

---

**Marc Frederick Kern, Ph.D.**

9171 Wilshire Blvd. Suite 680, Beverly Hills, California 90210 (310) 275-5433 ext.1  
Licensed Psychologist - CA License No. PSY 8246

<http://www.HabitDoc.com>

<http://www.AddictionInfo.org> ~ <http://www.SelfHelpGroupLocator.com>

---

**PROFESSIONAL EXPERIENCE**

- 1998 – Present Faculty – UCLA NPI, School of Psychiatry in association with Bob Coombs
- 1996 – 2000 Supervision and Training Director, **Chabad Drug Abuse Treatment Program** 1952 South Robertson Blvd., Los Angeles, CA 90034 (310) 304-3196
- 1990 – Present Founder and Director, **Life Management Skills, Inc.**  
1125 S. Beverly Drive, Suite 401, Los Angeles, CA 90035  
(310) 275-5433 & (714) 550-9311  
1851 E. First Street, Suite 820, Santa Ana, CA 90275
- 1994 – Present Advisor and Board Member of two non-profit support groups, **S.M.A.R.T. Recovery** and **Moderation Management**, meeting locations throughout Los Angeles and Orange Counties. *Free self-help skill building groups based on Rational-Emotive Therapy and six other Cognitive-Behavioral techniques*
- 1989 – 1994 Associate, **Center for Mood Disorders**, Robert Gerner M.D., Ronald Podell M.D. Directors. 1990 S. Bundy Dr. #790, West Los Angeles, CA
- 1989 – 1994 Advisor and Board Member, **Rational Recovery**, meeting locations throughout Los Angeles and Orange Counties. *Free self-help skill building groups based on Rational Emotive Therapy and Addictive Voice Recognition.*
- 1987 – Present Founder and Director of **Addiction Alternatives**  
*Private psychological treatment center, specializing in all forms of addictive behaviors and unhealthy habits; including: alcohol, drugs, food, spending, gambling, sex, relationship and exercise.*
- 1986 – 1987 Consult to Addictive Behaviors Unit, **Community Psychiatric Center**, Alhambra, CA.
- 1986 – 1987 Clinical Director, **Decision Point**, Garden Grove, California  
*Complete design, development and implementation of comprehensive assessment and treatment programs for alcohol and drug addicted adults. D.W.I. and other drug/alcohol forensic evaluations.*
- 1984 – 1986 Psychologist **PSY Clinic**, Santa Ana, CA. *Inpatient (Care Unit of Orange and Western Medical Center) and Outpatient drug/alcohol abuse services.*
- 1983 - 1984 Psychologist & Clinical Coordinator. **Metropolitan State Hospital**.  
Norwalk, CA, *Inpatient, poly-drug abuse program design, evaluation and coordination, and acute psychiatric care.*
- 1982 – 1983 Lead Counselor. **Redgate Memorial Hospital**. Long Beach, CA  
*Individual and group psychotherapy (process and didactic) with alcohol addicted adults.*
- 1982 – 1983 Psychologist, **Charter Pacific Hospital**, Torrance, CA. *Addictive Disease Unit. Group structural family and multi-family therapy with drug/alcohol dependent adults.*
- 1981 – 1982 Psychology Intern. **University of California**, San Francisco

1980 – 1981 Medical Education Program at the Veterans Administration Medical Center and Valley Medical Center Hospital, Fresno, CA  
Psychology Intern. **Fresno Community Hospital**, Olive Street Bridge Clinic, Fresno, CA. *Direct psychological services to drug and alcohol dependent adults.*

1979 – 1980 **California Men’s Colony**, San Luis Obispo, CA. Psychology Trainee  
 1978 – 1979 Psychology Intern. **Bay Area Addiction Research and Treatment**

## PUBLICATIONS

### “Responsible Drinking”

F. Rotgers, M.F. Kern, R. Hoeltzel, *New Harbinger Publications* (2002)

### “Addiction Recovery Tools”

R. Scott, M.F. Kern, R. Coombs, Editors (Affect-Regulation Coping Skills Training) Scott, R., Kern, M., Coombs, R. Affect-Regulation Coping-Skills Training In Coombs, R, *Sage Publications* (2001)

### “Take Control, Now!”

M.F. Kern and L. Lennon, *Life Management Skills, Inc. Press* (1994)

### “Danger – Slow Down Before You Crash”

M.F. Kern, Orange County Lawyer, 1998, (March), 32-33

### “Drug Preference as a Function of Arousal and Stimulus Screening”

M.F. Kern, M.B. Kenkel, D.I. Templer, T.G. Newell  
*International Journal of the Addictions*, 1986, 21(2), 255-265

## MAJOR PRESENTATIONS

### 2005

“**Alternatives to Abstinence**” California Association of Alcohol and Drug Educators

### 2003

“**Not Abstinence: Harm Reduction Approaches with Substance Abusers**” Los Angeles Psychological Association

### 2002

“**Moderation Management**” 4th Annual Harm Reduction Coalition Conference, Seattle, WA

### 2001

“**The Nuts and Bolts of Moderation Management**” American Psychological Association National Convention, San Francisco, CA

“**Harm Reduction Approaches when Working with Substance Abusers**” Harbor-UCLA Medical School, Department of Psychiatry

### 1999

“**Contemporary Approaches to Substance Abuse Recovery**” Los Angeles County Sheriffs Office, Department of Psychology.

