity Revolution, LLC.

Willingness Works® Executive Director (1988-present): Responsibilities have included administrative oversight, master planning, policies & procedures development, staff supervision, curriculum development, product development (books, training manuals, recordings), marketing plan development and implementation, marketing materials development, and providing direct services (psychotherapy, speaking & training, business consulting, etc.)

Association for Comprehensive Energy Psychology Founding President (1998-2002) and **Certification Program Co-Developer, Master Trainer and Consultant** (2005-present): Responsibilities have included organizational development, master planning, policy & procedures development, ethics document development, staff supervision, teambuilding, leadership mentoring, marketing plan development, membership building, internal communications and inter-organizational communication, conflict resolution, web site & brochure development, producing large international conferences and developing/implementing a two-track certification program

Association for Holistic Health Administrator (1976-1977): Responsibilities included organizational development, teambuilding, and curriculum development

California School of Professional Psychology Administrative Assistant to the Dean (1976-1977): Responsibilities included organizational development and policies & procedures development

Alfred University Administrative Assistant to the President (1975): Responsibilities included master planning, policy development, internal consulting & conflict resolution, speech writing, and fundraising

Allegany County Hotline & Crisis Intervention Center Executive Director & Training Director (1972-1974): Responsibilities included training program development, staff training, administrative management, budgeting, and interface with governmental agencies & academic institutions

Current & Past Faculty and Directorship Appointments

Graduate Program Core Faculty: California Institute for Human Science

Consultant: Sanoviv Medical Institute

Certification Program Developer, Trainer & Certification Consultant: Association for Comprehensive Energy Psychology

Advisory Council Member: Association for Comprehensive Energy Psychology

Advisory Board Member: Energy Psychology Interactive

Adjunct Faculty: Academy for Guided Imagery

Director: International Clearinghouse for Focused Expressive Psychotherapy

Director: Foundation for Energy Health

Sample Courses/Presentations (excluding media & bookstore appearances)

INTEGRITY REVOLUTION/WILLINGNESS WORKS®, DEL MAR, CA (1988-PRESENT):

*Over 300 presentations and training workshops for the **lay public** (in Self-Help strategies, Intentional Effectiveness, Relationship Education and Anger Completion) and approved Continuing Education courses for **professionals** in Energy Psychotherapy, Anger Completion, Shadow & Archetypes Issues & Spirituality in Psychotherapy*

ASSOCIATION FOR COMPREHENSIVE ENERGY PSYCHOLOGY ANNUAL INTERNATIONAL CONFERENCE CONTINUING EDUCATION KEYNOTES, PRESENTATIONS & PRE/POST CONFERENCE WORKSHOPS, MULTIPLE LOCATIONS (1999-PRESENT, PARTIAL LIST):

Healing "Separation From God" Stories

The NICE™ Boundaries Method

Conquering Anger Mountain

Integrity-Centered Life Fulfillment

Intentional Effectiveness Training

Out of the Shadow: Embracing & Upgrading Our Indulged & Neglected Aspects

Energy Psychology Essentials

The Energy Psychology Heritage Tree

Master Therapist Demonstration

CANADIAN ANNUAL ENERGY PSYCHOLOGY CONFERENCE CONTINUING EDUCATION KEYNOTES, PRESENTATIONS & PRE/POST CONFERENCE WORKSHOPS, TORONTO CANADA (2000-PRESENT, PARTIAL LIST):

Closing Address: The Future of Energy Psychology

Integrity-Centered Life Fulfillment Facilitator Training

Healing "Separation From God" Stories

Conquering Anger Mountain

Integrity-Centered Life Fulfillment

Intentional Effectiveness Training

Out of the Shadow: Embracing & Upgrading Our Indulged & Neglected Aspects

Energy Psychology Essentials

Becoming a Great Assessment & Intervention Method Matchmaker

ACEP Certification Training Workshops

CALIFORNIA INSTITUTE FOR HUMAN SCIENCE, ENCINITAS, CA (2004-PRESENT):

Energy Psychology: 40 hour on-campus & online courses for doctoral students

Archetypes of Human Development: 40 hour on-campus & online courses for doctoral students

A Course in Miracles: Independent Study supervision for doctoral students

**ASSOCIATION FOR COMPREHENSIVE ENERGY PSYCHOLOGY CERTIFICATION PROGRAM
TRAINING WORKSHOPS, MULTIPLE LOCATIONS (2006-PRESENT):**

3-Day Certification Training and Ethics Course

1-Day Client Care & Facilitation Skills Course

CALIFORNIA INSTITUTE FOR HUMAN SCIENCE, ENCINITAS, CA (2008):

