

Kenneth Ginsburg, M.D., M.S. Ed., FAAP.

Dr. Ginsburg is an associate professor whose general adolescent medicine practice often addresses adolescent behavioral issues. He practices social adolescent medicine -- medicine with special attention to prevention and the recognition that social context and stressors impact upon both physical and emotional health. The theme that ties together his clinical practice, teaching, research and advocacy efforts is that of building on the strength of teenagers by fostering their internal resilience.

Dr. Ginsburg is the medical director for Covenant House, Pennsylvania, a care system that serves homeless, street and marginalized youth in Philadelphia. While the shelter-based clinic serves all of the health needs of its patients, it focuses on stress as the underlying force that drives most behaviors that risk good health.

He developed the teen-centered method, which is a mixed qualitative/quantitative methodology that helps youth to generate, prioritize and explain their own proposed solutions to social problems and to teach clinicians how to better serve them. He has more than 80 publications, including 20 original research articles, clinical practice articles and chapters, three books, and video/DVD productions.

Dr. Ginsburg lectures widely to national and international parent and professionals audiences. His first book, "But I'm Almost Thirteen: An Action Plan to Raise a Responsible Adolescent," focused on parent-child communication. The American Academy of Pediatrics published two of his books, "A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings," and "Less Stress, More Success," which focuses on getting into college while remaining socially and emotionally balanced. The Academy also offers his stress reduction plan for teenagers in pamphlets in doctors' offices around the nation as well as on the interactive Web site, www.aap.org/stress where teenagers can design and retrieve a personalized stress management tool. Military health professionals, counselors, and teachers use the stress reduction and resilience building strategy to serve 2 million military children as they cope with their parents' deployment.

