

STANLEY A. TERMAN, Ph.D., M.D.

- Office Mailing Address:** Box 130129; Carlsbad, CA 92009
- Primary Businesses:** **Executive Director, Life Transitions Foundation**
a California non-profit 501(C)(3) organization) d/b/a
Peaceful Transitions® and **Caring Advocates**™;
Institute for Strategic Change, a California Corporation that
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www.caringadvocates.org, www.64peace.com, www.LifeTP.com
- Medical Licensure:** State of California Physician License, G036016 (since 1978)
- Certification:** National Board of Medical Examiners (1976)
- Specialty Board:** American Board of Psychiatry and Neurology (1980)
- Education:** **M.D., University of Iowa** (1975)
Ph.D., Massachusetts Institute of Technology (1969)
Major: Biophysics; Minor: Physical Chemistry
A.B. (Cum Laude), Brown University (1963)
Major: Chemistry; Minor: Biology/Mathematics
Horace Mann High School, Bronx, New York (1960)
- Clinical Training:** **Internship: Indiana University** (1975-1976)
Marion County General Hospital (General)
Residency: Indiana University (1976-1978)
Larue Carter Memorial Hospital (Psychiatry)
- Fellowships:** **Johns Hopkins University School of Medicine**
(1971-1972)
National Institutes of Health Special Post-Doctoral Fellowship.
"Study Basic to Aging of Immunosurveillance and Cancer"
Eli Lilly Laboratory for Clinical Research (1974-1975)

Clinical Pharmacology Fellow in Experimental Therapeutics

Meyer Friedman Institute (April, 1986 +)
Theory, Diagnosis and Treatment of "Type A's"

Clinical Appointments:

1999 - Present **San Diego Hospice**, Consultant Psychiatrist

1990 - 1993 **Charter Behavioral Health / API La Mesa, CA**
Chief of Medical Staff (1/92 – 12/93)
Clinical Director, Outpatient Subspecialty Services,
Acting Clinical Director, Depression Treatment Program (92)

1986 - 1994 **Scripps Memorial Hospitals**, La Jolla, Encinitas, CA

1985 - 1994 **San Luis Rey Hospital**, Encinitas, CA

1983 - 1991 **Tri-City Medical Center**, Oceanside, CA

1981 - 1983 **Veterans Administration Medical Center**, Long Beach, CA
Ward Chief and Supervisor, Inpatient Service

1978 - 1981 Assistant Chief Director, Alcohol Treatment Clinic Alcohol
Dependence Treatment Program

Teaching Appointments in Psychiatry:

1983 **California State University, Fullerton** Professor (part-time)
and Field Supervisor, Counseling Psychology Department

1978 – 1983 **University of California, Irvine, CA**
Assistant Professor in Residence and Clinical Assistant Professor
Department of Psychiatry and Human Behavior

Private Practice:

2000 - present Medical Director of the non-profit
organization, **Life Transitions Foundation**

1978 – present Adult psychiatry. Incorporated & doing business as **Institute for
Strategic Change Medical Clinic** since 1982

Previous Practice Locations:

2011 Palomar Airport Road, Carlsbad, CA, 92009
523 Encinitas Blvd., Ste. 200, Encinitas, CA, 92024
6265 Greenwich Drive, Suite 101, San Diego, CA, 92122
3150 El Camino Real, Suite E; Carlsbad, CA, 92008
2131 El Camino Real; Oceanside, CA, 92056
B-91; Surfside, CA, (prior to 1983)

Long Beach Alcoholism Treatment Center
University Medical Associates, Irvine, CA.
University California Irvine Medical Center, Irvine, CA.

