

## **CURRICULUM VITAE**

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### **EDUCATION**

PhD, interdisciplinary studies in the social and behavioral health sciences with emphases in mental health, stress and coping theory, and social network intervention. Dissertation: "Effects of a Complementary Cancer Therapy Program on Coping and Quality of Life." University of California, Berkeley, School of Social Welfare, September, 1987.

MPH, Social and Administrative Health Sciences. University of California, Berkeley, School of Public Health, 1984.

MSW, Social Work. University of Kansas, Lawrence, School of Social Welfare, 1975.

BA, Sociology, University of Northern Iowa, Cedar Falls, 1972.

### **LICENSES/CERTIFICATION**

Licensed Clinical Social Worker, Oregon (#L5252), 2012-present  
Licensed Clinical Social Worker, California (#LW10072), 1983-present  
Certified Hypnotherapist, ACHE, 1989  
Academy of Certified Social workers, 1977

### **APPOINTMENTS**

Integrative Care Committee, Willamette Valley Cancer Institute, Eugene, OR  
Senior editorial board, The Natural Standard Research Collaboration  
Editorial board, *Subtle Energies & Energy Medicine*  
Editorial board, *International Journal of Healing and Caring*  
Ad hoc reviewer, *Journal of Supportive Care in Cancer*  
Ad hoc reviewer, *Journal of Palliative Medicine*

### **HONORS AND AWARDS**

Excellence in Research on Military and Veteran Families Award, Military Family Research Institute at Purdue University (for NIMH-sponsored Mission Reconnect project), 2018.  
*Touch, Caring and Cancer: Simple Instruction for Family and Friends* (video program developed under National Cancer Institute research grant #R44CA103606) winner of two Telly Awards in the categories of "Social Issues" and "Health and Wellness," 2008

*The American Holistic Health Association Complete Guide to Alternative Medicine*, named a Reader's Catalog Selection ("best books in print") by The New York Review of Books, 1997

Robert F Murphy Memorial Graduate Fellowship, American Cancer Society, California Division, 1983-4 (UC Berkeley)

## EXPERIENCE

### Research

Collinge and Associates, 2001-present. This is an independent research and consulting organization funded by research grants from the National Institutes of Health and other sources to develop innovative approaches to benefiting public health.

- Principal Investigator, National Cancer Institute, grant # R43CA268678, 9/22-8/23: "mHealth app for caregiver instruction in manual therapy for chemotherapy-induced peripheral neuropathy." This is a Phase I feasibility study to develop and evaluate a prototype of a mobile app for caregivers to provide a specific protocol of oncology massage for cancer survivors with or at risk of developing CIPN.
- Principal Investigator (multi-PI with Gloria Bonner, PhD), National Institute on Aging (NIA), grant # R44AG065095, 10/19-6/23: "Advance Care Planning in the Dementias: Culturally-Tailored Caregiver Education for African Americans." This is a FastTrack (Phase I/II) project to develop and evaluate a multimedia program to educate caregivers with decisional responsibility on advance care treatment decisions for loved ones with dementia.
- Principal Investigator (multi-PI with Leila Kozak, PhD), National Cancer Institute (NCI), grant # R44CA210723, 9/17-5/23: "Integrative Approaches in Palliative Care: Provider-Driven Online Continuing Education." This is a FastTrack (Phase I/II) project to develop and evaluate an online continuing education program for multidisciplinary health care practitioners working in palliative care, on use of integrative therapies in palliative care.
- Principal Investigator (multi-PI with Janet Kahn, PhD), National Institute of Mental Health (NIMH), grant #1R44MH088063, 9/12-5/15: "Mission Reconnect: Promoting resilience and re-integration of post-deployment veterans and their families." This is a Phase II project to develop and evaluate, in a four-arm randomized controlled trial, a self-directed, multimedia educational program of integrative behavioral health and wellness practices for home use by post-deployment OIF/OEF/OND veterans and their partners.
- Principal Investigator (multi-PI with Leila Kozak, PhD), National Cancer Institute (NCI), grant #1R43CA157005-01, 7/11-6/13: "Palliative Care Provider Online Education in Evidence-Based Complementary Therapies." This is a Phase I project to develop and pilot test an online continuing education course for multidisciplinary health care practitioners working in palliative care, on use of complementary therapies in palliative care.
- Grantee, Muscular Therapy Institute Foundation, Inc., March-July, 2012. "Caregiver Education in Use of Touch and Massage in Cancer Care in Vietnam." This project was a collaboration with personnel at the National Cancer Hospital in Hanoi, to develop a family caregiver education program in the Palliative Care Department using a Vietnamese language version of the *Touch, Caring and Cancer* program for Vietnamese families.