Commencement Address: Life Fulfillment in the 21st Century

WALDEN UNIVERSITY, DENVER COLORADO (2008)

Opening Keynote for Academic Residency to 600 Graduate Students, Faculty & Staff: Integrity-Centered Life Fulfillment & Leadership

ALBERTA SOCIETY FOR ENERGY THERAPIES, EDMONTON CANADA (2008)

Energy Psychology Essentials Introductory Evening

Integrity-Centered Life Fulfillment Training Two-Day Workshop

Energy Psychology Essentials Two-Day Workshop

**INSTITUTE FOR THE STUDY OF SUBTLE ENERGIES & ENERGY MEDICINE, BOULDER,
COLORADO (2008)**

Keynote Panel Member: The Future of the Energy Field

The Six Secrets of Great Energy Healers

3-Day ACEP Certification Training and Ethics Course

1-Day ACEP Client Care & Facilitation Skills Course

GSTAAD WINTER WORKSHOP SERIES, GSTAAD, SWITZERLAND (2003-2007):

Integrity Training: Personal Development That Serves Us All™

Intentional Effectiveness™ Training

Boundaries Intelligence Training: The NICE™ Boundaries Method

Out of the Shadow: Embracing & Upgrading Our Indulged & Neglected Aspects

Conquering Anger Mountain

WORLD TRADE ORGANIZATION AMBASSADORS, GENEVA, SWITZERLAND (2006)

Leadership Integrity and Synergistic Negotiation Strategies two-day training program for World Trade Organization (WTO) ambassadors and staffs invited by the event's co-sponsors, South Centre & Action Aid

UNIVERSITY OF CALIFORNIA, SAN DIEGO, MEDICAL SCHOOL STAFF (2005)

Dealing With Difficult Doctors, Staff and Students: Three Sanity-Saving Strategies for Effectively Handling Ten Difficult People Archetypes

FIRST PACIFIC RIM ENERGY PSYCHOLOGY CONFERENCE, SINGAPORE (2004):

Opening Keynote: The Developmental Stages of New Paradigm Acceptance

Closing Keynote: The Five Gifts Energy Psychology Brings to the Psychotherapeutic Process

Two Day Training Workshop: The Five Core Archetypal Energies of Leadership™

OXFORD STRESS & TRAUMA CENTER, OXFORD, ENGLAND (2003):

Conquering Anger Mountain one day Workshop, Anger Completion Therapy three day in-depth training workshop, Stress & Trauma Center staff one day training course

PSYCHOLOGICAL SERVICES OF LA JOLLA (2003):

Conquering Anger Mountain nine hour Continuing Education Course for Psychologists & Other Psychotherapists

EUROPEAN ENERGY PSYCHOLOGY CONFERENCES, LUCERNE, SWITZERLAND AND OXFORD & BRIGHTON ENGLAND (2001-2003):

Closing Keynote Panel – The Role of Emotional Pain in Psychotherapy
Incorporating Spiritual Issues into Psychotherapy (workshop),
Toward a Road Map for Healing Core Psychospiritual Traumas
Conquering Anger Mountain
The Five Keys to Effective Energy Psychotherapy Treatment

GENEVA SWITZERLAND TRANSACTIONAL ANALYSIS ASSOCIATION (2003): *Conquering Anger Mountain & Anger Completion Therapy (three day in-depth therapist training)*

PERSONALITY ASSESSMENT SYSTEM CONFERENCE, NELSONVILLE, OH (2000)

One-Day Post Conference Workshop: Introduction to Energy Psychology

SHARP HEALTHCARE GRAND ROUNDS SERIES, SAN DIEGO, CA (2000, 1999)

Full-Spectrum Anger Interventions, Part 1: Conquering Anger Mountain
Full-Spectrum Anger Interventions, Part 2: Energy Psychology Treatments for Stuck Anger

RANCHO BERNARDO COMMUNITY PRESBYTERIAN CHURCH, SAN DIEGO, CA (2000):

Spirituality & Healing Conference Keynote Address: The Sacred Side of Tragedy

PACIFIC CHURCH OF RELIGIOUS SCIENCE, SAN DIEGO, CA (2000):

Strengthening Your Relationship During Life Upheavals: Guest Sermon & Workshop

THIRD ANNUAL INTERNATIONAL CONFERENCE OF THE COALITION FOR MARRIAGE, FAMILY & COUPLES EDUCATION (CMFCE), WASHINGTON, D.C. (1999):

Whose Money Is It?: The Financially Intimate Marriage™

THE SUMMIT – 22ND ANNUAL TENNESSEE SCHOOL ON ALCOHOL AND OTHER DRUG STUDIES, NASHVILLE, TN (1999):

