

Dr. Harold Bloomfield will lecture here

April 18, 1975

Dr. Harold Bloomfield, the first American psychiatrist to teach meditation and to investigate the clinical applications of transcendental meditation, is scheduled to lecture, Thursday, April 24, at the University of California, San Diego.

The talk, sponsored by the Contemporary Issues program of UCSD's Muir College, is scheduled for 7:00 p.m. in the Mandeville Auditorium. It is free and open to the public.

Bloomfield is clinical director of psychiatry at the Institute of Psychophysiological Medicine in El Cajon where he and his colleagues have investigated the clinical applications of transcendental meditation and the science of creative intelligence. He has been active in group and organizational consultation in education and business and has published articles and made presentations on clinical research in individual and group psychotherapy and behavior therapy.

He is the author, with three colleagues, of the book "Transcendental Meditation: Discovering Inner Energy and Overcoming Stress" published in March of this year. The book, which includes a preface by Dr. Hans Selye and a forward by R. Buckminster Fuller, reports the latest psychophysiological research on transcendental meditation and its applications to medicine, psychiatry and social betterment.

Bloomfield is currently working on a second book which will report on his clinical experience using transcendental meditation as an adjunct in the treatment of psychiatric patients and its potential for enriching all levels of society.

Bloomfield received a B.S. degree from the University of Pittsburgh in 1965 and an M.D. from the Downstate Medical Center, New York, in 1969, graduating with top honors in psychiatry and public health. He completed psychiatric training at the Yale University School of Medicine where he taught and did research as a post-doctoral fellow in social and community psychiatry.

He has made presentations on transcendental meditation and the science of creative intelligence in Canada, Europe and throughout the United States. He studied for six months with Maharishi Mahesh Yogi and in 1973 became the first American psychiatrist to be made a teacher of transcendental meditation.

In addition to his other duties, Bloomfield also serves as professor of psychiatry at Maharishi International University.

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