

CURRICULUM VITAE

WILLIAM R. STIXRUD, PH.D.

OFFICE ADDRESS

William R. Stixrud, Ph.D., & Associates
8720 Georgia Avenue, Street, Suite 300
Silver Spring, MD 20910
(Ph) 301-565-0534 (Fax) 301-565-2217
www.stixrud.com (website)

PRESENT POSITIONS

- Neuropsychologist in private practice since 1985
- Director, William R. Stixrud, Ph.D., and Associates
- Director, William Stixrud, Ph.D. Tutoring Service
- Adjunct Faculty, Children's National Medical Center (since 1986)
- Assistant Professor of Psychiatry, Behavioral Sciences, and Pediatrics, George Washington University School of Medicine and Health Sciences
- Frequent lecturer, teacher, and workshop presenter
- Board Advisor, David Lynch Foundation for Consciousness-Based Education and World Peace
- Reviewer, Developmental Disabilities Research

ACADEMIC TRAINING

1978-1983	Ph.D.	University of Minnesota Major: Educational Psychology (School Psychology)
1975-1976	M.Ed.	University of Washington Major: Early Childhood Special Education
1968-1972	B.A.	University of Washington Major: English

ACADEMIC HONORS, SCHOLARSHIPS, AND AWARDS

2007	Siena School's Cypress Leadership Award for leadership and service in the field of learning disabilities
1987	Award for outstanding professional service Northern Virginia Association for Children with Learning Disabilities
1982	Award for outstanding service Center for Early Education and Development, University of Minnesota
1980-1981	NIMH Training Fellowship, University of Minnesota
1978-1980	BEH Training Grant, University of Minnesota
1975-1976	Graduate School Fellowship, University of Washington

1973 Phi Beta Kappa, University of Washington
1972 Magna Cum Laude; Honors in English, University of Washington

CLINICAL TRAINING AND EXPERIENCE

1989 Consultant, Divisions of Neuropsychology and Metabolic Disorders,
National Institutes of Health

1984-1985 Staff Neuropsychologist, Children's National Medical Center
Instructor, George Washington University Medical School

Staff Neuropsychologist and Instructor, Georgetown University School of
Medicine

1983-1984 Postdoctoral Fellow in Clinical Neuropsychology
Tufts New England Medical Center

1982-1983 Predoctoral Intern in Pediatric and Child Clinical Psychology
Children's Hospital Medical Center, Boston (Clinical Fellow in Psychology,
Harvard Medical Center)

1975-1977 Head teacher, trainee supervisor, and parent educator, the H.A.P.P.Y. Project,
Pasco, Washington; the Experimental Education Unit, University of Washington

PROFESSIONAL AFFILIATIONS

2000-present Learning Disabilities Association
2000-present Maryland Psychological Association

LECTURES AND WORKSHOPS

Neuropsychology of Learning

- **-Brain-Based Education: Applications of Brain Research to Teaching**
 - St. Patrick's Episcopal Day School
 - St. Stephens & St. Agnes Episcopal School
 - Connelly School of the Holy Child
 - D.C. Area Association of Small Schools

- ***Brain Development and Early Education***
 - Conference, National Association for the Education of Young Children
 - The Harbor School, Bethesda, MD

- ***The Neuropsychology of Memory: How the Brain Learns and How to Help Kids Who Can't Remember***
 - Annual Convention, Virginia Association of Independent Schools (2-part workshop)
 - McLean School
 - Burgundy Farm Country Day School
 - Henson Valley Montessori School
 - Barrie Day School Evening Lecture Series

- **Homework: What It's Good For, How to Get it Done, and When to Say When**
 - Walt Whitman High School (sponsored by *Bethesda Magazine*)
 - Georgetown Visitation High School
 - Woodlin Elementary School
 - Woodlin Elementary School PTA
- **Ready Or Not -- We'll Teach You Anyway: Why Teaching Kids And Teenagers Academic Skills At Younger And Younger Ages Makes No Sense—And What We Can Do About It**
 - William Stixrud and Associates Evening Lecture Series
- **Strategies That Work: A Tutor Training Program**
 - William Stixrud, Ph.D., Tutoring Services

