

## **Curriculum Vitae**

### **Gretchen Rose Newmark, MA, RD**

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Portland, Oregon 97213  
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### **EDUCATION AND TRAINING**

Contemplative Listening Program  
Course and practicum in Spiritual Direction  
Namaste Center, Portland, Oregon

Training Program in Brief Strategic Therapy  
Century Counseling Center, Los Angeles, California

Postgraduate work, group and individual counseling  
University of Southern California, Los Angeles

Registered Dietitian  
The American Dietetic Association

Clinical Fellow in Nutrition  
University Affiliated Program  
Children's Hospital of Los Angeles

M.A., Foods and Nutrition  
California State University, Los Angeles

B.A., Consumer Science  
California State University, Los Angeles

Undergraduate work in Journalism  
Texas Christian University, Fort Worth, Texas

### **PROFESSIONAL EXPERIENCE**

#### **Consulting Nutritionist**

##### **Private Practice**

- Counsels clients for the nutritional, emotional, and behavioral aspects of eating disorders and weight management.
- Counsels clients for nutrient intake analysis, screening, evaluation for lifestyle changes to promote optimal health and fitness.

- Trains health professionals in counseling for changing health behaviors. Provides supervision and consultation.
- Consults with health professionals to help them begin and succeed in their private practices.
- Provides expertise on nutrition and health related behavior change in formal presentations and workshops for health professionals and the public, and the print and electronic media.
- Founded and facilitated groups for people with eating disorders.

### **Spiritual Director**

- Acts as a listener to enable people to discover what is true for themselves in their spiritual lives.
- Presents on spirituality in the treatment of eating disorders, at mid-life, and other life situations.
- Teaches meditation and guides people in their practice.

### **Instructor**

Portland Community College

Teaches classes on Buddhism and meditation.

### **Consultant Eating Disorders Specialist**

Kaiser Center For Health Research, SHINE study of adolescent weight loss, including hatha yoga as an intervention for weight loss, body image, and disordered eating.

Oregon Episcopal School, Portland, OR

Lead student discussions of healthy eating and body.

### **Eating Disorders Specialist**

Portland Adventist Medical Center

- Designed and implemented group and individual intervention programs for patient eating disorders patients.

### **Hatha Yoga Instructor**

Julie Lawrence Yoga Center

Portland, Oregon

### **Nutritionist**

Milwaukee Birth Center

Milwaukee, Oregon

- Conducted prenatal screening nutrition assessments for all new patients and follow-up intervention as needed.

### **Health Behavior Specialist**

Kaiser Center for Health Research  
Portland, Oregon

- Counseled research volunteers individually and in groups for behavioral self-management of weight loss, dietary change, stress, and exercise.

### **Women's Training Room and Conditioning Center**

Los Angeles, California

- Acted as consulting nutritionist to sports medicine center for world-class women athletes

### **Chief Nutritionist/Associate Intervention Director**

#### **Multiple Risk Factor Intervention Trial (MRFIT)**

University of Southern California  
School of Medicine

- Provided leadership, direction, recruitment, and training for the interdisciplinary staff of a national project studying primary prevention of cardiovascular disease
- Managed nutrition component, directed nutrition staff, and performed functions of staff nutritionist listed below
- Created educational and counseling services for research volunteers
- Planned, coordinated, and facilitated counseling, research data collection, and clinical activities, policies and procedures
- Designed and coordinated inservice professional and support staff training utilizing clinic staff and outside consultants

### **Senior Clinical Nutritionist**

#### **Multiple Risk Factor Intervention Trial (MRFIT)**

USC School of Medicine, Los Angeles

- Assisted Chief Nutritionist with administrative responsibilities
- Performed functions of staff nutritionist listed below

### **Staff Nutritionist**

Multiple Risk Factor Intervention Trial (MRFIT)

USC School of Medicine, Los Angeles

- Counseled research participants individually and in groups for hyperlipidemia, hypertension, obesity, smoking cessation, physical activity, stress management,

alcohol abuse, and psycho-social factors relating to disease prevention

- Provided case management for the provision of total preventive health care services as part of an inter-disciplinary team
- Wrote for professional and lay publications and assisted publication of national newsletter in an editorial capacity
- Participated and presented in national and regional training workshops in preventive health care and MRFIT research findings
- Designed, developed, and implemented special programs and groups for risk factor reduction

