

Rick Hanson, Ph.D.

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Curriculum Vitae

INTERESTS

Contemplative neuroscience; clinical psychology; positive neuroplasticity

PROFESSIONAL ACTIVITIES

Psychologist (CA PSY 12938); author; teacher

SENIOR FELLOW

Greater Good Science Center, University of California, Berkeley, CA

EDUCATION

May, 1991 Ph.D. in Clinical Psychology at the Wright Institute, Berkeley, CA. Doctoral dissertation: "Gratifying control: Mothers offering alternatives to toddler wants." Primary advisors: Bernard Baars, Ph.D. and Wanda Bronson, Ph.D.

October, 1986 M.A. in Clinical Psychology, Rosebridge Institute, Walnut Creek, CA. Emphasis on family systems and Jungian psychology.

June, 1984 Completed the courses for an M.A. in Developmental Psychology, San Francisco State University. Interned at SFSU Child Study Center.

June, 1974 B.A., *summa cum laude*, UCLA, independent major: Institutional Structures.

BOARD MEMBERSHIPS

Founder, Wellspring Institute for Neuroscience and Contemplative Wisdom, San Rafael, CA

Past member, Board of Directors, Spirit Rock Meditation Center, Woodacre, CA

Past trustee, Saybrook University

Past President, Board of Directors, A.P.P.L.E. FamilyWorks, San Rafael, CA

PROFESSIONAL AFFILIATIONS

American Psychological Association

American Association for the Advancement of Science

ONLINE PROGRAMS

[The Foundations of Well-Being: Growing the Good in Your Brain and Your Life](#)

[The Positive Neuroplasticity Training](#)

[The Professional Course in Positive Neuroplasticity](#)

WEBSITES

RickHanson.net

WiseBrain.org

JustOneMinute.net

NurtureMom.com

YourSkillfulMeans.com

PUBLICATIONS

Books

[*Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness.*](#) (With Forrest Hanson) Harmony Books (Penguin Random House), March 2018. Published in 12 languages.

[*Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence.*](#) Harmony Books (Random House), October 2013. Published in 14 languages.

[*Just One Thing: Developing a Buddha Brain One Simple Practice at a Time.*](#) New Harbinger, September 2011. Published in 14 languages.

[*Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom.*](#) (With Rick Mendius, M.D.; Foreword by Daniel Siegel, M.D., Preface by Jack Kornfield, Ph.D.) New Harbinger, November 2009. Published in 25 languages.

[*Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships.*](#) Penguin, March 2002. First author. (Co-authored with Jan Hanson, L.Ac. and Ricki Pollycove, M.D.)

Forewords and Chapters

Foreword in *How to Meditate: A Guide to Self-Discovery*. LeShan, L. Little, Brown and Company, 2017 (originally published in 1974).

Positive Neuroplasticity: The Neuroscience of Mindfulness. *Advances in Contemplative Psychotherapy: Accelerating Healing and Transformation*. Loizzo, J., Neale, M., and Wolf, E.J. (eds.). Routledge, 2017.

Neurodharma: Practicing with the Brain in Mind. *Buddhist Meditative Praxis: Traditional Teachings and Modern Applications* (conference proceedings), ed. KL Dhammajoti, University of Hong Kong, 2015.

Mind Changing Brain Changing Mind: The Dharma and Neuroscience. *Exploring Buddhism and Science*. Venerable Chuan Sheng & Kong Meng San (eds.) 2015.

Foreword in *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*. Graham, L. New World Library, 2013.

Seven Facts about the Brain That Incline the Mind to Joy. *Measuring the Immeasurable: The Scientific Case for Spirituality*. Sounds True, 2008.

Journal Articles

O'Connor, L., Rangan, R., Berry, J., Stiver, D., Hanson, R., Ark, W. and Li, T. (2015) Empathy, Compassionate Altruism and Psychological Well-Being in Contemplative Practitioners across Five Traditions. *Psychology*, 6, 989-1000. doi: 10.4236/psych.2015.68096.

The Next Big Step: What's Ahead for Brain Science in Psychotherapy? *Psychotherapy Networker*. March/April 2014.

