

## CURRICULUM VITAE

Jeffrey Edward Lazarus, MD, FAAP  
1220 University Drive, Suite 104 --- Menlo Park, California 94025  
(650) 322-5333  
[www.jefflazarusmd.com](http://www.jefflazarusmd.com)

### EDUCATION:

1974-78 M.D., Rush Medical School, Chicago, Illinois  
1970-74 B.A., Magna cum Laude, Washington University, St. Louis, Missouri

### POST-DOCTORAL TRAINING:

2010- Level 3 Advanced TEAM-Cognitive Behavioral Therapist; Level 4, Trainee  
Feeling Good Institute  
1979-81 Resident in Pediatrics, Stanford University, Stanford, California  
1978-79 Intern in Pediatrics, Stanford University, Stanford, California

### POST-DOCTORAL WORK:

2010-11 Private Practice, The Village Doctor, Woodside, California  
2008- Private Practice, Child & Adolescent Clinical Hypnosis and TEAM-CBT,  
Menlo Park, California  
1981-2008 Private Practice, General Pediatrics, Cleveland, Ohio

### ACADEMIC APPOINTMENT:

1981-2000 Associate Clinical Professor of Pediatrics, Case Western Reserve University  
School of Medicine, Rainbow Babies and Children's Hospital

### PROFESSIONAL SOCIETIES:

- Fellow, American Academy of Pediatrics
- Approved Consultant, American Society of Clinical Hypnosis
- International Society of Hypnosis
- European Society of Hypnosis

### VIDEO PUBLICATIONS:

Lazarus, J. E. **Keeping the Bed Dry**® 2014; [www.keepingthebeddry.com](http://www.keepingthebeddry.com)

A medically proven, comprehensive online home video program that incorporates medical hypnosis for individuals with nocturnal enuresis. It was used in a study done by the Division of Pediatric Urology, affiliated with Doernbecher Children's Hospital and Oregon Health and Science University in Portland, Oregon.

Lazarus, J. E. **Controlling Your Gut Feelings**® 2017; [www.controllingyourgutfeeling.com](http://www.controllingyourgutfeeling.com)

An online home video program designed for families and therapists. It provides a comprehensive program that incorporates medical hypnosis, cognitive behavioral therapy strategies, and motivational interviewing techniques to treat patients with irritable bowel syndrome, functional abdominal pain, and other functional gastrointestinal disorders as well as the anxiety that accompanies them.

## RESEARCH PROJECTS:

1. **Division of Pediatric Urology, Oregon Health and Sciences University, Portland, Oregon.**  
The division used my program, "Keeping the Bed Dry®," in a medical study for patients with nocturnal enuresis (bedwetting.)

The objective was to determine if a self-guided comprehensive home video program that incorporates medical hypnosis, behavioral strategies, and techniques to build positive expectations, can help patients with Primary Monosymptomatic Nocturnal Enuresis (PMNE) when used as initial therapy.

Bayne AP. Self-guided Online Medical Hypnosis Program Improves Dry Nights in Children With Nocturnal Enuresis in a Prospective Single-Center Pilot Study. *Clinical Pediatrics*. 2023; 0(0). doi:10.1177/00099228231186690

2. **Division of Pediatric Gastroenterology, Children's Hospital of Philadelphia, Philadelphia, Pennsylvania.**  
The division is using my program, "Controlling Your Gut Feelings®," in a medical study for patients with irritable bowel syndrome (IBS), functional dyspepsia, and functional abdominal pain (FAP).

The objective is to determine if a self-guided comprehensive home video program that incorporates medical hypnosis, cognitive behavioral therapy strategies, and powerful motivational techniques, can help patients with IBS and FAP.

3. **California Northstate University Medical School.**  
Long Term Efficacy of Self-Hypnosis Therapy on Patients with Tics and Tourette Syndrome.

This is a follow up study for the retrospective series described in this article:

**Lazarus, J** and Klein, S. Non-Pharmacological Treatment of Tics in Tourette Syndrome with Videotape Training in Self-Hypnosis. *Journal of Developmental & Behavioral Pediatrics*. July/August 2010 - Volume 31 - Issue 6 – pp. 498-504.

