

LANCE B. STEINBERG, M.D.

Psychiatry Adolescent Medicine Pediatrics

Assistant Clinical Professor, UCLA-NPI, Psychiatry

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CURRICULUM VITAE
OF
LANCE B. STEINBERG, M.D.

ASSISTANT CLINICAL PROFESSOR, UCLA NEUROPSYCHIATRIC INSTITUTE

23501 Park Sorrento, Suite 101
Calabasas, CA 91302
818 224-3540
Other offices in Encino, Valencia

Date of Birth: May 18, 1956
Medical License: State of California

Education

M.D., Dartmouth Medical School, Hanover, New Hampshire	1978-1981
“Cantor”, Jewish Theological Seminary, Los Angeles, Ca	1974-1978
BA, Magna Cum Laude (Biology & Psychology), University of Southern California	1974-1978

Fellowship

Fellow in Adolescent Medicine, Stanford University Medical Center, Palo Alto, California	1984-1985
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Residency-Psychiatry

PG-4 Psychiatry, Cedars-Sinai Medical Center, Los Angeles, CA	1987-1988
PG-3 Psychiatry, Cedars-Sinai Medical Center, Los Angeles, CA	1986-1987
PG-2 Psychiatry, Cedars-Sinai Medical Center, Los Angeles, CA	1985-1986

Residency-Pediatrics

PL-3 Pediatrics, Children’s Hospital of Los Angeles, CA (USC)	1983-1984
PL-2 Pediatrics, University of California, Los Angeles, CA (UCLA)	1982-1983
PL-1 Pediatrics, University of California, Los Angeles, CA (UCLA)	1981-1982

Certifications

Fellow, American Board of Psychiatry & Neurology
Diplomat, American Board of Adolescent Psychiatry

Offices & Positions

Lecturer-Psychopharmacology, Department of Mental Health, Granada Hills, CA	2013-Present
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Assistant Clinical Professor, UCLA Neuropsychiatric Institute, Westwood, CA	1998-Present
Board of Directors, Los Angeles County Medical Association, San Fernando Valley	1994-1996
Adult Outpatient Psychiatry Division Advisor Committee, Cedars-Sinai Medical Center	1995-1997
Continuing Medical Education Committee of Cedars-Sinai Medical Center (UCLA Affiliated Hospital)	1995-1997
Consultant for Pasadena City College Dept. of Psychological Services, Pasadena, CA	1996-2000
Seminar Instructor (Attention Deficit Hyperactivity Disorder, Tics, Tourette's, Obsessive-Compulsive Disorder, Psychopharmacology Supervision), Cedars-Sinai Medical Center-Dept. of Family & Child Psychiatry	1993-2012
Lecturer, University of Judaism, Department of Psychology	1996-1998
Professional Advisory Board, CHADD of the Conejo Valley	1994-2000

Professional Organizations

American Medical Association

California Medical Association

Los Angeles County Medical Association

American Psychiatric Association

Southern California Psychiatry Society

American Society of Adolescent Psychiatry

Tourette's Syndrome Association (Professional Referral Division)

CHADD (Children w/ Attention Deficit Disorder)
(Professional Speaker and Referral)

American Society of Psychopharmacology, Inc.

Obsessive-Compulsive Spectrum Disorders Association,
Medical Director of Children's Track "Alphabet Soup"

Work Experience: Biomedical

Clinical Specialist in charge of Adolescent Medicine Outpatient Clinic and Inpatient Rounds, Cedars-Sinai Medical Center, Los Angeles, CA

Medical-Psychiatric Consultant for Verdugo Mental Health Center,

1986-1987

(pediatrics, adolescent, and adult psychopharmacology; eating disorders; chronic pain problems; learning disabilities; substance abuse; attention deficit disorder and hyperactivity), Glendale, CA

Medical Consultant for "Weigh to Live Program", Valley Presbyterian Hospital, Van Nuys, CA 1986-1987

Specialist in "Performance Anxiety" for test anxiety (such as SAT, certifications, bar exam, M.D., CPA, etc.) acting, public speaking, sports, etc., Encino, CA 1987-Present

Publications and Research

"Advances in Pediatric Psychopharmacology of ADHD", Southern California Psychiatrist, Southern California Psychiatric Society 2000

Sub-Investigator for "A Multicenter, Randomized, Double-Blind, Placebo-Controlled, Efficacy and Safety Study of XXX in Outpatient Children and Adolescents With Major Depressive Disorder" 2000

