

# **SANDRA KAMIAK, MD**

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## **EDUCATION:**

1970-1973: Knox College, Galesburg, IL – BA, Cum Laude

1973-1977: Rush Medical College, Chicago, IL – MD

## **POSTGRADUATE TRAINING:**

1977-1981: UCSF, Langlely-Porter Institute San Francisco, CA

1980's: Psychosynthesis training at the Synthesis Institute, San Francisco, CA

and I was then on the Staff of the Institute of Transpersonal Psychology (Two years as co -director of student counseling program)

1990-1991: Pacific Academy of Homeopathic Medicine (PAHM)

1991-1993: Hahnemann College of Homeopathy (HCH IV) Albany, CA

Ongoing: Alumni courses of HCH, Homeopathic seminars with international teachers such as: R. Sankaran, J Shah, J. Sherr, A. Timmerman, R. Morrison, N. Herrick, J Scholten, F. Vermuelen, Fourwinds seminars, etc.

Family practice and psychiatry review courses.

Training with yearly seminars with Standard Process ( excellent whole food nutritional company).

LICENSURE: State of California Physician's License, G-37877.

## **PROFESSIONAL EXPERIENCE:**

**1970: Medical Assistant for Dr. S. Dimiceli , Chicago, IL**

**1971-1973: Assistant (live-in), Knox Student Health Services, Galesburg, IL**

**1973-1974: Research assistant in biochemical genetics for Dr. B.W. Geer, Knox College Galesburg, IL**

**1978-1981: Night and Weekend OD - Menlo Park Div of the Palo Alto VA, Menlo Park, CA**

**1981-1985: Private practice of psychiatry, San Francisco, CA**

**1984-1991: Staff Psychiatrist - part-time for Santa Clara County, San Martin, CA**

**1985-1987: Clinical Supervisor, Part-time staff psychiatrist, ITP-Institute for Transpersonal Psychiatry, Menlo Park, CA**

**1984-Present: Private Practice of Psychiatry- Psychosynthesis/ Transpersonal Psychiatry/ Integrative Medicine  
Saratoga, CA**

**1990-Present: General Practice in Classical Homeopathy  
Saratoga, CA**

## **PUBLICATION (co-authored)**

**"Regulation of the Oxidative NADP - Enzyme Tissue Levels in D. Melanogaster." Journal of Experimental Zoology: Vol. 195, January 1976, No. 1, p. 15**

## **CURRENT INTERESTS:**

**1. Classical Homeopathy- Energy Medicine**

- 2. Psychospiritual Integration and psychotherapy (drawing especially on the principles and tools of Psychosynthesis)**
- 3. Work with issues of codependency - ACA - addiction recovery**
- 4. Planetary Consciousness and Transformation**

**AFFILIATIONS / ORGANIZATIONS / CONSULTATION:**

- 1. American Institute of Homeopathy**
- 2. National Center for Homeopathy**
- 3. Diplomat-American Board of Psychiatry and Neurology- Jan.1985**
- 4. American Psychiatric Association-past**
- 5. Northern California Psychiatric Society - Branch APA- past**
- 6. Association for Transpersonal Psychology**
- 7. Advisory Board of the Women's Alcohol Center (San Francisco)**
- 8. American Medical Women's Association**
- 9. Board of Directors-American Medical College of Homeopathy**

**TEACHING EXPERIENCE:**

**Adult Children of Alcoholics Courses:**

**At the National Council on Alcoholism  
San Francisco, CA - November 1981. Lecture.**

**Psychosynthesis and Adult Children of Alcoholics : My Office  
San Francisco, CA  
December 1982. Day- long workshop.**

**Family Issues in Alcoholic Homes and Roles:**

**For Professional Staff and Clinical Interns at the Richmond-Maxi Center (Outpatient MHC-San Francisco)**

**March 1983. Lecture.**

**Diagnosing and Assessing Alcoholism:**

**Women's Alcohol Center, San Francisco, CA.**

**April 1983. Lecture.**

**Principles of Psychosynthesis :**

**Westerbeke Ranch, CA.**

**December 1983. Lecture and workshop.**

**Psychosynthesis – Healing Imagery for recovering alcoholics:**

**Star Lodge Hospital and Westerbeke Ranch, CA.**

**March 1984.**

**One workshop within a weekend retreat.**

**Therapeutic Guided Imagery I:**

**To the Professional Staff at South County Mental Health**

**San Martin, CA**

**November 1984. Workshop.**

**Adult Children of Alcoholics:**

**Professional Staff at Blossom Valley MHC**

**December 1984. Lecture**

**Therapeutic Guided Imagery II:**

**Professional Staff at South County MHC**

**January 1985. Workshop**

**Healing Alcoholics and Adult Children of Alcoholics – A UCSC**

**Extension Course using conceptual and experiential exercises in**

**imagery and psychosynthesis :**

**UCSC, Santa Cruz, CA. Sat/Sun: August 1985, 1986, 1987.**

**Understanding Codependency and Adult Children of Alcoholics:**

**West Valley College- Saratoga, CA**

**1986-1987-1988 : Fall and Spring, One-Day Courses**

**Overview of Chemical Dependency:**

**Institute of Transpersonal Psychology- Menlo Park, CA**

**Lecture 1985 (10 hours) and Lecture 1987 (15 hours)**

**Introduction to Classical Homeopathy – history, philosophy, diagnostic and therapeutic uses, and clinical and research findings:**

