The American Institute of Stress 220 Adams Drive Suite 280 - #224 Weatherford, TX 76086 USA stress.org



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About The American Institute of Stress

- The American Institute of Stress (AIS) was established in 1978 at the request of Professor Hans Selye, the father of the stress theory in medicine. It acts as a hub for information on evidence-based stress-related topics. Its founders, including notable figures like Paul Rosch, MD, Linus Pauling, MD, Alvin Toffler, Bob Hope, Michael DeBakey, MD, Herbert Benson, MD, and other distinguished physicians, healthcare experts, celebrities and stress management enthusiasts, dedicated the Institute to explore how stress impacts our health and well-being. They saw the need to counteract misleading claims about stress management by providing reliable research and education. The Institute's first meeting, held in Tarrytown, New York, gathered influential individuals to formally establish it as a nonprofit organization. Over the years, distinguished authors and lecturers Dr. Paul Rosch and Dr. Daniel Kirsch have led the Institute's mission to address the growing concerns around stress and its effects on individuals, corporations, educational institutions, and society.
- The mission of AIS is to improve the community's health through education about how we naturally respond to internal and external stressors, and how to manage our stressors rather than allowing them to manage us. Our desired outcome is to master our stress in ways that lead to more peaceful, productive, and happier lives by providing evidence-based resources and tools that prevent disease and improve mental wellness.
- AIS Leadership
 - Board Chair Tracey B. Kirsch
 - o President Daniel L. Kirsch, PhD, DAAPM, FAIS
 - Executive Director and Finding Contentment Podcast Host William C. Heckman, MS, DAIS
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 - o Combat Stress Magazine Editor Kathy Platoni, PsyD, COL (RET), US Army
 - o Contentment Magazine, Editor Jeff Jernigan, PhD, LPC, BCPPC, FAIS
- Our Board of Directors, Advisory Board, Fellows, Diplomates and Members include individuals with expertise in a wide range of stress management specialties. Many are available for lectures, consultation or to serve as expert witnesses in workers' compensation and other litigation.
- The AIS Media and Speakers Bureau offers a service connecting our credentialled healthcare
 professional members with corporations and media outlets across the United States. Our diverse pool
 of AIS Fellows and Diplomates, representing various clinical specialties, is available to deliver engaging
 talks at conferences, corporate meetings and other events covering a broad spectrum of stress-related
 subjects. While our speakers will sometimes volunteer their time and expertise, an honorarium might be
 requested along with any expenses incurred. We deeply appreciate any donations that can support the
 ongoing efforts of our Media and Speakers Bureau.
- AIS does not provide any clinical services nor are we able to respond to requests for assistance with personal problems other than to suggest resources that may be helpful when appropriate.