

## CURRICULUM VITAE:

### David Gruder, PhD, DCEP

[Note: Last name of Grudermeyer between 1986 & 2003]

BUSINESS NAMES: **Integrity Revolution, LLC & Willingness Works®**

MAILING ADDRESS: **1155 Camino Del Mar, PMB 516, Del Mar, CA 92014 USA**

TELEPHONE: **+1-858-755-1988** FAX: **+1-858-876-3044**

E-MAIL: **drdavid@TheNewIQ.com**

PRIMARY WEBSITE: **www.TheNewIQ.com**

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### Founder & CEO of Integrity Revolution, LLC and Willingness Works®

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Willingness Works® was founded in 1988 to provide “*an education in being human we always needed but never got.*”™ It was subsumed into Integrity Revolution, LLC, in 2008, which provides “*resources for integrity-centered wellbeing and success for socially responsible people, businesses and leaders.*” Founder and CEO, Dr. David Gruder, is a clinical and organizational psychologist, ordained interfaith spiritual director, eight-award-winning author and media resource. He provides speaking, training, consulting and psychoeducational products for the public, businesses, conferences, leaders, helping professionals, and religious & educational organizations. Areas of expertise include but are not limited to: 1) **Integrity Development** (author of a six-award-winning book providing a blueprint for restoring personal, relationship, societal, business and leadership integrity: *The New IQ: How Integrity Serves You, Your Relationships and Your World*); 2) **Self-Help** (co-author of *Sensible Self-Help*, Colliers 1997 Mental Health Book of the Year); 3) **Anger Literacy** (Developer of the *Conquering Anger Mountain*, *NICE™ Boundaries* and *Getting the Upper Hand on Your Inner Critic* curricula); 4) **Collaborative Relationships** (co-author of the *Relationship Synergy* training manual, converting the research findings from Dr. John Gottman’s University of Washington study into psychoeducational training processes for couples, businesses and leaders); 5) **Energy Psychology** (developer of *Energy Psychology Essentials* training program and the *Energy Psychology Anywhere* self-help audio CD; Founding President and master certification trainer for the international nonprofit Association for Comprehensive Energy Psychology); and 6) **Core Archetypes of Humanness** (developer of training programs in the six core archetypes that govern human development, mature masculinity and femininity, effective leadership, and dealing effectively with difficult people).

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### Licenses

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California Licensed Clinical Psychologist (PSY 9266) (1986)

California Licensed Marriage, Family and Child Counselor (MFC 18889) (1984)

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### Degrees

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California School of Professional Psychology at San Diego

Doctor of Philosophy in Clinical Psychology, with a secondary emphasis in  
Organizational Development, 1982

Master of Arts in Clinical & Organizational Psychology, 1977

Alfred University

Bachelor of Arts, Magna Cum Laude (Psychology Major, Music Minor), 1975

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## Specialized Training & Certificates & Highlights

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Ordained Spiritual Interfaith Rabbi & Interfaith Spiritual Director (2009)  
DCEP -- Diplomate, Comprehensive Energy Psychology (2006)  
Focused Expressive Psychotherapy (Anger Completion Therapy) Full Certification (1998)  
Energy Diagnostic & Treatment Methods Certification (1998)  
Personality Assessment System Training (1997)  
Thought Energy Synchronization Therapy Dx Training and Certificate (1997)  
Gottman's Scientifically-Based Marital Therapy Training (1997)  
Thought Field Therapy Level One & Two Training (1996-7)  
Emotional Intelligence Assessment Training (1996)  
Focused Expressive Psychotherapy Level 1&2 Training (1994-5)  
Interactive Guided Imagery Training (1994-5)  
EMDR Level One & Two Training (1994)  
Intention Training Trainer (1988)  
Focusing Trainer Training and Certificate (1986)  
Certificate in Holistic Health: University of California, San Diego  
and the Association for Holistic Health (1976)

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## Memberships

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Association for Comprehensive Energy Psychology Charter Member  
Spiritual Directors International Member  
ManKind Project Elder

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## Leadership & Administrative Positions

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**Integrity Revolution, LLC Executive Director** (2008-present) & **Willingness Works® Executive Director** (1988-present): Responsibilities have included (or currently include) administrative oversight, master planning, policies & procedures development, staff supervision, curriculum development, product development (books, training manuals, recordings), website management, marketing plan development and implementation, marketing materials development, and providing direct services (psychotherapy, speaking & training, business consulting, etc.)