“**Cognitive/Behavioral Addiction Recovery**” VA West, Los Angeles

“**Cognitive/Behavioral Addiction Recovery**” LifeSpan Learning Institute, UCLA

“**Addiction Alternatives**” – SFV Employee Assistance Professionals

### 1998

**“When AA is Not Right for your Client. New options for the EAP and the 12-step-resistant employee”** EAP association.

**“Getting Them Off the Fence: New procedures to engage treatment resistant substance abusers”** Los Angeles Psychological Association

**“Cognitive/Behavioral Approaches to Addiction Recovery”** – Life Span Learning Institute, UCLA

## 1997

**“The Psychology of Addiction”** and **“The New Addiction Recovery Options”** UCLA Department of Continuing Education, USC Department of Social Work

## 1994

**“Recovery Options in Private Practice, Agency, Hospitals and Community Settings”** California Psychological Association, San Francisco, CA

## 1993

**“Rational Recovery and New Options in Addictions”** American Psychological Association, Toronto, Canada

**“Rational Recovery, What is it and where is it going?”** American Society of Addictive Medicine, Los Angeles, CA

**“New options in Addiction Treatment”** Santa Monica Bar Association, Santa Monica, CA

**“Succeeding with the 12-Step-resistant cClient”** California Family Study Center, Burbank, CA

## 1992

**“How to Stop and Stay Stopped”** Pacific Boy’s Home – Woodland Hills, CA

**“New Addiction Support Group Options”** California Psychological Association, San Diego, CA

**“Addiction Treatment Alternatives”** Problems of Labor and Management (PALM) Orange County, CA

**“How to Stop and Stay Stopped”** Community Psychiatric Center (CPC Inc.)– Santa Ana

## 1991

**“New Addiction Recovery Options”** Los Angeles County Psychological Association.

**“Succeeding with the 12-Step Resistant Client”** CPC Westwood Hospital

## 1990

**“A Cognitive/Behavioral/Systems Model of Treating Addictions”** Western Psychological Association, Los Angeles, CA

**“New Models of Addiction Treatment”** California Conference of Alcohol and Drug Educators, San Diego, CA

**“Addiction Treatment: A Cognitive/Behavioral Systems Model”** Fifth International Conference on the Treatment of Addictive Behaviors, Sydney, Australia

## 1989

**“Psychology of Addictions”** Institute of International Development of Colorado Springs, San Diego, CA

Grand Rounds: **“Breaking Bad Habits.”** CPC Santa Ana Hospital, Santa Ana, CA

**“What A.A. Doesn’t Do”** Pineforest Institute Co-Dependency Conference, Huntington Beach, CA

**“The Psychology of Addictions, From Drugs and Alcohol to Food, Spending & Sexual Excesses.”** University of California at Irvine, Grand Rounds, San Juan Capistrano, CA

## 1988

**“Addiction Treatment Alternatives”** Association of Employee Assistance Personnel (AEAP), Santa Ana, CA

**“The Psychology of Addictions”** Capistrano by the Sea Hospital, San Juan Capistrano, CA

**“The Psychology of Addiction-Pt 1: An Alternative to the 12-Step Model”** Orange County Psychological Association, Costa Mesa, CA

**“Dealing with Excessive Behaviors”** Problems of Alcoholism in Labor and Management,

**“Substance Abuse and the Legal Profession”** American Bar Association, Philadelphia, PA

## 1984

**“Arousal Modification in Preferential Drug Use”** Western Psychological Association Convention, Los Angeles, CA

**“Drug Preference as a Function of the Arousal Dimension”** California State Psychological Association Convention, Irvine, CA

## 1983

**“Drug Preference as a Function of Desired Felt Arousal”** International Symposium on Reversal Theory. Wales, U.K.

## TELEVISION, RADIO AND NEWSPAPER

### Television

08/15/2000 Fox News  
08/14/2000 MSNBC  
07/11/2000 Fox News – **“The Edge” with Paula Zahn**  
07/10/2000 Larry King Live – **Is abstinence the only way to beat a drinking problem?**  
06/07/2000 ABC 20/20 – **Drinking: Are you in control?**  
12/1999 Showtime – **Robert Zemeckis on Addiction in the 20<sup>th</sup> Century: The Pursuit of Happiness.**  
07/22/1991 Home Show – KABC – **Beyond AA**  
06/13/1991 By The Year 2000 – KCET – **Heal Thyself**  
06/30/1990 Weekend Gallery – KTLA – **AA Is Not The Only Way**  
04/28/1988 Positive Self Images – **Breaking Addictions**  
12/02/1987 Midmorning L.A. (Channel 9), **Spending Addictions**  
09/23/1987 Heartbeat Los Angeles – **Psychology of Breaking Bad Habits**

