



## CADAT / CDAА Joint Annual Conference April 10 – 11, 2026



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### **Course: *Wellness – Better Health, Better Care***

#### **Course Description:**

Wellness is an active process of becoming aware of and making choices toward a more successful existence. Establishing a wellness program for yourself and your practice can have lasting, profound results. A healthy, fit and engaged dental team brimming with energy and enthusiasm can provide great care for their patients and act as role models for healthy behavior. This program will examine the health and wellness trends of Americans and explore possible corrective strategies designed to enhance the well-being of all. Particular emphasis will be placed on a step-by-step approach to set, modify, monitor and achieve reasonable changes to one's current level of overall wellness and physical activity. Additionally, all participants will learn ways to promote wellness and physical health of all they encounter on a daily basis.

#### **Course Objectives:**

1. Learn how to build and retain a thriving team.
2. Assess their own personal wellness.
3. Expand their understanding of the link between systemic health and oral health.
4. Develop personal strategies to modify current behaviors towards a healthier existence.
5. Understand the key components of living well.
6. Learn how to motivate others to initiate changes designed to create wellness.
7. Develop strategies to promote systemic health by emphasizing known links to oral health.

#### **Speaker Bio**

Dr. Geissberger is a former Professor and Chair of the Department of Reconstructive Dental Science at the University of the Pacific. He also has a private practice in Greenbrae, Ca.

#### **Education**

Behavior Change Specialist (BCS), National Academy of Sports Medicine, June, 2015.  
Major: Nutrition

Fitness Nutrition Specialist (FNS), National Academy of Sports Medicine, June, 2013.  
Major: Nutrition



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Certified Personal Trainer (CPT), National Academy of Sports Medicine, 2009.  
Major: Exercise Physiology

Master of Arts (MA), University of the Pacific, 1994.  
Major: Educational Psychology

Doctor of Dental Surgery (DDS), University of the Pacific, 1991.  
Major: Dentistry

BS, St. Mary's College of California, 1988.  
Major: Bachelors of Science in Biology

## Professional Positions

### Academic

#### Academic

Adjunct Clinical Professor, Department of Preventive and Restorative Dentistry, University of the Pacific. (February 28, 2018 – February 27, 2021).

Professor, Department of Preventive and Restorative Dentistry, University of the Pacific. (March 1, 2017 – February 28, 2018).

Professor, Department of Integrated Reconstructive Dental Sciences, University of the Pacific. (December 31, 2011 – February 29, 2017).

Professor, Department of Restorative, University of the Pacific. (September 1, 2010 – December 31, 2011).

Associate Professor, Department of Restorative Dentistry, University of the Pacific, School of Dentistry. (January 1, 2004 - August 31, 2010).

Assistant Professor, Department of Fixed Prosthodontics, University of the Pacific, School of Dentistry. (September 1, 1996 - December 31, 2003).

Clinical Instructor (Part Time), Joint Appointment, Departments of Operative Dentistry, Fixed Prosthodontics, and Oral Diagnosis and Treatment Planning, University of the Pacific, School of Dentistry. (July 15, 1991 - August 31, 1996).

#### Administrative

Chairman, Department of Integrated Reconstructive Dental Sciences, University of the Pacific, School of Dentistry. (January 6, 2012 – July 18, 2016).

Chairman, Department of Restorative Dentistry, University of the Pacific, School of Dentistry. (March 1, 2005 – January 5, 2012).

Course Director, Fundamentals of Restorative Dentistry, Department of Restorative Dentistry, University of the Pacific School of Dentistry. (July 1994 – September 1998 and July 2005 - Present).

Course Director, Preclinical Fixed Prosthodontics, Department of Restorative Dentistry, University of the Pacific School of Dentistry. (1995 - 2005).



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Co-Chairman, Department of Restorative Dentistry, University of the Pacific, School of Dentistry. (September 1, 2001 - February 28, 2005).

Acting Co-Chairman, Department of Restorative Dentistry, University of the Pacific, School of Dentistry. (May 15, 2000 - August 31, 2001).

Course Director, Dental Anatomy, Department of Fixed Prosthodontics, University of the Pacific School of Dentistry. (July 1994 – March 1999).

### **Practice History**

General Dental Practice, Geissberger D.D.S. (August 1991 - Present).

### **Licensures and Certifications**

Behavior Change Specialist (BCS), National Academy of Sports Medicine, (June 2015 – Present).

Fitness Nutrition Specialist (FNS), National Academy of Sports Medicine, (June 2013 – Present).

Certified Personal Trainer, National Academy of Sports Medicine. (August 2009 - Present).

Dentist, California. (August 1991 - Present).

### **Leadership Positions – Professional Organizations**

Deputy Grand Master, Delta Sigma Delta Dental Fraternity, Nu Nu Chapter, University of the Pacific, School of Dentistry. (July 2005 – Present)

Board Member, University Council, American Academy of Cosmetic Dentistry. (November 2002 - Present).