- Principal Investigator, National Institute of Mental Health (NIMH), grant #1R43MH088063-01A1, 4/10-3/12: “Mission Reconnect: Promoting resilience and re-integration of post-deployment veterans and their families.” This was a Phase I project to develop and pilot test a multimedia educational program in integrative behavioral health and wellness practices for home use by post-deployment OIF/OEF/OND veterans and their partners.
- Principal Investigator, National Institute of Arthritis, Musculoskeletal and Skin diseases (NIAMS), grant #R44 AR52640-01A1, 9/08-8/11: “Web-based program for symptom management in fibromyalgia.” This was a Phase II SBIR project to develop and evaluate an automated web-based behavioral self-monitoring and feedback intervention with 700+ people with fibromyalgia.
- Principal Investigator, National Cancer Institute (NCI), grant #R44CA103606-3, 9/06-8/09: “Couples and Cancer: Building Partner Efficacy in Caring.” This Phase II project produced the multimedia program *Touch, Caring and Cancer: Simple Instruction for Family and Friends*, and conducted a randomized controlled trial with 97 patient/caregiver dyads. Outcomes included impact on symptoms/side effects of treatment and quality of life for both caregiver and patient, and caregiving behavior.
- Principal Investigator, National Institute of Arthritis, Musculoskeletal and Skin diseases (NIAMS), grant #R43 AR52640-01A1, 6/06-6/07: “Web-based program for symptom management in fibromyalgia.” This was a Phase I project to pilot-test a web-based behavioral self-monitoring and feedback intervention.
- Principal Investigator, National Institute on Aging (NIA), grant #1R43AG024016-01, 5/04-5/05: “Promoting Healthy Aging through ‘Elder-Healer’ Training.” This project trained 60 seniors in Boston in Healing Touch techniques as a means of promoting volunteerism, social engagement, sense of meaning and life purpose. Outcomes evaluated included impact on trainees’ well-being and quality of life. Analysis included both quantitative and qualitative methods.
- Principal Investigator, National Cancer Institute (NCI), grant #R43CA103606-01, 8/03-3/04: “Couples and Cancer: Building Partner Efficacy in Caring.” This project trained 49 family members of cancer patients in communication and manual caregiving skills (massage, Therapeutic Touch) to improve home-based caregiving. Outcomes included impact on quality of relationship, quality of life for both caregiver and patient, and caregiving behavior. Analysis included both quantitative and qualitative methods.

The Flowing River Institute, San Francisco, California. 1994-1996.

- Principal Investigator. Designed and conducted an outcome study of a group behavioral treatment program for 60 adults with chronic fatigue syndrome, training patients in mindfulness-based stress reduction and medical chi kung practices. Evaluated the impact of the program on the progression of CFS over twelve months (funded by the Stupski Family Fund).

The Cancer Support & Education Center, Menlo Park, California. 1987-1996.

- Principal Investigator. Designed and conducted a behavioral and psychosocial outcome study of an adaptation of the ten-week program for 45 persons with HIV/AIDS.

- Principal Investigator. Designed and conducted a study of the effects of a group breath therapy technique on immune functioning in 45 participants (funded by a grant from the Strom Foundation).
- Principal Investigator. Designed and conducted a behavioral and psychosocial outcome study of The Center's group program for 59 cancer patients (dissertation research).

## Consulting

National Institutes of Health, Center for Scientific Review, Bethesda, MD, 2001-present

- Scientific Review Panel Member, (2001-). Evaluating research proposals for NIH funding. Required skills include assessing proposal relevance, aims and hypotheses, innovation, research design, investigator criteria, potential benefits to society, and other funding criteria. Topics include complementary therapies, mind/body medicine, health services research, military family and veterans mental health, and SBIR proposals.
- Scientific Review Officer, National Center for Complementary and Alternative Medicine, temporary appointment, 6/09-9/09. Writing summary statements and editing peer review critiques of research proposals submitted to NCCAM for R01, R15, R21, K01, K07, K99, P30 and grant mechanisms.