**Association for Comprehensive Energy Psychology Founding President** (1998-2002) and **Certification Program Co-Developer, Master Trainer and Consultant** (2005-present): Responsibilities have included organizational development, master planning, policy & procedures development, ethics document development, staff supervision, teambuilding, leadership mentoring, marketing plan development, membership building, internal communications and inter-organizational communication, conflict resolution, web site & brochure development, producing large international conferences and developing/implementing a two-track certification program

**Association for Holistic Health Administrator** (1976-1977): Responsibilities included organizational development, teambuilding, and curriculum development

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**California School of Professional Psychology *Administrative Assistant to the Dean*** (1976-1977): Responsibilities included organizational development and policies & procedures development

**Alfred University *Administrative Assistant to the President*** (1975): Responsibilities included master planning, policy development, internal consulting & conflict resolution, speech writing, and fundraising

**Allegany County Hotline & Crisis Intervention Center *Executive Director & Training Director*** (1972-1974): Responsibilities included training program development, staff training, administrative management, budgeting, and interface with governmental agencies & academic institutions in Alleghany County, NY

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## **Current & Past Faculty and Directorship Appointments**

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**Graduate Program Core Faculty:** California Institute for Human Science

**Consultant:** Sanoviv Medical Institute

**Consultant:** Wellcoaches®, Inc.

**Certification Program Developer, Senior Trainer, Certification Consultant:**

Association for Comprehensive Energy Psychology

**Advisory Council Member:** Association for Comprehensive Energy Psychology

**Advisory Board Member:** Energy Psychology Interactive

**Board of Directors (past):** ManKind Project, San Diego Community

**Adjunct Faculty (past):** Academy for Guided Imagery

**Director (past):** International Clearinghouse for Focused Expressive Psychotherapy

**Executive Director (past):** Foundation for Energy Health

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## **Sample Courses/Presentations (excluding media & bookstore appearances)**

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**INTEGRITY REVOLUTION/WILLINGNESS WORKS®, DEL MAR, CA (1988-PRESENT):**  
*Over 300 presentations and training workshops for the **public, businesses, educational & religious institutions and other organizations** (in Integrity Education, Self-Help strategies, Intentional Effectiveness, Relationship Education, Anger Literacy, and the Core Archetypes of Humanness) and approved Continuing Education courses for **professionals** in Life Makeover TheraCoaching, Energy Psychotherapy, Anger Completion, Shadow & Archetypes Issues, and Spirituality in Psychotherapy*

**WORLD PRESIDENTS ASSOCIATION (WPO), SAN FRANCISCO, 2010:**

*Keynote presenter, panelist and facilitator as part of a team providing a day-long training program in Energy Psychology methods for WPO CEOs*

**ASSOCIATION FOR COMPREHENSIVE ENERGY PSYCHOLOGY ANNUAL INTERNATIONAL CONFERENCE CONTINUING EDUCATION KEYNOTES, PRESENTATIONS & PRE/POST CONFERENCE WORKSHOPS, MULTIPLE LOCATIONS (1999-PRESENT, PARTIAL LIST):**

*Healing "Separation From God" Stories*

*The NICE™ Boundaries Method*

*Conquering Anger Mountain*

*Integrity-Centered Life Fulfillment & Facilitating Life Makeovers*

*Intentional Effectiveness Training*

*Out of the Shadow: Embracing & Upgrading Our Indulged & Neglected Aspects*

*How to Find the Best Issue to Treat... Fast!*  
*Energy Psychology Essentials*  
*The Energy Psychology Heritage Tree*  
*Master Therapist Demonstration*

**CANADIAN ANNUAL ENERGY PSYCHOLOGY CONFERENCE CONTINUING EDUCATION  
KEYNOTES, PRESENTATIONS & PRE/POST CONFERENCE WORKSHOPS, TORONTO CANADA  
(2000-PRESENT, PARTIAL LIST):**