## PUBLICATIONS:

**Lazarus, J.** "Nocturnal Enuresis." Chapter in *Clinician's Guide to Medical and Psychological Hypnosis: Foundations, Systems, Applications, and Professional Issues*. Springer Publishing Company. Edited by Gary Elkins, PhD. 2016; ISBN: 0826124860

**Lazarus, J. E.** Gut-directed hypnotherapy for functional abdominal pain or irritable bowel syndrome in children: a systematic review. Commentary Mosby; *Yearbook in Pediatrics*; Stockman James A., III, editor. 2014

**Lazarus, J** and Klein, S. *Trattamento non farmacologico dei tic nella sindrome di Tourette con l'autoipnosi appresa tramite un videotape*. *Rivista Italiana di Ipnosi Clinica e Sperimentale*, n° 2, 2010, pp. 5-20.

### **PUBLICATIONS (cont'd):**

**Lazarus, J** and Klein, S. *Non-Pharmacological Treatment of Tics in Tourette Syndrome with Videotape Training in Self-Hypnosis*. Journal of Developmental & Behavioral Pediatrics. July/August 2010 - Volume 31 - Issue 6 – pp. 498-504.

**Lazarus, J.** Aneddoti e fiabe per la terapia dei disturbi più comuni in età pediatrica, in *Storytelling: Storie terapeutiche per aiutare bambini e genitori ad aiutarsi*, A cura di Maria Laura Fasciana, Ph.D. (Anecdotes and fairy tales for the treatment of the most common disorders in pediatric age in *Storytelling: therapeutic stories to help children help themselves*. Edited by Maria Laura Fasciana, Ph.D., 2014)

**Lazarus, J.** L'enuresi pediatrica: la diagnosi e il trattamento con l'uso dell'autoipnosi, in *L'ipnosi con i bambini e gli adolescenti: Tecniche psicoterapeutiche in età evolutiva*, A cura di Maria Laura Fasciana, Ph.D. (Pediatric enuresis: the diagnosis and treatment using self-hypnosis, in *Hypnosis in Children and Adolescents: psychotherapeutic techniques for different stages of development*. Edited by Maria Laura Fasciana, Ph.D., 2009)

Silverman, F.N., Stresling A.M., Stevenson, D. K. and **Lazarus, J. E.**, Cerebro-Costo Mandibular Syndrome. *Journal of Pediatrics*, September, 1980 Volume 97, Number 3, pp. 406-416.

Enoch, J. M., **Lazarus, J.E.**, and Johnson, C.A. *Human Psychophysical Analysis of Receptive Field-like Properties: I. A New Transient-Like Visual Response Using a Moving Windmill (Werblin-type) Target*. *Sensory Processes*, 1: 14-32, 1976.

### **POSTER PRESENTATIONS:**

Lazarus, J. E., Frank, R., Aulakh G., Zhang, L., Chong, M, Treatment of Nocturnal Eructation through Medical Hypnosis. California Northstate University Research Day; March 2022

### **UPCOMING PRESENTATIONS:**

“Medical Hypnosis for Pediatric Gastrointestinal Conditions”  
Division of Pediatric Gastroenterology. Stanford University Medical Center. September 2023.

### **INVITED PRESENTATIONS:**

“Medical Hypnosis for Pediatric Gastrointestinal Conditions”  
American Academy of Pediatrics Section on Integrative Medicine Webinar on Mind Body Practices for Peds. December 2023.

“Medical Hypnosis for Pediatric Urological Conditions” Division of Urology, Cedars-Sinai Medical Center, Los Angeles, CA. September 2022.

“Medical Hypnosis for Pediatric Gastrointestinal Conditions” Division of Pediatric Gastroenterology. University of Buffalo. March 2022.

“Medical Hypnosis for Pediatric Urological Conditions” Division of Pediatric Urology. Children’s Hospital of Philadelphia, Philadelphia, PA. May 2021.

**INVITED PRESENTATIONS (cont'd):**

“Medical Hypnosis for Gastrointestinal Conditions” Hypnosis Idea Exchange. May 2021.