Learning Differences

- **Understanding and Nurturing the Multiple Intelligences**
 - McLean School
 - Barrie Day School Evening Lecture Series
 - Potomac School
 - Woods Academy
- **Strength-Based Instruction: How an Emphasis on Multiple Intelligences Improves Education and Achievement** (with Richard Weinfeld, M.Ed.)
 - Washington Ethical Society Lecture Series
 - Siena School (**faculty workshop**)
- **Gender Differences in the Brain and the Classroom** (**faculty workshops**)
 - Flint Hill School
 - Little Flower School
 - National Presbyterian School
- **Gender Differences in the Brain and the Classroom: Implications for Parents and Professionals**
 - Barrie Day School Evening Lecture Series
 - National Presbyterian School
 - The Montessori School of Lutherville, Maryland (**faculty workshop**)
- **The Neuropsychology of Motivation: What Brain Research Tells Us About Motivating Children and Adolescents**
 - Barrie Day School Evening Lecture Series
 - Connelly School of the Holy Child (**faculty workshop**)
- **The Child in Motion: Why Movement is so Critical for Health, Attention, Learning, and Emotional Regulation** (with Lynn Balzer-Martin, OTR/L, Ph.D.)
 - William Stixrud and Associates Evening Lecture Series

Learning Disabilities

- **The Neuropsychology of Learning and Learning Disorders**
 - Annual Convention, American Montessori Association, Anaheim, California
 - Whole-day workshop, Institute for Advanced Montessori Studies
 - Children's National Medical Center Psychology Training Program
 - Weinberg Academy (**faculty workshop**)

- Chelsea School Evening Lecture Series
- Potomac School Evening Lecture Series
- ***Learning Differences and Learning Disorders: A Neuropsychological Look at What Compromises Learning and How to Recognize Red Flags (faculty workshops)***
 - St. Stephens & St. Agnes Episcopal Day School
 - St. Patrick's Episcopal Day School
- ***Strategies for Promoting Reading Fluency and Comprehension***
 - Reading Conference, Harbour School at Baltimore
- ***What's New?: Advances in the Treatment of Reading and Written Language Disorders***
 - William Stixrud & Associates Evening Lecture Series
 - Burgundy Farms Country Day School (faculty workshop)
- ***What's Missing in Your Toolbox? Instructional Strategies for Teaching Curriculum Content to the Twice Exceptional Child***
 - Loudon County Public Schools
- ***Non-Medical Approaches to Improving Attention and Executive Functioning: How Effective Are They? (with Wendy Law, Ph.D.)***
 - William Stixrud & Associates Evening Lecture Series
- ***Math Disabilities: Understanding and Treating Quantitative Problems***
 - William Stixrud & Associates Evening Lecture Series
- ***Addressing Disorders of Written Language and Written Output***
 - William Stixrud & Associates Evening Lecture Series
 - National Presbyterian School

Attention and Executive Functioning

- ***Executive Functioning: Understanding and Developing the Brain's Command and Control System***
 - Annual Scientific Symposium, Lab School of Washington
 - Annual Convention, American Montessori Association, Anaheim, California
 - Annual Convention, Virginia Association of Independent Schools
 - Kaiser-Permanente Lecture Series, Lab School of Washington
 - Catholic University Department of Psychology Colloquium
 - Potomac School
- ***Executive Functioning: A Mind-Body Perspective***
 - Diamonds in the Rough: National conference on educating gifted/learning disabled students
 - Barrie Day School Evening Lecture Series
 - Montgomery County GT/LD Network
- ***The Neuropsychology of Executive Functioning and Self-Regulation-*** National Conference, Independent Educational Consultant Association, Washington
- ***Promoting Self-Regulation in Children and Adolescents: The Role of Sleep, Diet, Exercise, and Stress Management (With Linda Moore, Ph.D.)-*** William Stixrud & Associates Evening Lecture Series
 - Barrie Day School Evening Lecture Series

