

Ralph W. Wilson, N.D., Dipl. Acupuncture [v. 01-01-2019]

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Education:

Doctor of Naturopathic Medicine (Class of 1989). **Primary care.** Bastyr University, Seattle, WA With Honors work in Counseling, and in Craniosacral Therapy. Public speaking on wellness.

Adjunct Faculty: Physical Examination; Clinical Office Procedures (I.V. therapy, neural therapy).

Master of Science – Acupuncture (1995). Bastyr University, Seattle, WA [Dipl. NCCAOM, 2013]

Shanghai College of TCM, Chengdu University of TCM

Shangqing Temple personal (Song Lin) physician mentoring, Qingcheng Mountain, Sichuan Province.

Bachelor of Science -- Oriental Medicine (1995). Bastyr University, Seattle, WA

Professional Certificate -- Spirituality, Health & Medicine (2000). Bastyr University, Seattle, WA

First Year -- University of Michigan Medical School (1970-71). Ann Arbor, MI. An experimental program to develop battle-ready doctors graduating from the military academies. Took a leave of absence after one year. U.S. Air Force scholarship. Phi Chi Scribe for class notes. Co-editor school paper, *Paeon*.

Bachelor of Science (Class of 1969). U.S. Air Force Academy, USAFA, CO

Two Majors: Life Sciences, Basic Science/Engineering. Red Cross First Aid Instructor. Cadet in Charge of Emergency care: Operation Easter 1969. Judo Club. Mountaineering/Spelunking Club [my first instructor was “Pop” Sorenson, Nordic alpine WWII commando who prepared the Normandy cliffs for DDay. Ski Club. SCUBA. **June-July 1967:** Inter-service leadership: Army Airborne Stick Leader Ft Benning GA (I led 12 men; we all earned our wings). Jungle Expert warfare training alongside Navy SEALs, Ft. Howard, School of the Americas, Panama. **1968:** Army jungle/napalm demo in CA. Parachute jump for Congress. Prisoner of War leadership training, USAFA (I escaped, they never caught me). My total Active Duty: June 1965 to September 11 1972, USA, Asia, Europe. Units: MAC, ROTC, SAC.

High School (Class of 1965): Allegan, Michigan. Good school. Graduated 11th in class.

Scouting. Canoe racing. Swimming & snorkeling. Civil Air Patrol (studied rockets). Class project on Sputnik and Space Travel. Student Council. Co-editor school newspaper. Debate Team. National Honor Society. Wrestling, Cross Country, Track -- Mile Relay (lettered on champion team) and Half Mile run.

Recent Coursework or Contributions

1. Healing the Wounds of War webinar (also workshop). Peter A. Levine, Ph.D. www.TraumaHealing.org
2. Psychotherapy Networker Symposium, several years [www.PsychotherapyNetworker.org]
3. Zur Institute [www.zurinstitute.com] Psychotherapy, counseling & mental health.
4. Shrink Rap Radio [www.ShrinkRapRadio.com] Psychology podcasts and courses.
5. AcuGraph Digital Meridian Imaging [www.AcuGraph.com]: Acupuncture documentation.
6. Tutor, Da Vinci College of Holistic Medicine. [www.CollegeNaturalMedicine.com]
7. Certified brain health educator [www.AmenClinics.com]
8. Why Nobel Prize, Med 2014 reveals “Map creation in the Brain” in mammals. Maps explain why we can rapidly envision future or past consequences of new present knowledge. “Map it forward...”
9. Heart Rate Variability for fitness assessment. Research studies technology, www.Intellewave.net.

Integrative and Functional Medicine Education:

Basics of Functional Medicine (2012). Washington DC. The integrative psychiatry work of Charles Gant, M.D. Board of Advisors, Academy of Functional Medicine, Dentistry and Psychology. Renamed Academy of Functional Medicine and Genomics: www.AcademyOfFunctionalMedicine.com.

FlexAware Health Coach (2014) Insightful approach to self knowledge. Let gravity be yo!

Metagenics FirstLine Therapy: Health optimization, weight management. Certified 2011.