Video, Audio, and Writing Presentations:

- 2006 KPBS "These Days": 40-minute radio interview about the legal alternative to Physician-Assisted Suicide and the use of Living Wills & Proxy Directives to avoid prolonged indignity and dependency of end-stage dementia. http://kpbs.org/radio/programs/these_days?id=6702
- 2006 11-minute video on wording Advance Directives to avoid pain at the end of life (compares the wording in FIVE WISHES to California's statute). <http://www.caringadvocates.org/video.html>
- 2006 Legalizing Physician-Assisted Suicide: A Position Statement (audio) <http://lethalchoice.com/pas.php>
- 1996 "**Writing Award**," Southern California Writers' Conference, NONFICTION, for the first draft of the book, **LoveDecisions**
- 1992 **Quantifying The Loss Of Enjoyment Of Life,"** video, with Stephen T. Riley, Ph.D., forensic economist. Distributed by Economic Consultants and Associates, San Diego
- 1982 "**Paradox Therapy**," in **Leaders in Psychiatry** one of a series of educational videotapes distributed by the Social Psychiatry Research Institute, New York

Community and Professional Committee Participation:

- 2004 - present Bioethics Luncheon Discussion Group, Irvine
- 2001 Ethics Committee, Scripps Mercy Hospital
- 2000 - 2001 Ethics Committee, San Diego County Medical Society
- 1999 - 2001 Ethics Committee, San Diego Hospice
- 1996-1998 Computers and Forensic Psychiatry Committee, American Academy of Psychiatry and the Law
- 1994 - 1996 Credentials Committee member of the, San Diego County Medical Society
- 1992-1993 Governing Board of Alvarado Parkway Institute

Previous Appointments:

- 1978 - 1983 **University of California, Irvine Medical School**
and **Veterans Administration Hospital, Long Beach:**

Assistant Professor of Psychiatry
Various Lectures and Seminars on Alcoholism,
Psychopharmacology, Psychotherapy; Relationship therapy
research; individual supervision of residents

Directed the Mental Status Examination part of the "Introduction
to the Patient" Course and lectured on Depression to **UCI**
Medical Students.

"Caretakers' Group" for private psychotherapists.
Chairman, Human Studies Subcommittee, 1980-82
Veterans Administration Hospital, Long Beach

Administrative Assistant: Cancer Education, 1972-74
University of Iowa College of Medicine
Teaching Assistant: **Department of Anatomy,**
University of Iowa College Medicine, 1972

Assistant Professor: **Department of Zoology,**
University of Iowa, 1969-71
National Science Foundation Center of Excellence Grant.
(1967-69, Instructor)

Recent Meetings:

Numerous meetings on medicine and spirituality, writing,
psychopharmacology, music and psychotherapy, and dementia.

World Federation of Right-to-Die Societies: Toronto, Ontario,
Canada, September, 2006 (presented at the Pre-Conference)

Congress on Dementia: (3 days) Los Angeles, CA. Sept 2004,

AAHPM, HPNA & NHO: 1st Annual Conference & Exposition
on Hospice and Palliative Care, Nashville, TN
February 18-22, 2000.

City of Hope National Medical Center, Education for
Physicians on End-of-Life Care (EPEC), Duarte, CA
Dec. 2 & 3, 1999.

The George G. Glenner Alzheimer's Family Center, Inc.
Ethics and Alzheimer's: Challenges of the New
Millennium, San Diego, CA, Nov. 5, 1999.

UCSD, School of Medicine Continuing Education and
San Diego County Medical Society, Medical Ethics in the
Clinical Setting, San Diego, CA, Oct. 19, 1999.

Kaiser Permanente, Life and Death in the ICU: Who Decides?
San Diego, CA, Mar. 30, 1999.

National Association of Forensic Economists,
Western Economics Association, San Francisco, CA

July, 1996.

Advanced Pharmacological Symposium on Depression,
San Diego, CA, Oct., 1995.

American Academy of Psychiatry and the Law,
Annual Meeting, Seattle, Washington, Oct., 1995.

Forensic Psychiatry Review Course by American Academy of
Psychiatry and the Law, Annual Meeting, Seattle, Washington,
Oct., 1995.

National Association of Forensic Economists, Western
Economics Association, San Diego, July, 1995.

Addiction Update, Depression and Anxiety Update, Hospital
and Community Psychiatry Annual Meeting,
San Diego, Oct., 1994.

Addiction Medicine: State of the Art, 1993, California Society
of Addiction Medicine, Newport Beach, CA, Nov., 1993.

