

Terrance W. Dushenko, Ph.D.

Dr. Dushenko is the Director and founder of Health Psychology Associates (HPA). His formal educational background includes an Honors B.A. from the University of Manitoba, in Winnipeg, Canada, from which he graduated summa cum laude. He was successfully nominated by his professors for the prestigious Canada Council Fellowship, with which to pursue his graduate studies. He completed his Master of Arts degree at the University of Manitoba and began his Ph.D. program there as well. He completed his formal training for his Ph.D. with his pre-doctoral internship at UCLA's Neuropsychiatric Institute in 1981 and completed his research program and dissertation work a year later.

During the course of his academic career, Dr. Dushenko demonstrated a wide array of research interests and pursuits. He has published in numerous professionally refereed journals, ranging from social psychology issues, through the interface of medical and psychological issues, to both applied and basic areas of neuropsychology.

His background is extensive and varied and represents the evolution of his professional career, as well as the diversity that makes up HPA. From early on in his clinical training, Dr. Dushenko wanted to develop what was then known as a Holistic Health Center, to be able to have a wide array of mental health and medical professionals working together in a collaborative and collegial clinic.

As his career moved from the purely academic arena of teaching and research into applied clinical and clinical neuropsychology, he also began working with an ever wider array of professional colleagues. In 1986, he was offered a staff psychologist position at St. Mary Medical Center in Long Beach, a UCLA teaching hospital, that, at the time had an active internship program and was working to develop both inpatient and outpatient services of various sorts. Dr. Dushenko initially came on board to create and run a multidisciplinary team to treat brain damaged patients of various sorts, through the development of a Cognitive Rehabilitation Program. This was an exciting and very positively focused time period at the hospital. There was funding available and new research tools being developed to treat patients who had often fallen through the establishment cracks previously. Ultimately, the economics of the medical world caught up with this (and virtually every similar approach across the country) program and funding diminished. In the interim, however, a lot of positive consequences were accomplished for patients and the entire team learned an

enormous amount about working together and the value and need of establishing a supportive community to help patients with brain injuries.

Ultimately, a formal Dept. of Behavioral Medicine was established and Dr. Dushenko was appointed to be the Director of this department. While the size and focus of the department changed over the years, it has now grown to be a group of ten mental health professionals formally working together and numerous consultants and referral sources that we work collaboratively with. Our intent is to continue to add medical and mental health professionals as needed to enhance the Integrative Medicine and Mental Health approach that we all ascribe to. While each of us has specialty training in specific areas, we all work diligently to treat the entire person, rather than focusing on symptoms alone or neglecting the importance of the person's family, work, and physical environments. Health Psychology Associates is now a free standing group that remains directly affiliated with St. Mary Medical center and most of us continue to have privileges and to practice both in and outside of the hospital. In addition, Dr. Dushenko remains the de facto head of the Dept. of Behavioral Medicine.