

Record of Continuing Education  
All items listed in reverse chronological order

February, 2022

**Podcast:** “Altered States, Shamanism, and Beliefs;” a *Fitmind* interview with Roger Walsh, MD by Liam McClintock, episode 72, July 17, 2021

**Course:** “Ethical Decision-Making in Supervision: Overview and Practical Application” by Dr. Cheryl Meola, PhD provided by Eastern AHEC, recorded February 19, 2020, completed February 17, 2022

**Course:** “Models, Techniques, Roles, and Functions in Clinical Supervision” by Advanced Counselor Training, LLC, February 14, 2022

**Book:** “An Enquiry Concerning the Principles of Morals” by David Hume (1751)

**Course:** “Trauma-Informed Clinical Supervision” Instructor Celeste Crawford; provided by Eastern AHEC, recorded June, 2020, completed February 7, 2022

**Podcast:** “A Cognitive Skill to Magnify Humanity” unedited interview with Trabian Shorters by Krista Tippett at OnBeing.org, February 3, 2022

January, 2022

**Podcast:** Rick Hanson, PhD “Self-Directed Neuroplasticity;” a *Fitmind* interview by Liam McClintock, episode 60, December 8, 2020

**Podcast:** James Nestor “The Science of Breathing;” a *Fitmind* interview by Liam McClintock, episode 61, December 22, 2020

**Book:** “The Moral Life of Children” by Robert Coles (Atlantic Monthly Press, 1986)

**Podcast:** Apkar V. Apkarian, Ph.D “Pain and Placebo;” a *Fitmind* interview by Liam McClintock, episode 79, October 12, 2021

December, 2021

**Podcast:** David Perlmutter, MD “Nutrition for the Brain;” a *Fitmind* interview by Liam McClintock, episode 68, March 30, 2021

**Podcast:** Robynne Chutkan, MD “Your Microbiome & the Gut-Brain Connection;” a *Fitmind* interview by Liam McClintock, episode 70, April 27, 2021

**Podcast:** “The Fullness of Things” unedited conversation with Jane Hirshfield at *OnBeing with Krista Tippett*, December 16, 2021, <https://onbeing.org/programs/jane-hirshfield-the-fullness-of-things/>

**Book:** “The Age of Dignity: Preparing for the Elder Boom in a Changing America” by Ai-Jen Poo with Ariane Conrad (The New Press, 2015)

**Book:** “The Art of Solitude: A Meditation on Being Alone with Others in the World” by Stephen Batchelor (Yale University Press, 2020)

**Book:** “Poverty and Progress: An Ecological Perspective on Economic Development” by Richard G. Wilkinson (Praeger Publishers, 1973)

**Podcast:** “The Future of Well-Being” unedited conversation with Vivek Murthy & Richard Davidson at *OnBeing with Krista Tippett*, December 2, 2021, <https://onbeing.org/programs/vivek-murthy-and-richard-davidson-the-future-of-well-being/>

November, 2021

**Book:** “The Buddha and His Dhamma” by B.R. Ambedkar (Siddharth College Publication, 1957)

**Book:** “The Impact of Inequality: How to Make Sick Societies Healthier” by Richard G. Wilkinson (The New Press, 2005)

**Article:** Brodish, P.H., M. Massing, and H.A. Tyroler. 2000, Income inequality and all-cause mortality in the 100 counties of North Carolina. *Southern Medical Journal* 93(4): 386-91

**Article:** “When Children Say They’re Trans: Hormones? Surgery? The choices are fraught and there are no easy answers” by Jesse Singal (The Atlantic, July/August, 2018)  
<https://www.theatlantic.com/magazine/archive/2018/07/when-a-child-says-shes-trans/561749/>

**Podcast:** “Finding Ease in Aloneness” interview of Stephen Batchelor at *OnBeing with Krista Tippett*, September 23, 2021, <https://onbeing.org/programs/stephen-batchelor-finding-ease-in-aloneness/>