

# CAROLINE A. MEEKS, M.D.

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Therapeutic Stress Reduction with Laughter Yoga, Life Style Change Coach

## WORK EXPERIENCE

- 2009- Present:** Volunteer Faculty UC San Diego School of Medicine, Social & Behavioral Sciences
- 2007- Present:** Laughter Yoga Teacher/ Medical Educator & Wellness Coach
- 2000-2006:** Student- San Diego Community College, Digital Media
- 1999:** Undergraduate Studies- USD, San Diego, CA, Visual Arts
- 1994-1997:** Student- Cornish College for the Arts, Seattle, WA, Visual Arts
- 1990-1998:** Private Caregiver- Eldercare
- 1983-1993:** Private Practice Physician, Medical Educator
  - **Medical Practitioner:** General Pediatrician and Counseling.
  - **Medical Counselor:** Founded Parent Resource Institute, Seattle, WA, Medical Counseling: stress reduction, self esteem and parenting issues
  - **Keynote Speaker and workshop leader:** For professional and community organizations: topics stress reduction, conflict resolution and empowerment
  - **Author:** *Prescriptions for Parenting*, published by Warner Books (1990) A How-to-book, empowering parents and their children
  - **National Professional Public Speaker:** Featured guest on dozens of local and national radio and TV talk shows, including *The Oprah Winfrey Show*.
  - **Clinical Faculty:** Pediatrics, University of Washington (1983- present)

## BOARDS/ LICENSURE

- **Diplomate of the American Board of Integrative Holistic Medicine (2006)**
- **Licensed physician in the states of Washington (1975) California (2003)**  
Continuing medical education: special interest Integrative Medicine
- **Infectious Disease Faculty and Researcher UW Pediatrics (1974-1982)**
- **Board certified: Fellow of the American Academy of Pediatrics (1974)**

## EDUCATION

Laughter Yoga Certification	Dr Kataria Laughter Yoga Int'l	Pasadena, CA
Print Media Certification	San Diego Community College	San Diego, CA
Visual Arts 20 semester credits	Cornish College for the Arts	Seattle, WA
Visual Arts 4 semester credits	University of San Diego	San Diego, CA
Medical Doctor MD	Medical College of Pennsylvania	Philadelphia, PA
Graduate Student PT	Stanford University	Palo Alto, CA
Undergraduate BA	Immaculata College	Immaculata, PA