*Closing Keynote Address: The Future of Energy Psychology*  
*Integrity-Centered Life Fulfillment Facilitator Training*  
*Healing "Separation From God" Stories*  
*Conquering Anger Mountain*  
*Integrity-Centered Life Fulfillment*  
*Intentional Effectiveness Training*  
*Out of the Shadow: Embracing & Upgrading Our Indulged & Neglected Aspects*  
*The Art of Monetizing Your Life Energy: How to Transform Your Passions into Income Streams*  
*Energy Psychology Essentials*  
*Becoming a Great Assessment & Intervention Method Matchmaker*  
*ACEP Certification Training Workshops*

**CALIFORNIA INSTITUTE FOR HUMAN SCIENCE, ENCINITAS, CA (2004-PRESENT):**

*Energy Psychology: 40 hour on-campus & online courses for doctoral students*  
*Archetypes of Human Development: 40 hour on-campus & online courses for doctoral students*  
*A Course in Miracles: Independent Study supervision for doctoral students*

**WELLCOACHES® INC. (2006-PRESENT)**

*Multiple courses for wellness coaches including Ethics, Integrity-Centered Life Makeover  
Facilitation, Conquering Anger Mountain, and Boundaries Intelligence*

**ASSOCIATION FOR COMPREHENSIVE ENERGY PSYCHOLOGY CERTIFICATION PROGRAM  
TRAINING WORKSHOPS, MULTIPLE LOCATIONS (2006-PRESENT):**

*3-Day Certification Training and Ethics Course*  
*1-Day Client Care & Facilitation Skills Course*

**GREATER EDMONTON TEACHERS CONFERENCE (2009):**

*Featured Speaker (Three Presentations): Integrity Education, Boundaries Intelligence,  
Conquering Anger Mountain*

**GREATER EDMONTON MILITARY MENTAL HEALTH SPECIALISTS (2009):**

*Introduction to Energy Psychology*

**ENERGY MEDICINE CANADA (2009):**

*Developing Your Personal and Service Mission Statements*

**GENEVA TRANSACTIONAL ANALYSIS INSTITUTE (2009)**

*Two-Day Energy Psychology Training Program*

**ORLANDO HEALTH HOSPITAL GROUP (2009) (IN CONJUNCTION WITH ACEP)**

*Energy Psychology for Everyone: Introductory Presentation + One-Day Training*

**CALIFORNIA INSTITUTE FOR HUMAN SCIENCE, ENCINITAS, CA (2008):**

*Commencement Address: Life Fulfillment in the 21st Century*

**WALDEN UNIVERSITY, DENVER COLORADO (2008)**

*Opening Keynote for Academic Residency to 600 Graduate Students, Faculty & Staff: Integrity-  
Centered Life Fulfillment & Leadership*

**ALBERTA SOCIETY FOR ENERGY THERAPIES, EDMONTON CANADA (2008)**

*Energy Psychology Essentials Introductory Evening (attended by 230 people)*

*Integrity-Centered Life Fulfillment Training Two-Day Workshop and Follow-up Mini-Workshop*  
*Energy Psychology Essentials Two-Day Workshop*

**INSTITUTE FOR THE STUDY OF SUBTLE ENERGIES & ENERGY MEDICINE, BOULDER, COLORADO (2008)**

*Keynote Panel Member: The Future of the Energy Field*  
*The Six Secrets of Great Energy Healers*  
*3-Day ACEP Certification Training and Ethics Course*  
*1-Day ACEP Client Care & Facilitation Skills Course*

**GSTAAD WINTER WORKSHOP SERIES, GSTAAD, SWITZERLAND (2003-2007):**

*Integrity Training: Personal Development That Serves Us All™*  
*Intentional Effectiveness™ Training*  
*Boundaries Intelligence Training: The NICE™ Boundaries Method*  
*Out of the Shadow: Embracing & Upgrading Our Indulged & Neglected Aspects*  
*Conquering Anger Mountain*

**WORLD TRADE ORGANIZATION AMBASSADORS, GENEVA, SWITZERLAND (2006)**

*Leadership Integrity and Synergistic Negotiation Strategies two-day training program for World Trade Organization (WTO) ambassadors and staffs invited by the event's co-sponsors, South Centre & Action Aid*

**UNIVERSITY OF CALIFORNIA, SAN DIEGO, MEDICAL SCHOOL STAFF (2005)**

*Dealing With Difficult Doctors, Staff and Students: Three Sanity-Saving Strategies for Effectively Handling Ten Difficult People Archetypes*