The Mind, the Brain, and God. (2011) *Enrahonar* 47:213 - 220.

What a Difference Motherhood Makes. *Psychotherapy Networker*. March/April 2007.

Motherhood as a Clinical Factor. *SF Psychological Association Journal*. October 2002.

When Motherhood Is Bad for Your Health: Depleted Mother Syndrome. *San Francisco*

Medical Society Journal. September 2000. First author.

General Articles

[Eddies in the Stream](#). In *Buddhist Geeks*. February 2010.

Paying Attention: A review of *Rapt*. In *Tricycle Magazine*. Summer 2009.

This Is Your Brain on Dharma. In *Inquiring Mind*. Fall 2007.

Nurturing Mothers, Too. In *New Beginnings*. March/April 2006.

Bulletin

[Wise Brain Bulletin: News and Tools for Happiness, Love, and Wisdom](#) – 100,000 subscribers.

Newsletter

[Just One Thing: One Practice This Week to Change Your Life](#) – 135,000 subscribers.

AUDIO PROGRAMS

The Neurodharma of Love. Sounds True. 2014.

Self-Directed Brain Change. Sounds True. 2013.

Meditations for Happiness. Sounds True. 2011.

The Enlightened Brain. Sounds True. 2011.

Awaken Your Brain. Six-part download course. Sounds True. 2010.

Stress-Proof Your Brain. Sounds True. 2010.

Meditations to Change Your Brain (with Rick Mendius, M.D.). Sounds True. 2009.

DISTINCTIONS

Outstanding Senior, UCLA (one of four selected annually by UCLA Alumni Association)

Chancellor's Marshal, UCLA

Phi Beta Kappa

Alpha Epsilon Omega

Presidential Scholar, University of California

MEDITATION

[Weekly Buddhist gathering](#). San Rafael, CA. 2008-present.

RECENT MEDIA

Television

CBS Sunday Morning. How the Brain Takes Criticism. February 2014.

[The Rush](#). Shaw TV. Vancouver, BC, Canada. October 2013.

John Stossel Show. [The Mystery of Happiness](#). Fox Business. January 2012.

The Morning Blend. KGUN9. [Develop a Buddha Brain](#). October 2011.

PBS nationwide. Pledge drive special on *Happiness*. September 2008.

Film

[Minimalism: A Documentary about the Important Things](#). Spring 2017.

[The Mindfulness Movie](#). Summer 2013.

[Seeking Heartwood](#). July 2012.

Video

[Rick Hanson's channel on YouTube.](#)

[Integral Voices: Leadership, Well-Being, and Social Transformation.](#) Jane Houston. Meridian University. January 2017.

[How to Hardwire Your Brain for Happiness.](#) Michael Sandler. February 2016.

[Conversations with The Monk Dude.](#) December 2015.

[A Psychology of the Future.](#) Erik Lenderman. April 2015.

[Forgetfulness, Mindfulness Techniques & Hardwiring Happiness.](#) Dave Asprey. March 2015.

[Cultivating Happiness.](#) Dr.Nandi. July 2014.

[How to Create a Happy Brain?](#) C. J. Lue. June 2014.

[Hardwiring Happiness.](#) TEDxMarin. October 2013.

[Hardwiring Happiness: The 7 Essential Strengths.](#) October 2013.

[The Loving Brain: Tools for Real Issues.](#) July 2013.

[Awakening Joy.](#) April 2013.

[Thai PBS Interview.](#) November 2012.

[The Compassionate Brain](#) on YouTube. October 2012.

[A Benevolent Brain.](#) The Chi Center. May 2012.

[Managing the Caveman/Cavewoman Brain in the 21st Century.](#) UCSD Center for Mindfulness. February 2012.

[Take in the Good.](#) *Chicago Ideas Week.* October 2011.

[How to Change Your Brain.](#) Greater Good Science Center. September 2011.

[How to Take in the Good.](#) Greater Good Science Center. September 2011.

[Understanding Neuroplasticity.](#) Greater Good Science Center. September 2011.

[The Enlightened Brain.](#) Sounds True. June 2011.

[Stanford Happiness Conference Keynote & panel discussion.](#) February 2011.

