

Stanley H. Block, M.D., is a physicist, medical doctor and psychiatrist. He has been Adjunct Professor of Law and Psychiatry at Seattle University School of Law as well as Adjunct Professor of Psychiatry at the University of Utah's School of Medicine.

He has helped multiple public and business organizations to improve their performance and results. He has also developed a new and effective approach to improve decision-making in organizations.

He is a board-certified psychiatrist and psychoanalyst, a consultant on the medical staff at U.S. Army and Veterans Administration Hospitals. He lectures and consults with treatment centers worldwide and with Carolyn Bryant Block he is the developer of Mind-Body Bridging approach.

He is also the co-author of multiple books:

- Mind-Body Workbook for Stress: Effective Tools for Lifelong Stress Reduction and Crisis Management (translated into Finnish),
- Mind-Body PTSD Workbook: Healing After Trauma and the award winning book,
- Come to Your Senses: Demystifying the Mind-Body Connection, 2nd edition,
- Mind-Body workbook for Addiction, and,
- Mind-Body Workbook for Anxiety and Social Unrest: Resolving the Dichotomies of Me/You and Us/Them – The I-System Model of Human Behavior.