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DONALD E. ARNOLD, Ph.D.
STRESS MANAGEMENT CONSULTANT
(619) 445-2049

EDUCATOR, ADMINISTRATOR, COUNSELOR, HYPNOTHERAPIST, LECTURER,
PROFESSIONAL ATHLETE

QUALIFIED BY: A background of specialized training and experiences that is reflected in successful dealings with groups and individuals; illustrating abilities to plan innovative concepts with demonstrated expertise in the field of HUMAN BEHAVIOR. Highly self-motivated, welcomes the opportunity to be challenged by difficult situations and be measured by results.

EDUCATION:

- * Ph.D. in HUMAN BEHAVIOR from La Jolla University. Doctoral dissertation: STRESS REDUCTION THROUGH COGNITIVE BEHAVIOR.
- * M.Ed. in GUIDANCE and COUNSELING, University of Arizona.
- * B.A. in PHYSICAL EDUCATION and HISTORY, S.D.S.U. ← 1950
- * Graduate, Athletic Instructor Schools: Miami Beach, Fla., San Antonio, Tex. (U.S. Air Force).

KAPPA SIGMA
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CREDENTIALS:

- * California General Secondary (Teaching).
- * California Pupil Personnel (Educational and Personal counseling)
- * Graduate: HYPNOSIS MOTIVATION INSTITUTE OF LOS ANGELES AND SAN DIEGO, HYPNOTISM TRAINING INSTITUTE OF LOS ANGELES.
- * Certified Hypnotherapist (HT 75009); American Council of Hypnotist Examiners.

EXPERIENCE:

- * Extensive background in field of EDUCATION: 25 years with the San Diego City Schools at the High School level, coaching several sports, teaching classes in HISTORY and HEALTH EDUCATION; last 12 years as a COUNSELOR. Retired in 1983. Currently working as a SUBSTITUTE TEACHER with the Grossmont Union High School District.
- * Approximately 1500 hours of instruction/workshops with John Kappas of Hypnosis Motivation Institute of Los Angeles and San Diego, and Gil Boyne of Hypnotism Training Institute of Los Angeles.
- * 8 years with the following professional groups, working part-time while a counselor with the City Schools:
 - Hypnosis Motivation Institute of San Diego
 - The Hypnosis Store (Pacific Beach).
 - Self Dynamics Center (Escondido).
 - Lifestyle Learning Center (San Diego).

Work Involved: 1. Giving public lectures/demonstrations (usually at professional site) to encourage potential new clients to participate in appropriate programs.

2. Weight control.

3. Stop smoking.
 4. Stress management.
 5. Self hypnosis.
- * A great number of public contacts and interactions through personal appearances on radio and television in the capacity of a world traveled PROFESSIONAL WRESTLER. Was ranked by professional wrestling organizations in the top 10 on several occasions. Last tour was in California (1982-83) as the masked "Dr. Death".
 - * Programs with NAVY RECRUITING personnel involving learning how to better deal with different personality types.
 - * Acting Director of private summer school camp in Tucson, Arizona: involved overseeing established programs; implemented an innovative outdoor program for asthmatics, in conjunction with Asthmatic Foundation of Tucson; 120 students, 15 staff.
 - * ATHLETIC INSTRUCTOR (Air Force): responsibilities included organizing, implementing, and evaluation of conditioning and survival programs.
 - * LIFEGUARD for the City of San Diego.

PROFESSIONAL ORGANIZATIONS:

- * San Diego Counselors Association
- * San Diego Teachers Association
- * California Teachers Association
- * National Educational Association
- * Hypnosis Union AFL-CIO
- * California Hypnosis Examination Council

PERSONAL:

- * Divorced.
- * 2 adult children.
- * Health excellent.

STATEMENT OF PHILOSOPHY:

- * My varied background and formal training have given me unique insights to problem solving when interacting with groups and individuals (not to mention my own lifestyle); an expertise to project and instill positive attitudes and results in the people with whom I deal.

My approach to life, and when working with others, is basically eclectic in nature. "Knowing" when to be Rogerian, Ericksonian, or paternal is paramount to the ever changing internal and external environments that we all experience.

SUGGESTED TIME FRAME FOR WORK ASSIGNMENTS:

- * At this juncture in my life I prefer not to do anything full-time. I'd be happy to give 100% with "part-time" involvement. Regular schedules can be worked out.