

About Dr. Wendy Hurwitz:

A graduate of Yale University School of Medicine, Dr. Hurwitz is a nationally recognized expert on stress. A former medical researcher for ABC News, Dr. Hurwitz is an expert in two fields: Mind/Body Medicine and Energy Medicine. She teaches both professionals and students in medicine, psychology, and the allied health professions, and has lectured at Harvard Medical School, Yale University School of Medicine, Columbia University, University of Pennsylvania School of Medicine, University of Connecticut School of Medicine, NYU, and Fordham University. Dr. Hurwitz is the author of the chapter Energy Medicine in the textbook Micozzi, M (ed): Fundamentals of Complementary and Alternative Medicine 2nd Edition, Churchill Livingstone, Philadelphia, 2001. She has a forthcoming book on stress.

Dr. Hurwitz is a former member of the Medical, Scientific, and Academic Council of the International Society for the Study of Subtle Energies and Energy Medicine; member of the Academy of Integrative Health and Medicine; Fellow of the American Institute of Stress; member of the International Positive Psychology Association; member of the American Counseling Association; and an American Red Cross Local Disaster Volunteer. She has used energetic assessments for over two decades in her own work with clients. Based in New York City, Dr. Hurwitz offers consultations in person and by phone.

Dr. Hurwitz helps organizations and individuals achieve peak performance by enhancing vitality and wellness. She provides individual energetic assessments, personal consultation, training, lectures, seminars, and workshops. She translates the latest and most sophisticated scientific research on stress and energy into practical, easy-to-use techniques people can use to maintain and enhance vitality even under the most trying circumstances. Dr. Hurwitz has provided training for AT&T, Unilever, Lowe Worldwide, the FDNY, and has been an invited guest speaker at the United Nations.

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