

**Charles R. Freeman, Ph.D. (PSY #25414) Sleep, Pain, & Behavioral Medicine Psychologist**  
3435 Camino Del Rio South, #110, San Diego, CA 92108 (619) 405-7663  
www.sleeppsy.com

**EDUCATION:**

Ph.D. in APA-Approved Counseling Psychology program, University of Miami, Coral Gables, FL, 12/99.  
Bachelor of Arts (Cum Laude), distinction in Psychology, San Diego State University, 05/87.

**SPECIALIZED EDUCATIONAL EXPERTISE:**

Rorschach, 06/91; Hypnosis and Psychotherapy, 06/90; Applications of Ericksonian Hypnosis, 04/89.

**EXPERIENCE :**

**Dr. Freeman, Private Practice - 2991 Kalmia St., San Diego and 3435 Camino Del Rio South, #110; San Diego, CA 92108. Licensed Psychologist (PSY #25414) December 2012- Current.**

Providing clinical interviews to evaluate suspected Sleep Disorders, formulated treatment strategies, and implemented cognitive-behavioral strategies to ameliorate Mood Disorders, Anxiety Disorders, PTSD, (prolonged), Nightmare Disorders, Primary Insomnia, and Phobias (especially Claustrophobia). Extensive use of Cognitive-Behavioral Therapy such as Sleep Hygiene, Sleep Restriction, Cognitive Restructuring, Hypnosis, and intermittent analytic strategies. I am additionally integrating Jungian and Gestalt therapeutic strategies when indicated to help people reduce and dissolve their projections, be conscious and mindful of their Shadow side, and to heal family of origin trauma, grief/loss, abandonment, etc. Using inner child, empty chair, and many other Gestalt tools.

**Dr. Freeman, Private Practice with MN patients using Skype, San Diego, CA**

**Licensed Psychologist** (LP #4528) August 2011- March 2013

Please see extensive application of CBT to multiple disorders (as described in the San Diego practice above).

**Dr. Freeman, Private Practice- 333 Washington Ave No. #401, Minneapolis, MN 55413**

**Licensed Psychologist** (LP #4528) January 2007 – May 2011.

Sleep and Behavioral Medicine Psychologist performing all duties described in the SD practice at Kalmia St. and Camino Del Rio South.

**Health Partners Maplewood Sleep Disorders Center, Maplewood, MN.**

**Licensed Psychologist** (LP #4528) May 2009 to May 2010

Sleep and Behavioral Medicine Psychologist performing all duties described in the SD practice at Kalmia St. and Camino Del Rio South.

**Park Nicollet Meadowbrook Sleep Disorders Center, St. Louis Park, MN.**

**Licensed Psychologist** (LP #4528) April 2005 – September 2007

Sleep and Behavioral Medicine Psychologist performing all duties described in the SD practice at Kalmia St. and Camino Del Rio South.

**CUHCC- University of Minnesota, Minneapolis, MN.**

**Licensed Psychologist** (LP #4528) August 2003 – June 2005

Cross-Cultural and Community Mental Health Psychologist.

**YKHC-Behavioral Health, Bethel, AK.**

Psychologist May 2000 – July 2003

Rehabilitation Services Supervisor and Clinician.

Outpatient clinic: Community Mental Health Psychologist with indigenous peoples.

Research Director of a 6 million dollar children's mental health initiative funded by SAMHSA.

Anger Management Treatment, Program Director.

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**YKHC-Behavioral Health, Bethel, AK, cont.**

Provided 11 talks on “Children’s Mental Health,” “Rehabilitation of Psychotic Patients,” and “Anger Management Treatment” in the southwest region of rural Alaska from May 2000 to July 2003.

**Lifeline of Miami, Inc., Davie, FL.**

Domestic Violence Treatment, Staff Therapist. September 1995 - January 2000

**Mt. Sinai Hospital, Pulmonary Department, SDC, Miami Beach, FL.**

Clinical Coordinator October 1993 - March 1995 (See HealthPartners for same experience)

**Veterans Affairs Medical Center, Sepulveda, CA.**

Behavioral Medicine, Geriatrics, & Psychiatry. Psychology Intern. October 1992 - October 1993 (2000 hours)

**Mt. Sinai Hospital, Pulmonary Department, Miami Beach, FL**

Research Assistant and Sleep Technician at Mt. Sinai Sleep Disorders Center 1989-1992

**Balboa Naval Hospital Sleep Disorders Center, San Diego, CA**

Research Assistant July 1985- July 1988. Mentored by SPR Past President (1968-1969) Dr. Verne C. Johnson

**RESEARCH EXPERIENCE:**

Details Upon Request.

**REFERENCES:**

Details Upon Request.