Sub-Investigator for "A Double-Blind, Placebo-Controlled Study of Modified Release XXX in Children With ADHD" 2000

"Get A Grip", L.A. Psychologist Newsletter, L.A. Psych. Association, September/October 2000

"ADD or ADHD Medication and Treatment", New Jersey: Jason Alexander, Inc., 1999 Understanding, Diagnosing, and Treating ADHD in Children and Adolescents 1999

"Letters From the Medicine Bag", Connections, San Fernando Valley Chapter of the California Association of Marriage, Family and Child Counselors 1999-2000

"Pediatric Psychopharmacology", L.A. Psychologist Newsletter, L.A. Psychological Association, November/December 1998 1998

Medical Editor, Personal Weight Management Newsletter, Philadelphia, PA 1996

Thesis: "Cyclic Behavior Associated with the Rat Estrous Cycle" 1978

- 1) Part of three year N.I.H. study on aging
- 2) One of two theses awarded highest honors for USC class of 1978

Honors/Honors Societies

"Acting/Attending" for the UCLA Pediatric "Weight Endocrine Clinic" (selected from house staff) 1983

AMA Rock Sleyster Scholar (top twelve senior medical students in the USA in psychiatry) 1978

"Cork" Intern (one of eight Dartmouth medical students selected and funded to study alcoholism) 1978-1981

B'nai B'rith Medical Scholarship	1978-1981
National Leadership Medal of Jewish Men's Club	1978
Children's Hospital of Los Angeles Community Service Award	1978
Phi Beta Kappa	1978
Phi Beta Phi (top 5% of graduating class)	1978
Life Member of the California Scholastic Federation	1974
Governor's Scholar of the State of California	1974

Awards

"Outstanding Teaching Award" Department of Psychiatry, Division of Family & Child Psychiatry, Cedars-Sinai Medical Center	2012
"Golden Apple Award for Teaching Excellence" Department of Psychiatry, Division of Family & Child Psychiatry, Cedars-Sinai Medical Center	1998/2010
Appreciation of Service Award, Obsessive Compulsive Spectrum Disorders Foundation	2000
Award for Highest Rated Class for Last Ten Years, Cedars-Sinai Medical Center	2010

2020 Lectures

Wagner Program, "Clinical Psychopharmacology", Los Angeles, CA	July 2020
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2019 Lectures

Advance LA Conference, "Cutting Edge Psychopharmacology (Classical & Holistic) of ASD in Neurodiverse Young Adults", The Help Group, Los Angeles, CA	May 2019
Wagner Program, "Clinical Psychopharmacology", Los Angeles, CA	January 2019

2018 Lectures

LACPA Convention, "Paradigm of Neuropsychiatry", Los Angeles, CA	October 2018
Tourette's Syndrom Association Summer Camp Speaking Engagement, Simi Valley, CA	July 2018
Podcast, "Fun Psychopharmacology – Simple, Clinical (for the non-medical therapist), Online	July 2018
LACPA, "Clinical Psychopharmacology", Encino, CA	March 2018

2017 Lectures

Tourette's Syndrome Association Summer Camp Speaking Engagement, Simi Valley, CA	July 2017
VA Hospital-Sepulveda, "Pediatric ADHD", Mission Hills, CA	June 2017
Pepperdine University, "ADHD & Substance Abuse", Malibu, CA	May 2017
LACPA, "An Evening with the Psychiatrist: A Review of Child/ Adolescent and Adult Psychopharmacology", Valencia, CA	March 2017

2016 Lectures

LACPA Convention, "The New Paradigm of Neuropsychiatric Illness w/ an Update on Western Herbal Medications and Nutritional Supplements in Mental Health, Los Angeles, CA	October 2016
VA Hospital-Sepulveda, "Adult ADHD", Mission Hills, CA	September 2016
Tourette's Syndrome Association Summer Camp Speaking Engagement, Simi Valley, CA	July 2016
Cedars-Sinai Medical Center, "East-West, Complementary, and Alternative Treatment of Child & Adolescent ADHD", Los Angeles, CA	August 2016
LACPA, "A Psychiatrist's View on Psychotherapy, Psychotropic Medication, And Collaboration Between the Professions", Encino, CA	May 2016
USC-Health Sciences Campus, "Clinical Psychopharmacology of Pediatric Tourette's Syndrome (TS), Los Angeles, CA	April 2016
LACPA, "A Psychiatrist's View on Psychotherapy, Psychotropic Medication, And Collaboration Between the Professions", Valencia, CA	May 2016