Integration of Medical Staff In
Organizational Continuous Quality
Improvement: An Advanced Program, by the
California Medical Association, Monterey, CA, May, 1993.

American Psychiatric Association, San Francisco, May, 1993:
Specific course work: **The Psychiatrist as an Expert Witness**
and **The Detection of Mental Illness,** including **Academy of**
Organizational and Occupational Psychiatry.

Attended workshops on **sexual harassment;** and **depression**
treatment trials; and **alcohol, drugs and addiction;** and
functional impairment in anxiety disorders; and **therapy of**
patients sexually abused by therapists; and others.

Memberships, both current and recent:

San Diego Psychiatric Society
American Psychiatric Association
American Association of Clinical Hypnosis
Sigma Xi
Academy of Organizational and Occupational Psychiatry
American Academy of Psychiatrists in Alcoholism and
Addiction
San Diego County Medical Society
California Medical Association
American Academy of Psychiatry and the Law

Selected 2006 presentations:

Starting End-of-Life Conversations sponsored by Stephen's Ministry, South Coast United Methodist Church, La Mesa, CA

The Best Way to Say Goodbye: What choices do we have at the end of life?
Sponsored by End-of-Life Choices, San Marcos, CA

How to deal with the recommendations not to create and not to honor Living Wills and Advance Directives, by President's Council on Bioethics, in their report, "Taking Care: Ethical Care Giving in an Aging Society." sponsored by Bioethics Luncheon Group. University of California, Irvine, CA

Five Wishes + Two: Planning for Peaceful End-of-Life Transitions by Living Wills, Proxy Directives, and support groups with Rev. Dr. Christina Tillotson, co-sponsored by Seaside Center for Spiritual Living, and Caring Advocates, Encinitas, CA

Toward an Iron Clad Plan for Dementia, sponsored by Compassion & Choices; Challenge in Choice : Pre-Conference Sessions of the World Congress of Right-to-Die Societies, Toronto, Ontario, Canada

Trusting Circles of our Ultimate Transition, sponsored by Caring Advocates, Carlsbad, CA

A critique of the President's Council on Bioethics' September 2005 report, "Taking Care: Ethical Care giving in Our Aging Society" sponsored by Bioethics Luncheon Discussion Group, held at UC Irvine

Concerns about California's bill to legalize Physician-Assisted Dying, panel member, Bioethics Luncheon Discussion Group, held at UC Irvine

Falls from Grace: Professionals who assist those who wish to hasten their dying, Bioethics Luncheon Discussion Group, held at UC Irvine

The Sanctity of *MANY* Lives, Bioethics Luncheon Discussion Group at UC Irvine

Examples of topics on which Dr. Terman can present:

Should we legalize Physician-Assisted Suicide?

What are the ethical, moral, and religious implications of Physician-Assisted Suicide? Is it a good law in terms of protecting individuals from impulsive deaths? Do we really need a new law, or do legal clinical alternatives already exist? How well is Oregon's Death With Dignity Act working?

What should we learn from the case of Terri Schiavo?

Was she being played like a political football resulting from political polarization? How can we make sure our Advance Directives will be followed in light of the

awesome power of legislators, governors, and judges? Can society afford to indefinitely maintain people who have lost their awareness?

Can we plan for a dignified death if the diagnosis is Alzheimer's disease?

What special considerations need to be included in Advance Directives? When that "time" comes, will you be able to meet the potential challenges? As a family member, how can you approach a loved one who has just been diagnosed in the earliest stage, to discuss the options?

Does Art reflect life?

The best American and foreign films of 2005 both dealt with hastening death: *Million Dollar Baby* and *The Sea Inside*? Recent award-winning films about Alzheimer's disease include *A Song for Martin*, *Iris*, and *The Notebook*. –But how accurately does Hollywood portray reality?

How to lay the groundwork so you or your loved one will not have to endure prolonged end-of-life suffering.

What is the legal alternative to physician-assisted suicide?

Can Alzheimer's disease be prevented or delayed? What should patients consider if they were recently diagnosed?

