

RESUME

Resume just gives a description of one's academic and professional life. It does not really tell you much about the person. While reviewing my resume and organizing materials for the website a very consistent pattern emerged that was not quite obvious to me until now. I realized that from the very beginning I have been quite interested in the human condition.

I remember a recurring dream when I was in Primary school in Amritsar. I found a magic ring that could make your wishes come true. I wished that I could create as many rings as I could distribute to others so that their wishes could come true. I saw myself at Sri Darbar Sahib (Golden Temple) during the festival of lights distributing those rings to people sitting in the Parkarma watching the lights and fireworks.

I had just started High School when India was partitioned because the Indian leadership betrayed the sacrifices made for the freedom of United India. Ironically the very same leaders became the international icons in the West. There was a complete genocide of Muslims in the Indian part of the Punjab and a complete genocide of Hindus and Sikhs in the Pakistan side of Punjab. There were over a million people killed and the lucky one's crossed the border leaving behind their centuries old ancestral land, possessions, memories, neighbors and friends. The Urdu teacher in S.K. Khalsa High School in Rupar Maulvi Nazir-ul-Hussein Jaafri Syed sent me a postcard writing that after sacrificing his wife and two sons he had arrived in Jhang Maghiana. He wrote that God has given me a talent of public speaking. Whenever I spoke I should remember the following two couplets written by the great Urdu poet from Punjab Allama Iqbal:

Tukre Tukre Kar Diya Havas Ne Insaan Ko
Akhwat Ki Dua Ban Jaa Muhabat Ki zabaan Ban Ja

Lust has divided humanity into bits and pieces
Become a prayer for humanity and a voice of love

And

Sadma Aa Jai Gul Ki Patti Ko Agar
Ashk Ban Kar Meri Ankhon Se Beh Jai Asar

If a petal of a flower is hurt
The impact should flow through the tears in my eyes

Colleges in Punjab were a hot bed of politics. The communist party student leader used to call me Insaan Dost (Friend of humanity) because I would not join any party. I never fought an election but did my best to do whatever I could do. In my final fourth year they unanimously elected me Secretary of the Punjabi Sahit Sabha (literary society), Philosophical Society and Captain of the College Badminton team. I was awarded the College Colors for organizing the Rover Crew that won awards and provided services at great festivals and fairs. Professionally I do provide clinical services to persons suffering from mental disorders but my specialization is the prevention of mental disorders, promotion of health and strengthening the resources in the organizations and communities that promote supportive work environment and harmonious living.



R.K. JANMEJA (Meji) SINGH, Ph.D.

EDUCATION

- 1953 B.A. in Philosophy & Political Science, Mohindra College, Patiala.
- 1956 M.A. In Psychology, Punjab University College, New Delhi.
- 1965 Ph.D. in Clinical Psychology, Boston University
- 1962 – 1963 Harvard School of Public Health: Two-semester seminar in Community Mental Health Consultation Instructor: Gerald Caplan, M.D. Professor of Psychiatry.
- 1964 – 1966 Post-doctoral Fellow: Center for training in Community Psychiatry And Mental Health Administration, Berkeley, Ca
Received a Community Mental Health Specialist Diploma.
- 1966 Licensed in the State of California: Psy2984

PROFESSIONAL EXPERIENCE

Recent Appointments

- 1991 – 2007 Mental Health Consultant (Lecturer), Visiting Professor
U.C. Berkeley, School of Education, School Psychology Program
- i. Second Year Doctoral students: Teaching Mental Health Consultation
 - ii. Teaching psychopathology and psychotherapy to Third Year Doctoral students and provide consultation for their clinical internships.
 - iii. Consultant to Fourth Year Students for their school based internship.
- 1993-2001 Founding President and Director, Portia Bell Hume Behavioral Health and Training Center Concord, Ca.
- 2001 –present Chief Psychologist and Program Manager of the Fremont Clinic
- 2002 – 2005 Founding President, Ik Onkar Peace Foundation
Dublin, CA

2006- 2010 Secretary, Ik Onkar Peace Foundation

2010- present Director Virsa(Heritage) Celebration

Preventive Work

July, 2007 Four Day Retreat for Christian Leadership, Shillong, India
March, 2008 One Day Retreat for United Religions Initiative with Bishop and the Central Office Administration

1986 – 1996 Dean and Professor of Integrative Psychology
Rosebridge Graduate School of Integrative Psychology
Concord, CA

1970 – 1982 Assistant Director
Center for Training in Community Psychiatry
Berkeley, State Department of Mental Health.