Professional Experience:

Licensed Naturopathic Physician -- Private Practice (1990 – Present)

- Seattle WA -- 1990-2001 ● Washington DC (under Board of Medicine) -- October 2001 to present.
- Honolulu and Hilo HI --Licensed 2001. Scope includes behavioral counseling & psychotherapy (HI).

Complementary Experience in addition to naturopathic medicine:

Licensed Massage Practitioner, Registered Counselor and Hypnotherapist -- Seattle WA (1983-1990)

Certified Hypnotist -- Hypnosis Motivation Institute, Tarzana CA (2007). Evergreen Institute (1992)

Certified Health Coach: FlexAware™ -- Washington DC (2012 to present)

Cranial Bio-Dynamics: My blend of psychotherapy, Craniosacral Therapy and autonomic science 1988 on.

Research: Observational study [3 clinics] with AcuGraph Correlated emotions w/ acumeridian findings. (2012)

Consultant, Alternative Medicine Magazine: Collaboration with founder, Burton Goldberg (1990-2000)

Health and Dental Awareness Practitioners [HDAP]: Acting president while HDAP ceased. (2007)

Integrated Listening Systems (iLs) practitioner: Treating autism & learning challenges 2012 - present.

Support for Parents with Purpose: Neurodevelopmental differences advocacy group. 2014 - present.

International Primal Association: Janov's legacy. Joined IPA 2016 as a professional. www.Primals.org

Post-Discharge Service Endeavors after 1972: Community service. Seeking long-term ways to contribute to the nation's health. Observing effects of the "Vietnam War" on society and veterans. Begin lifetime study of human behavior the consequences of trauma as well as positive psychology.

Officer in Charge: X-Ray Department, 1972: Wurtsmith AFB (SAC), Oscoda MI (1972). Early discharge.

University of Michigan, ROTC Detachment 390. Ann Arbor MI (1970-1971)

Active duty assignment, experimental scholarship program: University of Michigan Medical School.

Staff: Office of Command Surgeon, Military Airlift Command (MAC): Scott AFB, Belleville IL (1969-1970). Special assignment. Unit's responsibilities: Global Air Rescue and Recovery (Pararescue) Southeast Asia. Astronaut landings, high altitude radioactivity sampling; weather monitoring flights.

Publications:

Window of Health: Ocular Diagnosis and Periocular Acupuncture, Third Edition. Author. Hoy Ping Yee Chan, OMD; w/endorsement & Home Care Tips by Dr. Wilson [Print on demand: www.Lulu.com]

Posters & Presentations:

Call to Naturopathic Medical Schools: "Naturopathic Psychiatry" specialty board? Major mailing asking schools to consider pre-graduation track to bolster post-grad specialty in mental health. (2013)

Vibrational Medicine Seminar: I conceived/MC'd this, 1989--Richard Gerber, MD [author, [Vibrational Medicine](#)] & others. Supported by Burton Goldberg, founder of Alternative Medicine Magazine.

"Naturopathy, the Patient and the *Vis Medicatrix Naturae*": Lobby Display 2000 AANP convention to seek Alex Gray art commission for a painting re spirituality and the "triune" relationship in the healing process.

"The Woods Place: A forest retreat site for renewal and enjoying nature." Site inspection with report preparation (December 2017), re long-term economic resilience and service to local and national organizations and individuals. Blending Positive Psychology, "Primaling", Human Resources methods, and Warm Water Therapy in certified "sacred pool" also offering Continuing Education online via video of teaching sessions.

Additional Selected Unique Experiences

[Confidentiality shields much of what I have done with clients. In patient care I include collaboration with other specialists to expand the client's feeling of extended support as part of larger healthcare community]

Acupuncture: A year of coursework at NIAOM (Northwest Institute of Acupuncture and Oriental Medicine), 1988-89. Attended conferences for acupuncturists and students. Withdrew to give full attention to naturopathic medical studies at Bastyr. Completed two-year acupuncture program at Bastyr University, 1993-95. China academic trip to Shanghai and Chengdu (June-July 1993); there I demonstrated Cranio-Sacral therapy and described dental mercury dangers. I spent nine days of internship with the temple physician at a Daoist temple on top of Qingcheng Mountain.