[Empathy Documentary Project: Empathy.](#) January 2011.

[Authors@Google.](#) May 2010.

[Whose Brain Is It Anyway?](#) Invited lecture to 1100 boys at the Hampton prep school. England, December 2009.

The Self-Transforming Brain ([Part 1](#)) ([Part 2](#)) ([Part 3](#)). FACES Conference. April 2009.

[Happiness Is Inherent in Our Neural Nature.](#) Awakening Joy international course. December 2009.

[7 Facts about the Brain That Incline the Mind to Joy.](#) Awakening Joy international course. January 2008 (starts after about 6 ½ minutes).

[The Science of Meditation.](#) Awakening Joy international course. February 2008 (starts after about 1 minute).

Broadcast Radio

NPR affiliates. California Academy of Sciences interview. April 2015.

[MPR News.](#) Hardwiring Happiness. December 2014.

BYU Radio. *Good Life* with Dr. Matt Townsend. November 2014.

WOR710. *Change Your Attitude...Change Your Life:24/seven* with Joan Herrmann. September 2014.

WPRO. *Patricia Raskin Hour* with Dr. Tad. August 2014.

Unity FM. *Affirmative Prayer - Activating the Power of YES* with Beverly Molander. January 2014.

KPFK. *Brain Storm* with Lisa Garr. January 2014.

KPFK. *Free Form* with Terrence McNally. December 2013.

KCLR. *The Ella Speakes* with Ella Speakes. December 2013.

WHBC. *Wriggling in the Middle* with Merle Griff. December 2013.

WOSU. *All Sides* with Ann Fisher. December 2013.

KYMN. *With The Author* with Terry Knight. November 2013.

KPFA-FM. *Letters and Politics* with Mitch Jeserich. November 2013.

CBC. Interview with Nora Young. November 2013.

KBEM-FM. *Morning Show* with Ed Jones. November 2013.

WEEU. *Straight Talk Radio* with Nick Lawrence. November 2013.

WTBQ. *Shannon's Corner* with Shannon Devereaux. November 2013.

WBEV. *The Idea Exchange* with Brenda Murphy. November 2013.

KQED. *Think* with Krys Boyd. November 2013.

WATR. *Talk of the Town* with Larry Rifkin. November 2013.

KTKK-AM. *Interviews & Interactions* with Linda Strasburg. November 2013.

KRUU-LP-FM, WHRB FM. *Speaking Freely* with Dennis Raimondi. November 2013.

KKNW-AM. *Dr. Pat Show* with Dr. Pat Baccilli. October 2013.

CBC (Canadian Broadcasting Corporation). *Ontario Today* with Amanda Pfeffer. October 2013.

KUCI-FM. *Prescriptions for Healing Conflict* with Mari J. Frank. October 2013.

KWGS (NPR affiliate). *Studio Tulsa* with Rich Fisher. October 2013.

WUML. *It's Your Health Radio* with Lisa Davis. October 2013.

WHYY-FM (NPR affiliate). *Voices in the Family* with Dan Gottlieb. October 2013.

KCBX. *Turning Pages* with Guy Rathbun. October 2013.

WRPI. *In the Spirit* with Gary Goldberg. October 2013.

WAMC (NPR affiliate). *Round Table* with Joe Donohue. October 2013.

WBIX/WXBR. *The Frankie Boyer Lifestyle Show* with Frankie Boyer. October 2013.

WBOI/WBNI/WQSW (Northeast Indiana Public Radio, NPR affiliate). *Let's Talk* with Deborah Godwin-Starks. October 2013.

WDRC. *The Mary Jones Show* with Mary Jones. October 2013.

WJFK-AM-CBS, WNEW-FM WCBQ-WHNC-AM. *Alvin Jones Show* with Dr. Alvin Augustus Jones. October 2013.

CBC (Canadian Broadcasting Corporation). *Ontario Today* with Kathleen Petty. June 2013.

KPFA-FM. *Living Room* with Kris Welch. April 2013.

Internet Radio and Web Based Interviews

The Smart Couple with Jayson Gaddis. August 2016.