PLENARY ADDRESS: *The Truth About Trust*

FIVE DAY COURSE: *Advanced Techniques for Working With Couples in Recovery*

NATIONAL COUNCIL ON ALCOHOL & DRUG DEPENDENCY, SAN DIEGO, CA (1999):

Conquering Anger Mountain: Full-Spectrum Anger Treatments

FIRST INTERNATIONAL ENERGY PSYCHOLOGY CONFERENCE, LAS VEGAS, NV (1999):

The Time Has Come: Introducing The Association for Comprehensive Energy Psychology;
CLOSING PANEL: *The Future of Energy Psychology*

SAN DIEGO PSYCHOLOGICAL ASSN MIND-BODY TASK FORCE, SAN DIEGO, CA (1999)

Energy Psychology: An Introduction to the Field of Energy Fields

THE LEARNING ANNEX, SAN DIEGO, CA (1999, 1996):

Energy Psychology Self-Help Introduction, Kicking the Inner Critic Habit; Sensible Self-Help:
The Seven Secrets of Highly Effective Self-Healing

ACADEMY FOR GUIDED IMAGERY 11TH ANNUAL INTERNATIONAL CONFERENCE, CO-SPONSORED BY THE INTERNATIONAL ASSOCIATION OF INTERACTIVE IMAGERY, THREE HOUR PLENARY SESSION, ANAHEIM, CA (1998):

Comprehensive Energy Psychotherapies

SEASIDE CHURCH OF RELIGIOUS SCIENCE, ENCINITAS, CA (1998):

The Fantasy Bond: Is It Love or Is It Fantasy?

**EDUCATIONAL POSITIONING & GLOBAL ISSUES FORUM, HOCKING COLLEGE, THREE HOUR
PLENARY SESSION, NELSONVILLE, OH (1998):**

Mass & Niche Marketing: Principles & Strategies

SHARP HOSPITAL WOMEN'S HEALTH CONFERENCE, SAN DIEGO, CA (1997)

How to Stay Friends and Lovers for Life

**CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS 32ND ANNUAL
CONFERENCE, SATURDAY LUNCHEON ADDRESS (1996):**

The Seven Stages of Highly Effective Clients

SEVEN COUNTIES SERVICES TRAINING INSTITUTE, LOUISVILLE, KY (1996):

Sensible Self-Help day-long therapist training workshop

**PACIFIC UNIVERSITY SCHOOL OF PROFESSIONAL PSYCHOLOGY, FOREST GROVE, OR
(1996):**

The Seven Stages of Highly Effective Clients (continuing education symposium program)

CENTRAL CALIFORNIA WOMEN'S CONFERENCE, FRESNO, CA (1995-1996):

Kicking the Inner Critic Habit (1995)

Six Secrets to Selecting a Great Relationship (1996)

STYLES FOR RELAXATION, PORTLAND, OR (1992-1994):

Numerous workshops on the psychology of A Course in Miracles

CENTER FOR SPIRITUAL AWAKENING, ESCONDIDO, CA (1992):

*Relationships As A Spiritual Path; Life Is Great So Why Don't I Feel Great?; Serendipity Means
Surrender Pity*

CHRISTCHURCH UNITY OF SAN DIEGO (1992):

Going Back To Eden With the One You Love

CA ASSOCIATION OF CHILDREN OF ALCOHOLICS ANNUAL CONFERENCE (1990):

Luncheon Address: *Keeping Company – The Cement of Solid Partnership*

PEPPERDINE UNIVERSITY INTERNATIONAL CONFERENCE ON THE FAMILY (1988):

The Diagnosis and Treatment of Codependency and Other Process Addictions (1988)

Sample Organizational Consulting Contracts

BUSINESSES (ORG. & TEAM DEV., CONFLICT RESOLUTION, COACHING, MARKETING)

U.S. Navy/Marines, Twentynine Palms, CA (1999)

Ferrell Construction Management, San Diego, CA (1998)

National Corset Supply House, Los Angeles (1994-1996)

Aztec Shops Management: San Diego State University (1992)

IDS/American Express, San Diego (1988)

TREATMENT CENTERS (STAFF & PROGRAM DEVELOPMENT):

Sanoviv Medical Institute (2005-present)

Vista Pacifica Treatment Center (1992)

Alvarado Parkway Institute – Adolescent Treatment Program Curriculum Development;
Staff Training (1988-1990)

Sharp Cabrillo Hospital Addictive Disorders Unit – Codependency Treatment Program
development consulting (1990)

