

CURRICULUM VITAE

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EDUCATION

Ph.D., interdisciplinary studies in the social and behavioral health sciences. Dissertation: "Effects of a Complementary Cancer Therapy Program on Coping and Quality of Life." University of California, Berkeley, September, 1987.

M.P.H., social and administrative health sciences. University of California, Berkeley, 1984.

M.S.W., clinical social work. University of Kansas, Lawrence, 1975.

B.A., liberal arts (psychology and sociology), University of Northern Iowa, Cedar Falls, 1972.

EXPERIENCE

President, Collinge and Associates, Kittery, ME, 2001 to present. This is a private consulting and research organization that provides scientific review, consults on program development, and conducts NIH-sponsored research in the field of integrative health care. Major activities have included:

- Principal Investigator, National Institute of Mental Health (NIMH), grant #1R43MH088063-01A1, 4/10-3/11: "Mission Reconnect: Promoting resilience and re-integration of post-deployment veterans and their families." This is a Phase I SBIR project to develop and pilot test a multimedia educational program in stress reduction practices for home use by post-deployment OIF/OEF veterans and their family members.
- Scientific Review Officer, National Center for Complementary and Alternative Medicine, NIH, temporary appointment, 6/09-9/09. Writing summary statements and editing peer review critiques of research proposals submitted to NCCAM for R01, R15, R21, K01, K07, K99, P30 and grant mechanisms.
- Principal Investigator, National Institute of Arthritis, Musculoskeletal and Skin diseases (NIAMS), grant #R44 AR52640-01A1 to Collinge and Associates, 9/08-8/10: "Web-based program for symptom management in fibromyalgia." This is a Phase II SBIR project to develop and evaluate an automated web-based behavioral self-monitoring and feedback intervention with 2000+ people with fibromyalgia.
- Principal Investigator, National Institutes of Health (NCI), grant #R44CA103606-3 to Collinge and Associates, 9/06-8/09: "Couples and Cancer: Building Partner Efficacy in Caring." This Phase II SBIR project produced a DVD multimedia program on use of

touch and massage in caregiving for cancer patients, and conducted a randomized controlled trial with 97 patient/caregiver dyads. Outcomes included stress hormone measures, impact on quality of relationship, quality of life for both caregiver and patient, and caregiving behavior.

- Executive Secretary (scientific review officer), American Institute for Biological Sciences (AIBS), 6/08-09 (part time). Serve as administrator of scientific review panels for the US Army Medical Research and Material Command, Department of Defense, Congressionally Directed Medical Research Program. Recruit panel members, make proposal assignments, direct the scientific review panel meeting, and supervise and edit the production of summary statements. Panel topics managed to date have included autoimmune diseases, tinnitus, and integrated tissue hypoxia.
- Scientific Review Panelist, National Institutes of Health, Center for Scientific Review, Bethesda, MD, 2001-present (occasional). Evaluating research proposals in health and medical services for NIH funding. Required skills include assessing proposal relevance, aims and hypotheses, innovation, research design, investigator criteria, potential benefits to society, and other funding criteria. Topics included complementary therapies, mind/body medicine, health services research, and SBIR proposals.
- Scientific Review Officer, SRA International (formerly Constella Health Sciences), 4/08-7/08. Served as administrator of a scientific review panel on breast cancer clinical and experimental therapeutics research proposals for the US Army Medical Research and Material Command, Department of Defense, Congressionally Directed Medical Research Program. Recruited panel members, made proposal assignments, directed the scientific review panel meeting, and edited final summary statements.
- Principal Investigator, National Institute of Arthritis, Musculoskeletal and Skin diseases (NIAMS), grant #R43 AR52640-01A1 to Collinge and Associates, 6/06-6/07: “Web-based program for symptom management in fibromyalgia.” This was a Phase I project to pilot-test a web-based behavioral self-monitoring and feedback intervention with 40 subjects.
- Principal Investigator, National Institute on Aging (NIA), grant #1R43AG024016-01 to Collinge and Associates, 5/04-5/05: “Promoting Healthy Aging through ‘Elder-Healer’ Training.” This project trained sixty seniors in the Boston area in Healing Touch techniques for use in volunteer work with children and others living in the community. Outcomes evaluated included impact on trainees’ well-being and quality of life. Analysis included both quantitative and qualitative methods.
- Principal Investigator, National Cancer Institute (NCI), grant #R43CA103606-01 to Collinge and Associates, 8/03-3/04: “Couples and Cancer: Building Partner Efficacy in Caring”. This project trained 49 family members of cancer patients in communication and manual caregiving skills (massage, therapeutic touch) to improve home-based caregiving. Outcomes included impact on quality of relationship, quality of life for both caregiver and patient, and caregiving behavior. Analysis included both quantitative and qualitative methods.
- Senior Editor. The Natural Standard Research Collaboration, Cambridge, MA, 2001 to 2005. Writing and editing comprehensive reviews of research literature on modalities of complementary medicine in integrative health care for publication by NaturalStandard.com, the leading web-based authority on evidence-based integrative

