

# **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

Assistant Clinical Professor, UCLA Neuropsychiatric Institute, Westwood, CA	1998-Present Board of
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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

1985-1986

Medical-Psychiatric Consultant for Verdugo Mental Health Center,  
(pediatrics, adolescent, and adult psychopharmacology; eating  
disorders; chronic pain problems; learning disabilities; substance  
abuse; attention deficit disorder and hyperactivity), Glendale, CA

1986-1987

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

**2013 Lectures**

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 JCC, West Hills, CA	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

Selva, "Medications for Children with Special Needs, The Latest Research" January 2004

Oakwood Elementary School, "Bullying/Friendship" January 2004

"Pediatric Psychopharmacology of ADHD and OCD" February 2004  
CHADD

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 Psychopharmaceuticals 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", Pasadena, CA	September 1998

## **Dr. Lance Steinberg Speaker Information**

Name: Lance Steinberg, M.D., Asst. Clinical Professor UCLA (Geffen)-NPI

License Type: Medical Doctor

Contact Phone Number: 818 224-3540

Website: [lancesteinbergmd.net](http://lancesteinbergmd.net)

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Can clients contact you via email?: Best by phone

Personal Statement:

Lance Steinberg graduated from Dartmouth Medical School and was designated a Rock Sleyster scholar by the American Medical Association as one of the top ten medical students in the United States in the field of psychiatry. 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 has spoken nationally for CHADD (Children and Adults with ADHD), the Tourette's Society of America, and the OCD Foundation. He also has lectured at the HELP Group on Autism Spectrum issues & Aspergers, and for many educational organizations on unipolar & bipolar disorder and learning disabilities, as well as anxiety disorders (generalized, separation, phobias, post traumatic stress, etc.). Dr. Steinberg is an Assistant Clinical Professor at UCLA (Geffen) School of Medicine and has a private practice in psychiatry/psychopharmacology in Calabasas, Encino, and Valencia. He enjoys doing consultations and treatment of people of all ages, and encourages close working relationships of the treatment team.