

Allan Goldstein

Summary of Areas of Professional Experience:

Managing Director UCSD Center for Mindfulness

Business Owner

Business Development

Social Media Marketing

Mindfulness-Based Stress Reduction (MBSR) Teacher, *17 years*

Licensed Massage Therapist, *20 years*

Integrated Mind/Body Therapist

Licensed Insurance Agent

Licensed Real estate Agent

Sales Account Executive & Management Professional

## BUSINESS DEVELOPMENT & TEACHING EXPERIENCE

### MINDFULNESS-BASED INTERVENTIONS

UCSD Center for Mindfulness Mindfulness-Based Professional Training Institute- Faculty,  
Senior Advisor, MBSR Teacher Trainer - October 2011 – Present

MBSR Mentorship - Owner - Mentoring in Mindfulness-Based Stress Reduction.  
September 2013 - Present

University of California San Diego Center for Mindfulness (UCSD CFM), Managing Director  
(Retired - Working in close collaboration with Steven D. Hickman, Psy.D. Director of the  
UCSD CFM on current and future programs and projects with the goal of growing the  
UCSD CFM to the premier center for Mindfulness-Based Interventions.  
October 2011 – January 7, 2018

University of California San Diego Center for Mindfulness (UCSD CFM), Director of  
Business Development (Volunteer) - Working in close collaboration with Steven D.  
Hickman, Psy.D. Director of the UCSD CFM on current and future programs and projects  
with the goal of growing the UCSD CFM to the premier center for Mindfulness-Based  
Interventions.  
November 2010 – October 2011

University of California San Diego Center for Mindfulness Development Launch and Co-  
Management of the UCSD CFM's Social Media Marketing Platform - *Blog, Facebook Page,  
Linkedin Group and Sub Groups, Twitter Account.*  
December 9, 2010 – January 7, 2018

University of Hawaii Outreach College, Honolulu, HI - Specialized MBSR Program Developer, Teacher - *Developed an accelerated customized MBSR course.*  
May-June 2011

University of Massachusetts Medical School, Center for Mindfulness 9th Annual International Scientific Conference for Clinicians, Researchers, and Educators - Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Norwood, MA - Co-Presenter with Steven D. Hickman, Psy.D. Avatars and Virtual Yoga: MBSR for Veterans in Second Life, A Pilot Project. A participatory workshop describing the development and implementation of the first MBSR classes in Second Life as part of a larger project entitled Coming Home intended to provide online support in virtual worlds to veterans returning from recent conflicts.  
March 30 - April 3, 2011

Next Generation Resiliency Training Study Using the Virtual World of Second Life - MBSR Teacher - A U.S. Army research study being conducted to determine the efficacy of MBSR programs in online virtual environments for veterans and soldiers.  
August 2011- 2015

Linkedin MBSR Group - Founder, Owner, Manager - Original Linkedin Professional Networking Site for MBSR. This online MBSR group is open to all Linkedin members to share information regarding their experiences with MBSR.  
June 4, 2009 - Present

MBSR Programs of Hawaii, Inc. Honolulu, HI - Founder, Manager, Teacher - Managing and creating MBSR programs for local educational and nonprofit organizations and corporations. Marketing and development of promotional materials.  
May 1999 - September 2009

Schofield Army Barracks Health Center, Wahiawa, HI - Specialized MBSR Program Developer, Teacher - Developed and taught MBSR Program for Health Care Clinic Practitioners. Clinic staff consisted of psychiatrists, mental health and social workers assisting soldiers and families.  
February, March 2010

Schofield Army Barracks - Member of Pohai Pulama "The Caring Circle" Schofield Barracks advisory board - MBSR representative advising U.S. Army Schofield Barracks Staff on continued on base mindfulness programs.  
March 2010 to Present

Radiology Associates, Honolulu, HI - Specialized MBSR Program Developer, Teacher - MBSR program with a focus on conflict resolution for private radiology company management and employees.  
October 2006

Turning Point Cancer Center, Advisory Board, Honolulu, HI - Board Member - *MBSR advisor to board of directors for non-profit cancer center.*  
2005, 2006

