

Randy E. Kamen Gredinger, Ed.D.

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Psychologist/Author/Speaker/Coach Randy Kamen-Gredinger, Ed.D. inspires and supports women as they navigate through life challenges, losses and transitions. She has 30+ years experience in clinical, medical, academic and corporate settings in both public and private sectors. Dr. Randy Kamen-Gredinger, helped pioneer new territory in mind/body medicine at Boston University's School of Medicine and within the context of her psychotherapy practice. She's incorporated complementary/alternative methods in her work as a psychologist and professor since the early 1970's. Dr. Kamen-Gredinger shared the speaker platform with such luminaries as Dr. Herbert Benson, Dr. Joan Borysenko, Dr. Jon Kabat-Zinn and Dr. Dan Baker.

An expert on pain management, Dr. Kamen-Gredinger served as Director of the Biofeedback Department at the Boston Pain Unit of Spaulding Rehabilitation Hospital. Subsequently she focused on her private practice, international speaking engagements and writing helping thousands of women suffering from loneliness, troubled marriages, parenting concerns, anxiety, depression, eating disorders and pain problems. Her approach is teaching strategies for strengthening resilience, optimism, fulfillment and improved connections.

She regularly blogs on her website www.DrRKG.com and vibrantnation.com, a site with over 80,000 subscribers. Randy will also be featured in the upcoming eZine, *Sloane Magazine*.

She has spoken at thirty plus colleges and universities (including Harvard Medical School, Tufts University, Lesley University) and over twenty hospitals (including Beth Israel Hospital, Massachusetts General Hospital, Chicago Rehabilitation Institute, Hospital for War Injured Soldiers). She also presents at health spas such as Canyon Ranch and The Red Mountain Spa. National television and radio, such as CBS, NBC and NPR have been an ongoing part of Randy's presence. She has written for and been featured in *WebMD*, *Forbes*, *USA Today*, *MSNBC*, *Natural Health*, *The Boston Globe*, *Women's Business Owners Guide*, *Investment News* and many other print and internet sites.

Popular topics that DrRKG speaks about:

- Healthy Relationships: The Ultimate Key to Happiness
- Creating Your Ideal Support System
- Mindfulness and Relationships
- The Power of Self-Hypnosis and Meditation
- Resilience in the Face of Traumatic Events
- Five Keys to Building Joyfulness
- The Art of Making Friends
- Secrets to Finding Peace of Mind
- Managing Pain Without Suffering
- Balancing Love, Work and Fun
- Enhancing Communication Skills