

## EDMOND L. OTIS, B.S., M.S., M.F.C.C.

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### CONSULTING, TRAINING, SPEAKING AND PROFESSIONAL COACHING

CLIENT LIST AND REFERENCES AVAILABLE ON REQUEST

**Edmond Otis & Associates, INC. – [www.edmondotis.co.nz](http://www.edmondotis.co.nz) In the USA 1993 to present**

**Executive and Organizational Success Coach** with special expertise in coaching, training, motivating and counseling clients from a diverse range of backgrounds and disciplines. Methodology based on developing relevant skill-sets, the capacity for self-mastery and social awareness, and integrating current research with traditional east-west, mind-body, conflict-cooperation, response strategies.

**Trainer: AACT Programs & Workshops® - [www.aact-now.com](http://www.aact-now.com)**, a comprehensive communication-based training system used by schools and education systems, human resources, industry, libraries, public and private agencies to increase productivity, improve health and moral, and reduce conflict, stress and litigation. Topics include:

- Conflict/Anger Management
- Leadership & Management
- Peak Performance
- Bullying & Harassment
- Listening & Communication
- Face to Face Skills
- Workplace Violence
- Client Relations
- Stress Management

**Speaker: Tiger's Spirit, Human Heart®** presentations that motivate and inspire professional audiences to apply cutting edge research and classic martial arts strategies to life's most demanding personal and professional challenges. Keynote, seminar and team building topics include, but not limited to:

- Success? First, You Need To Be Fearless!
- Defending the Self: Thriving in the Face of Change, Crisis, and Conflict
- What the Masters Know: Martial-Art Strategies to Revive the Spirit and Kick Start Forward Momentum
- The Beauty of the Beginner's Mind
- Personal Balance: The Artful Way of Being

### PSYCHOLOGY – CLINICAL PRACTICE

**Clinical License:** Marriage, Family, Child Therapist CA BBSE License # MFT 31194

**Inland California Psychotherapy Association:** Therapist of the Year 1998 and 2005

**Inland California Psychotherapy Association - Riverside, CA** 1995 to 2005  
Anger Control Group Leader and Therapist Trainer; Psychotherapy – Individual, Family and Group

**Center for Brief Therapy of Southern California, Inc. - Riverside, CA** 1991 to 1999  
Psychotherapy – Individual, Family and Group; Program Developer, Clinical Intern Supervisor

**Allanah Family Agency – Riverside, CA** 1995 to 1998  
Supervision and training for MFCC, Psychology, and Social Worker Interns

### UNIVERSITY/ TEACHING AND ADMINISTRATIVE

COMPLETE REFERENCES AND TEACHING EVALUATIONS AVAILABLE ON REQUEST

**University of California, Riverside** 1981 to 2007

**Distinguished Teaching Award - University of California** 2002

**Graduate School of Education – Lecturer** 1995 to 2007

- *Principles of Healthful Living - Applied Principles of Health and Wellness for Educators*

- *Presentation Skills for Teachers*

**Honors and Humanities Lecturer (developed and presented the following courses. All courses cross-listed for upper-division Psychology breadth requirements):** 1998 to 2005

- *Building a Philosophy of Health*, annual presentation
- *Flashpoint: The Individual in Face-to-Face Conflict*, annual presentation
- *The Big Picture: The Application of Theory to Daily Life*, annual presentation (English cross-list)
- *Peak Performance: 21<sup>st</sup> Century Survival Skills*, Honors - for select seniors and graduate students
- *Peak Performance: Social Survival Skills*, Honors - for select seniors and graduate students
- *Traditional Martial Art Theories and History*, bi-annual presentation

**Department of Recreation–Senior Supervisor/ Traditional Karate and Self Defense:** 2002 to present

- *Karate: Theory and Technique; Beginner, Intermediate, Advanced, Competition*
- Develop and coordinate curriculum for four instructors, 12 ongoing classes, and special seminars.
- *Women’s Self-Defense and Rape Prevention Seminars*
- Present yearly competition, *UC Riverside National Traditional Karate Championship – 33<sup>rd</sup> year*

**Intercollegiate Athletics – Performance consultant for coaches, and athletes** 1998 to 2002

**Department of Physical Education – Director of Martial Arts:** 1981 to 2002

- Develop curriculum, coordinate, schedule and supervise seven instructors, and 24 ongoing quarterly classes in classic *Karate, Judo, Jujitsu, Aikido, Tai-chi*, and related *Mind-Body Disciplines*
- Historically the largest academically based, collegiate martial-arts program in the United States.  
*Please note, the entire Department of Physical Education was dis-established by the college due to budgetary considerations in 2002. Karate was saved and moved to Recreation*

