

## BIOGRAPHIES: Our Directors

### Gary M. Weiss, M.D.

*Neurology, Electrodiagnostic Medicine, Integrative Medicine*

Dr. Weiss' vast experience in integrative medicine makes him a key player on the Next Step® Institute team. Weiss got his start in the Northwestern University six-year Honors Program in Medicine, completing his internship and neurology residency at the Mayo Clinic in Minnesota, the world's largest private practice. Weiss has been a sole practitioner, owned and managed alcohol and drug dependency treatment centers in Florida and helped open the first 12-step based alcohol and drug treatment center in Europe. Weiss currently has neurology practices in both Florida and Colorado in addition to his work with Next Step® Institute. He is board certified in neurology and electrodiagnostic medicine, and considered an expert in integrative medicine. While being a member of numerous medical associations, Dr. Weiss is also on staff at the Vail Valley Medical Center (Vail, CO), Aspen Valley Hospital (Aspen, CO), St. Anthony's Central Hospital (Denver, CO), and St. Vincent General Hospital (Leadville, CO).

### Michael Newberry, M.D.

*Psychiatry, Addiction Medicine, Pain Management*

Dr. Newberry has served as a clinical director of Next Step® Institute for more than 15 years in Florida and Colorado. He completed his initial medical training at Eastern Virginia Medical School and graduate medical training at Walter Reed Army Medical Center, where he specialized in psychiatry and served as chief resident during his senior year. Newberry was the division psychiatrist for the 82<sup>nd</sup> Airborne Division and held the additional position of medical director of the Fort Bragg Alcohol and Drug Program. He has served as medical director of psychiatric units in several hospitals and substance abuse treatment centers. Newberry is board certified in general psychiatry, addiction medicine and pain management. He also specializes in the treatment of impaired professionals and impaired physicians.

### Cathleen Brooks Weiss

*Childhood Trauma and Chronic Pain Expert*

Founder and executive director of Next Step® Institute, Cathleen Brooks Weiss is internationally recognized as a pioneer and expert in the fields of childhood trauma and the association between unresolved emotional pain and physical illness. Upon graduating from the University of California, Santa Barbara, Weiss helped found one of the nation's first Rape Crisis Centers, then pursued a successful career in journalism. Weiss furthered her studies at the University of California, San Diego, in Counseling, and at Loyola University in Theology, and also authored *The Secret Everyone Knows*. Weiss developed the first hospital-based treatment program for children of alcoholics at Sharp Cabrillo Hospital in San Diego, where she served as Director of Youth Services. Also a co-founder and President of the National Association for Children of Alcoholics (NACoA), Weiss has traveled throughout the United States and Canada serving as a popular speaker and consultant. Her dynamic work has been recognized by national media including "60 Minutes", "The NBC Today Show", "CBS Morning Show" and *Newsweek Magazine*.

## Jordan Newberry, M.A.

*Counselor, Director of Creative Therapies*

Jordan Newberry takes an alternative approach to counseling by integrating art with healing at Next Step® Institute. As a clinical director and director of creative therapies, Newberry specializes in stress management, marriage and family counseling, and creative expression (art, dance, drama, movement, music and writing therapies). Newberry's career began at Birmingham Southern College and the University of North Alabama, where she completed undergraduate degrees in English and studio art, followed by a master's degree in community counseling. The clinical settings in which Newberry has worked include substance abuse centers, hospitals and community clinics. She has served as the program director of Next Step® Institute's Chronic Pain and Chronic Illness Program in Florida. Upon receiving a grant to create an innovative prevention program for children at high risk for drugs and alcohol, Newberry also developed "The Children's Theater Workshop." The avid nature and animal lover is an accomplished poet, writer and award-winning artist.

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## AWARDS and ACCOLADES for Our Medical Directors

### *Gary Weiss, M.D.*

- America's Top Physicians: Consumers' Research Council of America: 2006, 2007
- Distinguished Physician: Florida Medical Association: 2003-2005
- National Association of Children of Alcoholics Award: 2000
- Central Florida's Outstanding Leaders, State of Florida: 1990

### *Michael Newberry, M.D.*

- American Medical Association Physician's Recognition Award: 1990-1993
- General William C Menninger Award: Best Paper by a Military Psychiatry Resident: 1984

## Clinical Directors' PROFESSIONAL AFFILIATIONS

- American Academy of Neurology
- American Academy of Pain Management
- American Association of Integrative Medicine
- American Association of Neuromuscular and Electrodiagnostic Medicine
- American Medical Association
- American Medical Electro-Encephalographic Association
- American Psychiatric Association
- American Society of Addiction Medicine
- Brevard County Medical Society
- Colorado Medical Society
- Florida Academy of Pain Management
- Florida Medical Association
- Florida Neurologic Association
- Florida Society of Addiction Medicine
- Indian River Medical Society
- International Society of Addiction Medicine
- National Association of Children of Alcoholics
- Pain Management Societies
- Royal Society of Medicine
- Sigma Xi Research Association