University Representative, Council of Faculties, American Dental Education Association. (July 2009 - June 2012).

Immediate Past President, Supreme Chapter, Omicron Kappa Upsilon National Honor Society. (March 2007 - March 2008).

President, Omicron Kappa, Supreme Chapter, Upsilon National Honor Society. (March 2006 - March 2007).

President-Elect, Omicron Kappa, Supreme Chapter, Upsilon National Honor Society. (March 2005 - March 2006).

President, Omicron Kappa Upsilon, University of the Pacific, Arthur A. Dugoni School of Dentistry. (2004 - 2005).

Vice-President, Omicron Kappa Upsilon, University of the Pacific, Arthur A. Dugoni School of Dentistry. (2003 - 2004).

Treasurer, Alumni Association, University of the Pacific, Arthur A. Dugoni School of Dentistry. (March 2003 – March 2011).



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Chair, American Dental Education Association, Section on Dental Anatomy and Occlusion.  
(March 2003 - March 2004).

President, Alumni Association, University of the Pacific, Arthur A. Dugoni School of Dentistry.  
(March 2002 – March 2003).

Chair-Elect, American Dental Education Association, Section on Dental Anatomy and Occlusion.  
(March 2002 – March 2003).

Secretary, American Dental Education Association, Section on Dental Anatomy and Occlusion.  
(March 2001 – March 2002).

President-Elect, Alumni Association, University of the Pacific, Arthur A. Dugoni School of  
Dentistry. (March 2001 – March 2002).

Director, Aesthetic Clinic, Department of Restorative Dentistry, University of the Pacific, School of  
Dentistry. (July 2000 – June 2002).

Board of Directors, Alumni Association, University of the Pacific Arthur A. Dugoni School of  
Dentistry. (March 1997 – March 2001).

### **Professional Memberships and Honor Societies**

Fellowship, International Academy for Dental Facial Esthetics. (November 2016 - Present)

Catapult Education. (September 2009 – Present)

Fellowship, International College of Dentists. (October 16, 2006 - Present).

Fellow, American College of Dentists. (September 2004 - Present).

Fellowship, Pierre Fauchard Academy. (September 2004 - Present).

American Academy of Cosmetic Dentistry. (January 1999 - Present).

Marin County Dental Society. (August 1991 - Present).

American Dental Association. (August 1988 - Present).

California Dental Association. (August 1988 - Present).

American Student Dental Association. (August 1988 - June 1991).

### **Awards and Honors**

Outstanding Service Award, American Academy of Cosmetic Dentistry. (May 10, 2008).

Certificate of Recognition, ADA Professional Product Review. (May 2007).

Fellowship, International Academy for Dental Facial Esthetics. (November 28, 2016)

Fellowship, International College of Dentists. (October 1, 2006).



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Fellowship, American College of Dentists. (September 1, 2004).

Fellowship, Pierre Fauchard Academy. (September 1, 2004).

Associated Student Body Award, DDS Class of 2002. (June 1, 2002).

Gold Metal "Most Aesthetic Reproduction of Anterior Anatomic Form, Key Educator's Conference, Ultradent, South Jordan, Utah. (April 1, 2002).

Faculty of the Month, DDS Class of 2004. (January 1, 2002).

Lucien Szymd Memorial Award for Excellence in Clinical Instruction and Commitment to Student Education, UOP School of Dentistry. (June 1, 2001).

Certificate of Appreciation for Outstanding Guidance Class of 2002, UOP School of Dentistry. (February 1, 2001).

Gold Medal- Most Aesthetic Reproduction of Anterior Anatomic Form, Key Educator's Conference, Ultradent, South Jordan, Utah. (April 1, 2000).

Pierre Fauchard Academy Faculty Recognition Award, Pierre Fauchard Academy. (September 1, 1997).

Student Inductee, Omicron Kappa Upsilon, National Honor Society. (May 1, 1991).

Delta Dental Student Leadership Award, Delta Dental Plan of California. (April 1, 1991).

Pierre Fauchard Award, "Excellence in Student Leadership", Pierre Fauchard Academy. (March 1, 1991).

Student Inductee, Tao Kappa Omega Honor Society, University of the Pacific, School of Dentistry. (May 1, 1990).

### **Consulting**

Professional, American Dental Association - Professional Product Review, Chicago, Illinois. (May 2007 - Present).

Professional, California Dental Association - Advisory Panel, Sacramento, California. (January 2006 - Present).

Professional, Dental Team Concepts - Catapult - Advisory Panel, Chicago, Illinois. (July 2008 - Present).

Private, Ultradent Dental Manufacturing Company, Provo, Utah. (November 2009 - Present).

Private, Triodent, Auckland, New Zealand. (November 2010 - Present).

Private, 3M Dental Manufacturing Company, St. Paul, Minnesota. (July 2012 - Present).

Private, Kerr Dental Manufacturing Company, Orange California. (July 2008 - Present).