CURRICULUM VITAE ~ LIV den Herder

EXPERIENCE

2026 ongoing	Organizing events related to '*nature-inclusive*' Living as part of 'reweaving Humanity back into Nature'
2023 ongoing	Lifestyle doctor & MBraining and transformation coach; one-on-one / group guiding with psychedelics (psilocybin)
2022 ongoing	Participant in multiple psychedelic ceremonies as part of Self-development
2018 – 2023	Clinical pathologist Treant Zorggroep
2018 – 2021	Medical manager Treant Zorggroep
2018 – 2021	Member of the board 'cooperation Pathologie Noord'
2008 – 2017	Freelance hairtransplantation surgeon [several cosmetic clinics]
2009 - 2011	Flebologist Erasmus Medical Centre & Albert Schweitzer Hospital Zwijndrecht
2009 - 2010	CEO and owner Crowne HairSurgery

TRAINING

2023	Mbit / MBraining, Response Institute Roermond
2023	Quantum Healing Hypnosis Therapy [QHHT] ~ Dolores & Julia Cannon
2021	Hypnotherapy ~ Hypnoworld
2013 - 2018	Clinical Pathology ~ Academic Medical Hospital Groningen
2009 - 2010	Flebology ~ Erasmus Medical Centre & Albert Schweitzer Hospital Zwijndrecht
2008 - 2009	Hair Surgery [intern Hair Plus/extern private clinic Barcelona]
2003 - 2008	ENT surgery Academic Medical Centre & St. Lucas Andreas Hospital Amsterdam PhD program 'sleep apnea'
1997 - 2003	Medical training, University of Groningen
1996 - 1997	Biology, University of Groningen
1995 - 1996	Biomedical chemistry, Deventer

COURSES

2022 Self compassion for doctors ~ 'Mind You'

2022 Selfcare for Healthcare The four winds Society ~ Alberto Villoldo : Shamanic Dreaming

2022 Applied nutricial health care congress Houten : "under your own power, nutrition and motivation"

PUBLICATIONS

Kidney involvement in systemic calcitonine amyloidosis associated with medullary thyroid carcinoma. Koopman T, Niedlich – den Herder C, Stegeman CA, Links TP, Hazenberg BPC, Diepstra A. Am J Kidney Dis. 2017 Apr;69(4):546-549. doi: 10.1053/j.ajkd.2016.09.027. Epub 2016 Dec 23.

Open rhinoplasty in children. Dennis SC, den Herder C, Shandilya M, Nolst Trenité GJ. Facial Plast Surg. 2007 Nov;23(4): 259-266.

Paediatric Rhinoplasty surgery in an Academic setting. Shandilya M, den Herder C, Dennis SC, Nolst Trenité GJ. Facial Plast Surg. 2007 Nov;23(4): 245-257.

Geïsoleerde laryngeale sarcoïdose. Ketharanathan N, den Herder C, Veenstra J, de Vries N. Ned Tijdschr KNO Heelk Jan 2006 ; 12(1) : 23-25.

Bipolar radiofrequency induced thermotherapy of the tongue base: Its complications, acceptance and effectiveness under local anesthesia. Den Herder C, Kox D, van Tinteren H, de Vries N. Eur Arch Otorhinolaryngol. 2006 Nov ; 263(11): 1031-40. Epub 2006 Jul 22.

One stage multilevel surgery (uvulopalatopharyngoplasty, hyoid suspension, radiofrequent ablation of the tongue base with/without genioglossus advancement), in obstructive sleep apnea syndrome
Richard W, Kox D, den Herder C, van Tinteren H, de Vries N. Eur Arch Otorhinolaryngol. 2007 Apr ; 264(4) : 439-44. Epub 2006 Oct 25.

Acceptance and long-term compliance of nCPAP in obstructive sleep apnea. Richard W, Venker J, den Herder C, Kox D, van den Berg B, Laman M, van Tinteren H, de Vries N. Eur Arch Otorhinolaryngol. 2007 Sep ; 264(9):1081-6. Epub 2007 Apr 19.