2015 Lectures

Hadassah Medical Center, "Tics & Tourette's Disorder", Jerusalem, Israel	October 2015
Children's Hospital L.A., "Clinical Psychopharmacology of Pediatric Tourette's Syndrome", Los Angeles, CA	September 2015
VA Hospital, "Psychopharmacology of ADHD"	July 2015
Cedars-Sinai Medical Center, "Pediatric ADHD Treatment", Los Angeles, CA	April 2015
Insight Treatment Centers, "Cutting Edge ADHD Treatment in Teens with Substance Abuse", Sherman Oaks, CA	February 2015

2014 Lectures

San Fernando Valley-Ca Assoc. of Marriage & Family Therapists, "A Psychiatrist's View on Psychotherapy, Psychotropic Medication, And Collaboration Between the Professions", Woodland Hills, CA November 2014

Children's Hospital L.A., "Pediatric Psychiatric Medication Treatment", Los Angeles, CA July 2014

2013 Lectures

Grand Rounds, Children's Hospital Los Angeles "OCD" October 2013

Tourette's Syndrome Association Summer Camp Speaking Engagement, Irvine, CA August 2013

Grand Rounds, Children's Hospital Los Angeles "ADHD" May 2013

Cedars-Sinai Medical Center, "DSM-V: Autism Spectrum Disorder" May 2013

2012 Lectures

Tourette's Syndrome Association Summer Camp Speaking Engagement, Irvine, CA July 2012

Los Angeles County Psychological Association, "Kids & Medications-Anxiety Disorders", Encino, CA March 2012

2011 Lectures

Tourette's Syndrome Association Summer Camp Speaking Engagement, Irvine, CA July 2011

Novartis, "The Pharmacologic Management of ADHD", Los Angeles, CA May 2011

Jewish Family Services, "Special Needs in Psychiatry", West Hills May 2011

2010 Lectures

Jewish Family Services, "ADHD-Symptoms & Treatment for Children & Adolescents", Los Angeles, CA February 2010

AstraZeneca, "Seroquel XR", Larsen's Restaurant, Encino, CA March 2010

Cedars-Sinai Medical Center, "Grand Rounds", Los Angeles, CA March 2010

CHADD, "Cutting Edge in Psychopharmacology", Tarzana Hospital, Tarzana CA April 2010

2009 Lectures

Lexapro, "Anxiety Disorder-Long Term Treatment", Woodland Hills, CA	January 2009
Jewish Family Services, "Autism-Learning Disabilities", Los Angeles, CA	February 2009
North Hills Preparatory School, "Working with, and Understanding, the Adopted Child", North Hills, CA	April 2009
Novartis, "ADHD – Symptoms & Treatments for Children & Adolescents", Saddlepeak Lodge, Calabasas, CA	June 2009
Lexapro, "Anxiety & Panic Disorders", Fins Creekside Restaurant, Calabasas, CA	July 2009

2008 Lectures

Novartis Pharmaceutical Company, "Focalin/Focalin XR", Agoura Hills, CA	May 2008
Forest Pharmaceutical Company, "Lexapro", Fins Creekside Restaurant, Calabasas, CA	July 2008
Novartis Pharmaceutical Company, "Ritalin/Ritalin LA", Flemings Restaurant, Woodland Hills, CA	August 2008
Forest Pharmaceutical Company, "The Difference Between Celexa & Lexapro", Roy's Restaurant, Woodland Hills, CA	October 2008

2006 Lectures

Winter Academy Santa Clarita, "New Meds & Why"	February 2006
Bureau of Jewish Education, "OCD, Tics, ADHD, Tourette's"	February 2006
Grand Rounds Cedars-Sinai Medical Center, "ADHD"	September 2006
Bakersfield, "Self-Hypnosis" for Therapists	October 2006
Bureau of Jewish Education, "Bipolar & ADD"	November 2006

2005 Lectures

California Department of Education/Diagnostic Center, "Bipolar Disorder"	February 2005
Aviva Family and Children's Services, "ADHD/Bipolar" Disorders"	February 2005
Bureau of Jewish Education, "Bipolar Disorder"	March 2005
Northridge Hospital, "ADHD in Family Practice"	April 2005
Los Robles Pediatrics, "Comorbidity-Coexistence"	September 2005