“Medical Hypnosis for Neurological Conditions” American Academy of Neurology, Neurohealth and Integrative Neurology Section. March 2021.

“Medical Hypnosis for Pediatric Gastrointestinal Conditions” Division of Pediatric Gastroenterology. University of California San Francisco Benioff Children’s Hospital. January 2021.

“Medical Hypnosis for Pediatric Gastrointestinal Conditions” Division of Pediatric Gastroenterology. Children’s Hospital of Oakland. Oakland, CA. September 2020

“Medical Hypnosis for Pediatric Gastrointestinal Conditions” Division of Pediatric Gastroenterology. Children’s Hospital of Philadelphia. Philadelphia, PA. May 2020.

“Medical Hypnosis for Children and Adolescents” Starship Children’s Hospital in Auckland, New Zealand. May 2020.

“Hypnosis: Definitions, Myths, and Misconceptions”; “Sleep: Goals and Suggestions”; “Building Your Hypnosis Practice”; Small group facilitator National Pediatric Hypnosis Training Institute. Minneapolis, Minnesota. September 2019.

“Medical Hypnosis for Children and Adolescents” Pediatric Integrative Medicine Conference, Stanford University Medical School. May 2019.

“Medical Hypnosis for Headaches”; “Medical Hypnosis for Gastrointestinal Conditions” Medical Chamber of Slovenia. Ljubjana, Slovenia. May 2019.

“Overcoming Anxiety and Incorporating David Burns, MD’s, TEAM-CBT Approach Using “The Magic Dial.” Boys Basketball Team, Menlo School, Menlo Park, California February 2019.

“More Important than Hypnosis: Optimizing Motivation and Dissolving Patient Resistance. Applying David Burns, MD’s TEAM-CBT Approach to Children and Adolescents.” Brief Therapy Conference, Burlingame, California. December 2018.

“Optimizing Performance and Overcoming Anxiety.” 9<sup>th</sup> grade students, The Harker School, San Jose, California November 2018

“Continued Learning and Resources” Small group facilitator. National Pediatric Hypnosis Training Institute. Minneapolis, Minnesota. September 2018.

“More Important than Hypnosis: Optimizing Motivation and Dissolving Patient Resistance. Applying David Burns, MD’s TEAM-CBT Approach to Children and Adolescents; “Treatment of Headaches with Training in Self-Hypnosis.” World Congress of Medical and Clinical Hypnosis, Montreal, Canada. August 2018.

**INVITED PRESENTATIONS (cont'd):**

“Medical Hypnosis for Pediatric Gastrointestinal Conditions” Division of Pediatric Gastroenterology Rainbow Babies and Children’s Hospital. Cleveland, Ohio. August 2018.

“Update in Medical Hypnosis for Common Pediatric Neurological Conditions.” Division of Pediatric Neurology. Stanford University School of Medicine. Stanford, CA January 2018.

“Optimizing Performance and Overcoming Anxiety” Kiwanis Club. Menlo Park, CA November 2017

“Medical Hypnosis for Pediatric Urological Conditions”. Division of Pediatric Urology Kaiser Permanente. Oakland, California. October 2017

“Medical Hypnosis for Tics and Habit Disorders” and small group leader/facilitator. National Pediatric Hypnosis Training Institute. Minneapolis, Minnesota. October 2017.

“Utilizing David Burns, MD’s ‘Magic Dial’ as a Quick Tool to Overcome Anxiety” The Lillian and Betty Ratner School. Cleveland, Ohio. October 2017

“Utilizing David Burns, MD’s, TEAM Approach in Children and Adolescents” and teaching assistant. High-Speed Treatment of Depression and Anxiety Disorders – A Four-Day T.E.A.M. / Advanced CBT Intensive. South San Francisco, California. August 2017.

“Medical Hypnosis for Children and Adolescents” Children’s Hospital of Orange County. May, 2017.

“Update on Medical Hypnosis to Treat Pediatric GI Conditions” Stanford University Department of Pediatric Gastroenterology. May, 2017.

“Medical Hypnosis to Treat Pediatric Urological Conditions” Stanford University Department of Urology Grand Rounds. April, 2017.