Acupuncture and Mental Health: Advocate of NADA five-needle ear acupuncture. Met founder Michael Smith, M.D. ~1990. Enjoyed the Five-Element mind/body focused acupuncture rotation at Bastyr's program. Later I received several treatments at Dirk Hein's center: WuHsing Tao [www.wuhsing.org]. In 2013 I received a series of 5-E treatments with Michael Perfetto at the former TAI Sophia Institute, now accredited as Maryland University of Integrative Health [www.MUIH.edu], and I described it as "the homeopathy of acupuncture" for its subtle and catalytic effects. Talked w Christian Nix, Lic.Acup., founder www.barefootmedicinetraining.com; he has videos on acupuncture and mental health <http://www.barefootmedicinetraining.com/tcm.html>. I have had extensive conversations with U.S. Navy veteran and licensed acupuncturist, John Howard, Dipl. Acup., Lic. Acup., founder of Battlefield Acupuncture Seminars: www.BattlefieldAcupuncture.net.

Amen Clinic certified education center supporter. Amen Method Professional. Brain Health focus. I support the Amen Clinic in their services such as SPECT scans, Neurofeedback and treatment options of natural and/or pharmaceutical treatment. [www.AmenClinics.com]

Anatomy dissection projects: Bastyr University 1989. 1. Cranial membranes mobility assessment after brain tissue removal; 2. Mandibular dissection, neural therapy practice relevant to dental infections.

Auriculotherapy: Coursework and Workshops, no-needle ear acupuncture point therapy. Michael Adams, ND, L.Ac. Treating mind and body energy imbalances.

Autism Support Team, NIHA: Worked with m*medical dental team at National Integrated Health Associates. Adjunctive support via Autonomic Response Testing, Allergy Elimination Technique and craniosacral therapy.

Autonomic Nervous System regulation [now taught at Klinghardt Academy]:

- 1. Neural Therapy (NT) A and B:** Restoring autoregulation to the ANS
- 2. Autonomic Response Testing (ART), levels I and II:** Mind-body diagnosis & Tx.
- 3. Applied Psycho-Neurobiology (APN) levels I and II:** Mind-body approach--includes ART techniques.

Ayurvedic medicine: Coursework and Workshop--Vasant Lad, M.D. (India). Case management with an Ayurvedic physician from India, Vivek Shanbhag, N.D., M.D. (India). Provided Pancha Karma therapy oil massage for mind/body rejuvenation programs.

Biofeedback: HRV, Galvanic skin response, EMG. HeartMath technologies. AcuGraph. Vegatest.

Cancer Support Team, NIHA: Worked with Paul Beals, M.D. at National Integrated Health Associates to provide adjunctive integrative support for patients who had received cancer diagnoses elsewhere and wanted to add our services to their overall health program.

Cinema Therapy: Certificate (Zur Inst.). War films. Classic movies. Modern positive psychology films.

Coherence Therapy: Attended workshops w co-founder Bruce Ecker. I promote C.T. as a new understanding of rapid removal of distressing "emotional learnings" that can result from trauma. www.CoherenceTherapy.org offers a major advance beyond the older approach known as Cognitive Behavioral Therapy.

Counseling: Registered Counselor in Washington State, 1983. Hypnotherapy certificate (Evergreen Center Institute). Graduate certificate in Spirituality, Health & Medicine (Bastyr University). DC Area Guild of Body Psychotherapists. Other training and experiences form a rich background for discussions and choices of additional approaches to mental health and wellbeing. This includes One-Brain, Touch for Health, Clinical Kinesiology, Somato-Emotional Release, EMDR, Applied Psycho-Neurobiology, Qi gong, Ayurvedic, Taoist and shamanistic experiences. Diamond Heart/Ridhwan meditation class for two years. Lectures and sessions of Re-Evaluation Counseling. Basic Transactional Analysis experience. Psychotherapy Networker Symposium. Audio: podcasts ShrinkRapRadio & Wise Counsel Podcast by Psychologist and educator David Van Nuys. Zur Institute studies in Positive Psychology. Skilled at both spiritual and humanistic psychological frameworks for counseling.

