

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