UNIVERSITIES/COLLEGES (ORG. DEVELOPMENT & MARKETING CONSULTING):

Hocking College, Nelsonville, OH – Facilitating master planning process for marketing strategies development, plus copy-writing of marketing materials (1997-1999)

PUBLIC SCHOOLS (STAFF DEVELOPMENT & CONFLICT RESOLUTION):

San Diego County Office of Education Management Academy: Team-building, problem-solving, stress management. (1983-89)

La Mesa-Spring Valley School District Management Council – Day long retreat on Team-building and the Effects of Codependency in the Workplace (1989)

Books/Audiotapes/Articles

The New IQ: How Integrity Intelligence Serves You, Your Relationships & Our World Elite Books, 2008

The New IQ Integrity Makeover Workbook Integrity Revolution Press, 2008

Energy Psychology Anywhere Willingness Works Press, 2005 (CD set)

Energy Psychology Interactive WW Norton, 2003: Wrote book chapter (book and CD by David Feinstein)

“Conquering Anger Mountain” Training Manual Willingness Works Press, 2003

The Energy Odyssey: New Directions in Energy Psychology, 2nd edition. IAS, Switzerland, 2003: Wrote book chapter (Willem Lammers, editor)

Creative Energies: Integrative Energy Psychotherapy for Self-Expression & Healing WW Norton, 2002: Wrote the book’s forward (book by Dorothea Hover-Kramer)

The Leader’s Companion: Mindset Reminders for Busy Leaders Willingness Works Press, 2002

Energy Psychology Desktop Companion Willingness Works Press, 2000, 2003 (2nd Ed)

Comprehensive Energy Psychotherapy Training Manuals Willingness Works Press 1998-99, 2004, Willingness Works Press (Level 1 and Level 2 training manuals)

Relationship Intentional Effectiveness Training Manuals Willingness Works Press 1998-99, (manuals for couples, businesses and mental health professionals)

Sensible Self-Help: The First Road Map for the Healing Journey Published 1996; Willingness Works Press, Winner of Colliers Mental Health Book of the Year, and the San Diego Book Award for Outstanding Book Writing in the area of Self-Help

From Inner Critic to Inner Helper Willingness Works Press 1996, 2003, a 90-page workbook of structured exercises for “kicking the inner critic habit”

Unlimited Human Journal: “The Seven Stages of Client Healing,” Fall 1996 Issue

Anger Completion Therapy Training Manual Willingness Works Press, 1995, 1999, 2003

Do I Have to Give Up Me To Be Loved By You Workbook by Drs. Jordan and Margaret Paul (1989) Wrote section on “Deepening Intimacy: The Grudermeyer Format for Conflict Resolution and Intimacy Renewal.”

BOSC Handbook by Irene Kleiner (1984) Wrote chapter on how to select a therapist to help learning disabled children and their families.

Academic Survival Course – Wrote teacher handbook and student materials for high school semester-long course students. Units: Critical Thinking, Time Management, Communication Skills and Conflict Resolution, Stress Management (1984).

Have co-written over **one dozen other extensive manuals**, ranging from 40-120 pages in length, that accompany the workshops and classes Willingness Works has offered. Books also are presently in progress on Relationships, Energy Psychology and other topics.

Audio Recordings

Have produced or co-produced **seventy recordings** covering a range of intrapsychic and interpersonal challenges in personal and business situations. These CDs also offer therapists sound psychoeducational adjuncts to assign to their clients to augment therapeutic efficacy (1992 to present) (tape catalogue available at www.willingness.com)

Media Appearances

Scores of radio, television, newspaper, magazine, and Internet interviews and articles, on a variety of topics, from 1980 to present. *For instance, between February and August of 2008 alone, did over 50 radio, television and internet interviews, wrote a half dozen articles and was quoted by in approximately that many newspaper and magazine articles.* (list and/or reprints available upon request)

Approved Continuing Education Provider Certifications

Psychologists: California Mandatory Continuing Education Program for Psychologists (MCEP), Provider Number #WIL076

Social Workers: California Board of Behavioral Sciences (BBS), Provider # PCE 1290

Marriage & Family Therapists: California Board of Behavioral Sciences (BBS), Provider # PCE 1290

Drug & Alcohol Counselors: California Association of Alcohol & Drug Abuse Counselors (CAADAC), Provider # OS-98-411-1100

Nurses: California Board of Registered Nursing (BRN), Provider # CEP 12591

Energy Psychology Practitioners: Association for Comprehensive Energy Psychology (ACEP) for Diplomates in Comprehensive Energy Psychology (DCEP) and Certified Energy Health Practitioners (CEHP).