medicine. This work involved conducting up-to-date online searches of clinical trials, systematic reviews and meta-analyses, and then preparing comprehensive review papers that critiqued and summarized findings for consumption by practicing health care professionals. Monographs ranged from 15,000-35,000 words. Monographs were produced and electronically published for the following topics: acupuncture, acustimulation, applied kinesiology, aromatherapy, art therapy, ayurveda, biofeedback, chelation therapy, Chinese medicine, chiropractic, colon therapy, cupping & moxibustion, detoxification, distant healing, Healing Touch, Hellerwork, homeopathy, hypnosis, iridology, kundalini yoga, macrobiotics, magnet therapy, massage, meditation, music therapy, ozone therapy, pet therapy, pH diet, polarity therapy, prayer, probiotics, psychotherapy, qigong, reflexology, Reiki, spiritual healing, tai chi, and Therapeutic Touch.

- Consultant, Counseling Services, Inc., Saco, Maine. 2001-2005. Consulted to the Complementary Therapies Program for treating clients with histories of sexual or physical abuse or PTSD by using a combination of psychotherapy and complementary therapies (massage and healing touch). Responsibilities included research protocol design, survey instrument development, grant writing and outcome evaluation. Prepared and submitted two articles about the program accepted for publication in professional journals. Also consulted on the intake program and wrote two successful grant applications to the Maine Department of Behavioral and Developmental Services for a transitional respite program for families with children experiencing psychiatric crises, and a Peer Support program, establishing CSI's "Center for Life Enrichment" for underserved clients with persistent mental illness in southern York County.
- Scientific Review Panelist, Constella Health Sciences, 2002-2007. Evaluating research proposals in health and medical services for funding by the Congressionally Directed Medical Research Programs in Breast Cancer, Prostate Cancer, and PTSD/Traumatic Brain Injury administered by the U.S. Army Medical Research and Materiel Command. Required skills include assessing proposal relevance, aims and hypotheses, innovation, research design, investigator criteria, potential benefits to society, and other funding criteria.

Private clinical practice, part time. 1984-present.

- Health-related psychotherapy and consultation. Practice of individual, couple and family therapy; adults and children. Includes behavioral and mind/body medicine for people with stress-related conditions or chronic illness.

Health Arts Program, Goddard College, Plainfield, Vermont. Spring semester 1999.

- Associate Faculty. Mentored undergraduate and graduate students in the Health Arts Distance Learning Program. Developed individualized learning plans, followed by monitoring and evaluating student progress through the semester.

School of Public Health, University of California, Berkeley. Fall semester 1998.

- Lecturer. Developed and taught a Health Issues Seminar on integrative health care for students in public health, social work, medicine and allied health fields.

The Flowing River Institute, San Francisco, California. 1994-1996.