American Institute for Biological Sciences (AIBS), 2008-2009

- Scientific Review Administrator, (part time). Served as administrator of scientific review panels for the US Army Medical Research and Materiel Command, Department of Defense, Congressionally Directed Medical Research Program. Recruit panel members, make proposal assignments, facilitate the scientific review panel meeting, and supervise and edit the production of summary statements. Panel topics managed included autoimmune diseases, tinnitus, and integrated tissue hypoxia.

SRA International (formerly Constella Health Sciences), 2002-2008.

- Scientific Review Administrator. Served as administrator of a scientific review panel on breast cancer clinical and experimental therapeutics research proposals for the US Army Medical Research and Materiel Command, Department of Defense, Congressionally Directed Medical Research Program. Recruited panel members, made proposal assignments, directed the scientific review panel meeting, and edited final summary statements.
- Scientific Review Panelist. Evaluating research proposals in health and medical services for funding by the Congressionally Directed Medical Research Programs in PTSD/Traumatic Brain Injury, Breast Cancer and Prostate Cancer administered by the U.S. Army Medical Research and Materiel Command. Required skills include assessing proposal relevance, aims and hypotheses, innovation, research design, investigator criteria, potential benefits to society, and other funding criteria.

The Natural Standard Research Collaboration, Cambridge, MA, 2001-2006.

- Senior Editor. Original writing and editing of comprehensive reviews of research literature on modalities of complementary medicine in integrative health care for publication by NaturalStandard.com, the leading web-based authority on evidence-based integrative

medicine. This work involved conducting up-to-date online searches of clinical trials, systematic reviews and meta-analyses, and then preparing comprehensive review papers that critiqued and summarized findings for consumption by practicing health care professionals.

WebMD, San Francisco, CA, 1998-2000.

- Consultant in consumer advocacy health content. Authored over fifty articles on topics in behavioral and integrative health care. Also served as responding expert for "Ask the Expert" feature on the WebMD.com website. Articles posted on CNN Health, MSN Health, and numerous other websites.

ConsensusHealth Corporation, Emeryville, CA. 1999-2000.

- Consultant in internet content in integrative health care. Authored over thirty articles for consumer advocacy on modalities of behavioral and complementary therapies.

### **Clinical Practice and Community Mental Health**

Private practice of clinical social work, part time. 1984-present (California, Maine, Oregon).

- Provide mental health services to Veterans through the VA's Veterans Choice Program, TriWest HealthCare Alliance
- *Pro bono* services to Iraq and Afghanistan veterans and their families via the Returning Veterans Project, a non-profit organization based in Portland, Oregon.
- General adult psychotherapy services, as well as health-related psychotherapy and behavioral medicine with individuals and families living with cancer, HIV, chronic fatigue syndrome, fibromyalgia and other illnesses. Interventions include individual, couple, group and family therapy; conducting workshops and seminars on coping with illness; and conducting residential cancer self-help retreat programs.
- Serve on the Integrative Care Committee of Willamette Valley Cancer Institute, Eugene, Oregon, advising on use of community-based practitioners of complementary therapies; receiving referrals from WVCI staff for supportive psychotherapy.
- Provide clinical supervision for LCSW candidacy.
- Developed the first behavioral medicine program for people with chronic fatigue syndrome in Incline Village, Nevada, site of the first CDC investigation of the illness.

Counseling Services, Inc., Saco, Maine. 2001-2005 (full and part time).

- Program Development and Clinical Supervision. Provided program development consultation and staff clinical supervision for the Brief Treatment Program of a community mental health center, serving a general population with diverse mental health issues including substance abuse.
- Program Development and Grant Writing. Consulted on development of the Complementary Therapies Program for treating clients with histories of sexual or physical abuse or PTSD by integrating psychotherapy and complementary therapies (massage, Healing Touch, acupuncture). Consulted on the mental health center's Intake Program and wrote two successful grant applications to the Maine Department of Behavioral and Developmental Services for (1) a transitional respite program for families with children experiencing

psychiatric crises, and (2) a Peer Support program, establishing CSI's "Center for Life Enrichment" for underserved clients with persistent mental illness in southern York County.

