

For well over three decades, **MICHAEL S. BRODER, Ph.D.**, has been a psychologist, author, media personality, speaker and seminar leader for lay and professional audiences. Dr. Broder's work centers on bringing about major change in the shortest time possible.

His latest book, *Stage Climbing: The Shortest Path to Your Highest Potential*, was recently published and has received much acclaim from such notables as Deepak Chopra, Steve Covey, Mark Victor Hanson and many other professionals; citing its groundbreaking and user friendly cognitive behavioral self-help approach. Please visit StageClimbing.com for more information.

Michael Broder obtained his master and doctorate from Temple University in Philadelphia. In the 1970s, he was both trained and personally supervised by the late Dr. Albert Ellis at the Institute for Rational Emotive Therapy (which eventually became the Albert Ellis Institute) in New York City. Dr. Ellis was one of the originators of Cognitive Behavioral Therapy — today's most practiced form of psychotherapy. Between 1981 and 1990, Michael directed the Philadelphia Institute for Rational Emotive Therapy where he and his staff trained over 1000 mental health professionals locally. In 2003, he was appointed Executive Director of the Albert Ellis Institute in New York City on a temporary (two year) basis in order to oversee its difficult transition to the post Albert Ellis era.

In 1995 he was awarded a five-year contract by the Philadelphia Police Department (PPD) — one of this nation's most beleaguered and controversial law enforcement agencies — to be Stress Manager (Chief Psychologist). His role was to modify and oversee all psychological and counseling services, the PPD's stress management training programs at all levels and various policies regarding stress. PPD's employee assistance program with the brief peer counseling component that Dr. Broder set up and fine tuned remains a model for law enforcement agencies today.

Throughout his career Dr. Broder has trained many thousands of psychiatrists, psychologists and other mental health professionals in the US, Canada and England in a wide range of topics, emphasizing cognitive behavioral protocols for a variety of relationship and individual issues.

He is past president of the Media Psychology Division of the American Psychological Association (APA) where he developed and conducted the first training programs designed to coach psychologists in the skills of the electronic and print media. Michael is a veteran of several multi-city media book tours in the USA and Australia; and has served as media spokesperson for the Pennsylvania Psychological Association (PPA) as well as the Philadelphia Society for Clinical Psychologists (PSCP).

Dr. Broder has also conducted a private practice for over 35 years in Center City, Philadelphia, where he has treated thousands of adults and couples---specializing in short-term, results-oriented psychotherapy for couples and high achievers.

In a survey conducted by *Philadelphia Magazine* of psychologists, psychiatrists

and other mental health professionals--a total of over 4,000 in the tri-state region of Pennsylvania, New Jersey, and Delaware---Dr. Michael Broder was named one of the top and most universally respected couples and individual psychotherapists in the areas of cognitive behavioral therapy and relationship issues.

He is also the author of the popular books, *The Art of Living Single*, which has been referred to by the Book of the Month Club and others as "the bible for singles" (Rawson/Macmillan, 1988 and Avon, 1990), with sixteen printings and 150,000+ sold; and *The Art of Staying Together* (Hyperion, 1993 and Avon, 1994), as well as numerous articles for many professional and popular publications. Both books have been widely excerpted and quoted and are published in Australian and Spanish editions. *The Art of Staying Together* was a Book of the Month Club selection. His subsequent book, *Can Your Relationship Be Saved? How To Know Whether To Stay Or Go* (Impact, 2002), has been published thus far in seven languages.

Dr. Broder's audio programs include *Positive Attitude Training* (1991)—one of Nightingale Conant's best-selling albums with over 40,000 seven tape sets sold (also with a highly successful two cassette Simon and Schuster *Sound Ideas* retail version); *Self-Actualization: Achieving Your Full Potential* (1993), which was the first self help program ever to create action steps for Abraham Maslow's legendary and pioneering self actualization theory (also Nightingale Conant), as well as *The Therapist's Assistant™ Volumes I and II* (1994 and 1995), designed for use by therapists around the world as an important part of their treatment protocol for homework. Dr. Broder also wrote and narrated *The Help Yourself™ Audiotherapy Series*, a twelve tape/CD/MP3 retail audio series with programs on anxiety, depression, anger, stress management, self-confidence, making major life changes and various relationship topics (for singles, couples and those in transition). Over 215,000 *Help Yourself™* and *Therapist Assistant™* programs have been sold to date.

For 17 years (1980 through 1998), he hosted radio programs, most notably *Psychologically Speaking with Dr. Michael Broder*, which was broadcast at various times on WCAU (CBS Radio, Philadelphia), WOR and WABC in New York. He has also hosted radio programs for NBC Talknet and ABC Talkradio. One year, Michael Broder was noted as possibly being the only broadcaster (with the exception of Orson Welles in 1940) to receive a regular paycheck from each of the three major radio networks (ABC, CBS, and NBC) for hosting live radio programs all during the same period of time.

He has made over 1000 national and local radio and television guest appearances, including *Oprah* and *The Today Show* (and many others), as well as numerous ABC, CBS, NBC, Fox News, CNN and CNBC appearances on news and talk programs. His work has been quoted and/or featured in *Newsweek*, *Time*, *USA Today*, *TV Guide*, *The New York Times*, *LA Times*, *Chicago Tribune*, *The Philadelphia Inquirer*, *Cosmopolitan*, *Ladies Home Journal*, *Redbook*, *McCall's*, *Family Circle*, *Broadcasting Magazine*, *Mademoiselle*, *First for Women*, and hundreds of others. Dr. Broder has been a regular contributor to *Universal Press Syndicate*, *Woman's World* (relationship column), *Star Magazine*, *Business Digest* and *First for Women* for a variety of columns and self-help articles.

A few of his many affiliations include American Psychological Association (APA), American Society of Journalists and Authors (ASJA), National Association of Radio Talk Show Hosts (NARTSH) and the National Speakers Association (NSA).

As an provider of continuing education for psychologists and other mental health professionals, Dr. Broder is regularly designing new programs to help therapists deal with the challenges of a constantly changing field. For example, when mental health professionals had to quickly learn new skills in order to meet the emerging demands of practicing in the world of HMOs and managed care, he designed the *Therapist Assistant*[™] Audiotherapy Series, a set of audio programs containing strategies for the most common presenting problems. Therapists would give the tapes to patients/clients to be used in between sessions in order to expedite therapy. Scores of therapists have provided testimonials that the *Therapist Assistant*[™] helped them to cut therapy sessions by as much as sixty percent. In addition and at that same time, he designed and presented throughout the country a popular series of information packed, bottom line oriented continuing education seminars for mental health professionals, "*How to Dramatically Reduce the Number of Therapy Sessions Without Diluting Your Quality of Treatment.*" Thousands of therapists have attended, and use his state-of-the-art brief therapy protocols.

Dr. Broder has taught as an adjunct at Temple University, Thomas Jefferson University Medical School, Drexel University, Rowan University, Chestnut Hill College and Philadelphia Community College and presently teaches as an adjunct professor at Villanova University.

He has presented his work at over one hundred professional conferences, as well as in numerous university settings throughout the USA. Michael has done over 1100 presentations throughout his career as a popular speaker, seminar and workshop leader to both lay and professional audiences throughout the USA, Canada, England and Australia.