“Advanced Empathy Workshop: The Five Secrets of Effective Communication.” Entheos Audiology Group, Tucson, Arizona. February, 2016.

“Explaining Hypnosis to Children and Parents” and small group leader/facilitator. National Pediatric Hypnosis Training Institute. Minneapolis, Minnesota. October 2016

“The Use of David Burns, MD’s, TEAM Therapy in Children and Adolescents” and teaching assistant. High-Speed Treatment of Depression and Anxiety Disorders – A Four-Day T.E.A.M. / Advanced CBT Intensive. South San Francisco, California. August 2016.

“Medical Hypnosis for the Treatment of Headaches” ASAP: American Syringomyelia & Chiari Alliance Project, 28<sup>th</sup> Annual Conference. San Mateo, CA July 2016.

“Medical Hypnosis for Children and Adolescents” for Department of Pediatrics Oregon Health & Science University. Portland, OR. May 2016.

**INVITED PRESENTATIONS (cont'd):**

“Medical Hypnosis for Headaches and Tics” for Department of Pediatric Neurology Oregon Health & Science University. Portland, OR. May 2016.

“Medical Hypnosis for Enuresis” for Department of Pediatric Urology Oregon Health & Science University. Portland, OR. May 2016.

“Medical Hypnosis for ENT Conditions” for Department of Pediatric Otolaryngology Oregon Health & Science University. Portland, OR. May 2016.

“Medical Hypnosis for Pediatric Gastrointestinal Conditions” for Department of Pediatric Gastroenterology Oregon Health & Science University. Portland, OR. May 2016.

“Medical Hypnosis for Pediatric Gastrointestinal Conditions” for Department of Pediatrics Kaiser Permanente. Portland, OR. May 2016.

“Pediatric Applications of Mental Imagery: the Power of the Mind.” Key-Note Lecture, The Annual International Congress of Arab Medical & Surgical Pediatrics, Abu Dhabi, United Arab Emirates. April, 2016.

“Medical Hypnosis for Nocturnal Enuresis.” International Children Continence Society. Montreal, Canada. October 2015

“Medical Hypnosis for Gastrointestinal Conditions” and small group leader/facilitator. National Pediatric Hypnosis Training Institute. Minneapolis, Minnesota. October 2015.

“Medical Applications of Hypnosis” and “Medical Hypnosis for Pain and Headaches” Lucena Clinic for Child and Adolescent Mental Health. Dublin, Ireland. September 2015

“Medical Hypnosis in Children and Adolescents” Medical Chamber of Slovenia. Ljubjana, Slovenia. September 2015.

“Self-Hypnosis in the Treatment of Headaches, Including Migraine” World Congress of Hypnosis. Paris, France. August 2015.

“Treatment of Tics and Habit Disorders with Training in Self-Hypnosis” European Hypnosis Society Congress. Sorrento, Italy. October 2014.

“Self-Hypnosis for the Treatment of Nocturnal Enuresis” European Hypnosis Society Congress. Sorrento, Italy. October 2014.

“Self-Hypnosis in the Treatment of Headaches, Including Migraine” European Hypnosis Society Congress. Sorrento, Italy. October 2014.

“Optimizing Motivation and Dissolving Patient Resistance” European Hypnosis Society Congress. Sorrento, Italy. October 2014.

**INVITED PRESENTATIONS (cont'd):**

“Treatment of Irritable Bowel Syndrome and Functional Abdominal Pain with Training in Self-Hypnosis” European Hypnosis Society Congress. Sorrento, Italy. October 2014.

“Techniques to Maximize Treatment Adherence and Outcome.” Child Hypnosis Congress, Heidelberg, Germany. October 2013

“Treatment of Tics and Habit Disorders with Training in Self-Hypnosis.” Child Hypnosis Congress. Heidelberg, Germany. October 2013.

“Treatment of Headaches Utilizing Self-Hypnosis.” Society for Clinical and Experimental Hypnosis, Advanced Workshop, Annual Meeting. Berkeley, California. October 2013.