The Cancer Support & Education Center, Menlo Park, California. 1987-1996.

- Clinical Supervisor. Provided staff supervision, program development, and co-leadership of the structured 60-hour group program for cancer patients and their partners. The program included group therapy; training in mind/body and behavioral self-help techniques; individual, couple and family therapy; massage therapy, and nutrition education. Clientele consisted primarily of cancer patients and family members but also included people with HIV/AIDS, chronic fatigue syndrome, fibromyalgia, and other chronic illnesses.

Northern Nevada Cancer Council/Washoe Medical Center, Reno, Nevada. 1986-1987.

- Consultant. Provided health education and counseling services to cancer patients and their families; cancer support group; served as a member of the Oncology Task Force for planning the continuum of care between hospital and community; continuing education for nurses in psychosocial oncology.

Child Sexual Abuse Treatment Program, Fairbanks Community Mental Health Center, Fairbanks, Alaska. 1984.

- Consultant. Worked with the ten therapists on the inter-agency Child Sexual Abuse Task Force; program development, coordinating case conferences.

Powell and Associates, Topeka, Kansas, 1979-81.

- Clinical Social Worker. Individual, couple group and family therapy; psychodiagnosis; community agency consultation. Clientele included general multi-ethnic population with diverse mental health issues including substance abuse. The work involved contracted clinical services for a federal drug offender parolee program.

Shawnee Community Mental Health Center, Topeka, Kansas. 1978-79.

- Clinical Social Worker. Individual, couple group and family therapy; psychodiagnosis; community agency consultation. Clientele included general multi-ethnic population with diverse mental health issues including substance abuse.

Crawford County Community Mental Health Center, Pittsburg, Kansas. Jan. – Sept., 1975.

- Clinical Social Worker. Individual, couple group and family therapy; psychodiagnosis; community agency consultation. Clientele included general multi-ethnic population with diverse mental health issues including substance abuse.

### **Higher Education Teaching**

Health Arts Program, Goddard College, Plainfield, Vermont. Spring semester 1999.

- Associate Faculty. Mentored seven undergraduate and graduate students in the Health Arts Distance Learning Program. Developed individualized learning plans, followed by monitoring and evaluating student progress through the semester.

School of Public Health, University of California, Berkeley. Fall semester 1998.

- Lecturer. Developed and taught a Health Issues Seminar on integrative health care for students in public health, social work, medicine and allied health fields.

Department of Behavioral and Health Sciences, Extension Division, University of California, Berkeley. Fall 1993 and Fall 1995.

- Extension Faculty. Developed and taught continuing education courses titled “Innovative Approaches to Counseling and Psychotherapy with Cancer Patients and Their Loved Ones” and “Chronic Fatigue Syndrome and Fibromyalgia: Psychological Evaluation and Treatment.”

Department of Social and Health Resources, University of Nevada, Reno. 1984-1985.

- Assistant Professor (one year appointment). Taught undergraduate courses in the social work program (practice, research, human behavior) and a departmental survey course on social and health resources.

Department of Social and Behavioral Sciences, University of Alaska, Fairbanks. 1984.

- Assistant Professor (one semester appointment). Taught undergraduate courses in social and behavioral sciences and research methods. Collaborated in preparation of materials for accreditation by the Council on Social Work Education.

University of California, Berkeley and University of California, San Francisco. 1981-1983.

- Teaching Associate, Research Assistant, Research Associate. Assisted faculty teaching in a course on cross-cultural mental health in the MSW program and in several research projects in mental health (UCB) and behavioral oncology (UCSF).

School of Social Welfare, University of Kansas, Lawrence. 1979-1981.

- Instructor. Taught in the Community Mental Health concentration of the MSW program: Seminar in Psychopathology, Proseminar in Community Mental Health; provided graduate practicum supervision; and taught undergraduate course Introduction to Social Work.

Department of Social Science, Pittsburg State University, Pittsburg, Kansas. 1975-1978.