Cranio-Sacral Therapy: Several instructors. Designed my own body/mind approach: Cranial BioDynamics. Taught classes in basics, titled Cranial BioDynamics.

Da Vinci College of Natural Medicine: Tutor for innovative online school. Founder has an integrative medicine approach and includes many methods of body/mind health support. Site: www.CollegeNaturalMedicine.com

Dental Dangers for Body & Mind: Organized—Seattle’s unique Well Mind Association, Scientific Symposium. Featuring Hal Huggins, DDS, MS, local biological dentists and naturopathic physicians.

Dental metals and effects on health: Visited Huggins Diagnostic Center for two seminars “Integrating the Sciences of Medicine and Dentistry.” Seattle area patient support group leadership, 1990s. Past president of Health and Dental Awareness Professionals (HDAP) during its final time of disbanding.

Developmental Movement Therapy: Assessing & helping neural dis-integration from trauma. Basic workshops.

Doctor of Integrative Medicine studies: Coursework toward the diploma as a Doctor of Integrative Medicine; Capital University of Integrative Medicine 2001-2004. The school closed; it failed accreditation. The two-year training included Biological Dentistry factors. (www.CUIM.edu)

EAV/EDS: Electroacupuncture/ElectroDermal Screening. “Energy flow measurement” is one way to describe this, Level 2 training in Computron [lived in home of Doug Leber; helped with his private research into color & the mind]. Vegatest. Avatar. Also NES body-field pattern assessment.

Environmental Sensitivity/Environmental Illness/Clinical Ecology: As student was first patient to go through the detoxification facility of Walter Crinnion, N.D.. (exercise, sauna, massage, constitutional hydro-therapy and intestinal hydrotherapy). Visited offices of Jonathan V. Wright, M.D., David Buscher, M.D., in the Seattle area, and a Denver clinic where they used skin injection allergy assessment including tracking emotional and physical changes in the minutes after injection.

Family Constellation therapy: First with Dietrich Klinghardt in 2000, and many “Constellation” events since then. Met Bert Hellinger and discussed a patient’s unique case. This is a type of phenomenological personal awareness and growth therapy practiced by many psychotherapists worldwide.

Fetzer Foundation Global Healing Conference: Student representative. Sponsors, Moyers' Healing & the Mind series. This was the dedication of the Fetzer Foundation in Kalamazoo, 1988. [<http://fetzer.org/>]

FirstLine Therapy: An evidence-based health and lifestyle approach to nutrition-centered health care interventions for chronic health conditions. Metagenics Corporation certification.

First Nations Wisdom: Several experiences on reservations and in presentations to N.D. medical students. Deep respect for Sun Dance and personal/tribal empowerment for both health and social stability and resilience.

FlexAware®: Neuro-muscular rehab & fitness. Teaching movement, breathing, adaptability. Certified as FlexAware Teacher -- a coaching certification. [www.FlexAware.com]

HANDLE Institute®: Workshop on Neurodevelopmental Differences. Learning disabilities, autism spectrum. Special emphasis on the concept of Gentle Enhancement®, careful pacing of the work to avoid overwhelm.

Healing AIDS Research Project (HARP): As student I provided hot water immersion therapy and followed the progress of two men who were in this Bastyr College of Naturopathic Medicine research study, 1987. Organized “Healing Aids Naturally” workshop presented at Bastyr by Laurence Badgley, M.D., 1987.

Homeopathy & Heilkunst: Bastyr University coursework. International Foundation for Homeopathy. Vegatest and Computron. Advanced classes at www.Homeopathy.com which included focus on Hahnemann, Steiner, Reich, College of Orgonomy introduction; their graduates practice homeopathy and “Heilkunst” (“wholeness-making” transl. German). Currently I have been impressively changed by the Sensations approach of spouses Rajan Sankaran and Divya Chhabra [clinic & training: www.TheOtherSong.com].

Hypnotherapy: Evergreen Center Institute, 1983. Bastyr University training. Hypnosis Motivation Institute 2007-09. Bill O’Hanlon’s Hypnotherapy course--2012.