- Principal Investigator. Designed and conducted an outcome study of a group behavioral treatment program for 60 adults with chronic fatigue syndrome, training patients in mindfulness-based stress reduction and medical chi kung practices. Evaluated the impact of the program on the progression of CFS over twelve months (funded by the Stupski Family Fund).

The Cancer Support & Education Center, Menlo Park, California. 1987-1996.

- Clinical Supervisor. Provided supervision, program development, and co-leadership of the structured 60-hour group program for cancer patients (adults and children) and their family members.
- Principal Investigator. Designed and conducted a behavioral and psychosocial outcome study of an adaptation of the ten-week program for 45 persons with HIV/AIDS.
- Principal Investigator. Designed and conducted a study of the effects of a group breath therapy technique on immune functioning in 45 participants (funded by a grant from the Strom Foundation).
- Principal Investigator. Designed and conducted a behavioral and psychosocial outcome study of The Center's group program for 59 cancer patients (dissertation research).

Department of Behavioral and Health Sciences, Extension Division, University of California, Berkeley. Fall 1993 and Fall 1995.

- Extension Faculty. Developed and taught continuing education courses titled "Innovative Approaches to Counseling and Psychotherapy with Cancer Patients and Their Loved Ones" and "Chronic Fatigue Syndrome and Fibromyalgia: Psychological Evaluation and Treatment."

Northern Nevada Cancer Council/Washoe Medical Center, Reno, Nevada. 1986-1987.

- Consultant. Provided health education and counseling services to cancer patients and their families; cancer support group; served as a member of the Oncology Task Force for planning the continuum of care between hospital and community; continuing education for nurses in psychosocial oncology.

Department of Social and Health Resources, University of Nevada, Reno. 1984-1985.

- Assistant Professor (one year appointment). Taught undergraduate courses in social and behavioral sciences and research methods.

Child Sexual Abuse Treatment Program, Fairbanks Community Mental Health Center, Fairbanks, Alaska. 1984.

- Consultant. Worked with the ten therapists on the inter-agency Child Sexual Abuse Treatment Program; program development, coordinating case conferences.

Department of Social and Behavioral Sciences, University of Alaska, Fairbanks. 1984.

- Assistant Professor (one semester appointment). Taught undergraduate courses in social and behavioral sciences and research methods.

University of California, Berkeley and University of California, San Francisco. 1981-1983.

- Research Assistant, Research Associate, Teaching Associate. Assisted faculty on several research projects in mental health and a course on cross-cultural mental health.

School of Social Welfare, University of Kansas, Lawrence. 1979-1981.

- Instructor. Taught in the Community Mental Health concentration of the M.S.W. program, and provided graduate practicum supervision.

Shawnee Community Mental Health Center, Topeka, Kansas, 1978-1979.

- Clinical Social Worker. Psychodiagnosis, individual, couple, family, and group therapy; community agency liaison.

Department of Social Science, Pittsburg State University, Pittsburg, Kansas. 1975-1978.

- Assistant Professor. Taught undergraduate courses in social and behavioral sciences and research methods.

SELECTED PUBLICATIONS

Collinge W, Kahn J, Walton T, Bauer-Wu S, Kozak L, Malinski M, Fletcher K, Yarnold P, Soltysik R. Cancer Patient Symptom Reduction: A Randomized Controlled Trial of Family Caregiver Multimedia Instruction in Touch and Massage. *Journal of Palliative Medicine*, under review.

Collinge W, Soltysik RC, Yarnold PR. An Internet-Based Intervention for Fibromyalgia Self-Management: Initial Design and Alpha Test. *Optimal Data Analysis*, 2010;1(1):163-75.

Collinge W, Kahn J, Walton T, Fletcher K. Randomized controlled trial of family caregiver use of massage as supportive cancer care following multimedia instruction (abstract of oral

presentation, SIO Sixth International Conference). *Journal of the Society for Integrative Oncology*, 2009;7(4):178.