**SANOVIV MEDICAL INSTITUTE**

*Four-Day Energy Psychology Training for psychospiritual, medical and dental staffs.*

**FIRST PACIFIC RIM ENERGY PSYCHOLOGY CONFERENCE, SINGAPORE (2004):**

*Opening Keynote: The Developmental Stages of New Paradigm Acceptance*  
*Closing Keynote: The Five Gifts Energy Psychology Brings to the Psychotherapeutic Process*  
*Two Day Training Workshop: The Five Core Archetypal Energies of Leadership™*

**OXFORD STRESS & TRAUMA CENTER, OXFORD, ENGLAND (2003):**

*Conquering Anger Mountain one day Workshop, Anger Completion Therapy three day in-depth training workshop, Stress & Trauma Center staff one day training course*

**PSYCHOLOGICAL SERVICES OF LA JOLLA (2003):**

*Conquering Anger Mountain nine hour Continuing Education Course for Psychologists & Other Psychotherapists*

**EUROPEAN ENERGY PSYCHOLOGY CONFERENCES, LUCERNE, SWITZERLAND AND OXFORD & BRIGHTON ENGLAND (2001-2003):**

*Closing Keynote Panel – The Role of Emotional Pain in Psychotherapy*  
*Incorporating Spiritual Issues into Psychotherapy (workshop),*  
*Toward a Road Map for Healing Core Psychospiritual Traumas*  
*Conquering Anger Mountain*  
*The Five Keys to Effective Energy Psychotherapy Treatment*

**GENEVA SWITZERLAND TRANSACTIONAL ANALYSIS ASSOCIATION (2003):** *Conquering Anger Mountain & Anger Completion Therapy (three day in-depth therapist training)*

**PERSONALITY ASSESSMENT SYSTEM CONFERENCE, NELSONVILLE, OH (2000)**

*One-Day Post Conference Workshop: Introduction to Energy Psychology*

**SHARP HEALTHCARE GRAND ROUNDS SERIES, SAN DIEGO, CA (2000, 1999)**

*Full-Spectrum Anger Interventions, Part 1: Conquering Anger Mountain*  
*Full-Spectrum Anger Interventions, Part 2: Energy Psychology Treatments for Stuck Anger*

**RANCHO BERNARDO COMMUNITY PRESBYTERIAN CHURCH, SAN DIEGO, CA (2000):**  
*Spirituality & Healing Conference Keynote Address: The Sacred Side of Tragedy*

**PACIFIC CHURCH OF RELIGIOUS SCIENCE, SAN DIEGO, CA (2000):**  
*Strengthening Your Relationship During Life Upheavals: Guest Sermon & Workshop*

**THIRD ANNUAL INTERNATIONAL CONFERENCE OF THE COALITION FOR MARRIAGE, FAMILY & COUPLES EDUCATION (CMFCE), WASHINGTON, D.C. (1999):**  
*Whose Money Is It?: The Financially Intimate Marriage™*

**THE SUMMIT – 22ND ANNUAL TENNESSEE SCHOOL ON ALCOHOL AND OTHER DRUG STUDIES, NASHVILLE, TN (1999):**

PLENARY ADDRESS: *The Truth About Trust*

FIVE DAY COURSE: *Advanced Techniques for Working With Couples in Recovery*

**NATIONAL COUNCIL ON ALCOHOL & DRUG DEPENDENCY, SAN DIEGO, CA (1999):**  
*Conquering Anger Mountain: Full-Spectrum Anger Treatments*

**FIRST INTERNATIONAL ENERGY PSYCHOLOGY CONFERENCE, LAS VEGAS, NV (1999):**  
*The Time Has Come: Introducing The Association for Comprehensive Energy Psychology;*  
CLOSING PANEL: *The Future of Energy Psychology*

**SAN DIEGO PSYCHOLOGICAL ASSN MIND-BODY TASK FORCE, SAN DIEGO, CA (1999)**  
*Energy Psychology: An Introduction to the Field of Energy Fields*

**THE LEARNING ANNEX, SAN DIEGO, CA (1999, 1996):**  
*Energy Psychology Self-Help Introduction, Kicking the Inner Critic Habit; Sensible Self-Help:*  
*The Seven Secrets of Highly Effective Self-Healing*