- Assistant Professor. Collaborated in the planning and design of a new undergraduate curriculum in social work from the ground up. Included preparation of curriculum self-study materials for accreditation by the Council on Social Work Education. Taught courses in social work practice, human behavior, research methods, and human sexuality.

### SELECTED PRESENTATIONS

Presentations, workshops and trainings on family caregiver education in supportive oncology:

- Annual Conference, Registered Massage Therapists Association of British Columbia. Oncology and Registered Massage Therapy: An Approach to Optimized Care (2019)
- 3rd Oncology Massage Ltd Conference, Canberra, Australia (2016)
- Integrative Medicine for the Underserved (IM4Us) Conference (2014)

- Society for Integrative Oncology (2008, 2009, 2011)
- Legacy Good Samaritan Cancer Center, Portland, OR, Grand Rounds (2012)
- Georgia Cancer Coalition Navigators Conference on Integrative Care (2012)
- BMT InfoNet.Org (Bone Marrow Transplant) annual advocacy conference (2010, 2011)
- Association for Oncology Social Work (2011)
- American Psychosocial Oncology Society (2010)
- Society for Oncology Massage (2010, 2013)
- American Holistic Nurses Association (2010)
- International Massage Therapy Research Conference (2010, 2013)
- Strathcarron Hospice, Denny, Scotland, UK (2011)
- Sexuality after Breast Cancer Conference, Portland, ME (2008)
- National Cancer Institute Showcase, Bethesda, MD (2009)
- Providence Health System Research Meeting, Portland, OR (2009)

Other presentations on topics in integrative health care and complementary therapies:

- 23rd Annual Combat Stress Conference, San Diego (2016)
- PTSD, Depression, Sleep Quality, and Pain Improve with Integrative, Self-Directed Intervention for Veteran-Partner Dyads. AMSUS: The Society of Federal Health Professionals, Annual Meeting, 2014 (with Janet Kahn)
- Promoting Reintegration of National Guard Veterans and Their Partners Using a Self-Directed Program of Integrative Therapies. AMSUS Society of Federal Health Care Professionals, 118<sup>th</sup> Annual Continuing Education Meeting, Seattle, WA, November 3-8, 2013 (with Janet Kahn).
- Practical Wisdom: Easing Suffering through Healing Presence. Harriet Osborn Jeckel Conference, Providence Health System, Portland, OR, September 21, 2009.
- Integrative care. The Kenneth B. Schwartz Center Rounds, Exeter Hospital, Exeter, NH, May 4, 2005.
- The couple's journey through cancer. Cancer Connections Conference, Maine Medical Center, Portland, ME, November 19, 2004.
- Sexuality and breast cancer. Komen Breast Cancer Foundation, Rockland, Maine, March 20, 2004.
- The healing power of the breath. Grand Rounds, Mercy Hospital, Integrative Care Program, Portland, January 7, 2003.
- On the future of caregiving: integrative medicine and the family in the 21st century. Michigan Public Health Institute, conference on "Emerging Issues in Arthritis, Asthma and Osteoporosis", Novi, MI, November 2, 2001.
- Energy medicine in the 21st century: a world awakening (symposium co-presented with Daniel Benor, MD, Judith Miller, JD, and Elmer Green, PhD). International Society for the Study of Subtle Energies and Energy Medicine, Eleventh Annual Conference, Boulder, CO, June 25, 2001.
- Chronic fatigue syndrome: a comprehensive approach. National Primary Care Conference, Nurse Practitioners Associates for Continuing Education, Boston, November 10, 1998.