2004 Lectures

CHADD, "Psychopharmacology of ADHD-The Cutting Edge"	January 2004
Selpa, "Medications for Children with Special Needs, The Latest Research"	January 2004
Oakwood Elementary School, "Bullying/Friendship"	January 2004
"Pediatric Psychopharmacology of ADHD and OCD" CHADD	February 2004
Kaiser Permanente, "Latest Medications in Pediatric Psychopharmacology"	February 2004
Novartis Pharmaceutical Company, "Ritalin LA"	March 2004
CHADD, "ADD Psychopharmacology"	November 2004

2003 Lectures

Eli Lilly at the Hyatt Westlake Hotel, "Strattera and the Primary Care Doctor"	January 2003
Archer School, "Eating Disorders in Adolescent Females"	February 2003
GlaxoSmithKline at the Posto Restaurant, "Paxil and the Referring Therapist-Roundtable"	March 2003
West Los Angeles CHADD, "Psychopharmacology & ADHD"	March 2003
Los Angeles Section of the American Academy of Pediatrics at the Westwood Holiday Inn, "New Medications & the Abuse of Stimulants"	April 2003
Novartis at the Saddleback Inn, "Novartis Roundtable"	April 2003
Pfizer at the Saddleback Inn, "Antipsychotics Roundtable"	July 2003
Novartis at the Finns Restaurant, "Current Assessment for Long-Acting Treatment Options for ADHD"	August 2003
Children's Hospital of Los Angeles USC, "ADHD Across the Lifespan"	September 2003
CHADD, "Advanced Psychopharmacology & ADD"	September 2003
UCLA Help Group, "Psychopharmacology & Comorbidities"	October 2003

2002 Lectures

SELPA/Santa Clarita Valley, "Latest Research on Medication for Children with Disabilities"	January 2002
The Bureau of Jewish Education, "Youth, Drugs and Alcohol-Experimentation or Abuse?"	March 2002

CHADD of Conejo Valley, "Psychopharmacology"	May 2002
CSUN Northridge, CA "Psychopharmacology"	May 2002
CSUN University Club, Northridge, CA "Psychopharmacology for Children, Adolescents, and Adults"	June 2002
Celltech, "ADHD vs. Learning Disabilities"	June 2002
Pfizer, "Depression & Anxiety, What is New?"	June 2002
Sierra Tucson, Newport Beach, CA "Eating Disorders"	October 2002
Beverly Hills High School, Beverly Hills, CA "Adolescent Depression"	October 2002
CHADD, "Psychopharmacology"	November 2002

2001 Lectures

Santa Clarita Valley Special Education Local Area 5, "Latest Medications for Children & Adolescents w/ Special Needs"	January 2001
Conejo Valley CHADD, "Current Medication Trends w/ Multiple Diagnoses"	January 2001
San Fernando Valley CHADD, "Current Medication Trends w/ Multiple Diagnoses"	January 2001
Spondylitis Association, "Medical Hypnosis and Its Role in Pain Management" (Lecture & Demonstration)	September 2001
Bakersfield Memorial Hospital, "Current Issues and Treatment in Post-Partum Depression"	October 2001
The HELP Group/CHADD, "Current Medication Trends in Patients with Multiple Diagnoses"	October 2001
Roundtable Discussion for Pediatricians and Internists, "ADHD Diagnosis and Treatment in Children and Adults"	November 2001
The Bureau of Jewish Education at Shal Hevet School, "Bullying"	December 2001
Crossroads Middle School, "Anxiety and Depression"	December 2001

2000 Lectures

Bureau of Jewish Education, "Helping Children With Special Needs", "Ask the Doctor About Psychopharmacology and Your Child"	February 2000
Kadima Hebrew Academy, "ADD and Their Look Alike Symptoms"	February 2000

Pfizer, "Anxiety & Depression" for Primary Care Physicians	February 2000
Grand Rounds at Cedars-Sinai Medical Center, "OCD, Tourette's, ADHD"	March 2000
Teen Line of Cedars-Sinai Medical Center, "Obsessive-Compulsive Disorder"	May 2000
Bridge Focus (Training program that treats dual diagnosis and underserved patients), "When To Do a Psychiatric Consultation"	September 2000
Bridge Focus, "Psychopharmacology"	October 2000
Bureau of Jewish Education, "Children with Special Needs, ADHD"	November 2000