The Center provided post-graduate training to psychiatrists, psychologists, and psychiatric social workers. In addition to my administrative functions, my teaching responsibilities included the following:

- i. Theory and skills relevant to the prevention of mental disorders and promotion of health; Mental Health Consultation
- ii. Research in community psychiatry and program evaluation
- iii. Mental health administration
- iv. Program planning and implementation
- v. Crisis intervention
- vi. Rehabilitation program development

1968 – 1970 Deputy Commissioner for Preventative Services
Genesee County Mental Health Services, Flint, MI

In addition to administrative responsibilities of development and supervision Of Mental health consultation to 63 schools and Human Service Organizations and Mental Health Education programs, Health promotion Projects, such as, 24-hour Community Emergency Service, Industrial Mental Health, Listening Post and a Neighborhood Youth Center I provided consultation to:

General Motors Institute
26 Flint Area Parent-Child Coop Nurseries
Genesee County Jail and Sheriff's Department
Credit Counseling Centers
Residential Youth Center
School for the Deaf
Council of Churches

Clinical Services: Psychotherapy to children

1966 – 1968 Assistant Director
Center for Training in Community Psychiatry, Berkeley, CA.

1965 – 1966 Chief Psychologist, Napa County Mental Health Services, Napa, CA
 1963 – 1964 Clinical Psychologist
 Santa Clara County Mental Health Services, San Jose, CA

1962 – 1963 Clinical Psychology Intern
 South Shore Mental Health Center, Quincy, MA

1961 – 1962 Clinical Psychologist
 Porterville State Hospital, Porterville, CA

1961 Summer Psychologist
 Michigan Epilepsy Center, Detroit, MI

1960 – 1961 Clinical Psychology Intern
 Lafayette Clinic, Detroit, MI

1959 – 1961 Clinical Psychology Intern
 Boston State Hospital, Boston, MA

Past Teaching Experience

1968 – 1970 Assistant Clinical Professor
 Department of Psychiatry, Michigan State University
 East Lansing, MI

Lecturer
 Center for Training in Community Psychiatry, Berkeley and
 Los Angeles, CA

1958 – 1960 Teaching Assistant
 Psychology, Boston University
 Boston, MA

1957 – 1958 Lecturer in Psychology
 Malwa Teachers Training College, Ludhiana, Punjab, India.

1985 – 1986 Visiting Lecturer
 U.C. Berkeley, School of Social Welfare, Social Policy and Mental
 Health.

1971 – 1991 Lecturer in Medical Psychology
 U.C. San Francisco, School of Medicine

1971 – 1986 Adjunct Faculty
 California School of Professional Psychology, Berkeley, CA.
 Teaching: i. Mental Health Consultation (1971 – 1991)
 ii. Supervisory Process (Periodically)
 iii. Clinical and Ethical Issues (1984 – 1985)
 Three semester seminar

1980 – 1986 Adjunct Faculty

Rosebridge Graduate School of Integrated Psychology.
Walnut Creek, CA

Teaching: i. Family Therapy (1980)
ii. Crisis Intervention (1980)
iii. Three course sequence, Techniques of Psychotherapy
(1982 – 1986)

Teaching Interests:

1. Health Promotion Skills:

Community Mental Health Consultation
Needs Assessment Methods
Planning and Implementation of Health Promotion Programs
Community Organization for Mental Health
Action Plan for Personal Health and Well Being
Mental Health Education

2. Clinical Skills:

Family Therapy
Advanced Theory and Techniques of Psychotherapy
Crisis Intervention
Psychopathology

3. Executive Leadership Training:

Management Problem-Solving Process
Administrative Process
Supervisory Process

4. Organizational Development Consultation:

Conflict Management
Team Building
Board Effectiveness Training

Clinical and Health Promotion Work

1972 – 1988 Director (part-time)
Human Growth Systems Institute, Oakland, CA 94612.
Clinical Work: Individual, couples and family therapy
Treatment of psychosomatic disorders
Psycho-diagnostic evaluation

(For past consultation and preventative activities through my private practice, please see pages 7, 8, 9 and 10).

