



Dr. Ruth Westheimer

Behavioral Therapist, Sexpert and Alzheimer's Caregiving Authority

Dr. Ruth Westheimer is a psychosexual therapist who helped pioneer the field of media psychology with her radio program, "Sexually Speaking." She now captains a multimedia network to distribute her expertise, utilizing television, books, newspapers, and the Internet.

Born in Germany in 1928, Dr. Westheimer was sent to a school in Switzerland at the age of ten, which became an orphanage for German Jewish students trying to escape the Holocaust. At 17 she went to Israel where she fought for the country's independence as a member of the Haganah, the Jewish freedom fighters. She immigrated to the US in 1956 where she obtained her master's in sociology and a doctorate in education in the interdisciplinary study of the family.

It was her work with Planned Parenthood that prompted her to further her education in human sexuality. She has taught at Lehman College, Brooklyn College, Adelphi University, Columbia University, West Point, and NYU. A fellow of the New York Academy of Medicine, Dr. Westheimer leads regular seminars for residents and interns in pediatrics on adolescent sexuality at Brookdale Hospital.

With her unique style, Dr. Westheimer has communicated through almost every avenue available to spread what she has labeled "sexual literacy." For years, she has had programs on Lifetime, from the early *The Dr. Ruth Show* to her recent *You're On the Air with Dr. Ruth*. She also reaches a younger audience, teaching puppets how to read long words on the PBS series, *Between the Lions*. In 2007, she began regularly contributing to Retirement Living TV and also had a show on MTV U, a station that is broadcast to 750 college campuses.

A presence across media channels, Dr. Westheimer circles the globe with her column, "Ask Dr. Ruth"; is the author of over 30 books; and has a board game, *Dr. Ruth's Game of Good Sex*, which has also been released in a multimedia version. Her latest book, *Dr. Ruth's Guide for the Alzheimer's Caregiver: How to Care for Your Loved One without Getting Overwhelmed . . . and without Doing It All Yourself*, focuses on balancing the full-time needs of a dependent adult and the caregiver's own physical and mental health.

She is currently serving as the Honorary President of the Council on Sexuality and Aging at the National Sexuality Resource Center. The recipient of several awards, Dr. Westheimer was honored by The National Mother's Day Committee as "Mother of the Year," received a Liberty Medal from the City of New York, and was the recipient of the Israel Cultural Award from Israel Bonds. *People* magazine included her in their list of "The Most Intriguing People of the Century."



American Program Bureau, Inc.
A Global Speaker, Celebrity & Entertainment Agency

In May of 2000 she received an honorary doctorate from Hebrew Union College - Institute of Religion for her work in human sexuality and her commitment to the Jewish people, Israel, and religion.

Topics:

- Sexually Speaking: An Evening with Dr. Ruth
- Alzheimer's Caregiving: Caring for Your Loved One without Getting Overwhelmed.