



## CURRICULUM VITA

# David Gruder, Ph.D.

[Note: Dr. Gruder's last name was "Grudermeyer" between 1986 & 2003]

## Contact & Business Information

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**Integrity Revolution, LLC and Willingness Works®** (a subsidiary)

**Mailing Address:** 1155 Camino Del Mar, PMB 516, Del Mar, CA 92014 USA

**Telephone:** +1-858-755-1988    **Fax:** +1-858-876-3044    **E-mail:** [info@willingness.com](mailto:info@willingness.com)

**Internet Web Sites:** [www.willingness.com](http://www.willingness.com), [www.TheNewIQ.com](http://www.TheNewIQ.com), [www.IntegrityPledge.org](http://www.IntegrityPledge.org)

**Integrity Revolution, LLC, Executive Director** (2007-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®, Co-Founder and Executive Director**

Since 1988, Willingness Works has provided psychoeducational resources, consulting and psychotherapy to individuals, couples, businesses, conferences, therapists and treatment centers. Areas of expertise include but are not limited to: 1) Integrity Enhancement & Character Development (author of *The New IQ: How Integrity Intelligence Serves You, Your Relationships and Our World*, and *The New IQ Integrity Makeover Workbook*); 2) Self-Help Education (co-author of *Sensible Self-Help*, Colliers 1997 Mental Health Book of the Year); 3) Anger Completion Therapy Training (Full Certification in Focused Expressive Psychotherapy by developers at the University of Arizona); 4) Relationship Education (co-author of the Relationship Intentional Effectiveness training manual, converting the research findings from Dr. John Gottman's University of Washington study into psychoeducational training exercises for couples, work teams and leaders); 5) Energy Psychology (Founding President of the nonprofit Association for Comprehensive Energy Psychology; creator of the Energy Psychology Anywhere™ audio and the Energy Psychology Essentials™ training program); 6) Healthy Personal Power Training (Boundaries Intelligence and Intentional Effectiveness); 7) Core Archetypes of Human Development, Masculinity & Leadership; 8) Leadership Mentoring (author of *The Leader's Companion*). For information on current offerings, visit the Willingness Works website ([www.willingness.com](http://www.willingness.com)).

## Licenses, Degrees, Specialized Training & Memberships

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### **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, 1982

Master of Arts in Clinical Psychology, 1977

Alfred University

Bachelor of Arts, Magna Cum Laude with

Psychology Major and Music Minor, 1975

## **Specialized Training and Certificates**

Diplomate, Comprehensive Energy Psychology (D.CEP) (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**

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**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.). Publisher, Willingness Works® Press, Willingness Working™ eNewsletter.

**ManKind Project** Board of Directors, San Diego Community (2005): Responsibilities include financial oversight, administrator oversight and strategic planning input.

**Association for Comprehensive Energy Psychology** Founding President (1998-2002): Responsibilities 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 and producing large international conferences. (He was later a certification programs principal architect.)

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

**California School of Professional Psychology** Administrative Assistant to the Dean (1976): 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 Directorship, Faculty & Advisory Positions

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**Graduate Program Faculty:** California Institute for Human Science, Encinitas, CA

**Integrity Enhancement Expert:** [www.SelfGrowth.com](http://www.SelfGrowth.com)

**Certification Trainer & Certification Consultant:** Assoc. for Comprehensive Energy Psycho.

**Advisory Board Member:** World Policy Negotiations, a new Geneva-based NGO

**Advisory Council Member:** Association for Comprehensive Energy Psychology

**Advisory Board Member:** Energy Psychology Interactive

## Past Directorship, Faculty & Advisory Positions

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**Adjunct Faculty:** Academy for Guided Imagery

**Southern California Regional Coordinator:** The Focusing Institute

**Director:** International Clearinghouse for Focused Expressive Psychotherapy

## Sample Presentations (partial list 1988-present, not inc. media & bookstore appearances)

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**Willingness Works®**, Del Mar, CA (1988-present): Over 300 presentations and training workshops for the *lay public* (in Integrity Intelligence Training™, 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, Intentional Effectiveness™, Transformation Training™, Integrity Training and Boundaries Training).

**California Institute for Human Science**, Encinitas, CA (2004-present): Forty hour on-campus and online courses for psychology doctoral students  
Energy Psychology Essentials™; The Core Archetypes of Human Development

**Gstaad Winter Workshop Series**, Gstaad, Switzerland (two-day experiential workshops):

3D Integrity™ Training: Personal Development That Serves Us All (2007)

Intentional Effectiveness™ Training: The Secret to Manifesting Your Intentions (2006)

Boundaries Intelligence Training: The NICE™ Boundaries Method (2005)

Out of the Shadow: Embracing & Upgrading Our Indulged & Neglected Aspects (2004)

**ACEP Energy Psychology & Energy Health Certification Training Program Courses**

Client Care & Facilitation Skills (Toronto, Canada, 2006-07; Chantilly, VA 2007)

