

# **Marilyn Freimuth, PhD**

**Program Director - Clinical Psychology + Doctoral Faculty - School of Psychology at Fielding Graduate University**

Santa Barbara, CA, US

Author of two groundbreaking books providing tools for recognizing substance and behavioral addictions

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Dr. Marilyn Freimuth is an author, consultant, and psychotherapist as well as the Program Director and Professor of Clinical Psychology at Fielding Graduate University, where she specializes in the diagnosis and treatment of addictions.

She received her PhD from Clark University and completed her clinical training at Yale University. Educated as a generalist in the field of psychology, she brings an integrated perspective to her work on addiction. She is the author of two groundbreaking books that provide tools for recognizing substance and behavioral addictions (e.g. gambling, Internet use, sex, shopping, etc.) in their early stages. Knowing these subtle early warning signs can help limit the enormous costs of addictions and make effective treatment more achievable. The highly touted text *Hidden Addictions* is written for medical and health care professionals. *Addicted? Recognizing Destructive Behavior Before It's Too Late*, written for the lay audience, allows friends, family and any person who works with the public (e.g., lawyers, teachers, ministers) to know when a person is addicted and how to support that person to change.

Dr. Freimuth is an engaging public speaker known for her clarity, humor, and dynamic approach to topics ranging from substance and behavioral addictions to how the rules of therapy can improve home and professional life.

A long time resident of New York, she now lives with her family in Santa Barbara, CA and maintains a private practice in New York City. She is a founding member of the Alonso Center designed to keep “talk therapies” alive in the age of managed care.

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**Education/Learning, Research, Health and Wellness, Mental Health Care, Training and Development**

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Addiction Assessment, Provider-Patient Relationships, Addiction Treatment Within the Context of Psychotherapy, Thinking About Theories : Finding Your Clinical Orientation, Facilitating Addiction Recognition in Mental Health Care and Health Care Settings, Integration of Addiction Treatment and Psychotherapy Factors, Individual and Couples Psychotherapy, Motivating Change of Addictive Behaviors, Disorders Co-Occurring With Addictions

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American Psychological Association (APA), Licensed Psychologist, New York and Wisconsin, Certificate of Proficiency in the Treatment of Alcohol and Other Psychoactive Substance Use Disorders

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**Identifying and Treating Your Patients' (often unrecognized) Addictions**

American Psychological Association Clinician's Corner

**Behavioral Addictions: Disease or Choice**

Medicine and Humanities Consultation: Grand Rounds and Workshop

**Addiction as a continuum of disorders: Implications for Treatment**  
Cambridge Health Alliance CE Program

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**Clark University**  
PhD Psychology

**Clark University**  
MA Psychology

**University of Minnesota**  
BA Psychology & Humanities

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**Study Grant**  
(1982) Awarded by the Mellon Foundation.

**Psychology Fellow**  
Awarded by Yale University, 1978-1979.

**Graduate Fellowship**  
Awarded by Clark University, 1974-1978.

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