### RADIO

01/06/05 K-Mozart 105.1 Marvin Knight **12-Step Is Out Of Step**  
06/12/2000 KFI – Ken and Bob  
02/14/1999 The WAVE – **Addiction Alternatives**  
02/14/1997 The WAVE – **New Computer Software for Developing Self-Control**  
10/15/1995 KABC – Tom Hall Show – **Moderation Management**  
07/10/1991 KXEZ – Steve Gonzales – **New Addiction Treatment Options**  
01/12/1991 KMAX – Bob Gourley – **Keeping New Year Resolutions**  
12/20/1990 KSBR – Daun Kamber – **Spending Addictions**  
12/15/1990 KIK – Jay Frazier – **Drinking Smarter in the Holiday Season**  
06/10/1990 KMPC – Glen Gordon Show – **AA Is Not The Only Way**  
06/09/1990 KABC – Tom Hall Show – **AA Is Not the Only Way**  
06/22/1989 KDRG – Jill Jones Show – **Addictions**  
06/11/1989 KLSX – Russ Spears Show – **Addictions**  
03/17/1989 KABC – Ray Breim Show – **Moderate Drinking & AA are not the Only Way**  
01/13/1988 KBIG – The Big Picture – **Making Success a Passion**  
12/20/1988 KJOI – **The Psychology of Addictions**  
12/09/1988 KRTH – **The Psychology of Excesses**

11/29/1987	KLSX – Russ Spears Show – <b>The Psychology of Addictions Newspaper/Magazines</b>
04/13/1998	US News and World Report: <b>What AA Won't Tell You</b>
12/18/1996	Westsider: <b>Self-control Is Now as Close as your Computer</b>
04/13/1992	L.A. Times: <b>A Sobering Alternative</b>
06/15/1991	L.A. West: <b>Groups That Help</b>
12/26/1990	Daily Breeze: <b>Drinking Smarter During the Holiday Season</b>
09/25/1990	Orange County Register: <b>OC Alcoholics Now Have New Options</b>
08/07/1989	Orange County Register: <b>Gambling</b>
07/03/1989	Orange County Register: <b>Breaking a Losing Streak</b>
02/03/1989	Orange County Register: <b>New Options for Problem Drinkers</b>
08/25/1988	The Tustin News: <b>Going Back to School &amp; Drug Abuse Potential</b>
04/25/1988	Orange County Register: <b>Alcoholism, a Disease or a Bad Habit</b>
11/30/1987	Orange County Register: <b>Making New Years Resolution</b>

### RELATED PROFESSIONAL EXPERIENCE

1990 – Present	Expert witness testimony for a variety of substance abuse cases.
1990 - Present	Editorial Board – “Family Dynamics of Addiction Quarterly”
1988-1992	Adjunct Professor, California Graduate Institute, Orange, CA
1976-1978	“Project Headline” – Detroit, Michigan (phone crisis counselor).
1972-1976	Architectural Coordinator. <b>Taubman Company</b> , Southfield, Michigan. <i>Architectural design and evaluation. Tenant coordination and construction supervision.</i>

### EDUCATION/CERTIFICATIONS

1996	Certified by the Board of Governors of the APA College of Professional Psychology in the Treatment of Alcohol and Other Psychoactive Substance Use Disorders
1995	CRAS (Certified Rational Addictions Specialist)
1990	CAS (Certified Addiction Specialist) American Academy of Health Care
1982	Ph.D. California School of Professional Psychology – Fresno, CA; Dissertation: Preferential Drug Use and the Arousal Dimension
1980	M.A. degree, (Clinical Psychology) California School of Professional Psychology – Fresno, C.A.
1977	M.A. degree, Wayne State University, (Guidance & Counseling) Detroit, Michigan
1977	Certification in Rational-Emotive Psychotherapy. Institute for Advanced Study in Rational Psychotherapy, New York, N.Y.
1971	B.S., Ohio State University (Architecture) Columbus, Ohio.

### PROFESSIONAL ASSOCIATIONS

1978 – Present	California Psychological Association
1981 – Present	Division 50 APA, Psychologists in Addictive Behaviors
1982 – Present	American Psychological Association
1987 – Present	Orange County Psychological Association
1988 – Present	Association for the Advancement of Behavior Therapy
1990 – Present	Los Angeles Psychological Association
1990 – Present	American Association of Health Care Providers in the Addictive Behaviors
1995 – Present	EAPA

**REFERENCES AVAILABLE UPON REQUEST**