Kozak L, Collinge W, Garcia Mata M, Mertonoff R, Mountford P, Nasi L. Integrative oncology in Latin America (abstract of poster presentation, SIO Sixth International Conference). *Journal of the Society for Integrative Oncology*, 2009;7(4):181.

Collinge W (executive producer). *Touch, Caring and Cancer: Simple Instruction for Family and Friends*. DVD program produced as part of an NCI SBIR Phase II project, 78 minutes, with 74 page printed manual; English, Spanish, Cantonese and Mandarin versions of all materials, 2009.

Collinge W. *Partners in Healing: Simple Ways to Offer Support, Comfort, and Care to a Loved One Facing Illness*. Boston: Shambhala Publications, 260 pages, 2008.

Collinge W, Kahn J, Walton T, Bauer-Wu S. Development and evaluation of the multimedia intervention program, "Touch, Caring and Cancer: Simple Instruction for Family and Friends" (annual meeting oral presentation abstract). *Journal of the Society for Integrative Oncology*, 2008, 6(4):179.

Collinge W, Kahn J, Yarnold P, Astin J, McCorkle R, Bauer-Wu S. Couples and cancer: outcomes of brief instruction in massage and touch therapy to build caregiver efficacy. *Journal of the Society for Integrative Oncology*, 2007, 5(4):147-54.

Collinge W, Wentworth R, Sabo S. Integrating complementary therapies into community mental health practice: an exploration. *Journal of Complementary and Alternative Medicine*, 2005, 11(3):569-74.

Ulbricht CE, Basch EM, Barrette E, Basch S, Benda W, Bent S, Boon H, Bughi S, Cohan RP, Collinge W, Dennehy C, Dishman J, Engebretson J, Ernst E, Fleisher M, Goldberg H, Gruenwald J, Hammerness P, Holmes C, Jarvis C, Khalsa KPS, Kirkwood CD, Kroll DJ, Liebowitz R, Lynch AM, Mills E, Mishra SK, Moffet H, Rogers A, Romm A, Rotgblatt M, Rubman AL, Sancier K, Schiff E, Scholten R, Smith M, Sollars D, Szapary P, Tsourounis C, Weil A, Wood R, Zori R (editors). *Natural Standard Herb & Supplement Reference: Evidence-Based Reviews*. St. Louis: Elsevier Mosby, 2005, 1012 pages.

Basch EM, Ulbricht CE, Barrette E, Basch S, Benda W, Bent S, Boon H, Bughi S, Cohan RP, Collinge W, Dennehy C, Dishman J, Engebretson J, Ernst E, Fleisher M, Goldberg H, Gruenwald J, Hammerness P, Holmes C, Jarvis C, Khalsa KPS, Kirkwood CD, Kroll DJ, Liebowitz R, Lynch AM, Mills E, Mishra SK, Moffet H, Rogers A, Romm A, Rotgblatt M, Rubman AL, Sancier K, Schiff E, Scholten R, Smith M, Sollars D, Szapary P, Tsourounis C, Weil A, Wood R, Zori R (editors). *Natural Standard Herb & Supplement Handbook: The Clinical Bottom Line*. St. Louis: Elsevier Mosby, 2005, 1963 pages.

Collinge W, Wentworth R, Sabo S. Challenges and insights in the development of a complementary therapies program in a community mental health center. *Rural Mental Health*, 2003, 28(2):8-13.

Natural Standard Publishing: Thirty-eight systematic reviews of safety and efficacy of complementary therapies were produced for Natural Standard. The citation information for each title is as follows: In Basch EM, Ulbricht CE, Bent S, Boon H, Smith M, eds. *Natural Standard Evidence-Based Clinical Guide*. Cambridge, MA: Natural Standard Publishing, beginning 2002 (periodically updated, available online at www.NaturalStandard.com). The following reviews were prepared with William Collinge as lead author:

- Acupuncture: a systematic review of safety and efficacy.
- Acustimulation: a systematic review of safety and efficacy.
- Applied kinesiology: a systematic review of safety and efficacy.
- Aromatherapy: a systematic review of safety and efficacy.
- Art therapy: a systematic review of safety and efficacy.
- Ayurveda: a systematic review of safety and efficacy.
- Biofeedback: a systematic review of safety and efficacy.
- Chelation therapy: a systematic review of safety and efficacy.
- Chinese medicine: a systematic review of safety and efficacy.
- Chiropractic: a systematic review of safety and efficacy.
- Colon therapy: a systematic review of safety and efficacy.
- Cupping and moxibustion: a systematic review of safety and efficacy.
- Detoxification: a systematic review of safety and efficacy.
- Distant healing: a systematic review of safety and efficacy.
- Healing Touch: a systematic review of safety and efficacy.
- Hellerwork: a systematic review of safety and efficacy.
- Homeopathy: a systematic review of safety and efficacy.
- Hypnosis: a systematic review of safety and efficacy.
- Iridology: a systematic review of safety and efficacy.
- Kundalini yoga: a systematic review of safety and efficacy.
- Macrobiotics: a systematic review of safety and efficacy.
- Magnet therapy: a systematic review of safety and efficacy.
- Massage: a systematic review of safety and efficacy.
- Meditation: a systematic review of safety and efficacy.
- Music therapy: a systematic review of safety and efficacy.
- Ozone therapy: a systematic review of safety and efficacy.
- Pet therapy: a systematic review of safety and efficacy.
- pH diet: a systematic review of safety and efficacy.
- Polarity therapy: a systematic review of safety and efficacy.
- Prayer: a systematic review of safety and efficacy.
- Probiotics: a systematic review of safety and efficacy.
- Psychotherapy: a systematic review of safety and efficacy.
- Qigong: a systematic review of safety and efficacy.
- Reflexology: a systematic review of safety and efficacy.

- Reiki: a systematic review of safety and efficacy.
- Spiritual healing: a systematic review of safety and efficacy.
- Tai chi: a systematic review of safety and efficacy.
- Therapeutic Touch: a systematic review of safety and efficacy.

Collinge W. The breath in healing. *Subtle Energies & Energy Medicine*, 2001,12(2):i-iii.

Collinge W, Yarnold P. Transformational breath work in medical illness: clinical application and evidence of immunoenhancement. *Subtle Energies & Energy Medicine*, 2001,12(2):61-78.

Collinge W. *Subtle Energy*. New York: Warner Books, Inc., 1998, 302 pages.

Collinge W, Yarnold P, Raskin E. Use of mind/body self-healing practice predicts positive health transition in chronic fatigue syndrome: a controlled study. *Subtle Energies & Energy Medicine*, 1998, 9(3):171-90.

Collinge W. *The American Holistic Health Association Complete Guide to Alternative Medicine*. New York: Warner Books, Inc., 1997, 384 pages.

Collinge W, Raskin E, Yarnold P. Functional status and behavioral medicine practice predict 12 month improvement in chronic fatigue syndrome. *Proceedings: American Association for Chronic Fatigue Syndrome Research Conference*, San Francisco, October 1996, p. 92.

Collinge W. *Recovering from Chronic Fatigue Syndrome: A Guide to Self-Empowerment*. New York: Putnam, The Body Press/Perigee, 1993, 240 pages.

Collinge W. H.I.V. and quality of life: outcomes of a psychosocial intervention program. *Tenth Annual Proceedings, Society of Behavioral Medicine*, 1989, p. 41.

Collinge W. Psychosocial outcomes of a complementary cancer therapy program. *Ninth Annual Proceedings, Society of Behavioral Medicine*, 1988, pp. 60-61.

Snowden L, Runkle C, Collinge W. Help-seeking and underservice. In: *Reaching the Underserved: Mental Health Needs of Neglected Populations*, edited by L. Snowden. Beverly Hills: Sage Annual Reviews in Community Mental Health, 1982, pp. 281-98.

REFERENCES

Available upon request.

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