Integrated Listening Systems (iLs): For Trauma; Autism; Alzheimer prevention; Performance Optimization for both athletes and corporate “desk jockeys”. 1st level certification as advisor 2012. This helps people improve mental focus and function. Helps ADD, music skills, some reports re helping TBI.

International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM): One of the initial supporters, along with John Upledger, D.O. (Site: <http://issseem.org/>) s

Internet consultations: Answered e-mail questions as a doctor for Burton Goldberg -- Founder of Alternative Medicine Magazine and www.AlternativeMedicine.com. [www.BurtonGoldberg.com]

Intestinal Hydrotherapy: Study with professional colon therapists. Was the colon hydrotherapist at an Ayurvedic medical clinic in Seattle.

Iris Analysis/Iridology: IRB Principal Investigator: Ocular signs of cardiac pathology. Republished out-of-print [book on Acupuncture and ocular diagnosis](#): Window of Health: Ocular Diagnosis and Periocular Acupuncture. International Iridology Practitioners Association certification (membership dues are not current). Recent: Peer reviewer of Korean research into iris structure correlated with mental health profile screening.

Light for healing: Many experiences with the use of colored light, and sunlight, for support of the innate healing process. Conversations with Darius Dinshah (Spectro-Chrome; www.DinshahHealth.org) Have equipment from Tony Cocilovo, founder of www.PhotonStimulator.com. Basic training in Lumatron light therapy. Klinghardt Academy training in eye movement and colored glasses for autonomic nervous system therapy.

Massage training; Licensed Massage Practitioner, Seattle. 1983.

Mensa: Joined in 1974 to meet other people who also used their minds a lot. "You think too much," was one observation that drove me to seek others who have active minds. [Hint: I found that they're pretty much the same as everybody else.]

Mindsight Studies: Personal conversation with Daniel Siegel, M.D., Adolescent Psychiatrist and author of recent book, [Brainstorm: The Power and Purpose of the Teenage Brain](#). Dr. Siegel points out that the brain between ages 12 and 24 is not yet fully developed. We have talked about veterans typically beginning military service with an incompletely developed brain architecture, leading to potential reactivity, risk-taking and higher risk of negative results of traumas both physical and emotional/social. His work and that of neuroscientists is giving new hope to therapists for rapid treatment of formerly disabling conditions (which are called "emotional learnings" in the new Coherence Therapy model). [www.drdansiegel.com | www.mindsightinstitute.com]

NADA Five-Needle Ear Acupuncture: Assisted preparation of a training program for this method that is widely used to encourage an improved state of health. 2008.

National Integrated Health Associates: Unique Medical, Dental and CAM center; I saw patients there from 2001 to 2010. [www.NIHAdc.com]

NES ProVision Technology: Certification studies with Bioenergetic Research Institute. NES was designed by acupuncture educator, Peter Fraser. Assesses what he called "body-field" patterns, and compares the individual's pattern with the "ideal pattern." Acupuncture meridian organ emotion correlations are included on the "Mind Screens" section of printout.

Neurofeedback: Saw patients in the office of Tom Budzynski, Ph.D., and Helen Kogan- Budzynski, Ph.D. in 2010. They were pioneers in Neurofeedback for brain focus training. We had begun case collection for a research into AcuGraph digital meridian imaging and the application of a type of holographic energy pattern generating disk applied to the skin. Tom died before we could get enough data to publish.

Primal Therapy: I was fortunate to attend the yearly Conference of the International Primal Association Site: www.Primals.org This approach is based on Janov's work, but now in 2017 it is seeming quite relevant because of the work of Bessel van der Kolk M.D., who authored [The Body Keeps the Score](#). That book describes how conventional talk therapy is impotent to create lasting change when the mind has been overwhelmed and the storage of trauma happens at a tissue level. What looks like "crying" and "temper tantrums" in adults are actually the free flowing of neurochemical impulses through the body such that the "charge" is released and there simply isn't a long-term need for "feeling down" or other behavioral labels. I'm an IPA member now.

