

ROBERT LEVINE

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CURRICULUM VITAE

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Professional Experience:

- 2000-Present **Faculty, Villa Julie College School of Nursing**
Teaches Psycho-Physical Balance Therapy:
A T'ai Chi approach to therapy as a two credit upper level elective.
- 1981-Present **Faculty, The School of T'ai Chi Chuan, Inc.**
Oversees the training and certification of teachers
- 1993-Present **Director of Program Design, T'ai Chi Foundation, Inc.**
Adapted the principles of T'ai Chi to the capabilities of the clients of the:
- The National Center for Institutions and Alternatives**
Created a program for dual-diagnosed psychiatric clients.
- Baltimore City Commission on Aging**
Created a program to establish empathy between the elderly and youth of
the inner city in Baltimore
- Montebello Rehabilitation Hospital**
Created a program for patients with multiple sclerosis.
- Blind Industries of Maryland**
Created a program for diagnosed visually-impaired clients.
- Multiple Sclerosis Association**
Collaborated on a study, co-sponsored by the Tai Chi
Foundation and the MSA, on the effects of T'ai Chi on patients with
multiple sclerosis.
- 1995-Present **Faculty, Sheppard Pratt Community Educational Program**
Designed a program addressed to violent and disruptive students in
Baltimore's middle schools.
- 1996-98 **Member, Pennsylvania Commission on Aging, Fall Injury Prevention**
- 1996-99 Co-authored an exercise program for the elderly

Certification Trainings

- 2000 **Psycho-Physical Balance Therapy:** approved by the curriculum committee of
Villa Julie College as a 2 credit upper level nursing school elective.
- 2000 **Psycho-Physical Balance Therapy Workshop,** Baltimore, MD and Edison, NJ.
(Approved by the Maryland Board of Occupation Therapy Practice for 14.5
contact hours.)

- 2000 **Psycho-Physical Balance Training**
 (Approved by ATRA - The American Therapeutic Recreation Association to grant 1.4 CEU's.)
- 1999 **Psycho-Physical Balance Therapy Workshop, Baltimore, MD.**
 (Approved by the MD Board of Physical Therapy Examiners to grant 1.4 CEU's.)
- 1999 **Homewood at Plum Creek - Hanover, PA**
 Trained and certified recreational therapy staff in Psycho-Physical Balance Therapy.
- 1997-1998 **Keswick Multi-Care Center**
 Trained the recreational therapy staff in Psycho-Physical Balance Therapy and studied the impact on the staff and the residents.

Research Contracts:

- 1999 **St Vincent's Center**
 Study the effect of staff utilization of Psycho-Physical Balance Therapy with boys ages 8- 12 removed from their homes as a result of sexual trauma. Evaluating levels of "acting out" of the children and changes in job stress and satisfaction with the staff. Underwritten by a grant from St. Vincent's Center, Psycho-Physical Balance Therapy and Training and the T'ai Chi Foundation.
- 1997-1998 **Keswick Multi-Care Center**
 Studied the effect of utilizing health professionals to deliver a "Tai Chi therapy" designed by Robert called Psycho-Physical Balance Therapy. Evaluated the change in the rate of incidents of falls, psychological and emotional factors of depression, anxiety and morale of the residents. Underwritten by The Sheppard Pratt Hospital, Keswick Multi-care Center, Levindale Hebrew Geriatric Center and the T'ai Chi Foundation.

Presentations:

- December 10, 2001 **"T'ai Chi as a Health Modality"**, University of Maryland, Baltimore County. Catonsville, MD.
- November 3, 1999 Workshop for medical students at the University of Maryland Complementary Medicine Program. Kernan Hospital. Baltimore, MD.
- October 26, 2001 **"Still as a mountain, smooth as a lake,"** Health Facilities Association of Maryland Annual convention, Cumberland, MD
- September 23, 1999 **"T'ai Chi ...It's Not Just Exercise,"** Md. Activities Coordinator Society annual conference. Full day workshop. Clinton, MD.
- June 15-16, 2001 **"A Psycho-Physical Balance Approach to Child and Adolescent Sexual Development"**, with Kate Thomas, Ph.D., Thalwil, Switzerland.