Detecting and treating depression in terminally ill patients, their caregivers and their families.

How to prove someone is legally competent to make decisions.

Selected presentations from previous years:

- 2004 **Voluntary Refusal of Food & Fluid**, with Attorney Michael Evans, Bioethics Luncheon Discussion Group held at Whittier Law School

- 2005 **Forgoing medically-administered nutrition and hydration from the perspective of Catholic ethics and a recent Papal allocution**, with Attorney Michael Evans, Bioethics Luncheon Discussion Group (UCI)

- 2000 **End of Life Issues**, along with the Bill Moyers' special, **On Our Own Terms**: Town Hall Meetings at San Diego Hospice, University of San Diego, and appearance on KPBS radio

- 2000 **Who Decides Who Decides? Determination of Decision-Making Capacity**. Seminars in Law & Psychiatry, County Courthouse Forensic Psychiatry Clinic

- 2000 **Please Honor My Last Wishes.** St. Paul's Cathedral.
- 2000 **How do you feel about Advanced Directives?**
A focus group with professional staff at the Alzheimer's Research Center, UCSD, San Diego, CA
- 2000 **Final Wishes: How to plan ahead to make life's final chapter more meaningful, more musical, and more peaceful.**
UCSD students and staff through The Women's Center
- 2000 **Competency Evaluation on a Dysfunctional Family.**
San Diego Hospice Ethic Committee, San Diego, CA
- 2000 **End-of-Life Care Ethics and Competency Evaluations** two lectures at the Chulalongkorn Medical School and Thanyaburi Cancer Hospital, Thailand, January 28 & 31
- 1999 **Peaceful Transitions** including a didactic on how Competency Evaluations can resolve end-of-life conflicts, to Mercy Hospital and to San Diego Hospice (Physicians, Social Workers and Staff) and to Nations Hospice and to West Healthcare
- 1999 **Making Timely Love Decisions throughout the Relationship Cycle** to UCSD students and staff through The Women's Center (eight seminars)
- 1999 **Maintaining Your Relationship** for UCSD faculty and staff at the Learning at Lunch series
- 1998 **Making End-of-Life Decisions** to the Center for Neurologic Study, La Jolla
- 1998 **Becoming a Couple** for UCSD students through the Academic Enrichment Program
- 1998 **Why WE NEED Research to help people make good relationship decisions** for the USCD Institute for Continued Learning
- 1997 **Decision-Making: Philosophical and Psychological Aspects** for attendees at American Cancer Society, Prostate Cancer Public Forum, San Diego, CA
- 1995 **What Helps Eligible Jurors Determine Emotional Damages?** Western Economics Association meeting National Association of Forensic of Economists. San Diego, CA
- 1995 **Quantifying Emotional (Hedonic) Damages: A Psychiatrist's Perspective.** Allied Social Science Association, Washington, D.C. (National Association of Forensic Economists' national meeting)
- 1994 **Update on Hedonic Damages**

Law Offices of Kessler and Larson, San Diego, CA.

- 1994 **History And Future Of Hedonic Damages**
Law Offices of Goode and Petterson, San Diego
- 1994 **Emotional Damages Due To Sexual Harassment & Sex / Age Discrimination -- What Are They Worth?**
North County Bar Association, Vista, CA
- 1993 **TQM And CQI Psychiatry -- Why Should I Care?** Alvarado
Parkway Institute Medical Staff Meeting, La Mesa, CA
- 1993 **Total Quality Management / Continuous Quality Improvement in Cardiac Prevention and Rehabilitation: Role of Psychiatry**
Cardiology Conference, Alvarado Hospital Medical Center, San Diego, CA
- 1992 **Quality of Psychiatric Measurement in Quantifying Hedonic Economic Damages**
Western Economics Association International --
National Association of Forensic Economists San Francisco, CA
- 1992 **Trial of a Sexual Harassment Case**
American Board of Trial Advocates Seminar
Appearance as Expert Psychiatric Witness
in a day-long, mock trial, San Diego, CA
- 1992 **Recovery of Emotional Damages in Business Litigation Cases**
Orange County Bar Association
Business Litigation Section, Costa Mesa, CA
- 1991-92 **Changing Life-Style to Reduce Risk of Developing (or Progressing) Coronary Artery Disease**
Alvarado Hospital Medical Center, Alvarado Parkway Institute,
Department of Medicine, Mental Health Professionals, CCU Nursing
Staff and the Community
- 1989 **Modifying Type A / Coronary Prone Behavior** American
Psychiatric Association Course Director San Francisco, CA (one day
course)
- 1980, 81, 82, 83 **Theory, Practice and Ethics of Paradoxical Psychotherapy** American Psychiatric Association Course
Director San Francisco, Toronto, New Orleans, New York
- 1981 **Theory and Practice of Paradoxical Psychotherapy**
Tel Aviv University, Israel (one day course)