- Applied collective intentionality in mind/body medicine. International Society for the Study of Subtle Energies and Energy Medicine, Eighth Annual Conference, Boulder, CO, June 21, 1998.
- Frequency of self-healing practice predicts 12-month improvement in chronic fatigue syndrome. International Society for the Study of Subtle Energies and Energy Medicine, Eighth Annual Conference, Boulder, CO, June 21, 1998.
- Functional status and behavioral medicine practice predict 12-month improvement in chronic fatigue syndrome. Presented at the bi-annual scientific conference of the American Association for Chronic Fatigue Syndrome, San Francisco, October 14, 1996.
- Mindfulness of the breath in energy medicine. International Society for the Study of Subtle Energies & Energy Medicine, Fifth Annual Conference, Boulder, CO, June 25, 1995.
- A behavioral medicine treatment program for CFS/ME: preliminary report. Keynote address presented at the symposium ME: The Patient-Centered Approach. University of Otago Medical School, Dunedin, New Zealand, February 11, 1995.
- What is self-empowerment? Address presented at the annual conference of the Seattle Fibromyalgia Association, Seattle, February 5, 1995.
- HIV and quality of life: outcomes of a psychosocial intervention program. Society of Behavioral Medicine, 10th Annual Scientific Sessions, San Francisco, March 30, 1989.
- Psychosocial outcomes of a complementary cancer therapy program. Society of Behavioral Medicine, 9th Annual Scientific Sessions, Boston, April 23, 1988.

### SELECTED PUBLICATIONS

#### Articles

Bonner GJ, Freels S, Ferrans C, Steffen A, Suarez ML, Dancy BL, Watkins YJ, Collinge W, Hart AS, Aggarwal NT, Wilkie DJ. Advance Care Planning for African American Caregivers of Relatives With Dementias: Cluster Randomized Controlled Trial. *Am J Hosp Palliat Care*. 2020 Apr 20;;1049909120916127. doi: 10.1177/1049909120916127. [Epub ahead of print] PubMed PMID: 32308012.

Collinge W, Soltysik R, Yarnold P. Fibromyalgia Impact Reduction Using Online Personal Health Informatics: Longitudinal Observational Study. *J Med Internet Res*. 2020;22(4):e15819. Published 2020 Apr 7. doi:10.2196/15819

Kahn JR, Collinge W, Soltysik R. Post-9/11 Veterans and Their Partners Improve Mental Health Outcomes with a Self-directed Mobile and Web-based Wellness Training Program: A Randomized Controlled Trial. *J Med Internet Res*. 2016;18(9):e255. Published 2016 Sep 27. doi:10.2196/jmir.5800

Collinge W, Yarnold P, Soltysik R. Fibromyalgia symptom reduction by online behavioral self-monitoring, longitudinal single subject analysis and automated delivery of individualized guidance. *North American Journal of Medical Science*, September 2013;5(9):546-53.

Yarnold P, Soltysik R, Collinge W. Modeling individual reactivity in serial designs: changes in weather and physical symptoms in fibromyalgia. *Optimal Data Analysis* 2013 September 27;2:37-42

Kozak L, Vig E, Simons C, Eugenio E, Collinge W, Chapko M. A feasibility study of caregiver-provided massage as supportive care for Veterans with cancer. *Journal of Supportive Oncology*. 2013 September;11:133-143

Collinge W, Kahn J, Walton T, Kozak L, Bauer-Wu S, Fletcher K, Yarnold P, Soltysik R. Touch, Caring, and Cancer: randomized controlled trial of a multimedia caregiver education program. *Supportive Care in Cancer*. 2013 May;21(5):1405-14.

Collinge W, Kahn J, Soltysik R. Promoting reintegration of National Guard veterans and their partners using a self-directed program of integrative therapies: a pilot study. *Military Medicine*. 2012 Dec;177(12):1477-85.

Friedberg F, Williams DA, Collinge W. Lifestyle-oriented non-pharmacological interventions in fibromyalgia. *Journal of Pain Research*, 2012;5:425-35.

Collinge W, MacDonald G, Walton T. Massage in supportive cancer care. *Seminars in Oncology Nursing*, 2012;28(1):45-54.

Collinge W, Soltysik RC, Yarnold PR. An internet-based intervention for fibromyalgia self-management: initial design and alpha test. *Optimal Data Analysis*, 2010;1(1):163-75.

Collinge W, Kahn J, Yarnold P, Astin J, McCorkle R, Bauer-Wu S. Couples and cancer: outcomes of brief instruction in massage and touch therapy to build caregiver efficacy. *Journal of the Society for Integrative Oncology*, 2007, 5(4):147-54.

Collinge W, Wentworth R, Sabo S. Integrating complementary therapies into community mental health practice: an exploration. *Journal of Complementary and Alternative Medicine*, 2005, 11(3):569-74.