- June 13-14, 1996 **"Complementary Medicine and Neurotrauma."** Sponsors: The Neurological Institute at the University of Virginia and the Brain Injury Association. Charlottesville, VA.
- May 26-29, 2000 Two workshop for post-graduate credit sponsored by the Federation Suisse des Physiotherapeutes. Zurich, Switzerland
- May 12, 1998 **"I'm Still Dancing: Alzheimer's Disease"**, With Laurie Laughney, Sheppard and Enoch Pratt Hospital, Baltimore, MD.
- April 22, 1998 Maryland Gerontological Association, Annual Conference, Baltimore, MD.
- April 16-17, 1999 Post-graduate workshop on the utilization of Psycho-Physical Balance Therapy by physical and occupational therapists. Sponsored by the **Federation Suisse Des Physiotherapeutes**. Zurich, Switzerland.
- March 22, 1997 "Finding Your Way to the Eye of the Storm: Tai Chi as a Therapeutic Modality," 36th Annual Scientific Day Conference at Sheppard and Enoch Pratt Hospital, Eastern Wisdom and Psychotherapy, Baltimore, Maryland.
- March 13, 1998 **"T'ai Chi Plus"**. "Building Bridges" Conference. Johns Hopkins School of Medicine, School of Hygiene and Public Health. Baltimore, MD.
- March 12, 1999 **"T'ai Chi in Psychiatry,"** "Building Bridges" Conference. Johns Hopkins School of Medicine, Hygiene and Public Health. Baltimore, MD.
- January 17, 1998 "Riding Tigers and Repulsing Monkeys: Tai Chi and Psycho-Physical Balance Therapy," Sheppard and Enoch Pratt Hospital, Conference entitled *Spiritual wisdom and the practice of psychotherapy*, Baltimore, MD.
- January 16, 1998 "Groaning in the Light the Union of Sex and Soul," With Kate Thomas, Ph.D., R.N., Sheppard and Enoch Pratt Hospital, Conference "Spiritual Wisdom and the practice of psychotherapy," Baltimore, MD.
- 1995 "Expression and Movement," Graduate Drama Program, Towson State University.
- 1994 "Centering the Mind, Body and Emotions," Towards a New Paradigm Seminar, Community Based Initiatives and Alternatives.
- 1993 "Use it or Lose it Versus Moderation In All Things: Towards a Common Ground in East-West Attitudes Towards Sexuality," The Institute of Traditional Chinese Medicine, Beijing, China.

Publications:

- 2001 Book Chapter, *Holistic Health and Healing: Integrative Approaches to Wholeness*. Mary Anne Bright, editor, F.A. Davis Company, November 2001
- 2001 "Incorporating Principles of T'ai Chi for Elderly Balance;" ADVANCE for Physical Therapists and P.T. Assistants, May 21, 2001.

- 2000 *Interview, Adding Value to Long-Term Care: An Administrator's Guide to Improving Staff Performance, Patient Experience and Financial Health. Tobi Schwartz-Cassell and Dianne Lazer, Jossey-Bass, San Francisco. June, 2000.*
- 1998 *Book Chapter, "Exercises to Improve Balance", in the FRIENDS (Fall Reduction Initiative: Establishing New Directions for Safety) Program Manual, Pa. Dept On Aging, 1998*
- 1998 *"Improving Motion and Emotion;" (An interview with Abigail Scott discussing Robert's utilization of Psycho-Physical Balance Therapy); ADVANCE for Speech-Language Pathologists and Audiologists Vol. 8 No. 6, 1998.*
- 1996 *Book Review, Mind Over Matter by Shi Ming; T'ai Chi Press Vol. II N. IV, 1996.*
- 1995 *"Putting Down Roots;" (interview with the editor discussing Robert's work making T'ai Chi accessible to special populations); T'ai Chi Press Vol. II No. IV 1995.*
- 1993 *"The Arts and T'ai Chi Chuan," T'ai Chi Press Vol. II No. 1, 1993.*

References:

Available upon request