Rise Doula with Reise Tanner. August 2016.

The Science of Success with Mark Bodnar. July 2016.

Hammer Solutions with Stefanie Hammer. May 2016.

Empower Podcast with Clayton Morris. March 2016.

Empower Podcast with Clayton Morris. February 2016.

The Art of Manliness with Brett McKay. December 2015.

Zentertainment with Jo Davidson. November 2015.

The Summer of Peace with Philip Hellmich. July 2015.
The Art of the Charm with Jordan Harbinger. March 2015.
Conversations with Michael Stone. August 2014.
The Empowered Healer Show with Dr. Susan Allison. April 2015
Art of Adventure with Derek Loudermilk. March 2015.
The Empowered Healer Show with Dr. Susan Allison. March 2015.
Inspiring Educators and UnSung Heroes with Sung Lee. February 2015.
Paiges from Elisabeth with Elisabeth Page. December 2014.
The Aware Show with Lisa Garr. December 2014.
Living Dialogues with Duncan Campbell. October 2014.
Not Just Paleo with Evan Brand. September 2014.
Patricia Raskin Hour with Dr. Tad Sztykowski. August 2014. *The Morning Show* with Patrick Timpone. July 2014.
Living Dialogues with Duncan Campbell. July 2014.
Harvesting Happiness with Lisa Cyers Kamen. June 2014.
Leadership Insight Radio with Wade Taylor. June 2014.
Voice for Healing with Cathy Roberts. June 2014.
The Yoga Hour with Yogacharya Ellen Grace O'Brian. June 2014.
MyCurves Magazine with Denise Foley. May 2014.
Happinez with Sylvia Nause-Meier. May 2014.
Healthy You! with Keesha Ewers. April 2014.
Fire It Up with CJ Liu. April 2014.
Mindfulness in May with Elise Bialylew. March 2014.
Blog Talk Radio. Constance Arnold. March 2014.
Beyond Differences with Rebecca Sylla. January 2014.
Men's Health with Steve Calechman. January 2014.
The Boss Show with Steve Motenko. January 2014.
BetterWorldians Radio. Ray Hansell. January 2014.
WisdomHeart.org with Eric Klein. January 2014.

RECENT PROFESSIONAL PRESENTATIONS

[In most cases, these offered continuing education credits.]

Keynotes and Lectures

Learning and the Brain Conference. "Unshakable Core: Growing Inner Strengths." New York City, NY. April 2018.
University of California, Berkeley. "The Science and Practice of Resilience." March 2018.
Dalai Lama Heart-Mind Center. "Resilient Well-Being." February 2018.
Stanford University. "Mindful Cultivation and Positive Neuroplasticity." Menlo Park, CA. November 2017.
A Dialogue Between Rick Hanson & George Silberschatz (fundraiser The San Francisco Psychotherapy Research Group's.) San Francisco, CA. November 2017.
University of Pennsylvania. Masters in Positive Psychology Program annual summit. "Learning from Positive Experiences: The Mindful Cultivation of Inner Resources." Philadelphia. October 2017.