**1993- present: Two- Four hour presentations at Local community centers, Whole-foods, Good Samaritan Hospital, Small Interest Groups.**

**Stanford Summer Science Program for High School Students**

**1993- 1994. Lecture and discussions.**

**Homeopathic Medicine and Psychiatry – American Psychiatric Association (APA) 1998 Annual Meeting: Toronto, Canada. June 1998  
Co-presented with Arlin Brown, MD and Ed Gogek, MD**

**Complementary Medicine Panel – CPA Annual Meeting  
Tenaya Lodge- Yosemite, CA. October 1999**

**Overview of Classical Homeopathy- 1.5 hour talk**

**Class in Module 3 – for Caduceus Institute of Classical Homeopathy  
Willa Keizer, CCH Santa Cruz, CA January 2000 (weekends)**

**Stanford Integrative Medicine Panel:**

**Medical School- Physical Therapy  
class: Annual Spring event: 2006-08.**

**Homeopathy overview, with musculoskeletal problems.**

**Introduction to Homeopathy and Homeopathy and the FLU :**

**Public talks at the LocalBizNetwork- Sunnyvale, CA**

**Fall- Winter, 2008-2010**

**Introduction to Homeopathy:**

**Bayarea Awareness Network- San Jose, CA  
November, 2009-10.**

**TV-VIDEO Presentations on Homeopathy:**

**NBC Bay Area: *Living Well Series.* Talk on “Benefits of Homeopathy.”  
Program on Alternative Health Doctors- 2009**

**See the 7- minute video, on my website: [www.sandrakamiakmd.com](http://www.sandrakamiakmd.com).**

## **ARTICLES/BOOKS WHERE DR. KAMIAK IS REFERENCED**

### **OR INTERVIEWED:**

**From Doctor to Healer – The Transformative Journey, Robbie David - Floyd and Gloria St. John (Rutgers University Press 800-446-9323) - Interview.**

**Prozac-Free Kids: Homeopathic Medicine for Depression, Anxiety and Other Emotional and Mental Problems, Judyth Reichenberg-Ullman and Robert Ullman , 1999 (Prima Publishing; Rocklin, CA 916-632-4400) – Introductory Acknowledgment of professional review of book.**

**Finding Ways – Recovering from Rheumatoid Arthritis Through Alternative Medicine, Barbara Nies, 1997 (Synchrony Publishing, Palo Alto, CA) – Acknowledgement as one of the practitioners involved in her healing process.**

**Psychiatric News – "Homeopathy Said to be Effective Adjunct to Traditional Psychiatric Treatment" – Report from the APA 1998 Annual Meeting, held at Toronto, Canada, June 1998.**

### **BOOKS published by Dr. Kamiak:**

**“ Interconnected in the Creator’s Universe- Personal and Planetary Transformation.” (Summer 2011.)**

### **STATEMENT OF PURPOSE:**

**My intention is to help people heal in the deepest way, without drug or treatment side effects, so that their own life force or creative energy can flow freely. Classical Homeopathy addresses the person as a whole, as we take into account the physical, emotional, mental, and environmental roadblocks or symptoms. Each symptom has a purpose.**

**Personality issues can also be assisted with tools from transpersonal counseling or psychospiritual methods of integration. Essentially, my**

work is at the level of energy medicine and focused on honoring that each person has a spiritual essence – or an inner core of the truth-wisdom. My role, is as a catalyst, in assisting each person’s own inner process of self-healing.

There are unique goals for each person. From a homeopathic perspective, individualization is very important in each case. However, in the grander scheme of things, the definition of health would be: freedom from physical pain or symptoms, freedom from excessive extremes of emotion and freedom from hindering mental thoughts of selfishness, so that each person's life force can flow freely and creatively in expressing their highest purpose (G. Vitoulkas, Science of Homeopathy.)

#### **REFERENCES:**

**1. Bill Gray M.D.**

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(408) 868-0330 cell(408) 621-1506  
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**2. Anita Barzman, M.D**

2685 Marine Way, #1211  
Mountain View, CA 94043  
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**3. Joan Schumacher, CAC**

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