**College of Humanities, Arts and Social Sciences: Hewlett Grant - a yearlong cluster course project:**

- *Conflict from Oedipus to Cyber-wealth*. Presented 2000-2001 and 2002-2003 academic year

**Project Coordinator/ Supervisor – UCR Community Outreach Project** 2000 to 2003

*Project Courage: Outreach Tutorial Development Project* – to reduce violence and improve academic performance among at-risk youth. Training and developing UCR karate students as on-site tutors using traditional karate skills, methods and philosophies. Employed nine UCR student/instructors. Served three elementary and middle school campuses and 350 students quarterly.

**Project Coordinator/ Supervisor** 1995 to 1999

University/Eastside Community Collaborative (UECC) - Office of Community and Governmental Relations: (1997-1998 Americorp Grant recipient) *Outreach Tutorial Development Project – Using Traditional Martial-Arts to Reduce Anti-Social Behavior Among At-Risk Youth*. Employed nine UCR student/instructors quarterly. Served seven elementary school campuses and 300 students quarterly.

**Chancellor’s Advisory Committee on Sexual Harassment** 1994 to 1998

**Loma Linda University Medical Center - School of Public Health** 1994 to 1997

Visiting Lecturer: Multi-part seminar series focusing on psychological factors related to emergency first aid procedures for emergency personnel. Topics include: *Critical Incident Stress Debriefing, Suicide and Sexual Assault, Communicating with Diverse Populations in Crisis, Domestic Violence and Sexual Assault, Violence and Crisis Intervention*.

**Ongoing University and Community Service** 1981 to 2007

Presentations, lectures, demonstrations and workshops for law enforcement, community service organizations, schools, churches, businesses and youth groups on a variety of topics related to: Self-defense, Rape Prevention, Self-esteem, Assertiveness, Interpersonal Communication, Conflict Resolution Skills and Traditional Martial-arts.

## MARTIAL ARTS

Began Training in 1967 with **Japan Karate Association (JKA)**

2005 – Chairman North America Region – **World Union of Karate-do Organizations (WUKO)** – [www.wuko-karate.org](http://www.wuko-karate.org)

2002 – Ranked to nana-dan (seventh degree black belt): **American JKA Karate Association-International (AJKA-I)**: Subject title: *Application of Martial-Arts Principles to Daily Life*

2002 – AJKA-I Appointment: International Chairman and Chief Instructor for North America – [www.AmericanJKA.com](http://www.AmericanJKA.com)

1998 – AJKA National Appointment: AJKA Chairman

1985 to 1998:

- **World Shotokan Karate Association (WSKA)** - International “A” level referee
- **US Amateur Athletic Union (US-AAU)** - National Referees Council
- **US Amateur Athletic Union (US-AAU)** - Western Regional Coach
- **American JKA Karate Association (AJKA)**
  - International “A” level examiner
  - National Technical Committee
  - National Board of Examiners

1991 Inductee - University of California, Riverside - Athletic Hall of Fame

1991 - Demonstration presenter at the First World Shotokan Karate Championships: Calgary, CANADA

1991 through 2001 – Coach: US National Shotokan Karate Team

1991 through 2001 – Center Referee and Arbitrator: World Shotokan Karate Championships

1990 to present – Ongoing national and international assignments to judge and officiate at competitions, and teach and coach karate at universities, training camps and private clubs.

1974 to 1985 – Numerous national and international competitive karate titles

## PUBLICATIONS AND VIDEO/DVD PRODUCTION

Otis, E. L. (2006-present) *Masters Magazine*. Contributing Editor. <http://www.empiremediallc.com/>

Otis, E.L, and Hassell, R.G. (2000). *Complete Idiot's Guide to Karate*. New York: Simon & Schuster.

Otis, E. L. (2001). *Essential Shotokan*. [www.essential-shotokan.com/es\\_dvds.htm](http://www.essential-shotokan.com/es_dvds.htm) Atlanta: Perfect Form DVD Productions

In preparation: *Tiger's Spirit – Human Heart: Martial Art Strategies for Conflict, Change and Crisis*.

## EDUCATION

M.S., Counseling and Family Sciences - Psychology

Loma Linda University

B.S., Psychology

University of California, Riverside

Critical Incident Stress Debriefing

University of California, Riverside - Extension

## PERSONAL

**Born:** 12 February, 1955

**Married:** Roberta Cox Otis, B.S., M.A., Ph.D. (Psychology)

Two children: Nikos, 14 years, and Gabriel, 8 years old