The role of sleep position in obstructive sleep apnea syndrome. Richard W, Kox D, den Herder C, Laman M, van Tinteren H, de Vries N. Eur Arch Otorhinolaryngol. 2006 Oct ; 263(10) : 946-50. Epub 2006 Jun 27.

Obstructive sleep apnoea and general anesthesia – " a potentially dangerous combination". Den Herder C, Appelboom DJ, de Vries N.
(Just in time module) BMJ. 24 March 2006; Review the essentials on everyday conditions.
http://learning.bmj.com/learning/searchresult.html?moduleId=5003259 Hyoidothyroidopexy as a surgical treatment for obstructive sleep

apnoea syndrome. Den Herder C, van Tinteren H, de Vries N. Ned Tijdschr Geneeskd. 2006 Jan 28 ; 150(4) : 198-203.

Response: Sleep Endoscopy Versus Modified Mallampati Score for OSA and Snoring. Letters to the Editor Den Herder C. Laryngoscope. 2005 Nov ; 115(11):2073-2074.

Response to Chisholm and Kotecha. Den Herder C, Hessel NS, de Vries N. Clinical Otolaryngology. 2005. Oct 30 ; 5: 485.

Surgical treatment of obstructive sleep-apnoea syndrome. Richard W, den Herder C, de Vries N. Ned Tijdschr Geneeskd. 2005 May 28 ; 149(22): 1193-6.

Hyoidthyroidpexia: a surgical treatment for sleep apnea syndrome. Den Herder C, van Tinteren H, de Vries N. Laryngoscope 2005 Apr ; 115 (4) : 740-745.

Sleep endoscopy versus modified Mallampati score in sleep apnea and snoring. Den Herder C, van Tinteren H, de Vries N. Laryngoscope. 2005 Apr ;115 (4) : 735-739.

Risks of general anesthesia in people with obstructive sleep apnoea Den Herder C, Schmeck J, Appelboom DJ, de Vries N. BMJ. 2004 Oct 23 ; 329 (7472) : 955-95

Treatment of the obstructive sleep-apnea syndrome in adults. De Vries N, den Herder C, Hessel NS. Ned Tijdschr Geneeskd. 2004 Jan 31 ; 148(5) : 250-1; author reply 251.

Hyoidthyroidpexie, een nieuwe behandeling voor obstructief slaapapneusyndroom. Den Herder C, Hessel NS, de Vries N. Ned Tijdschr KNO Heelk Jan 2004 (10 ;) 1 : 25-29.

Anesthesiologische aspecten bij obstructief slaapapneusyndroom Den Herder, C, Elias BS, Appelboom DJ, de Vries N. Ned Tijdschr KNO Heelk Jan 2004 (10) ; 1 : 7-11.

CHAPTERS IN MEDICAL BOOKS

Sleep Apnea and Snoring. Surgical and non-surgical treatment.
Eds. Dr. M. Friedman. Elsevier, Chicago 2009.
Analysis of NCPAP failures
Richard W, Venker J, den Herder C, Kox D, de Vries N. Chapter 10:69-72.

Hyoid suspension as the only procedure
De Vries N, den Herder C. Chapter 49:305-312.

Multilevel surgery (hyoid suspension, radiofrequent ablation of the tongue base, uvulopalatoplasty) with/without genioglossal advancement
De Vries N, Richard W, Kox D, den Herder C. Chapter 50:312-321.

Rhinologic and Sleep Apnea Surgical Techniques
Risks of general anesthesia in people with Obstructive Sleep Apnea
Den Herder C, Schmeck J, de Vries N. Eds. Dr S. Kountakis and Prof Dr M. Önerci. Springer-Verlag, Berlin Heidelberg 2007. Chapter 28:273-282.

Het Medisch Jaar 2005
Slaapstoornissen en slaperigheid overdag – Obstructief slaapapneusyndroom
Den Herder C, de Vries N. Eds. Dr. J.N. Keeman, prof. Dr. P.W. de Leeuw, dr. J.A. Mazel, prof. Dr. F.G. Zitman. Bohn Stafleu van Loghum, Houten 2005. Hoofdstuk 8; **ç** ?3:265-279.