### **Clinical Fellow in Nutrition University Affiliated Program**

USC/Children's Hospital of Los Angeles

- Participated in pediatric health assessments and clinics as part of an interdisciplinary team. Counseled and acted as case manager for children with developmental disabilities in the clinical setting and on home visits
- Provided nutrition education for professional staff, paraprofessionals and students. Developed materials for use with clinic patients (private pediatric patients and community facilities).
- Training included rotations in the administrative, therapeutic, metabolic, renal, and genetic services, and extensive interviewing and counseling training from psychiatrists, psychologists, and medical social workers

### **PROFESSIONAL AFFILIATIONS**

Registered Active Member of The American Dietetic Association  
Columbia River Eating Disorders Network  
Sports and Cardiovascular Nutritionists Dietetic Practice Group  
Spiritual Directors International

### **BOARDS OF DIRECTORS**

The Center for Mindful Eating <http://www.tcme.org>  
Reconnect with Food <http://www.reconnectwithfood.com/contact/advisory.htm>

### **WORKSHOPS AND PRESENTATIONS**

#### **Spirituality in Eating Disorders Treatment**

*Columbia River Eating Disorders Treatment Network Vancouver, Washington*  
"Helping the Whole Person: Spirituality in People with Eating Disorders" –

“Spirituality in Eating Disorders Treatment” Round Table

“Hatha Yoga and Meditation for People with Eating Disorders (and Those Who Treat Them) Benefits and Cautions”

*International Association of Eating Disorders Professionals Symposium, Orlando, Florida*  
“Spirituality in the Treatment of Eating Disorders”

*Sports and Cardiovascular Nutritionists—SCAN 18<sup>th</sup> Annual Symposium, Orlando, Florida*  
“Spirituality in the Treatment of Eating Disorders”

*Sports and Cardiovascular Nutritionists-SCAN 22<sup>nd</sup> Annual Symposium, Nashville, Tennessee*  
“Hatha Yoga for People with Disordered Eating”

*Oregon Health Sciences University, Medical School*  
“Eating Disorders and Spirituality”

*Oregon Health Sciences University, Medical School*  
“Yoga, Meditation, and Spirituality in Eating Disorders Treatment”

*Lewis and Clark College Graduate School of Education Counseling Psychology*  
*Treatment Modalities in Eating Disorders*  
“Team Treatment, Spirituality, Yoga and Meditation”

## **Spirituality and Meditation Training**

*Julie Lawrence Yoga Center*  
*Portland, Oregon*

“Intentional Spiritual Practice”

“Women’s Midlife Spirituality”

”What you May Need to Know But Might Not Have Been Told About Meditation”

“Changing Mind with Meditation”

“Meditation Retreat in the City”

“Meditation Immersion”

“The Science of Happiness”

“Meditation for Busy People”

“Contemporary Buddhism”

“Developing an Enduring Meditation Practice”

*Spiritual Directors International Annual Meeting*  
*Toronto, Canada*

“Building a Bridge to Buddhism—a Meditation Experience”

*Portland Community College*  
Classes in meditation and Buddhism, three times annually

## **Health Behavior Counseling Training**

*Coordinated Undergraduate Dietetic Program, California State University,*  
*Los Angeles*

“Nutritional Implications of Developmental Disabilities”

"MRFIT-The Experience of Changing Risk Factor Status: Counseling Workshop"

*USC Health Center Continuing Medical Education*

"Counseling Your Patient for Risk Factor Modification"

"Counseling Your Vegetarian Patient"

"Nutrition Counseling: When, Where, and How to Refer"

*National Conference on Dentistry and Hemophilia*

"Effective Nutrition Counseling in Preventive Dentistry"

*UCLA Nurse Practitioner Seminar*

"Nutrition Counseling: When, Where, and How to Refer"

*Cleveland Chiropractic College Post Graduate Seminars for Continuing Education*

"Patient Management for Nutrition Related Conditions"

"Practical Nutrition Review"

*California Dietetic Association-Gerontology Dietetic Practice Group*

"Putting the Art Back into the Science of Nutrition"

*Western States Chiropractic College, Portland, Oregon*

"Workshop on Counseling Skills,"

*Oregon Dietetic Association Annual Meeting*

"Eating Disorders--What a Dietitian Needs to Know"

"Counseling for Behavior Change--What Works and What Doesn't"

*Providence Health System, Diabetes Treatment Center*

"Working with Resistant Clients--How to Help Change Behavior"

*Oregon Health Sciences University, University Affiliated Program*

"Beyond Behavior Modification: What to Do When Nothing Works"

*Private Workshops*

"Enhancing Your Counseling Skills"

"Counseling Skills for Eating Disorders"

*Oregon Health Sciences University, Dietetic Internship*

"Counseling Training" presented five times

*St. Vincent Hospital/Providence Health System Weight Management Program, Portland*

"Enhancing Your Counseling Skills"

*Portland Dietetic Association*

"Why is My Client Having So Much Trouble Changing?"