Full-length books:

Lethal Choice is a medical thriller with spiritual depth. It deals with the ethics of physician-hastened dying and physician bias (© 2007).

The Best Way to Say Goodbye: A Legal Peaceful Choice at the End of Life, a self-help guide for general and professional audiences that concludes with a noble mission: the sanctity of many lives (© 2007).

Last Wishes: Memoirs and Professional Advice for Peaceful Transitions, an anthology of stories and differing views of various disciplines. (Completion expected in late 2007).

LoveDecisions: How to make the relationship decisions at the right times, a self-help guide to making prudent and timely romantic relationship choices (Completion expected in 2008.)

Professional publications:

Terman, S.A., Determining the decision-making capacity of a patient who refused food and water. **Palliative Medicine** 2001; **15**: 55-60.

Terman, S.A., Evaluating decision-making capacity in a psychotic breast cancer patient. **Primary Care and Cancer** June 2001; **6**: 45-48.

Terman, S.A., Who decides who decides? A rapid method to assess patients' decision-making capacity to help resolve certain end of life conflicts. (in preparation).

Terman, S.A., Why combine "voluntary refusal of nutrition and hydration" with "controlled sedation for refractory symptoms" (terminal sedation)? (in preparation).

Terman, S.A., Developing a reliable questionnaire for end-of-life decisions for patients who can only respond by "Yes" or "No" (in preparation).

Terman, S.A., Gaps in knowledge about advanced directives, (research in progress).

Terman, S.A., Construct validity of the phases of the relationship cycle, (in preparation).

Terman, S.A., Correspondence on H. M. Chochinov, et al: "Will to live in the terminally ill," **Lancet** 1999;354 (9195): 2083-4.

Terman, S.A., More political interference into complicated end-of-life decisions. **San Diego Union-Tribune**, October 22, 1999, B-7.

Terman, S. A., Healing from Bedside Harp Playing -- A psychiatrist's perspective. **The Harp Therapy Journal**, Summer, 1999, (parts of pages 4 to 9).

Terman, S.A., Learning from the Judgments of Kevorkian. **San Diego Union-Tribune**, April 1, 1999, B-11.

Terman, S. A., Kevorkian Pushed the Wrong Envelope. **San Diego Physician**. (The County Medical Society Journal) February, 1999, pp. 10 & 15.

Terman, S.A., Making those End-of-Life Decisions. **San Diego Union-Tribune**, August 16, 1998, G-3.

Terman, S. A., The Loss of Enjoyment of Life -- Severity Scale: Validation and Reliability Studies. Presented to the National Association of Forensic economists in January, 1995 in Washington, D.C.

Terman, S. A., A Psychiatrist's Comment on "A Better Alternative to Hedonic Damages" and a Suggestion for Meta-Analysis. **Journal of Forensic Economics** 9 (2): 211-221 (1996).

Terman, S. A., Emotional Damages Due to Wrongful Death -- What are They worth? **Behavioral Sciences and the Law** 13 (1): 43-59 (1995).

Terman, S. A., Their Loss of Enjoyment of Life, and Yours. **Orange County Lawyer** 34, No. 10, 36-38 (1994).