1999 Lectures

CHADD of West Los Angeles, "Adults with ADD", Los Angeles, CA	January 1999
AVIVA Workshop, "Dual Diagnosis with Adolescents", Studio City, CA	February 1999
Association of School Psychologists, "Psychopharmacology for Children and Adolescents", Los Angeles, CA	March 1999
Julia Anne Singer Center, "Mood Disorders", Los Angeles, CA	April 1999
California Association of Marriage & Family Therapists, "Parenting in the Fast Lane: Raising Successful Children with ADHD", San Francisco, CA	April 1999
CHADD Annual Conference, "Medication for Children, Adolescents, and Adults", Thousand Oaks, CA	September 1999
Spondylitis Association of the Arthritis Foundation, "Medical Hypnosis", Los Angeles, CA	September 1999
CHADD of Simi Valley, "Psychopharmacology"	October 1999
Indian Hills High School, "Coping with ADHD, Teenage Problem Solving, Communication, and Limit Setting", Calabasas, CA	October 1999
CHADD of the Conejo Valley, "Current Trends in Medication for Children and Adolescents", Thousand Oaks, CA	October 1999
Los Angeles County of Education, Conference for School Psychologists, "Explosive Disorders", Los Angeles, CA	November 1999
Bureau of Jewish Education, "Attention Deficit and Look-Alike Syndromes", Los Angeles, CA	November 1999
California Association of Marriage and Family Therapists, "Fun with Psychopharmacology", California State University, Northridge, CA	November 1999

Northridge Hospital Family Practice Program, "ADD",
Northridge, CA December 1999

1998 Lectures

Bureau of Jewish Education, "ADD/ADHD Making Sure It's
The Right Diagnosis & the Right Treatment", San Fernando
Valley and Los Angeles, CA January 1998

Bureau of Jewish Education, "Assessment and Treatment of
Suicidal Adolescents and Self-Destructive Behavior", LA, CA February 1998

The HELP Group (UCLA), "Psychopharmacology for Children
and Adolescents", Los Angeles, CA May 1998

CHADD of the San Fernando Valley, "Psychopharmacology for
ADHD Children, Adolescents, and Adults", San Fernando Valley,
CA May 1998

CHADD of the Conejo Valley, "The Newest Approaches in
Psychopharmacology", Thousand Oaks, CA June 1998

Cedars-Sinai Adult Mental Health Professionals, "ADD, Tics, &
Tourette's", Los Angeles, CA June 1998

American Academy of Pediatrics, Division of Adolescent Medicine,
Children's Hospital of Los Angeles, "The Use of Psycho-
Pharmaceuticals with Adolescents: Treatment Approaches,
Liabilities, & Benefits", Los Angeles, CA July 1998

Grand Rounds at Cedars-Sinai Medical Center, "Human Sexuality",
Los Angeles, CA July 1998

Teen Line of Cedars-Sinai Medical Center, "An Overview of OCD",
Los Angeles, CA July 1998

Cedars-Sinai Medical Center – A Lecture for the Community,
"Psychopharmacology of ADD" August 1998

Alliance for the Mentally Ill, "Children with Mental Illness" September 1998

BIOGRAPHY OF LANCE STEINBERG, M.D.

Lance Steinberg, M.D. has taught psychopharmacology internationally using humor and emphasizing clinical relevance. As Assistant Clinical Professor at UCLA (Geffen) School of Medicine, he has taught Fellows in Child Psychiatry at Cedars-Sinai Medical Center, and has received two Golden Apple Awards for “Outstanding Teaching”. His seminar “Child Psychopharmacology” was awarded ‘Highest Rated Course” from 2000-2010.

Lance Steinberg graduated from Dartmouth Medical School and was designated a Rock Sleyster Scholar by the A.M.A. as one of the top ten medical students in psychiatry for the United States. He completed a full residency in pediatrics at UCLA and Children’s Hospital of Los Angeles, then a fellowship in adolescent medicine with an emphasis on medical-psychiatric interface at Stanford University Hospital and Clinics. Dr. Steinberg then trained in psychiatry at Cedars-Sinai Medical Center where he has taught advanced child psychopharmacology, CBT, and self-hypnosis for over twenty years.

Dr. Steinberg’s specialties include Tics, Tourette’s, OCD, ADHD, mood & anxiety disorders, Asperger’s, and Autism. Dr. Steinberg has offices in Calabasas, Encino, and Valencia.