

**Britta Zimmer, ND**



Highly skilled Medical Director with success in leading interdisciplinary teams and providing integrative medical care in a residential treatment center setting. Proficient in management, organization development, and delivering comprehensive healthcare services to adolescents and young adults with behavioral health issues.

**Professional Work Experience**

November 2011 - PRESENT

**Pacific Quest, Hilo, HI – Medical Director**

- Designed and developed integrative medical programs for adolescents and young adults.
- Supervise MDs, RNs, NDs and CNAs in direct patient care
- Developed integrative psychiatry program in a collaborative model of care

February 2008 - November 2011

**Pacific Quest, Hilo, HI– Program Physician**

- Direct patient care
- Maintained medical department operations and procedures

April 2007 - November 2011

**East Side Naturopathic Medicine, Hilo, HI – Chief Medical Officer/Owner**

- Owner of a private practice
- General Family Practice clinic
- Primary Care Medicine

January 2006 - June 2009

**Good Elements, Boca Raton, FL – Formulation Scientist/Medical Director**

- Product development for nutritional supplement company
- Product formulation
- Supervised marketing and quality assurance for supplement sales

August 1996 - June 1998

**JET Program ( Japanese Exchange and Teaching Program) Fukuoka, Japan – English Teacher**

- Jonan High School, taught 10th and 11th grade English Language to Japanese High School Students

## Advanced Training Experience

August 2004 - September 2006

**NABNE, The North American Board of Naturopathic Examiners, Portland, OR** – *Board Examination Developer*

- Developed questions for the Naturopathic Medical Board of Examiners
- Assisted in the grading of NABNE's annual board examinations

August 2005 - July 2006

**National College of Naturopathic Medicine, Portland, OR** – *Adjunct Faculty*

- Supervised teaching clinic shifts in Natural Health Center's student clinic
- Substitute clinic supervisor for third and fourth year medical students

August 2004 - July 2005

**Primary Care Residency- Outside In Clinic, Portland, OR** – *Clinic Resident Physician*

- Residency at Outside In Clinic, a Federally Qualified Health Center
- Supervised student clinician shifts
- Provided direct patient care

## Education

August 2000 - June 2004

**National College of Naturopathic Medicine, Portland, OR** – *Doctorate of Naturopathic Medicine*

September 1999 - May 2000

**Berkeley City College, Berkeley, CA** – *Completed Pre-Medicine course work*

August 1992 - May 1996

**University of Virginia** – *Bachelor of Arts, International Relations*

## Presentations

- Zimmer, Britta. *"Neurodiverse and Distracted: Undiagnosed ASD, NVLD, and ADHD Collide"* 2023 Hawaii Society of Naturopathic Physicians DocTalks. Lihue, HI. 14 January 2023.
- Zimmer, Britta. *"Anxious, Obsessed, and Medicated: What to Do"* 2023 Hawaii Society of Naturopathic Physicians DocTalks. Lihue, HI. 13 January 2023.
- Zimmer, Britta. *"Anti-Inflam Your Mind, Body and Soul."* 2020 National Association of Therapeutic Schools and Programs. Palms Springs, CA. 7 February 2020.
- Zimmer, Britta. *"Polypharma! Ted Talk Part One"* 2019 Hawaii Society of Naturopathic Physicians DocTalks. Kona, HI. 25 February 2019.
- Zimmer, Britta. *"Polypharma! Ted Talk Part Two"* 2019 Hawaii Society of Naturopathic Physicians DocTalks. Kona, HI. 26 February 2019.
- Zimmer, Britta. *"Integrative Psychiatry: The Best of Both Worlds. Integrative Medicine's Role in the Therapeutic Setting"* 2018 Independent Educational Consultants Association. Los Angeles, CA. 8 November 2018.
- Zimmer, Britta. *"The Gut Brain Connection- Neuropsychologist and ND Perspectives."* 2018 National Association of Therapeutic Schools and Programs. Tampa, Florida. 1 February 2018.
- Zimmer, Britta. *"Health from the Inside Out: Strength-Based Treatment Approaches for Body Image, Self-Concept, and Wellness in Young People."* 2017 Independent Educational Consultants Association. Washington, D.C. 17 November 2017.
- Zimmer, Britta. *"The Gut Brain Connection- Neuropsychologist and ND Perspectives."* 2016 Independent Educational Consultants Association. New Orleans, LA. 3 November 2016.
- Zimmer, Britta. *"Integrating the Clinical Treatment of Mental Health Disorders-Separate Yet Connected."* 2016 American Association of Naturopathic Physicians. Salt Lake City, UT. 18 July 2016.
- Zimmer, Britta. *"The PQ Pillars of Health & Wellness Tool Kit."* 2013 Independent Educational Consultants Association. Chicago, IL 12 April 2013.

- Zimmer, Britta. "*Wilderness Therapy: An Integrated Management Approach to Adolescent Mental Health.*" 2012 American Association of Naturopathic Physicians. Seattle, WA. 17 August 2012.
- Zimmer, Britta. "*An Integrative Approach to the Management of Common Mental Health Diagnoses.*" 2012 Hawaii Society of Naturopathic Physicians Honolulu, HI. 8 September 2012.
- Zimmer, Britta. "*Optimizing Mental Health: A Naturopathic Medical Approach in a Therapeutic Base Camp Environment.*" 2011 Independent Educational Consultants Association. Philadelphia, PA. 5 May 2011.

### **Professional Affiliations/ Board Positions**

- Hawaii Society of Naturopathic Physicians (HSNP) 2007- Present
- American Association of Naturopathic Physicians (AANP) 2003-2021
- Oregon Association of Naturopathic Physicians (OANP) 2003-2008
- Hawaii Island Community Health Centers (HICHC) - *Board Member.* May 2019 to Present
- Hilo Yacht Club- *Commodore/ Board Chair.* February 2020 to February 2021
- Hilo Yacht Club- *Board Member.* October 2016 to Jan 2024