Psychiatry Experiences: "Major Rescue Mission 2006" flew from DC to West Coast; schizophrenia. Consulted Clancy MacKenzie, M.D.; Charles Gant, M.D.; Robert Hedaya, M.D.; Mark McClure, DDS, FAGD. Schizophrenia insights from Dr. MacKenzie: 1) www.alternativeapa.com/news-release; 2) [Babies need Mothers](#) a book on insights for avoiding parents who failed to be supportive, he has seen cure by total avoidance.

Psychotherapy Networker: I've attended their yearly Symposium, 2010-2014. This Continuing Education event is superb, see their online site and printed magazine. [www.PsychotherapyNetworker.org]

Reverse Speech: Major breakthrough observations led to this subset of neuroscience that has been the target of "benign neglect" by major interests in **the fields of mental health and national security**. I personally know the developer of the insights that he publicized about the sound bytes that can be heard when recorded speech is played backwards. The science behind "reversals": The rhythmic ebb and flow of the CSF intracranially likely leads to a "forward speech and backward speech" duality. A) Forward: the conscious mind vocalizes to others, and B) Backward: the autonomic nervous system uses archetypal words/phrases to vocalize its protective observations. Thus Reversals contain the content of the protective aspect of the ANS. I join the founder of www.ReverseSpeech.com in understanding reversals to be the sincerely perceived "inner truth" that is topmost on the unconscious mind. This is the basis for "intuition." More on my site: www.NaturalWorldHealing.com.

Sauna and Detox: First person through new sauna-detox suite, Walter Crinnon, N.D.'s office. Bellevue WA. Doctor-in-Residence at facility in Yucatan peninsula to advise on Detox Fasting 2014.

Scouting: Through my own experiences from Cub Scouts to Assistant Scoutmaster, I've been impressed with the potentials for individual growth and socialization that can come from this international endeavor. The mental health field has many viewpoints about the pros and cons of organized socialization via scouting.

SCENAR/Tennant Biomodulator: Certified in SCENAR. Now prefer Biomodulator. Several workshops with Jerry Tennant, M.D. [<http://TennantInstitute.us/>; <http://www.Senergy.us/>]

Shrink Rap Radio: Psychology podcast with class credits from Zur Institute. Example: [#413-the-unificationof-clinical-science-and-psychotherapy-with-jeffrey-magnavita-phd/](#)

The Trauma Center: Bessell van der Kolk, M.D. (interview: www.ShrinkRapRadio.com). He's treated veterans from the Vietnam War; also founded www.TraumaCenter.org, for adolescents recovering from traumas of civilian origin. I offered him research idea: "The Iceman Effect" – what happens after "frozen" negative events are recalled and then reconsolidated so that new changes can develop.

Veteran Support: "Post-Combat Behavioral Health" online course: Alliant University. [www.Alliant.edu] Healing the Wounds of War webinar. Peter A. Levine, Ph.D. [www.TraumaHealing.org]. FYI: A sociology bonus -- For every one traumatized veteran, there are nine women who are battered and worse; thus most breakthrough methods that help veterans also can help women.

Warm Water Therapy for Trauma: Experienced Watsu at Harbin Hotsprings, CA. Advocate the use of warm water pool, Aquatic Therapy for Veterans and Civilians who have been traumatized. ([My 2013 Position paper.](#))

Warrior Resilience and Veterans: Warrior Resilience and Wounded Warrior support conferences. Near Pentagon, 2011, 2012. Visit to VA Medical Center WRIISC program (War-Related Illness & Injury Study Center) Washington DC, 2013.

Well Mind Association, Seattle: They promoted the work of Abram Hoffer, M.D., promoter of Orthomolecular Psychiatry. I supported them since 1983. Was on the Board of Directors, 1997-98.

Zur Institute: [CE courses for therapists, students and info for the general public.] I've taken several of their courses such as Aging and Positive Psychology, and Positive Psychology and Cinema Therapy. [www.ZurInstitute.com]

Hobbies: Kites -- Creating, teaching workshops as Wind Science. "Kitemaster" designation in 1994, Seattle.

Building Ships in bottles. [My father was an original Sea Scout; taught me to sail. This was an incentive for me to think about joining the Navy.]

Spelunking -- I began in 1965 after I joined the US Air Force Academy.

"Navigating urban streets & parks": Routefinders for Friends Founder & CEO [www.Routefinders.org]