Certification Workshop (Santa Clara, CA, 2006; Toronto Canada, 2006-07; Chantilly, VA 2007)

**Vistage®**, San Diego, CA 2007: Integrity Checkups for CEOs and Their Companies

**Ninth Canadian Energy Psychology Conference**, Toronto, Canada (2007): 3D Integrity™ Training Introduction

**Ninth International Energy Psychology Conference**, Chantilly, VA (2007): 3D Integrity Training™ Introduction – Personal Development That Serves Us All™

**Whole Person Centre of Hong Kong** (twice in 2006): Energy Psychology Essentials™ four-day training program

**Eighth Canadian Energy Psychology Conference**, Toronto, Canada (2006): 3D Integrity™ Training Introduction

**South Centre & Action Aid**, Geneva, Switzerland (2006): Collaborative Leadership & Negotiation Strategies for World Trade Organization (WTO) Ambassadors (two-day retreat)

**Eighth International Energy Psychology Conference**, Santa Clara, CA (2006): Boundaries Intelligence Training: Introduction to the NICE™ Boundaries Method; Intentional Effectiveness™ Training (two day CE workshop)

**Sanoviv Hospital**, Mexico, 2006: Energy Psychology Essentials™ four-day training program

**South Centre**, Geneva, Switzerland (2006): Intentional Effectiveness Training™ Introduction for World Trade Organization (WTO) Ambassadors

**Seventh Canadian Energy Psychology Conference**, Toronto Canada (2005): Intentional Effectiveness™ Training Introduction; Transformation Training™: Maps of Psychospiritual Development (two day CE workshop)

**The Executive Committee® (TEC® – now known as Vistage®)**, La Quinta, CA (2005): The Five Core Archetypes of Leadership (two-day retreat)

**Seventh International Energy Psychology Conference**, Baltimore, MD (2005): Intentional Effectiveness™ Training Introduction

**Second Pacific Rim Energy Psychology Conference**, Singapore (2005): Opening Keynote: Nurturing Our Own Nature & Our Children's: Radical Listening & Intentional Effectiveness™ Two Day Training Workshop: Intentional Effectiveness Training; One Day Training Workshop: Energy Psychology Essentials™ Introduction

**Sixth Canadian Energy Psychology Conference**, Toronto Canada (2004): Intentional Effectiveness™ Training Introduction; Transformation Training: Maps of Psychospiritual Development (two day CE workshop)

**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

**Fifth Canadian Energy Psychology Conference**, Toronto Canada (2003): Out of the Shadow: Dealing With Our Denied & Indulged Aspects (one day CE workshop); Healing “Separation From God” Stories CE (Continuing Education) workshop

**Psychological Services of La Jolla** (2003): Conquering Anger Mountain™ nine-hour Continuing Education Course

**Third European Energy Psychology Conference**, Brighton England (2003): Incorporating Spiritual Issues into Psychotherapy (workshop), Closing Keynote Panel – The Role of Emotional Pain in Psychotherapy

**Geneva Switzerland Transactional Analysis Association** (2003): Conquering Anger Mountain & Anger Completion Therapy (three day in-depth therapist training)

**Fifth International Energy Psychology Conference**, Litchfield Park, AZ (2003): Healing “Separation From God” Stories CE workshop  
**Second European Energy Psychology Conference**, Oxford University (2002): Toward a Road Map for Healing Core Psychospiritual Traumas; Conquering Anger Mountain

**Third Canadian Energy Psychology Conference**, Toronto (2001): Closing Address: The Future of Energy Psychology

**First European Energy Psychology Conference**, Switzerland (2001): The Five Keys to Effective Energy Psychotherapy Treatment

**Third International Energy Psychology Conference**, San Diego, CA (2001): Opening Address; Pre-Conference Workshop; Special Session

**Personality Assessment System Conference**, Nelsonville, O H (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

**Second Canadian Energy Psychology Conference**, Toronto (2000): Opening Address; Pre-Conference Workshop

**Second International Energy Psychology Conference**, Las Vegas, NV (2000): Plenary Address; Pre-Conference Workshop; Breakout Session

**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 Plenary 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 Consulting Contracts**

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**THE INTERNATIONAL COMMUNITY** (Leadership, Negotiations, Conflict Resolution)  
South Centre, Geneva Switzerland (2006) (an Inter-Governmental Organization serving United Nations & World Trade Organization delegations from countries around the world)

**BUSINESSES** (Organizational & 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): 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/SCHOOL DISTRICTS** (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/Recordings/Articles

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### BOOKS, EBOOKS & BOOK CHAPTERS

**Peak Vitality: Raising the Threshold of Abundance in Our Material, Spiritual and Emotional Lives** (Anthology – wrote “*The Self-Care Paradox*” chapter), Elite Books, 2008

**The New IQ: How Integrity Intelligence Serves You, Your Relationships and Our World**, Elite Books/Energy Psychology Press, 2008

**The New IQ Integrity Makeover Workbook**, Integrity Revolution, LLC, 2008

**The NICE™ Boundaries Ultimate Mastery Manual**, Willingness Works Press, 2004

**Intentional Effectiveness™ Training Manual**, Willingness Works Press, 2004

**Energy Psychology Essentials™ Training Manual**, Willingness Works Press, 2004

**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 also written approximately two dozen other extensive manuals, ranging from 40-120 pages in length, accompanying Willingness Works® workshops and classes.