- ***Hope for Children with Deficiencies in Attention, Planning, Organization, and Self-Regulation***
- University of Virginia (sponsored by Little Keswick Foundation for Special Education)
- ***Supporting Children and Adolescents with Executive Dysfunction***
- Little Keswick School, Keswick Virginia
- ***The Relationship Between Executive Functioning and Learning Disabilities: Ideas About Assessment and Intervention*** (with Susannah Hughes, Ph.D.)
- William Stixrud & Associates Evening Lecture Series
- ***Attention Deficit Hyperactivity Disorder-*** University of Maryland Department of Human Development
- ***ADHD Plus: ADHD Subtypes Associated with Mood Disorders, Anxiety, Anger, Obsession, and Sleep Disturbance*** (with Robert Chase, Ph.D.)
- William Stixrud & Associates Evening Lecture Series
- ***How to Help Students Who Can't or Won't Study***
- William Stixrud & Associates Evening Lecture Series

Neuropsychological Assessment

- ***Assessment of Learning Disabilities: Psychoeducational and Neuropsychological Perspectives*** (with Luanne Adams, Ph.D.)
- Workshop for psychologists sponsored by Lab School of Washington
- ***Assessing Learning Disabilities***
- Children's National Medical Center Psychology Training Program
- ***How a Neuropsychologist Looks at L.D. and A.D.H.D.***
- Lab School of Washington
- Chelsea School
- ***Beyond the Data: Using Neuropsychological Assessment Results to Guide Interventions at Home and In School*** (with Susan Gerson, Ph.D.)
- William Stixrud & Associates Evening Lecture Series
- ***Using Psychological Testing to Improve Teaching and Learning***
- Annual Convention, Association of Independent Schools of Maryland
- Ruxton Community Day School (**faculty workshop**)

Stress, Sleep, and Self-Regulation

- ***Self-Regulation in Children and Adolescents: How An Understanding of Brain Functioning and Brain Development Can Be Helpful to Therapists***
- Child and Family services (workshop for psychologists and social workers)
- ***Success With Less Stress: Why Pressuring Students to Achieve is Counterproductive***
- Thomas Wooten High School

- ***Saving the Developing Brain: What Psychologists Can Do to Protect the Child and Adolescent Brain from Stress, Sleep Deprivation, and Harmful Chemicals***
- Annual Conference, Maryland Psychological Association (12-hour workshop)
- Montgomery County Public Schools Emotionally Disturbed Unit
- ***How Stress and Insufficient Sleep Harm the Developing Brain – and How Teachers Can Help (faculty workshops)***
- McLean School - Jefferson Montessori School
- ***Stress, Learning, and Diversity***
- Meeting of private school diversity specialists, Potomac School
- Georgetown Day School
- ***The Over-Scheduled Child***
- Washington Independent Services for Educational Resources
- ***Transcendental Meditation: Research Findings and Clinical Applications***
- Amen Clinic, Reston Virginia
- ***How Stress Harms the Brain and How Transcendental Meditation Heals It***
- Maharishi Vedic Center
- ***Transcendental Meditation in the Classroom***
- Kingsbury Day School
- Conference on Stress-Free Schools
- Annual Conference, ChADD of Virginia
- ***Sleep: The New Frontier for Promoting Brain Development***
- Board of Jewish Education
- Barrie Day School Evening Lecture Series
- ***Promoting Self-Regulation in Children and Adolescents: The Role of Sleep, Diet, Exercise, and Stress Management***
- William Stixrud and Associates Evening Lecture Series
- Barrie Day School Evening Lecture Series
- ***Chemicals: What Drugs, Alcohol, And Junk Food Do To The Developing Brain -- And How We Can Help Children And Adolescents Make Good Choices***
- William Stixrud and Associates Evening Lecture Series