*Clackamas County Public Health WIC Program*

"Counseling Resistant Clients"

*Portland Dietetic Association*

"Skills and Strategies for Working with Clients with Eating Disorders"

*Willamette Dietetic Association*  
"Effective Counseling Skills"

## **Weight Management and Eating Disorders**

*USC Student Health Counseling and Medical Staffs*  
"Workshop on Eating Disorders"

*California Dietetic Association-Coastal Tri-Counties, Continuing Education for Dietitians*  
"Adolescent Eating Disorders: Multidisciplinary Seminar"

*Neuro-Psychiatric Institute, UCLA*  
"Nutrition Counseling as An Adjunct to Psychotherapy for Bulimia"

*USC Student Health Continuing Medical Education*  
"Nutrition Counseling as an Adjunct to Psychotherapy for Bulimia"

*Southern California Public Health Association*  
"Public Health Aspects of Eating Disorders"  
"Nutritional Management of Children with Eating Disorders"

*California College Health Nurses Association*  
"Anorexia Nervosa"

*Daniel Freeman Hospital Continuing Professional Education Program*  
"Beyond Eating Disorders - "The Tyranny of Slenderness"

*Student Health Continuing Medical Education, UCLA*  
"Screening for Bulimia in Student Health"  
"Screening for Eating Disorders on a Routine Clinic Visit"

*Orange County District Dietetic Association*  
"Childhood Obesity"  
"Weight Control in Clinical Practice"

*California Hospital Medical Center-Family Practice Resident Program*  
"Screening for and Treating Eating Disorders"

*Private Workshop*  
"Living Free-A New Way With Food"

*Tillamook County Health Department*  
"Understanding Eating Disorders"

*Portland Community College*  
"Eating Disorders: Assessment, Referral, & Treatment"

*Catlin Gabel School & Oregon Episcopal School*  
"When Food Gets in the Way--A Look at Eating Disorders"

*Portland Adventist Medical Center*  
"Bridging the Gap--You've Been in Therapy, But Your Eating Still Isn't OK"

*Salem Hospital*  
Eating Disorders Grand Rounds

*Pacific University, School of Professional Psychology*  
"Nutrition Counseling in Eating Disorders Treatment"

"Nutritional Aspects of Eating Disorders"

*Oregon Health Sciences University, Physicians Assistant Program*  
"Eating Disorders—Diagnosis and Treatment" (6 years)

*Salem Hospital*  
"What Everyone Should Know About Eating Disorders"

*Eating Disorders Awareness and Prevention, (EDAP) Southwest Washington*  
"Dietitian's Role in Working with an Interdisciplinary Team"

"Mood and Food: Effects of Malnutrition on Psychological States"

*Oregon Health Sciences University, School of Medicine*  
"Eating Disorders—Diagnosis and Treatment"

*Portland Dietetic Association's President's Workshop*  
"Living Healthy at any Size" Panel Discussion

*Sports, Cardiovascular and Wellness Nutritionists Annual Meeting*  
"Working with Body Image"

*Canby School District, Counselors Meeting*  
"Screening and Referring Students With Eating Disorders"

*Providence St. Vincent Medical Center, Pro ED Quarterly*  
"Why Psychotherapy Often Isn't Enough: The Effects of Malnutrition on Psychological States"

*Oregon Dairy Council Workshop for Educators*  
"Our Children: Starving in a Land of Plenty"

*University of Portland Family Nurse Practitioners*  
"Eating Disorders—What You Won't Learn from Your Textbooks"  
(2 years)

## **Nutrition, Fitness, and Preventive Medicine**

*Visiting Nurses Association*  
"Nutritional Assessment for the Home-bound Patient"

*UCLA School of Public Health*  
"An Overview of Nutrition for the Health Educator"

*American Heart Association*  
"Preventing Heart Attacks-The MRFIT Experience"

*U.S. Department of Commerce*  
"The American Way of Life-Is It Killing You?"