**ACADEMY FOR GUIDED IMAGERY 11TH ANNUAL INTERNATIONAL CONFERENCE, CO-SPONSORED BY THE INTERNATIONAL ASSOCIATION OF INTERACTIVE IMAGERY, THREE HOUR PLENARY SESSION, ANAHEIM, CA (1998):**  
*Comprehensive Energy Psychotherapies*

**SEASIDE CHURCH OF RELIGIOUS SCIENCE, ENCINITAS, CA (1998):**  
*The Fantasy Bond: Is It Love or Is It Fantasy?*

**EDUCATIONAL POSITIONING & GLOBAL ISSUES FORUM, HOCKING COLLEGE, THREE HOUR PLENARY SESSION, NELSONVILLE, OH (1998):**  
*Mass & Niche Marketing: Principles & Strategies*

**SHARP HOSPITAL WOMEN'S HEALTH CONFERENCE, SAN DIEGO, CA (1997)**  
*How to Stay Friends and Lovers for Life*

**CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS 32ND ANNUAL CONFERENCE, SATURDAY LUNCHEON ADDRESS (1996):**  
*The Seven Stages of Highly Effective Clients*

**SEVEN COUNTIES SERVICES TRAINING INSTITUTE, LOUISVILLE, KY (1996):**  
*Sensible Self-Help day-long therapist training workshop*

**PACIFIC UNIVERSITY SCHOOL OF PROFESSIONAL PSYCHOLOGY, FOREST GROVE, OR (1996):**  
*The Seven Stages of Highly Effective Clients* (continuing education symposium program)

**CENTRAL CALIFORNIA WOMEN'S CONFERENCE, FRESNO, CA (1995-1996):**  
*Kicking the Inner Critic Habit* (1995)  
*Six Secrets to Selecting a Great Relationship* (1996)

**STYLES FOR RELAXATION, PORTLAND, OR (1992-1994):**  
*Numerous workshops on the psychology of A Course in Miracles*

**CENTER FOR SPIRITUAL AWAKENING, ESCONDIDO, CA (1992):**

*Relationships As A Spiritual Path; Life Is Great So Why Don't I Feel Great?; Serendipity Means Surrender Pity*

**CHRISTCHURCH UNITY OF SAN DIEGO (1992):**

*Going Back To Eden With the One You Love*

**CA ASSOCIATION OF CHILDREN OF ALCOHOLICS ANNUAL CONFERENCE (1990):**

Luncheon Address: *Keeping Company – The Cement of Solid Partnership*

**PEPPERDINE UNIVERSITY INTERNATIONAL CONFERENCE ON THE FAMILY (1988):**

*The Diagnosis and Treatment of Codependency and Other Process Addictions (1988)*

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## **Sample Organizational Consulting Contracts**

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**BUSINESSES (ORG. & TEAM DEV., CONFLICT RESOLUTION, COACHING, MARKETING)**

U.S. Navy/Marines, Twentynine Palms, CA (1999)

Ferrell Construction Management, San Diego, CA (1998)

National Corset Supply House, Los Angeles (1994-1996)

Aztec Shops Management: San Diego State University (1992)

IDS/American Express, San Diego (1988)

**TREATMENT CENTERS (STAFF & PROGRAM DEVELOPMENT):**

Sanoviv Medical Institute (2005-present)

Vista Pacifica Treatment Center (1992)

Alvarado Parkway Institute – Adolescent Treatment Program Curriculum Development; Staff Training (1988-1990)

Sharp Cabrillo Hospital Addictive Disorders Unit – Codependency Treatment Program development consulting (1990)

**UNIVERSITIES/COLLEGES (ORG. DEVELOPMENT & MARKETING CONSULTING):**

Hocking College, Nelsonville, OH – Facilitating master planning process for marketing strategies development, plus copy-writing of marketing materials (1997-1999)

**PUBLIC SCHOOLS (STAFF DEVELOPMENT & CONFLICT RESOLUTION):**

San Diego County Office of Education Management Academy: Team-building, problem-solving, stress management. (1983-89)

La Mesa-Spring Valley School District Management Council – Day long retreat on Team-building and the Effects of Codependency in the Workplace (1989)

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## **Books/Audios/Articles**

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**The New IQ: How Integrity Intelligence Serves You, Your Relationships & Our**