Emotional and Social Development in Children and Adolescents

- ***Making Peace with What Is: How Not to Feel Angry, Anxious, or Guilty if Your Child Is Struggling***
- Lab School of Baltimore
- Severid Lecture, Burgundy Farms Country Day School
- Kids Together, Alexandria, Virginia
- ***The Neuropsychology of Emotion***
- William Stixrud & Associates Evening Lecture Series
- Barrie Day School Evening Lecture Series
- Professional Workshop, Center for Adoption Support and Education

- ***The Worried Child: How Teachers and Counselors Can Help Stressed and Anxious Students (faculty workshops)***
- Connelly School of the Holy Child
- National Presbyterian School
- ***Promoting Self-Esteem, Self-Confidence, and Optimism in Students with LD and ADHD***
- Norbel School, The Norma Hauserman-Campble Seminar
- Oakmont School
- ***“Failure To Launch” -- What Is Interfering With Our Kids’ Ability To Develop Into Independent, Motivated, And Successful Adults? (And What To Do About It!) (with Robert Chase, Ph.D.)***
- William Stixrud and Associates Evening Lecture Series
- ***Anger Management: Helping Children and Adolescents Who Get Too Angry Too Often***
- William Stixrud and Associates Evening Lecture Series
- Barrie Day School Evening Lecture Series
- ***Fostering Social Competence in Children and Adolescents***
- Potomac School Evening Lecture Series
- ***Dealing with Teasing, Bully, and Aggression in the Schools***
- William Stixrud and Associates Evening Lecture Series
- ***The Epidemic of Asperger’s Disorder and High Functioning Autism***
-William Stixrud and Associates Evening Lecture Series
- ***Helping Inflexible and Explosive Children***
- William Stixrud and Associates Evening Lecture Series

Technology

- ***The Electronic Brain: How Technology Affects a Child’s Brain, Personality, and Social Development – And What We Can Do About It***
- Annual Convention, Association of Independent Schools of Maryland
- McLean School
- Little Flower School
- Kaiser Permanente Lecture Series, Lab School of Washington
- Wakefield School, Haymarket, VA
- Harbour School of Annapolis
- Aidan Montessori School (faculty workshop)

Adolescent Brain Development

- ***Understanding the Mysteries of the Teenage Brain***
- World Bank, Washington D.C.
- Summit School
- Edmund Burke and Field School (joint lecture)
- River Hill High School
- Thomas Wooten High School
- Barrie Day School Evening Lecture Series
- Robert Frost Middle School
- Winston Churchill High School

- **Teaching the Adolescent Brain (faculty workshops)**
 - Edmund Burke School
 - Sandy Springs Friends School
 - Georgetown Day School
 - Yorktown High School
 - McLean School
 - Butler School
- **Teaching the Young Adolescent Brain-** A workshop for educators, St. Andrew's Episcopal School
 - Washington International School
- **College Bound: Helping Kids With Learning Disorders Get Into College and be Successful Once They Get There**
 - Day-long workshop, William Stixrud and Associates

Adoption

- **Evaluating and Treating Academic and Emotional Difficulties in Adopted Children**
 - Center for Adoption Support and Education
 - William Stixrud and Associates Evening Lecture Series
 - Newport School

PUBLICATIONS

Book:

Stixrud, W. R. (1981) Plain Talk About Early Education and Development. Minneapolis:

Chapter:

Stixrud, W.R. (1988) Self-esteem and the child with epilepsy. In H. Reisner (Ed.), Children

Articles:

Grosswald, S.J., Stixrud, W.R., & Batch, M.A. (2008, December). Use of the Transcendental Meditation technique to reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) by reducing stress and anxiety: An exploratory study. Current Issues in Education [On-line], 10,2.

Travis, F., Grosswald, S.J., & Stixrud, W.R. ADHD, brain functioning, and the Transcendental Meditation program. Paper submitted for publication.

Stixrud, W.R. (2001) The adolescent brain as a work in progress. Washington Parent.

Stixrud, W.R. (1987) Self-esteem in the classroom. Network - The Paper for Parents.

Stixrud, W.R. (1986) Stop fighting with your child over homework - now! McCall's Magazine.

Stixrud, W.R. (1986) Research on homework: The controversy continues. Network: the Paper for Parents.