



Leslie
DR. LESLIE KORN

Leslie Korn's Biography

Leslie Korn, PhD, MPH, began her training in the jungle of Mexico over 45 years ago and completed her training in the jungle of Harvard Medical School. She is an Integrative Medicine clinician, scientist, educator, and author specializing in the intersection of trauma, cognition, and chronic physical illness. She has been in clinical practice for over 40 years.

She is a licensed psychotherapist, certified in Functional Nutrition, board-certified in both Polarity therapy and Bodywork and Massage therapy, and is a national board-approved clinical supervisor. She has a private practice where she works with clients to improve mental health and reduce or eliminate medications using natural medicines. She also mentors clinicians who want to enter the field and provides supervision for clinicians in the field.

She has a PhD. in Behavioral Medicine from the Union Institute and University, an MPH from Harvard School of Public Health, where she trained in nutrition, and a MA in cross-cultural health psychology from Lesley University. She completed a Clinical Fellowship in the Department of Psychiatry at Harvard Medical School where she introduced somatic therapies for mental health and later was appointed clinical supervisor. She completed clinical internships in psychogeriatrics at Boston University Medical Center and at the Massachusetts General Hospital Trauma Clinic.

She was a Fulbright research scholar in Traditional Medicine of Mexico and an NIH-funded scientist in Mind-Body Medicine. She has been on the core faculty of The New England School of Acupuncture, The National College of Naturopathic Medicine, California Institute of Integral Studies, and Capella University. She is director of research at the Center for World Indigenous Studies, a non-profit American Indian organization focusing on social justice and consultation to indigenous communities on revitalization strategies using traditional medicine, herbal and culinary practices.

Leslie is the author of 9 books including Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection (Norton, 2016), Rhythms of Recovery: Trauma, Nature and the Body (Routledge, 2012), the bi-lingual, Medicinal Plants of the Jungle, The Good Mood Kitchen (Norton 2017) and Natural Woman (Shambhala 2019). Leslie is a former competitive athlete, a practicing herbalist who loves to cook and work with her canine assistants in her clinical practice.

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