Terman, S. A., Physicians: Do thy emotions need healing? **San Diego Physician** 81, No. 2, 11-13 (1994).

Terman, S. A., Quality of Psychiatric Measurement in Quantifying Hedonic Damages, Part 1, **North County Lawyer**, 10: No 2, pp 6-7 & 20; Part 2, 10: No 3, pp 8-9 (1993).

Terman, S. A., Psychiatric Assessment of Loss of Enjoyment of Life for "A. Smith," prepared for distribution and discussion at the Orange County Bar Association Business Litigation Educational Meeting (Nov., 1992).

Terman, S. A., Varied Problems of the Newly Sober Couple: Strategic Approaches in Couples Group. in Kaufman, E. (Ed.), **Power to Change, Family Case Studies in the Treatment of Alcoholism**. pp 237 - 251, Gardner Press, New York, 1984.

Gottschalk, L.A., Eckardt, M.J., Pautler, C.P., Wolf, R.J., Terman, S.A., Cognitive Impairment Scales Derived from Verbal Samples. **COMPREHENSIVE PSYCHIATRY** 24, 6-19 (1983).

Terman, S. A., Hypnosis and Depression. in Wain, H.J. (Ed), **Clinical Hypnosis in Medicine**, 201-208. Year Book Medical Publishers, Chicago (1980).

Gottschalk, L. A., Eckardt, M. J., Cohn, J. B., Wolf, R.J., Terman, S. A. Cognitive Impairment Scales Applicable to Verbal Samples and its Possible use in Clinical Trials in Patients with Dementia. **PSYCHOPHARMACOLOGY BULLETIN**, 16, 25-27, 1980.

Park, H.M., Terman, S.A., Ridolfo, A. and Wellman, H.M. A quantitative evaluation of rheumatoid arthritic activity with Tc-99m EHDP. **J. Nuc. Med.** 18: 973-976, 1977.

Lemberger, L., Terman, S.A., Rowe, H. and Billings, R. The effect of Nisoxetine (Lilly Compound 94939), a potential antidepressant, on biogenic amine uptake in man. **Brit. J. Clin. Pharm.** 3: 215-220, 1976.

Terman, S.A., Lemberger, L. and Rowe, H. Effect of a new potential anti-depressant on biogenic amine uptake in man. **Feb. Proc.** 34: 295, 1975.

Park, H.M., Terman, S.A. and Ridolfo, A. A quantitative evaluation of rheumatoid arthritis with 99m TcEHDP. **Proc. S.E. Ch. Soc. Nuc. Med.** 16: 6-7, 1975.

Terman, S.A. and Caplan, R.M. The extent of performance of routine Pap smears on inpatients at University of Iowa Hospital in 1970. Distributed in 1974.

Metcalf, W.K. and Terman, S.A. The combination of color, depth and sound in auto-instructional materials. **Anat. Rec.** 175: 490-491, 1973.

Rubright, W.C., Terman, S.A. and Yannone, M.E. A comparative study of in-vitro 3H-17B estriol binding in gingiva, skeletal muscle and uterus of ovariectomized rabbits. **J. Peridon. Res.** 8: 304-313, 1973.

Terman, S.A., Metcalf, N., and Miller, D. Cancer-case findings in gross anatomy to stimulate student interest. **J. Iowa Med. Soc.** 65: 360-363, 1973.

Terman, S.A. Extent of post-transcriptional level control protein synthesis in the absence of cell division. **Exptl. Cell Res.** 72: 576-579, 1972.

Terman, S.A. Relative effects of transcription-level and translation-level control of protein synthesis during early development of the sea urchin. **Proc. Nat. Acad. Sci.** 65: 985-992, 1970.

Ph.D. Thesis: CONTROL OF PROTEIN AND RIBOSOME SYNTHESIS IN THE EARLY DEVELOPMENT OF THE SEA URCHIN Massachusetts Institute of Technology (1969).

Terman, S.A. and Gross, P.R. Translation-level control of protein synthesis during early sea urchin development. **Biochem. Biophys. Res. Comm.** 21: 595-600, 1965.