Professional Affiliations

American Psychological Association (Fellow), Division Membership: Community

Psychology, Clinical Psychology, and Developmental Psychology
American Orthopsychiatric Association (Life Fellow)
American Public Health Association (1970s)
Inter-American Society of Psychology (1966 – 1970)

Scholarships, Fellowships and Awards

1958 – 1960 Teaching Assistant, Boston University, Boston, MA
1964 – 1965 Post-doctoral Fellow, Center for Training in Community
 Psychiatry and Mental Health Administration, Berkeley, CA
June, 1991 Certificate of Appreciation by the Surgeon of the United States Army
August, 2008 Oxford Symposium: Outstanding Contribution to School Based Family
 Counseling

Research

Ph.D. dissertation, “Effects of Color on Associational and Perceptual Functions in Reference to Rorschach Color Shock.” Boston University, Boston, MA, 1965.

“A Study of the Process and Outcome of Consultee-centered Case Consultation.” Center for Training in Community Psychiatry and Mental Health Administration, Berkeley, CA, 1964.

Research Interests: Research and evaluation of theory, techniques and programs related to Health Promotion field.

Professional Publications

1. Singh, R.K.J. (1967). *An Outline of a Psychological Growth-Fostering Model: A Preventative Approach*. Proceedings of the XI Inter-American Congress of Psychology, Mexico City.
2. Singh, R.K.J., Tarnover, W. & Chen, R. (1971). *Community Mental Health Consultation and Crisis Intervention*. Palo Alto, CA: National Press. (Out of Print)
3. Singh, R.K.J. (1972). Psychotherapy with behaviorally disturbed mentally retarded. In E. Katz (Ed.), *Mental health of the mentally retarded*. Springfield, IL: Charles C.Thomas.
4. Singh, R.K.J. Videotaped Training Program in Community Mental Health Consultation. Rosebridge Graduate School of Integrative Psychology.
5. Singh, R.K.J. (1978). Perspectives on Training Program in Community Psychology. Cathexis, C.S.P.P., Alameda, CA.
6. Singh, R.K.J. (1989), My Practice: Interactional Consulting, *Vision/Action*, Volume 8, Number 4, December, 1989

Non-Professional Publications

6. Singh, R.K.J. (2004). *A Sikh's Paradigm for Universal Peace*. Pavior, Walnut Creek, CA.

Papers Presented

1. Singh, R.K.J. "Uses of Consultee's Evaluation of Community Mental Health Consultation in Research and Program Development." Center for Training in Community Psychiatry, Berkeley, CA, 1966.
2. Singh, R.K.J., & Thompson, D, "Evaluation of a Program of Community Mental Health Consultation." Center for Training in Community Psychiatry, Berkeley, 1970.
3. Singh, R.K.J., et al. "Role of a Program Evaluator." N.I.M.H. – Langley Porter Project, 1973.
4. Singh, R.K.J., & Kaltreider, N. "Mental Health Consultation: New Ethical Issues." National Convention of American Psychiatric Association, Detroit, MI, 1974.
5. Singh, R.K.J. "Beyond Camelot – Making Work a Growth Fostering Situation." National Convention of American Public Health Association, Chicago, IL, 1975.
6. Singh, R.K.J. "Work Stress in Public Health." National Convention of American Public Health Association, Chicago, IL, 1975.
7. Singh, R.K.J. "An Action Plan for Personal Health and Well Being." National Convention of the American Public Health Association, Miami, FL, 1976.
8. Singh, R.K.J. "Changing the Course of Destruction." Annual Convention of the Congress of Political Economists International (COPE), Paris, France, 1993.
9. Singh, R.K.J. "Training of Mental Health Consultants." International Summit to review 25 years of mental health consultation practice, Stockholm, Sweden, 1996, April.
10. Singh, R.K.J. "Developing Family Support Systems." Oxford Symposium, 2006
11. Singh, R.K.J. "Peer consultation Support Group." Oxford Symposium, 2007