## AUDIOS

**Energy Psychology Anywhere™ Audio & Manual:** Willingness Works Press, 2006

Have produced or co-produced over seventy recordings covering a range of personal, relationship and leadership topics. These CDs also offer helping professionals sound psychoeducational adjuncts to assign to their clients/patients to augment treatment efficacy (1992 to present) (audios are available through [www.willingness.com](http://www.willingness.com))

## Media Appearances

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Dozens of magazine, television, radio, newspaper and Internet interviews and articles on a variety of topics, from 1980 to present (list and/or reprints available upon request)

## Approved Continuing Education Provider Certifications

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**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 & Energy Health Practitioners:** Association for Comprehensive Energy Psychology (ACEP) for Diplomates in Comprehensive Energy Psychology (D.CEP) and Certified Energy Health Practitioners (C.EHP).

## Course Topic Areas for Mental Health Professionals (Versions Also Available for Leaders, Businesses and the General Public)

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- **Integrity Development Facilitation** – Dr. Gruder authored *The New IQ: How Integrity Intelligence Serves You, Your Relationships and Our World* and its accompanying volume *The New IQ Integrity Makeover Workbook*. The cover story for the April 2008 edition of the American Psychological Association's Journal, Monitor on Psychology ("America's Toxic Lifestyle") points out that "*the U.S. philosophy of 'everyone for themselves', the American Dream of working hard and striving for success, and the 'disruptive lifestyle' of many people which may disrupt social support networks, may turn out to be counterproductive to health and wellbeing and may be turning us into an unhealthy nation.*" Dr. Gruder's Integrity Training material and programs provide a means whereby the field of psychology can better do its part in helping ameliorate today's global pandemic of lack of integrity. It proposes a comprehensive superstructure and integrated road map for coordinating personal, relationship and leadership development that enables all aspects of psychological development to be placed in service of integrity development.
- **Energy Psychology** – Dr. Gruder was the Founding President of the Association for Comprehensive Energy Psychology and is author of the Energy Psychology Desktop Companion. He trains mental health and other health care professionals internationally in how to incorporate into their treatments the most useful interventions emerging from this field. He also shows health care professionals how to teach patients to use Energy Psychology treatments as complementary psychology/medicine self-help tools. He also teaches Energy Psychology graduate courses to psychology doctoral students.
- **Conquering Anger Mountain™** – Dr. Gruder is one of the few psychologists holding Full Certification in Focused Expressive Psychotherapy, a highly researched method for resolving repressed or festering accumulated anger and hostility, developed over a twenty year period at the University of Arizona. He pioneered Anger Completion Workshops and teaches mental health professionals internationally how to use Focused Expressive Psychotherapy as part of their tool bag of therapeutic interventions, as well as providing his popular brief training program called "Conquering Anger Mountain™: Full Spectrum Anger Interventions."
- **Boundaries Intelligence** – Dr. Gruder provides a practical road map for assisting clients in developing their capacity to recognize and honor their personal and professional boundaries. He has provided Boundaries Intelligence Training since the early 1990s and is the author of the NICE™ Boundaries Mastery Manual.
- **Archetypes & Shadow Issues** – Dr. Gruder presents on the core archetypes of humanness, masculinity and leadership, as well as on practical strategies for helping clients unearth their shadow aspects. He is currently writing a book on the core archetypes of mature masculinity. He also teaches Core Archetypes of Human Development graduate courses to psychology doctoral students.
- **Spiritual Issues in Psychotherapy** – Dr. Gruder provides a psychotherapeutic model for how to draw out and treat clients' "God" issues in therapy, as well as why this often-avoided trauma dimension can be essential to address as part of the psychotherapeutic process. He is currently writing a book on this topic.
- **Self-Help Education** – Dr. Gruder co-authored *Sensible Self-Help*, Colliers 1997 Mental Health Book of the Year (the second generation of this material, called 3D Living™ is due for release in late 2007), plus seventy CD sets covering a wide range of psychoeducational topics that provide ancillary resources for clients receiving individual and couples psychotherapy. Out of this grew the Willingness Works Way™, a set of psychospiritual road maps and self-help guides for navigating them, and Transformation Training, a course to assist therapists and their clients in making the most out of therapy. He also teaches health professionals how to use self-help modalities as adjuncts to support health care and therapy, and how to develop psychoeducational training programs in practitioners' own areas of expertise.