Collinge W, Wentworth R, Sabo S. Challenges and insights in the development of a complementary therapies program in a community mental health center. *Rural Mental Health*, 2003, 28(2):8-13.

Collinge W, Yarnold P. Transformational breathwork in medical illness: clinical application and evidence of immunoenhancement. *Subtle Energies & Energy Medicine*, 2001,12(2):61-78.

Collinge W. The breath in healing. *Subtle Energies & Energy Medicine*, 2001,12(2):i-iii.

Collinge W, Yarnold P, Raskin E. Use of mind/body self-healing practice predicts positive health transition in chronic fatigue syndrome: a controlled study. *Subtle Energies & Energy Medicine*, 1998, 9(3):171-90.

### **Abstracts and proceedings**

Kahn JR, Collinge WB. PTSD, Depression, Sleep Quality, and Pain Improve with Integrative, Self-Directed Intervention for Veteran-Partner Dyads. AMSUS: The Society of Federal Health Professionals, 2014 Annual Meeting Abstracts. Available online: <http://amsusce.org/wp-content/uploads/2014/12/2014-Lecture-Abstract-Summaries-November-20th-2014.pdf>, p. 142.

Kozak L, Collinge W. Family caregiver participation in palliative care: effects of instruction in simple touch and massage methods for comfort and quality of life. *Supportive Care in Cancer*, 2010;18(Suppl 3):S67–S220.

Kozak L, Collinge W, Garcia Mata M, Mertnoff R, Mountford P, Nasi L. Integrative oncology in Latin America. *Journal of the Society for Integrative Oncology*, 2009;7(4):181.

Collinge W, Kahn J, Walton T, Fletcher K. Randomized controlled trial of family caregiver use of massage as supportive cancer care following multimedia instruction. *Journal of the Society for Integrative Oncology*, 2009;7(4):178.

Collinge W, Kahn J, Walton T, Bauer-Wu S. Development and evaluation of the multimedia intervention program, “Touch, Caring and Cancer: Simple Instruction for Family and Friends.” *Journal of the Society for Integrative Oncology*, 2008, 6(4):179.

Collinge W, Raskin E, Yarnold P. Functional status and behavioral medicine practice predict 12 month improvement in chronic fatigue syndrome. *Proceedings: American Association for Chronic Fatigue Syndrome Research Conference*, San Francisco, October 1996, p. 92.

Collinge W. HIV and quality of life: outcomes of a psychosocial intervention program. *Tenth Annual Proceedings, Society of Behavioral Medicine*, 1989, p. 41.

Collinge W. Psychosocial outcomes of a complementary cancer therapy program. *Ninth Annual Proceedings, Society of Behavioral Medicine*, 1988, pp. 60-61.

### **Slide Presentations**

Collinge W and Donahue M. Bringing *Touch, Caring and Cancer* into your community [v1; not peer reviewed]. *F1000Research* 2016, **5**:2714 (slides) (doi: [10.7490/f1000research.1113427.1](https://doi.org/10.7490/f1000research.1113427.1))

Collinge W. Veterans and their partners: reducing PTSD with home-based intervention [v1; not peer reviewed]. *F1000Research* 2016, **5**:2087 (slides) (doi: [10.7490/f1000research.1112928.1](https://doi.org/10.7490/f1000research.1112928.1))

Collinge W and Kozak L. Complementary therapies in palliative care: state of the evidence [v1; not peer reviewed]. *F1000Research* 2016, **5**:1504 (slides) (doi: [10.7490/f1000research.1112428.1](https://doi.org/10.7490/f1000research.1112428.1))

### **Monographs**

Collinge W. *Touch, Caring and Cancer: Guide for Professionals in Cancer Centers, Hospice*

*Programs and Other Palliative Care Settings*. PDF download at [www.collinge.org](http://www.collinge.org).

