

Curriculum Vitae

Steven C. Fischer, Ph.D., C.N.C.

Steven C. Fischer, Ph.D., P.C.
32905 W. 12 Mile Rd.
Suite 440
Farmington Hills, MI 48334

Cell: (248) 891-7771
Office: (248) 488-5800
Fax: (248) 488-5505

EDUCATION

C.N.C. The American Association of Nutritional Consultants	2006
Ph.D. Michigan State University	1982
Major: Counseling Psychology (APA Accredited)	
Minor: Clinical Psychology and Psychiatry	
M.A. Michigan State University	1980
Major: Counseling Psychology	
(M.A.) University of Minnesota (Recognized equivalent)	1977
Major: Experimental Psychology	
Minor: Psychopharmacology	
B.S. Eastern Michigan University	1973
Major: Biology	
Minor: Chemistry	

AWARDS AND FELLOWSHIPS

Certificate in Behavior Analysis with High Distinction University of Minnesota	1977
Phi Kappa Phi, National Honor Society University of Minnesota	1976
U.S. Public Health Service Pre-Doctoral Fellow in Psychopharmacology University of Minnesota	1974
Department of Chemistry Assistantship Eastern Michigan University	1972
Outstanding Chemistry Student Award Eastern Michigan University	1971

LICENSURE AND CERTIFICATION

Certified Nutritional Consultant	#06F508796
Licensed Psychologist, Board of Psychology, State of Michigan	#6301005339
Registrant, National Register of Health Service Providers In Psychology	#33730

TEACHING APPOINTMENTS

Clinical Supervisor, Department of Psychology,	1994
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Detroit Psychiatric Institute,
Wayne State University School of Medicine

Associate Adjunct Professor, Department of Psychiatry, 1990
College of Medicine, Michigan State University

Assistant Adjunct Professor, Department of Psychiatry 1986
College of Osteopathic Medicine, Michigan State
University

Clinical Instructor, Department of Psychiatry 1981
College of Human Medicine, Michigan State University

PROFESSIONAL EXPERIENCE

Medical Consultant, Blue Cross and Blue Shield of Michigan 4/14 to present

Clinical Director, Inner Door Center, Royal Oak, MI 1/10 to 6/14
A yoga based eating disorder recovery program which incorporates psychotherapy,
nutrition, and mindfulness . Supervision of psychology interns, clinical staff, and
chart review.

Certified Nutritional Consultant, Private Practice, Farmington , MI 10/06 to present
Individual nutritional consultations with children and adults. Emphasis on whole
food nutrition, Functional Medicine, food and gluten sensitivity testing, optimal health
and wellness

Consulting Psychologist, Beaumont Hospital, Royal Oak, MI 10/03 to 10/05
The Center for Fertility and Reproductive Endocrinology. Evaluation of individuals
and couples for prospective infertility treatment.

Clinical Psychologist, Private Practice, Farmington Hills, MI 04/84 to present
Individual and conjoint psychotherapy with adults, psychological evaluations and
consultations with medically ill hospital patients.

Consulting Psychologist, Cardiology Associates of Birmingham, P.C., 11/94 to 12/00
Psychological evaluation and treatment of cardiac rehabilitation patients.

Administrative Director of Medical Education, 09/89 to 09/92
Botsford General Hospital, Farmington Hills, Michigan. Program development,
assessment, evaluation and research; coordinated all aspects of graduate medical
education; provided clinical consultations to interns, residents, and staff; oversaw the
integration of behavioral science into the medical training curriculum.

Director of Behavioral Science, Department of Family Practice, 10/86 to 09/89
Botsford General Hospital, Farmington Hills, Michigan. Developed, implemented, and
taught a core curriculum of behavioral science to family practice residents.

Clinical Psychologist, South/West Oakland Community 03/84 to 09/89
Mental Health Clinic, Farmington Hills, Michigan. Individual psychotherapy with
adults; clinical supervision of psychiatric residents, externs, and psychology interns;
psychological testing, training program development, utilization review, and
evaluation.

Staff Psychologist, Psychological Resources, Inc., Bloomfield Hills, MI 04/83 to 04/84
Individual psychotherapy with children, adolescents, and adults; psychodiagnostic
evaluations of children, adolescents, and adults; hospital and agency consultation.

Staff Psychologist, Professional Psychological Consultants, 04/83 to 06/83

East Lansing, Michigan. Individual psychotherapy, psychological evaluation, and disability determinations.
Professional Psychology Intern, Ingham Community Mental Health Center, Lansing, Michigan (APA Accredited). 09/80 to 09/82
Long and short-term individual psychotherapy with adults; individual and group therapy with acutely hospitalized inpatients; psychodiagnostic assessment and consultation; clinical supervision of practicum students; crisis intervention-hospital emergency services; psychotherapy with chronically and terminally ill children and their families; needs assessment evaluation research. As Chief Intern: Development of a clinical and procedural manual for student training, organizing, and coordinating the Professional Psychology Intern Seminars.

