

CURRICULUM VITAE

DR. SONIA DAVIDSON

DATE OF BIRTH: MARCH 11, 1945

Nationality: Jamaican

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MY MISSION

To facilitate the increased awareness within the Jamaican population of the advantages and necessity of self reliance in matters related to wellness; To contribute significantly to an improved quality of life for the Jamaican people by facilitating the dissemination of information on wellness; To utilize my various loci operandi to contribute to the integration of science, medicine, religion, technology, culture and education working together towards a common goal of a more health conscious population.

EDUCATION

- Degree in Medicine from University of the West Indies, Mona(1970) MB.BS
- Diploma in Public Health University of the West Indies, Mona(1979) DPH
- Participation in the Diploma in Psychaitry course (1971-1972)
- Participation in the Diploma in Paediatrics course (1973).
- Two week course in the Virgin Islands, sponsored by United Nations Counsel on Drug Abuse Prevention Regional (1998)
- One week conferences on Drug Abuse in Curacoa and Trinidad and Tobago. (1998) Ten week World Health Organisation, sponsored course in Planning and Management of Health services in Developing countries at the University of Zagreb, in Zagreb Yugosalvia. (2000)
- One week course in Integrative Medicine for Doctors and Health managers at the University of Arizona, Integrative (2003).
- A five day course in Complementary and Alternative Medicine for Scientists, Health Service Administrators and Doctors at Harvard University(2005).
- Kept abreast of research in medicine, Wellness and Alternative Medicine, through personal study and attendance at relevant local seminars and workshops.
- Tracked the development of the body of knowledge that serves as scientific evidence for what has come to be known as Mind/Body Medicine.

POSITIONS HELD

September 2009-

Lecturer and Coordinator, Wellness Studies in the School of Allied Health and Wellness of the College of Health Sciences, University of Technology, Jamaica.

August 2013

Director Mind Body Medicine, Jamica Limited,

An Integrative Medicine Private Practice

August 2012-2013

Programme Director Master of Science Complementary and Alternative Medicine, University of Technology, JAMAICA

2009-2012

Coordinator, Wellness Studies, College of Health Sciences, University of Technology, JAMAICA

1981-2009

Private General Practice including: Counselling, Integrative Medicine and Mind Body Medicine, Corporate Screening and wellness coaching.

2006-2009

- Private General Practitioner, Wellness Coach and Consultant Counsellor at Mind/Body Medicine, Eden Gardens, Lady Musgrave Rd.

2001-2006

- Co- Director of Health for All Jamaica Ltd. At Seymour Park (A Modern Comprehensive, Integrated, Community-based Health Facility)

1982-1998

- A Director of Dunrobin Medical Complex-
A Community Based General Medical Practice
- Co-ordinator of the Health and Medical Measures
Component of the National Counsel on Drug Abuse's
Internationally acclaimed Integrative Demand Reduction
Programme (IDER project).

1975-1982

- Ministry of Health as Medical Office in charge at Glen
Vincent Clinic with a paediatric clientele, maternal and child
Health clinics and pioneering the Government Policy on
community and worker participation.
 - Medical Officer of Health in KSA and St Thomas
 - Medical Officer of Health in St Catherine.
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1973-1975

General Medical Practice in Franklin Town, St. Thomas and St Joseph's Hospital

1971-1973

- University Hospital of the West Indies
as Resident in psychiatry and Senior Resident in casualty
- Locum weekend practice in Buff Bay, Portland

1970-1971

- Internship at the Kingston Public Hospital with the late Dr Henry Shaw and Dr John Hall, Bustamante Hospital under the late William Dennis and National Chest Hospital under Dr. Muriel Lowe.

Special Projects**1973-1976**

Pioneered the primary, secondary and tertiary paediatric services at Glen Vincent Polyclinic and initiated worker participation and community participation programmes.

1976-1979

While serving as Medical Officer of Health in KSA, St Thomas:

Management of Health Centres including supervision, orientation and inservice training of health centre Doctors in Kingston and St Andrew.

Co-ordination of the programme for the removal of the mentally ill from the streets of Kingston and St Andrew.

Communicable disease surveillance in Kingston and St Andrew

Design and co-ordination of successful gastroenteritis prevention programme in Kingston and St Andrew.

Management of typhoid outbreak at Bellevue Hospital and Measles and dengue epidemic in Kingston and St. Andrew.

Management of hurricane disaster response in St Thomas

EDUCATION: **Tertiary:** University of The West Indies Mona

Secondary: St Hilda's Diocesan High School and St Andrew High School for Girls.

Scholarships

1957

Jamaica Government Scholarship to St Hilda's High School for Girls

1964

Jamaica Government Scholarship for Medicine to the University of the West Indies.

Authorship

Diploma thesis "Future Role of Doctors in the Delivery of Health Care in Jamaica."

Incomplete: "An Integrative Approach to Health Care". "A Pill and a Prayer'-the role of spirituality in health.; "A Notebook of Complementary and Alternative Medicine."

OTHER
INTERESTS

Ordained Minister of Religion at the Temple of Light, member of the International Centres for Spiritual Living.

Choral and Classical Singing, Motivational Speaking and community empowerment activities, organising workshops, seminars, conferences. Health fair planning and coordination, Chronic Disease prevention, Human Resource Mobilisation.

FAMILY

Married 45, years. Three Daughters, One grandchild

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