Lead author of 38 systematic reviews (monographs) on safety and efficacy of modalities of complementary medicine, in: Basch EM, Ulbricht CE, Bent S, Boon H, Smith M, eds. *Natural Standard Evidence-Based Clinical Guide*. Cambridge, MA: Natural Standard Publishing, from 2002-2005 (periodically updated, available online at [www.NaturalStandard.com](http://www.NaturalStandard.com)). Monograph topics: Acupuncture, acustimulation, applied kinesiology, aromatherapy, art therapy, ayurveda, biofeedback, chelation therapy, Chinese medicine, chiropractic, colon therapy, cupping & moxibustion, detoxification, distant healing, Healing Touch, Hellerwork, homeopathy, hypnosis, iridology, kundalini yoga, macrobiotics, magnet therapy, massage, meditation, music therapy, ozone therapy, pet therapy, pH diet, polarity therapy, prayer, probiotics, psychotherapy, qigong, reflexology, Reiki, spiritual healing, tai chi, and Therapeutic Touch.

### **Books and chapters**

Collinge W. *Partners in Healing: Simple Ways to Offer Support, Comfort, and Care to a Loved One Facing Illness*. Boston: Shambhala Publications, 2008, 260 pages.

Collinge W. *Subtle Energy*. New York: Warner Books, Inc., 1998, 302 pages.

Collinge W. *The American Holistic Health Association Complete Guide to Alternative Medicine*. New York: Warner Books, Inc., 1997, 384 pages.

Collinge W. *Recovering from Chronic Fatigue Syndrome: A Guide to Self-Empowerment*. New York: Putnam, The Body Press/Perigee, 1993, 240 pages.

Snowden L, Runkle C, Collinge W. Help-seeking and underservice. In: *Reaching the Underserved: Mental Health Needs of Neglected Populations*, edited by L. Snowden. Beverly Hills: Sage Annual Reviews in Community Mental Health, 1982, pp. 281-98.

### **Multimedia**

Collinge W and Kahn J (co-executive producers). *Mission Reconnect: Wellness Training for Veterans and Their Partners* (54 min.); *Mission Reconnect: Massage Instruction Video* (40 min.); *Mission Reconnect: Mobile Device App* (iOS, Android, Windows). Content produced to deliver the Mission Reconnect program via the website [MissionReconnect.com](http://MissionReconnect.com) and mobile app. Content includes guided stress reduction, mindfulness and contemplative practices, and massage instruction for OIF/OEF veterans and their partners. All content produced as part of the NIMH SBIR Phase II project, "Mission Reconnect: Promoting Resilience and Reintegration of Post-Deployment Veterans and Their Families," 2014.

Collinge W (executive producer). *Touch, Caring and Cancer: Simple Instruction for Family and Friends*. Video program on safe use of touch and massage in supportive cancer care, produced as part of the NCI SBIR Phase II project, "Couples and Cancer: Building Partner Efficacy in Caring", 78

minutes, with 74 page printed manual; English, Spanish, Cantonese and Mandarin versions of all materials, 2009. Vietnamese version added in 2012, Japanese in 2015.

Collinge W. *Cancer: A Guide to Alternative Self-Healing Techniques* (two-part didactic and experiential audio program). The Mind/Body Medicine Library. Los Angeles: Renaissance Media, 1998.

Collinge W. *Heart Disease & Hypertension: A Guide to Alternative Self-Healing Techniques* (two-part didactic and experiential audio program). The Mind/Body Medicine Library. Los Angeles: Renaissance Media, 1998.

Collinge W. *Stress Reduction: A Guide to Alternative Self-Healing Techniques* (two-part didactic and experiential audio program). The Mind/Body Medicine Library. Los Angeles: Renaissance Media, 1998.

Campbell D. *The Best of Living Dialogues: William Collinge* (series of three video interviews on integrative health care). San Anselmo, CA: Living Dialogues, 1996.

Collinge W. *Recovering from CFS* (five-part didactic and experiential audio self-help program). Self-published, since 1993.

### CLINICAL TRAINING

Family Therapy Program, Menninger School of Psychiatry, Topeka, Kansas, 1974

Western Institute for Group and Family Therapy, Watsonville, California, 1980

Gestalt Institute of San Francisco, 1981-2

Alchemical Hypnotherapy Institute, Santa Rosa, California, 1989-90

Mind/Body Medical Institute, Harvard Medical School, 1993, 1995

Numerous trainings in meditation, mindfulness and contemplative approaches, 1980-present

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