Administrative Assistant, Psychiatry Residency Program, Michigan State University. 01/80 to 06/80
Assessment of psychiatry residents in their clinical skills and competence, coordinating all aspects of selection and evaluation of prospective candidates.

Psychology Practicum, Michigan State University Counseling Center 09/79 to 06/80
500-hour practicum emphasizing individual psychotherapy of college students with intensive individual and group supervision.

Teaching Assistant, College of Education, Michigan State University 09/78 to 01/80
Teaching interpersonal skills to undergraduate students by acting as group facilitator and using a dynamically oriented group process.

Psychiatric Assistant, University of Minnesota Hospital, Psychiatric Inpatient Unit, Minneapolis, Minnesota. 06/77 to 08/78
Intake interviews, developing and implementing treatment programs, programming activities, development and presentations of staff in-service training on sexuality.

Volunteer Therapist, Walk-In Counseling Center, Minneapolis, Minnesota. 01/77 to 06/77
Crisis intervention and short-term therapy with individuals and couples.

PUBLICATIONS AND RESEARCH

Assessment of Ego Functions in Classical and Jazz Musicians: A Study of Personality Differences, Doctoral Dissertation, Michigan State University. 1982

"Rorschach Scoring: A Practical Guide to the Comprehensive System." 1983
Unpublished article.

Choosing a Psychotherapist: A Consumer's Guide to Mental Health Treatment, 1985
Third Edition, Minerva Press, Inc., Waterford, Michigan.

Helping Families Cope with Mental Illness: A Guide to Psychiatric Hospitalization (with J. Windell and L. Rubenfaer), Minerva Press, Inc., Waterford Michigan. 1985

PRESENTATIONS

"Cholesterol: The Real Truth", invited speaker at the Annual Growing Connections Organic Harvest Festival & Conference, Metro Detroit Chapter of the Weston A. Price Foundation, Milford, MI September 12, 2009

- "Nutrition and Optimal Health", invited keynote speaker at the Annual Winter Conference of the Metro Detroit Chapter of the Weston A. Price Foundation, Plymouth, MI February, 20, 2009
- "Nutrition and Optimal Health", invited lecture and food tasting at the home of Dr. Ronda Diegel to 30 health care professionals October 19, 2008
- "Nutrition and Optimal Health," invited lecture to The Mental Fitness Center, Rochester, Michigan. March 13, 2008
- "Nutrition & the Immune System," invited lecture to Higher Ground – HIV/AIDS Support Group, Royal Oak, Michigan November 12, 2007
- "Health By Chocolate: The Super Foods," Yoga Now, Keego Harbor, Michigan March 16, 2007
- "Nutrition, Weight Loss, & the Psychology of Eating," Yoga Now, Keego Harbor, Michigan January 26, 2007
- "Disease or Dis-ease: What is Stress?" "Coping with Stress in Physician Marriages," "Being Vulnerable and Accepting One's Limitations in Medical Practice." Invited lectures at the 50th Annual Convention of the American College of Osteopathic Internists, New Orleans. October 28 – November 1, 1990
- "Research into the Personality Differences between Jazz and Classical Musicians," paper presented at the 89th Annual Meeting, Michigan Academy of Science, Arts, and Letters, East Lansing, Michigan. March 22, 1985
- "Normal and Abnormal Development: Implications for Character Pathology," Inservice to Oakland Country Community Mental Health Services, Pontiac, Michigan. January 11, 1985
- "Understanding Psychotherapy: A Consumer's Guide to Mental Health Treatment," Birmingham Community House, Birmingham, Michigan. April 18, 1984
- "Critical Issues in Diagnosis: Implications for Short-Term Psychotherapy," Psychological Resources 1983 Fall Conference on Short-Term Psychotherapy, Southfield, Michigan. December 3, 1983
- "Psychoanalytic Approaches to Research in Music," presentation to the Michigan Society for Psychoanalytic Psychology monthly meeting, Plymouth, Michigan. November 18, 1983
- "Intimacy: The Fear and the Wish," Invited lecture to Jewish Community Center of Metropolitan Detroit Singles Group, West Bloomfield, Michigan. September 12, 1983
- "Treatment of the Borderline Patient," Inservice Case Conference, City of Oak Park Community Service-Clinical Division. August 9, 1983
- "Choosing a Therapist," live radio interview on WJR's Focus program by J.P. McCarthy, Detroit, Michigan. May 11, 1983

POSTGRADUATE CONTINUING EDUCATION

Attendance of many seminars, conferences, and inservices in the areas of clinical psychology practice, ethics, Functional Medicine, nutrition, yoga, mindfulness and meditation. 01/82 to present

PROFESSIONAL MEMBERSHIPS

American Association of Nutritional Consultants

REFERENCES

Available upon request

Revised 2/2015