



## Fast Facts

- American Institute of Stress (AIS) is a non-profit organization established in 1978 at the request of Hans Selye to serve as a clearinghouse for information on all stress related subjects. AIS is the source for all science-based stress management information. Founding members included Paul Rosch, Linus Pauling, Alvin Toffler, Bob Hope, Michael DeBakey, Herbert Benson, Ray Rosenman and other prominent physicians, health professionals and lay individuals interested in exploring the multitudinous and varied effects of stress on our health and quality of life.
- The mission of AIS is to improve the health of the community and the world by setting the standard of excellence of stress management in education, research, clinical care and the workplace. Diverse and inclusive, The American Institute of Stress educates medical practitioners, scientists, health care professionals and the public; conducts research; and provides information, training and techniques to prevent human illness related to stress.
- The Chairman of the Board of Directors and former President is Paul J. Rosch, M.D., F.A.C.S.
- The President is Daniel L. Kirsch, PhD, DAAPM, FAIS
- Our Board of Directors, Advisory Board and Fellows 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, FELA and other litigation.
- The American Institute of Stress Speakers Bureau is a free service provided for our health care colleagues, corporate partners and media outlets throughout the United States. Many AIS Fellows across numerous clinical specialties are available to speak at Conferences, Special Workshops, Training Sessions, In-services and other forums on wide range of stress topics.