

Gerald Epstein, MD

Education & Teaching

- New York Medical College, 1961
- Internship, Stamford (CT) Hospital, 1961-1962
- Specialty training in psychiatry, Kings County Hospital (Brooklyn, NY), 1962-1965.
- Post-graduate training, New York Psychoanalytic Institute 1963 - 1972
- Assistant Clinical Professor of Psychiatry at Mt. Sinai Medical Center (NYC, current)
- Taught at Columbia University's College of Physicians and Surgeons

Professional Experience & Highlights

In 1973, Dr. Epstein co-founded the *Journal of Psychiatry & Law* and served as its editor-in-chief until 1986. He is still editor-in-chief-emeritus of that journal.

During that period, he met Colette Aboulker-Muscat, an Algerian-French psychologist and spiritual teacher who introduced him to the process of mental imagery, which he studied with her as a student from 1974-1983. Dr. Epstein formed a New York State-accredited Provisionally Regents Chartered Training Center called The American Institute for Mental Imagery (which is still in existence) to teach and train healthcare professionals in mental imagery and allied techniques.

He also founded a New York-based adult education center aimed at introducing the public to dream reading, group imagery process, the art of relationships, morphology (the art and science of face reading), the sources of all illness and the remedies for them, Western spiritual medicine, and many other related areas of interest.

Books, Publications & Audio Programs

Studies in Non-Deterministic Psychology, a leading-edge collection of essays by authorities in diverse alternative directions in therapy. 1980

Waking Dream Therapy, a groundbreaking method for health professionals to explore patient dreams in waking life through a long guided imagery experience. Within a short time, these revelatory journeys promote change, healing and transformation in thinking, feeling and behavior. 1981

Healing Visualizations, the classic reference work for healing the mind and body through mental imagery. Intended for the general public and now in its 19th printing, translated into 12 languages and published in 14 countries. 1989

Healing Into Immortality, a program of self-healing based on the power of the mind to heal illness. Utilizing the healing stories of the Bible and Western spiritual practices, Dr. Epstein revives this five thousand year old healing tradition. Complete with life stories from his practice, exercises and visualizations, here is the definitive guide to using your mind to heal your body. 1994

Climbing Jacob's Ladder reveals the elements of the Western Monotheistic spiritual tradition through the recounting of 16 archetypal biblical stories. From the Garden of Eden through the

suffering of Job, these stories explore the deeper mystical, moral and allegorical teachings embedded within these tales. Includes mental imagery to deepen our awareness. 1999

The Natural Laws Of Self Healing (Nightingale-Conant) 8 CD set plus 1 CD workbook teaches you to tap into the power of the invisible dimension and experience physical, emotional, and spiritual healing through mental imagery and other healing techniques. 2003

The Phoenix Process: One Minute A Day To Longevity & Health (Nightingale-Conant). 6 CD set and workbook represents a comprehensive path to physical, emotional, mental and spiritual health. Techniques to restore your power to act in freedom and open your way to true longevity. 2007

Articles & Research

Dr. Epstein has authored and/or contributed to many articles and research findings.

In the mid-1990s, he conducted successful research, under the auspices of the National Institutes of Health in conjunction with Dr. Elizabeth Barrett and Lenox Hill Hospital in New York City on the treatment of asthma using mental imagery. The results of these findings have been published in two refereed journals.

Currently, Dr. Epstein is working with Dr. Barrett, in affiliation with the Hereditary Neuropathy Foundation, to investigate a treatment possibility for Charcot-Marie-Tooth Syndrome, a neurological disorder affecting one out of every 2,500 Americans.

He recently completed successful research on the utilization of mental imagery to create coherence in heart rate variability with Dr. Ulas Kaplan at James Madison University in Virginia.

Teaching & Lecturing

Dr. Epstein has taught and lectured throughout the U.S. and the world, including: Canada, England, Hungary, Brazil and Israel. He has appeared on and been featured in/on national television, nationally syndicated radio shows, national magazines and newspaper articles.