MBSR Presentation by Jon Kabat-Zinn at University of Hawaii Spalding Auditorium, Honolulu, HI - Event Coordinator - *Advising and assistance in event planning for the event sponsor, Turning Point Cancer Center.*  
February 2006

American Association of University Women Honolulu Branch, Honolulu, HI - MBSR Teacher, Program Coordinator - *Taught and coordinated 8-week MBSR programs for the greater Honolulu community.*  
June 2005 - November 2006

Cades Schutte Law Firm, Honolulu, HI - Implemented and Instructed MBSR program for Law Firm Partners and employees.  
June, July 2005

The Hawaii Wellness Institute, Honolulu HI - MBSR Program Teacher - Formal 8-week MBSR programs held at this institute as part of a consortium of wellness programs. Trained and mentored student teacher intern in teaching MBSR.  
August, September 2004

Kapiolani Community College Non Credit Programs, Honolulu, HI - MBSR Program Developer and Teacher - Formal 8-week MBSR programs held for various populations in the greater Honolulu community. Approved by the Hawaii Nurse's Association for 27 CEU credits. 2001, 2002

J.W. Marriott Ihilani Resort & Spa, Kapolei, HI - MBSR Teacher - MBSR Workshops for guests. September 1998 - November 1999

Integrated Mind Body Therapy - Therapist - Integrating mindfulness and massage. Incorporating meditation techniques with body therapies, and energy healing.  
2000 - Present

## SPECIALIZED TRAINING

University of Massachusetts Medical School, Center for Mindfulness, Mindfulness-Based Stress Reduction "Oasis" Professional Education and Training Program - Worcester, MA  
2001 - Present

University of Massachusetts Medical School, Center for Mindfulness, Nine-Day Intensive MBSR Practicum - *Five-day residential MBSR retreat followed by a 4-day residential seminar* - Omega Institute Rhinebeck, NY / Worcester, MA, led by Melissa Blacker, MA and Florence Meleo-Meyer, MS, MA  
2004

University of Massachusetts Medical School, Center for Mindfulness, Mindfulness-Based Stress Reduction Teacher Development Intensive - The Teacher Development Intensive (TDI) is a highly interactive, collaborative learning experience exploring the relationship with yourself and others in the context of an intensive *teaching environment* - Worcester, MA led by Melissa Blacker, MA and Florence Meleo-Meyer, MA, MS  
2002

University of Massachusetts Medical School, Center for Mindfulness, Mindfulness Professional Training Retreat - A 7-day program that is an opportunity for health-care professionals to train intensively in mindfulness meditation as it is taught at the Stress Reduction Program. Mount Madonna Center, Watsonville, CA under the direction of MBSR Founder and former Director of the UMass Center for Mindfulness, Jon Kabat-Zinn, PhD and current Director of the UMass CFM Saki Santorelli, EdD, MA  
February 2001

Collaborative Institutional Training Initiative (CITI) Certification *The CITI Program is a subscription service providing research ethics education to all members of the research community.*  
September 2011

University of California Irvine Extension Programs - Spa and Hospitality Management Certificate Program, online - Introduction to the Spa Industry, Services and Treatments, Introduction to Spa and Hospitality Operations, Spa Industry Finance, Spa Marketing and Branding, Human Resources Basics, Recruitment and Retention, Spa Retail Management, Building and Sustaining High Quality Systems for Spas. 2009 - Present

Broken Ridge Sangha - *The Path to Mindfulness Five-Day Non-Residential Retreat* - Broken Ridge Temple, Honolulu, HI, led by Gregory Pai  
May 2011

Vipassana Hawaii - *Thanksgiving Metta (Lovingkindness) Retreat* - Diamond Sangha Zen Center, Honolulu, HI, led by Michelle McDonald, and Steven Smith  
November 2010