Professional Presentation

National Convention of the American Orthopsychiatric Association:

- i. Resource Panel Member: "Workshop on Research in Community Mental Health Consultation". 1967, 1968 and 1969.
- ii. Workshop Chairman, Research in Community Mental Health Consultation." 1970.

American Psychiatric Association National Convention Panel Member, "Supervision in Mental Health Administration," May, 1972.

Community Work

The Sikh Center of San Francisco Bay Area, Founding Member, 1964; Secretary, 1973 – 1974, 1978 – 1979' Chairman, 1974 – 1975.

The Sikh Foundation of the United States of North America, Redwood City, CA. Founding Trustee and Secretary, 1966 – 1974.

Common Cause, 1971 – 1980.
 International Punjabi Society, 1972 – present.
 Gadar Memorial Committee Task Force, 1973 – 1975; Advisory Board to the Consul General of India
 Save the San Francisco Bay Association, 1974.
 Mayor's Committee to Save the Presidio of San Francisco, 1978.
 Rotary Club of Berkeley, May 1983 – 1990.
 Beyond War Higher Education Group 1987 – 1990.
 The Sikh Center of San Francisco Bay Area: Teaching Gurbani, 1991 – 2004.
 Member, Action Coalition for Global Change, 1994 – present.
 Ik Onkar Peace Foundation, Founding President, 2002.
 Inter-faith Center at Presidio, San Francisco, S.F. Member, Board of Directors, 2002.
 United Religions Initiative (U.R.I.) 1998-Present

Directory Listings

American Psychological Association
 American Orthopsychiatric Association
 Directory of International Biography, 1972
 Directory of Contemporary Authors, 1973
 Who's Who in America, California State, 1974
 Who's Who in Health Services, 1977
 Who's Who Among Indian Immigrants in North America, 1977

Past Preventative Projects and Consultations

Health Promotion Work:

1985 – 1987	Shelter Against Violent Environments, Fremont. Organizational Development Consultation; Staff, Management and Board Effectiveness; Five Year Plan Development.
1973 – 1990	Letterman Army Medical Center, Presidio of San Francisco. Training Psychiatric Residents and Staff in Liaison Psychiatry and Consultation to the unit commanders to develop preventative programs.
1987 – 1989	Ohlone College, Counseling Department. Team Building Consultation.
R.K. Janmeja Singh, Ph.D.	April, 2008
1988 – 1990	San Mateo County Mental Health. Consultation to staff providing mental health services to schools.
1988	Birth Defects Project, Berkeley. Staff and Management Conflict Resolution.
1988	Center for Special Problems, San Francisco. Agency Retreat.
1991	Conflict Resolution Panel Board: Conflict Resolution within the Board.

- 1984 – 1986 University of California, Medical School, Center on Deafness, San Francisco, Management Team Building and Staff Retreats.
- 1985 – 1986 Beverly Hills Medical Center, Beverly Hills. Organizational Conflict Management.
- 1986 All Women’s Expedition to Mount Congur, China, Team Building.
- 1979 – 1982 Crocker National Bank, Consultation to Planning Division and a state-wide contract to provide crisis intervention services.