Guest lecturer and teaching assistant for David Burns, MD when Dr. Burns teaches “Advanced Applications in Cognitive Therapy: A Four-Day Intensive Training.” Society for Clinical and Experimental Hypnosis, Advanced Workshop, Annual Meeting. Berkeley, California. August 2013.

“Medical Applications of Mental Imagery in Children and Adolescents.” Dubai Paediatric Society. Dubai, United Arab Emirates. April 2013.

“Treatment of Tics and Habit Disorders with Training in Self-Hypnosis.” . American Society of Clinical Hypnosis Annual Scientific Meeting. Louisville, Kentucky. March 2013

“Treatment of Tics in Patients with Tourette Syndrome with Training in Self-Hypnosis” and “A Comprehensive Approach to the Treatment of Nocturnal Enuresis (Bedwetting) Incorporating Self-Hypnosis.” International Society of Hypnosis Congress. Bremen, Germany. October 2012

“The Use of Hypnotherapy in Pediatrics” and “Medical Hypnosis in the Treatment of Functional Abdominal Pain and Irritable Bowel Syndrome.” American Academy of Pediatrics Annual California Chapter 1 Meeting. Monterey, California. May 2012.

“Application of Dr. Michael Yapko’s Approach to Sports Performance Enhancement.” American Society of Clinical Hypnosis annual scientific meeting. March 2011

“Treating Sports Performance Enhancement using clinical hypnosis.” NIKE Coach of the Year Conference. Concord, California. February 2011.

“Test-taking Anxiety and Situational –Specific Anxiety: Using visualization and positive self-talk to manage Test-Taking Anxiety and Situational-Specific Anxiety.” Parents Education Network. San Francisco, California. December 2010

“Clinical Hypnosis in the Treatment of Insomnia and Anxiety.” California Association of Marriage and Family Therapists. California Association of Marriage and Family Therapists. October 2010.

“Treating Sports Performance Enhancement using clinical hypnosis.” NIKE Coach of the Year Conference. Concord, California. March 2010.

**INVITED PRESENTATIONS (cont'd):**

“Treatment of Tics in Tourette Syndrome with Training in Self-Hypnosis,” “Treatment of Nocturnal Enuresis with Self-Hypnosis,” and “Treatment of Migraine Headaches with Self-Hypnosis” XVIIIth Annual International Hypnosis Society Congress. Rome, Italy. September 2009

“Medical Hypnosis in Children and Adolescents.” Department of Child and Adolescent Psychiatry; Saarland University Hospital. Homburg, Germany September 2009.

“Medical Hypnosis for Tics and Tourette Syndrome.” Pritzker Lecture Series, Osher Center for Integrative Medicine, University of California. San Francisco. May 2009.

“Treatment of Nocturnal Enuresis with Self-Hypnosis” Combined meeting of the American Academy of Pediatrics and International Children’s Continence Society. October 2008.

“Treatment of Tics in Tourette Syndrome with Training in Self-Hypnosis” XVIIth Annual International Hypnosis Society Congress. August 2006.

“Treatment of Nocturnal Enuresis with Self-Hypnosis” XVIIth Annual International Hypnosis Society Congress. August 2006.

“Learning and Teaching Self-Hypnosis” XVIIth Annual International Hypnosis Society Congress. August 2006.

“Treatment of Tics in Tourette Syndrome with Training in Self-Hypnosis” 4th Scientific Meeting of the International Tourette Syndrome Association, poster session. June 2004

Guest speaker, Annual Mullen Lecture Series Department of Psychology, Ursuline College. Cleveland, Ohio April 2004.

“Treatment of Tics in Tourette Syndrome with Training in Self-Hypnosis.” National Scientific Meeting of the American Society of Clinical Hypnosis. Menlo Park, Ca April 2003.