University of Massachusetts Medical School, Center for Mindfulness 2nd Annual Conference on the Integration of Mindfulness-Based Interventions in Medicine, Health Care, and Society, Post-Conference Instructional Institute, Worcester, MA - Three Points to Consider When Teaching Mindfulness-Based Stress Reduction, led by Saki F. Santorelli, EdD, MA  
May 2004

University of Massachusetts Medical School, Center for Mindfulness 1st Annual Conference on the Integration of Mindfulness-Based Interventions in Medicine, Health Care, and Society, Post-Conference Instructional Institute, Worcester, MA - *Articulated Silence: Refining Inquiry and Dialogue in the MBSR Classroom*, led by Saki F. Santorelli, EdD, MA  
May 2002

Newton Wellesley Hospital 8-Week MBSR Program, Newton, MA MBSR program participant learning basics of MBSR through experiential classroom participation.  
April - June 1993

#### COMPLEMENTARY HEALTH TRAINING AND EXPERIENCE

Pain Management (1999 – present) :

Study and use of guided imagery for client pain management (i.e. migraine, fibromyalgia, hypertonicity); Mindfulness practices for stress reduction, grief, anger management, PTSD, Massage Acupressure, Reflexology, Reiki, Ayurvedic Treatments, Aromatherapy

Therapeutic Massage Training Certification - Honolulu School of Massage, Honolulu, HI, *Licensed as a therapeutic massage therapist by State of Hawaii and California.*  
1999 to present (Hawaii) 2011 (California)

Lomilomi Massage Training and Certification - *A Traditional Hawaiian holistic healing tradition*, Honolulu, HI, taught by Noelani Bennet. 2000, 2001

La Stone™ Therapy Training and Certification, Waikaloa, Hawaii - *Original Stone Massage Modality.* 2000

Reiki, Second Degree Training and Certification, Honolulu, HI, Reiki Master Helen J. Haberly. 1999, 2000

Therapeutic Massage and Spa Treatments Experience:

Swedish Massage, Deep Tissue Massage, Lomilomi Massage, Sports Massage, La Stone™ Therapy, Aromatherapy, Reflexology, Reiki, Hydrotherapy, Thalassotherapy, Therapy,

Vichy Shower, Body Wraps, and Body Treatments, Ayurvedic Treatments, Aveda Massage Treatments and Techniques, Wellness Programs-Stress Reduction & Relaxation

Licensed Massage Therapist:  
Serenity Spa Hawaii August, Honolulu, HI  
2011 - Present

Hoala Salon & Spa May, Honolulu, HI,  
May 2010 - September 2010

Aveda Lifestyle Salon and Spa, Honolulu HI  
November 1999 - January 2010

Malama Lifestyle Salon & Spa - Honolulu, HI  
November 1999 -February 2003 -

Hyatt Regency Resort & Spa, Honolulu, HI  
February 1999 - November 1999

J.W. Marriott Ihilani Resort & Spa, Kapolei, HI  
September 1998 - November1999

Hilton Hawaiian Village, Honolulu, HI  
September 1998 - November 1999

#### OTHER BUSINESS EXPERIENCE

American Automobile Association Insurance Agency Inc. (AAA), Boston MA - Personal Lines Property and Casualty Producer - Top sales producer of a 15 agent sales force for five consecutive years. Led quality improvement team to review procedures and implement policies necessary to insure customer satisfaction.  
June 1990 - November 1997

Lumberman's Underwriting Alliance (LUA), Framingham, MA - Account Representative  
Serviced an existing book of business totaling \$1,200,000. Planned and underwrote proposals and renewals for all property and casualty lines of business. Conducted quarterly property and personal safety inspections to preserve and improve insured's loss prevention programs.  
August 1988 - May1990

Foster and Foster Realtors, Inc. Acton, Massachusetts - Licensed Real Estate Sales Associate - *Responsible for the sale of residential properties in suburban Boston.*  
December 1984 - June 1988

Continental Cablevision, Beverly, Massachusetts - Territory and Sales Manager - Trained, supervised, and motivated a highly productive sales staff of 10+ in establishing and developing a rapid growth market in Boston communities.  
January 1980 - December 1984