Past Program, Administrative, and Training Consultation

- 1969 – 1970 Louisiana State University, Community Mental Health Center.
- 1970 – 1971 California State Department of Mental Hygiene, Greater Bay Area Regional Office, San Francisco.
- 1970 – 1976 City and County of Denver, Department of Health and Hospitals Denver, CO
- 1971 – 1972 University of California at San Francisco, School of Nursing, Nursing Director’s Leadership Training Program.
- 1971 – 1972 Oregon State System of Higher Education. Division of Continuing Education. Training the Trainers in Community Mental Health Consultation.
- 1972 – 1975 Los Angeles County Community Mental Health Services. Developed Peer Support System for consultants in 12 Mental Health Centers; Supervisory Process Training for Directors of Nursing.
- 1973 Bay View-Hunter’s Point Mental Health Center, San Francisco; Advisory Board Training.
- 1973 Shriners Hospital, San Francisco. Consultant to head nurses.
- 1973 Palo Alto City Manager’s Office.
- 1973 Marin County Department of Social Welfare, San Rafael.
- 1973 – 1974 Bureau of Alcoholism, San Francisco. Administrative Problem Solving Consultation.
- 1973 – 1976 Department of Psychiatry, Veterans Administration Hospital, San Francisco. Consultant to Mental Health Consultants.
- 1973 – 1976 Rehabilitation Services, Fresno County Mental Health Department. Training and Program Development.
- 1973 – 1978 Stanislaus County Mental Health Services, Modesto.

- 1974 Sonoma State University, External Degree Program: Program Planning and Evaluation, Administrative Problem Solving.
- 1974 City of Fremont: i. Youth Service Center; Program and Case Consultation
ii. Department of Recreation; Administrative Consultation and Team Building.
- 1974 – 1975 Kadren Mental Health Center, Watts, CA.
- 1975 Sonoma County Mental Health Services: Organizational Development Consultation
- 1975 – 1982 Herrick Hospital and Health Centers, Training in Liaison Psychiatry for Psychiatric Residents.
- 1976 Berkeley City Community Mental Health Center: Executive Team Building.
- 1976 – 1977 Northeast Community Mental Health Center, San Francisco. Advisory Board Effectiveness.
- 1976 – 1977 Parental Stress Service, San Mateo; Program and Administrative Problem Solving Consultation.
- 1977 Contra Costa County Social Services Department; Administrative Consultation to the Director and his Executive Team.
- 1977 Southeast Mental Health Center, San Francisco: Developed the Organizational Support System.
- 1977 Hayward School District, Counseling Department: Mental Health Consultation.
- 1977 Alameda County Mental Health Services: Training Consultant.
- 1977 O.M.I. Family Center, San Francisco. Organizational Consultation.
- 1978-1980 Mission Mental Health Center, San Francisco: Training Consultant.
- 1977 – 1982 Contra Costa County Mental Health Services: Training Consultation and workshop on Inter-ethnic Psychotherapy Interaction.
- 1978 Alameda County Mental Health Services: Consultation and workshop on Inter-ethnic Psychotherapy Interaction.
- 1978 – 1980 Interaction Associates, San Francisco: Organizational Consultation.
- 1978 – 1980 Naval Regional Medical Center, Oakland: Consultation and Liaison Psychiatry Training to Psychiatric Residents.

- 1979 – 1980 Child Abuse in Ethnic Minorities: A Northern California Conference in Collaboration with Multi-cultural Council.
- 1980 – 1983 Northern California Cancer Programs: Administrative Consultation.
- 1982 California Youth Authority: Training and Organization Development Consultation.
- 1982 Los Medanos Hospital: Developed a collaborative relationship between the Board of Trustees, Medical Chiefs, and the Administration.
- 1981 – 1982 Pacific Gas and Electric Company: Consultant to the Employee Assistance Program.
- 1982 – 1983 Center for Independent Living: Training Consultant
- 1982 – 1983 Children Home Society, Oakland: Training Consultant

Visiting Lectureships

- 1967 ,1981 Menninger School of Psychiatry, Topeka, Kansas
- 1969 New South Wales Institute of Psychiatry, Sydney, Australia
- 1969 – 1982 Center for Training in Community Psychiatry, Los Angeles, CA.
- 1970 Inter-University Forum of Educators in Community Psychiatry, N.I.M.H.
- 1970 University of Windsor, Department of Psychology, Windsor, Ontario, Canada.