*Latin-American Dental Association Continuing Education Program*  
"Nutrition and Atherosclerosis"



*California Hospital Medical Center Continuing Medical Education for Physicians*  
"New Concepts in Medicine: Risk Factor Reduction Programs"

*USC School of Dentistry-Dental Hygiene*  
"Counseling for Prevention of Premature Disease through Risk Factor Modification" (5 years)

*Children's Hospital of Los Angeles Pediatric Dental Residents*  
"Nutrition in Preventive Medicine" (3 years)

*Los Angeles Basin Area Health Education Center-Women and Nutrition*  
"Reappraisal: Impact of Dietary Recommendations on Nutritional Status of Women"

*Long Beach Heart Association*  
"A Critical Perspective: Impact of Dietary Recommendations on Nutritional Status"

*Dairy Council of California-Sixteenth Annual Nutrition Press Conference*  
Acted as moderator

*American Dietetic Association Dietetic Practice Group-Sports and Cardiovascular Nutritionists, Annual Meeting, Palo Alto*  
"Special Considerations for Women in Disease Prevention Programs"

*NBC Television*  
"On-Line" on health related topics - assisted in writing and editing scripts

*Lawry's Corporation*  
"Bad Mood? Maybe It's Something You Ate"

*Department of Health and Human Services, Social Security Administration*  
"Hatha Yoga Practice in the Pursuit of Excellence"

*Emanuel and Good Samaritan Hospitals Integrated Internal Medicine Residency Program*  
"Exploring the Wisdom of the Body with Hatha Yoga" (2 years)

*Portland Adventist Medical Center*  
"Mood and Food" (3 years)

*Mid-Columbia Medical Center, Planetree Health Resource Center, The Dalles, Oregon*  
"The Blue Plate Special: Food and Mood"

*Oregon Health Sciences University, Clinical Medicine Department*  
"Alternatives to Allopathic Model, Hatha Yoga, an Ancient Approach to Health" (2 years)

*National Council of Jewish Women, Portland, Oregon*  
"L'Chaim-To Life"

**Private Practice**

*UCLA School of Public Health, Los Angeles*  
"Private Practice for the Dietitian" (7 years)

*California Dietetic Association-Los Angeles District*  
"Marketing Nutrition Services"

*California Dietetic Association-Coastal Tri-Counties District*  
"Marketing to Build a Successful Private Practice"

*Council on Renal Nutrition - California and Nevada*  
"How to Manage a Successful Private Practice"

*California Dietetic Association Annual Meeting*  
"Marketing the Dietitian: Maximizing Your Professional Practice"

"Marketing the Dietitian: Follow-up-Bringing the Client Back"

*California State University, Long Beach-Graduate Program in Nutrition*  
"Private Practice for the Dietitian"

*Private Class for Continuing Education Credit*  
"How to Build a Successful Private Practice"  
Ten week course (6 years)

## **PUBLICATIONS**

Credit Roster "Forum: The Multiple Risk Factor Intervention Trial (MRFIT). The Methods and Impact of Intervention Over Four Years" *Preventive Medicine* 10:387-554, 1981.

"Now You're On Your Own-Transferring Responsibility for Preventive Health Care." Rosenfield, F., Bradford, A., Newmark, G. and Savage, W. *Proceedings, American Public Health Association Abstract* 3061, November, 1981.

## **MAGAZINE ARTICLES FOR PROFESSIONALS AND THE PUBLIC**

### **Yoga Journal**

*Yoga for Eating Disorders*

*Low-Fat Yoga*

*Healing Body Image with Yoga*

*Yoga and Weight Management*

### **Let's Live**

*Why Eat Oat Bran?*

*"Thanksgiving, A Healthy Tradition"*

*"Avoiding Fast Foods"*

*"The Myth of the Basic Four"*

*“Propolis—A Natural Antibiotic from the Bees”*

*“A Nutritional Approach to Male Infertility”*

*“I’m So Tired—A Quick Guide to Fatigue”*

*“Scurvy in the 20<sup>th</sup> Century and Other Nutrition Tragedies”*

*“Partners in Eating”*

### **Home Fitness and Equipment**

*“Not So Fast”*

*“If It’s Ice Cold Watermelon, It Must Be Summer”*

*“Food Substitutes and Weight Loss”*

### **Energy Times**

*“Beating the Winter Blahs”*

*“Help! My Child Won’t Eat Right”*

### **Reflections**

*“Healing Body Image with Hatha Yoga”*

### **Sports and Cardiovascular Nutritionists**

*“Hatha Yoga, An Ancient Approach to Modern Fitness”*

### **Women’s World**

*“Feel Healthier by the End of the Week”*

### **Today’s Dietitian**

*“Working with Resistant Clients”*

*“Building Your Own Practice” (2 parts)*

*“Seasonal Affective Disorder, An Over-looked Cause of Binge Eating”*

*“Hatha Yoga and Eating Disorders”*

## **Healthy Weight Journal**

*“Spiritual Hunger”*

## **Eating Disorder Recovery Today**

*“Meditation as Mindfulness Training”*

*“Hatha Yoga for People with Eating Disorders”*

*“The Role of Ritual in Eating Disorders Recovery”*