**PEDIATRIC GRAND ROUNDS PRESENTATIONS:**

(2000-Present)

*“Medical Hypnosis for Children and Adolescents”*

- Stanford University Medical Center – Stanford, California
- Hospital Infantil - Madrid, Spain
- Mattel Children’s Hospital at UCLA, David Geffen School of Medicine at UCLA – Los Angeles, California
- Children’s Hospital and Health Center, San Diego, California
- Rainbow Babies and Children’s Hospital, Case Western Reserve University School of Medicine – Cleveland, Ohio
- The Children’s Hospital, Oregon Health Sciences University – Portland, Oregon
- Duke University Medical Center – Durham, North Carolina
- The Cleveland Clinic Foundation – Cleveland, Ohio
- Cardinal Glennon Children’s Hospital - St. Louis, Missouri
- Akron Children’s Hospital – Akron, Ohio



**PEDIATRIC GRAND ROUNDS PRESENTATIONS (cont'd):**

- Palo Alto Medical Foundation – Palo Alto, California
- Division of Child Psychiatry, Langley Porter Psychiatric Institute, University of California in San Francisco, School of Medicine, Dept of Psychiatry – San Francisco, California
- Division of Child Psychiatry, Stanford University Medical Center – Stanford, California
- Children’s National Medical Center – Washington, D.C.
- California Pacific Medical Center – San Francisco, California
- Marin General Hospital – Greenbrae, California
- Good Samaritan Hospital – Los Angeles, California
- El Camino Hospital – Mountain View, California
- Oakland Children’s Hospital – Walnut Creek, California
- Santa Clara Valley Medical Center, Department of Pediatrics – San Jose, California
- Santa Clara Valley Medical Center, Division of Urology – San Jose, California
- Mills Peninsula Hospital, Division of Pediatrics – Burlingame, California
- Division of Pediatric Otolaryngology, Stanford University Medical Center – Stanford, California
- Kaiser Permanente, Division of Pediatrics – Portland, Oregon

*“Medical Hypnosis for Children and Adolescents (Update)”*

- Oakland Children’s Hospital – Walnut Creek, CA
- Stanford University Medical Center, Department of Pediatrics – Stanford, California

*“Medical Hypnosis for Headaches”*

- Stanford University Medical Center, Division of Neurology – Stanford, California
- Stanford University Medical Center, Division of Pediatrics – Stanford, California
- University of California in San Francisco, Division of Child Neurology – San Francisco, California

*“Medical Hypnosis for Gastrointestinal Disorders”*

- Palo Alto Medical Foundation – Palo Alto, California
- El Camino Hospital, Division of Pediatric Gastroenterology – Mountain View, California
- Children’s National Medical Center, Division of Pediatric Gastroenterology – Washington, D.C.
- Stanford University Medical Center, Division of Pediatric Gastroenterology – Stanford, California
- Children’s Hospital of Oakland, Division of Pediatric Gastroenterology – Oakland, California

*“Medical Hypnosis for Tics and Tourette Syndrome”*

- University of California in San Francisco, Division of Pediatric Neurology – San Francisco, California
- University of California San Francisco, Division of Pediatric Psychiatry – San Francisco, California
- Stanford University Medical Center, Division of Pediatric Otolaryngology – Stanford, California

**PEDIATRIC GRAND ROUNDS PRESENTATIONS (cont'd):**

- Stanford University Medical Center, Division of Pediatric Psychiatry – Stanford, California
- Stanford University Medical Center, Division of Pediatric Neurology – Stanford, California
- California Pacific Medical Center, Division of Pediatric Gastroenterology – Stanford, California

*“Medical Hypnosis for Nocturnal Enuresis”*

- Santa Clara Valley Medical Center, Division of Urology – San Jose, California
- Stanford University Medical Center, Division of Urology – Stanford, California
- Children’s National Medical Center, Division of Pediatric Urology – Stanford, California

*“Medical Hypnosis for Pediatric Allergy and Immunology”*

- Stanford University Medical Center, Division of Pediatric Allergy and Immunology – Stanford, California

*“Medical Hypnosis in the Treatment of Pediatric Pulmonary Conditions”*

- Children’s Hospital of Oakland, Division of Pediatric Pulmonology – Oakland, California
- Stanford University Medical Center, Division of Pediatric Pulmonology – Stanford, California
- Stanford University Medical Center, Division of Pediatric Otolaryngology – Stanford, California

**PERSONAL INTERESTS:**

I enjoy tai chi, hiking, swimming, bicycling, fitness training, and telling good jokes.

(August 2023)