**World** Elite Books, 2008 (five book awards: Social Change, Current Events in Politics & Society, Health & Wellness, and Metapsychology)

**The New IQ Integrity Makeover Workbook** Integrity Revolution Press, 2008

**Energy Psychology Anywhere** Willingness Works Press, 2005 (CD set)

**Energy Psychology Interactive** WW Norton, 2003: Wrote book chapter (book and CD by David Feinstein)

**“Conquering Anger Mountain” Training Manual** Willingness Works Press, 2003

**The Energy Odyssey: New Directions in Energy Psychology**, 2<sup>nd</sup> edition. IAS, Switzerland, 2003: Wrote book chapter (Willem Lammers, editor)

**Creative Energies: Integrative Energy Psychotherapy for Self-Expression & Healing** WW Norton, 2002: Wrote the book’s forward (book by Dorothea Hover-Kramer)

**The Leader’s Companion: Mindset Reminders for Busy Leaders** Willingness Works Press, 2002

**Energy Psychology Desktop Companion** Willingness Works Press, 2000, 2003 (2<sup>nd</sup> Ed)

**Comprehensive Energy Psychotherapy Training Manuals** Willingness Works Press 1998-99, 2004, Willingness Works Press (Level 1 and Level 2 training manuals)

**Relationship Intentional Effectiveness Training Manuals** Willingness Works Press 1998-99, (manuals for couples, businesses and mental health professionals)

**Sensible Self-Help: The First Road Map for the Healing Journey** Published 1996; Willingness Works Press (Winner of Two Book Awards: Colliers Mental Health Book of the Year, and San Diego Book Award for Outstanding Book Writing in Self-Help)

**From Inner Critic to Inner Helper** Willingness Works Press 1996, 2003, a 90-page workbook of structured exercises for “kicking the inner critic habit”

**Unlimited Human Journal:** “The Seven Stages of Client Healing,” Fall 1996 Issue

**Anger Completion Therapy Training Manual** Willingness Works Press, 1995, 1999, 2003

**Do I Have to Give Up Me To Be Loved By You Workbook** by Drs. Jordan and Margaret Paul (1989) Wrote section on “Deepening Intimacy: The Grudermeyer Format for Conflict Resolution and Intimacy Renewal.”

**BOSC Handbook** by Irene Kleiner (1984) Wrote chapter on how to select a therapist to help learning disabled children and their families.

**Academic Survival Course** – Wrote teacher handbook and student materials for high school semester-long course students. Units: Critical Thinking, Time Management, Communication Skills and Conflict Resolution, Stress Management (1984).

Have co-written over **one dozen other extensive manuals**, ranging from 40-120 pages in length, that accompany the workshops and classes Willingness Works has offered. Books also are presently in progress on Relationships, Energy Psychology and other topics.

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## **Audio Recordings**

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Have produced or co-produced **seventy recordings** covering a range of intrapsychic and interpersonal challenges in personal and business situations. These CDs also offer therapists sound psychoeducational adjuncts to assign to their clients to augment therapeutic efficacy (1992 to present)



## **Media Appearances**

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Hundreds of radio, television, newspaper, magazine, and Internet interviews and articles, on a variety of topics, from 1980 to present (details at [www.TheNewIQ.com/media](http://www.TheNewIQ.com/media))

**Integrity Talk Radio Co-Host** (2009): Call-in talk radio show (details at [www.IntegrityTalkRadio.com](http://www.IntegrityTalkRadio.com))

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## **Approved Continuing Education Provider Certifications**

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**Psychologists:** California Mandatory Continuing Education Program for Psychologists (MCEP), Provider Number #WIL076

**Social Workers:** California Board of Behavioral Sciences (BBS), Provider # PCE 1290

**Marriage & Family Therapists:** California Board of Behavioral Sciences (BBS), Provider # PCE 1290

**Drug & Alcohol Counselors:** California Association of Alcohol & Drug Abuse Counselors (CAADAC), Provider # OS-98-411-1100

**Nurses:** California Board of Registered Nursing (BRN), Provider # CEP 12591

**Energy Psychology Practitioners:** Association for Comprehensive Energy Psychology (ACEP) for Diplomates in Comprehensive Energy Psychology (DCEP) and Certified Energy Health Practitioners (CEHP)