



## Dr. Ruth K. Westheimer

Dr. Ruth Westheimer is a psychosexual therapist who helped to pioneer the field of media psychology with her radio program, *Sexually Speaking*. Soon it became part of a communications network to distribute Dr. Westheimer's expertise that included television, books, newspapers, games, home video, computer software 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 most of the German Jewish students who had been sent there to escape the Holocaust. At 16 she went to Israel where she fought for that country's independence as a member of the Haganah, the Jewish freedom fighters. She then moved to Paris where she studied at the Sorbonne and taught kindergarten. She immigrated to the U.S. in 1956 where she obtained her Masters Degree in Sociology from the Graduate Faculty of the New School of Social Research. In 1970, she received a Doctorate of Education (Ed.D.) in the Interdisciplinary Study of the Family from Columbia University Teacher's College.

She worked for Planned Parenthood for a time and it was that experience that prompted her to further her education in human sexuality by studying under Dr. Helen Singer Kaplan at New York Hospital-Cornell University Medical Center. She later participated in the program for five years as an Adjunct Associate Professor. She is currently an Adjunct Professor at N.Y.U. and is a fellow of both Calhoun College at Yale and Butler College at Princeton, teaching seminars in the spring terms at both universities.

She is a fellow of the New York Academy of Medicine and has her own private practice in New York. She frequently lectures at universities across the country and has twice been named "College Lecturer of the Year."

She is the author of 36 books, the newest of which is *Shifting Sands: Bedouin Women at the Crossroads* (Lantern Books). Other recent books include *Dr. Ruth's Top 10 Secrets for Great Sex* (Jossey-Bass), *Dr. Ruth's Sex After 50: Revving Up the Romance, Passion & Excitement* (Quill Driver Books.), *Musically Speaking: A Life Through Song* (Univ of Pennsylvania Press) and the 3<sup>rd</sup> edition of *Sex For Dummies* (Wiley).

She has received honorary doctorates from Hebrew Union College - Institute of Religion for her work in Human Sexuality and her commitment to the Jewish People, Israel and Religion and from CUNY's Lehman College. She answers questions on her own website, [www.drruth.com](http://www.drruth.com) and has a syndicated newspaper column. The National Mother's Day Committee has honored Dr. Ruth as "Mother Of The Year" and she received a Liberty Medal from the City of New York. She has been nominated for an Ace Award by the cable industry on five occasions and her program, *The All New Dr. Ruth Show* won an Ace Award in 1988 for excellence in cable television. *What's Up, Dr. Ruth* was awarded the Gold Medal from the International Film and TV Festival for excellence in educational television. People Magazine included her in their list of the Most Intriguing People of the Century. She is a member of the board of The Museum of Jewish Heritage and the YMHA of Washington Heights and Inwood. Dr. Westheimer has two children, four grandchildren and resides in New York City.