- The Sanctuary. "Walking Evenly Over Uneven Ground: Finding a Resilient Happiness in a Changing World." Dublin, Ireland. June 2017.
- IFM Annual Conference. "The Dynamic Brain: Revealing the Potential of Neuroplasticity to Reverse Neurodegeneration." Los Angeles, CA. June 2017.
- World Government Summit. "The Neuroscience of Happiness." Dubai, United Arab Emirates. February 2017.
- American Psychological Association, annual meeting. Keynote on: "Mindful Cultivation: Turning Passing States into Beneficial Traits. Denver, CO. August 2016.
- Psychotherapy Networker Symposium. "How Hard Times Can Open the Heart: Deepening Your Brain's Natural Powers for Healing." Washington, DC. March 2016.
- Learning and the Brain. "Positive Neuroplasticity: Tapping the Hidden Power of Everyday Experiences to Build Resilience." Boston, MA. November 2015.
- University of California, Los Angeles. "Happiness 2.0: Rethinking Mindfulness and the Science of Psychological Well-Being." Los Angeles, CA. October 2015.
- Mindfulness Association and University of Aberdeen, Conference on Mindfulness and Compassion. "Neurobhavana: Cultivating the End of the Causes of Craving." Eskdalemuir, Scotland. June 2015.
- University of Freiburg. "Positive Neuroplasticity: Growing Psychological Resources through the Deliberate Internalization of Beneficial Experiences." Freiburg, Germany. June, 2015.
- Third Annual Congress, Spaces of Thought and Action in Psychotherapy. "Mindfulness, Cultivation, and the End of Craving." Graz, Austria. May, 2015.
- California Association of Marriage and Family Therapists. "Positive Neuroplasticity: How to Develop Inner Resources." San Francisco, CA. May 2015.
- California Academy of Sciences. "The Neuroscience of Zen: Happiness, Love, and Wisdom." San Francisco, CA. April 2015.
- University of Virginia. "The Practical Neuroscience of Happiness." Charlottesville, VA. April 2015.
- NASA. "Hardwiring Happiness and Developing the Inner Resources for Effective Leadership." Washington, DC. November 2014.
- Empathy and Compassion in Society. "Feeling Loved." San Francisco, CA. November 2014.
- Augsburg College. "Hardwiring Happiness: Turning Passing Experiences Into Lasting Inner Strength and Peace." Minneapolis, MN. October 2014.
- Momentous Institute. "Positive Neuroplasticity: How to Develop Inner Resources." Dallas, TX. October 2014.
- Society of Mindfulness. "Hardwiring Happiness." Amsterdam, The Netherlands. June 2014.
- Frankfurter Ring. "Neural Factors of Mindfulness: Using Your Mind to Change your Brain for the Better." Frankfurt, Germany. May 2014.
- German-American Institute. "Neural Factors of Mindfulness: Using Your Mind to Change your Brain for the Better." Tübingen, Germany. April 2014.
- Arbor Seminaire. "Taking in the Good." Freiburg, Germany. April 2014.
- Parabola Forum. "Buddha's Brain: Growing Inner Strength and Peace in Your Brain and Your Life." Zürich, Switzerland. April 2014.
- Hudson Institute of Coaching. "Practical Brain Science for Coaching." Santa Barbara, CA. April 2014.

- Psychotherapy Networker Symposium. "Brain Science and Psychotherapy: What's the Next Step?" Washington, DC. March 2014.
- American Psychological Association, Society for Humanistic Psychology Annual Meeting. "Positive Neuroplasticity and Human Potential." Palo Alto, CA. March 2014.
- Eaton Educational Group Neuroplasticity and Education Conference. "Hardwiring Happiness: Growing Inner Strengths in Children, Parents, and Teachers." Vancouver, Canada. October 2013.
- FACES. "Hardwiring Compassion: Helping Clients Heal Wounds of the Heart." Seattle, WA. October 2013.
- FACES. "Hardwiring Compassion: Strengthening the Neural Substrates of Love." Seattle, WA. October 2013.
- University of Hong Kong, Centre of Buddhist Studies. "Neurodharma: Practicing with the Brain in Mind." Hong Kong, China. August 2013.
- Kaiser Caritas Consortium. "Taking in the Good: Hardwiring Resilience and Happiness." San Ramon, CA. July 2013.
- Arbor Seminaire. "Neuro-Bhavana: Using Mindfulness to Weave Compassion into the Brain." Freiburg, Germany. June 2013.
- Stanford University. "Conversation on Compassion." Palo Alto, CA. April 2013.

Workshops

- Arbor Seminaire. "The Professional Course in Positive Neuroplasticity." Freiburg, Germany. May 2018.
- Arbor Seminaire. "Positive Neuroplasticity Training." Freiburg, Germany. May 2018.
- FACES. "Positive Neuroplasticity." Seattle, WA. March 2018.
- Search Inside Yourself Leadership Institute. "Practical Neuropsychology." San Francisco, CA. September 2017.
- Nirakara. "Positive Neuroplasticity." Madrid, Spain. June 2017.
- Samye Ling. "Mindfulness in Society – Changing the World One Mind at a Time." Dumfries, Scotland. June 2017.
- "The Professional Course in Positive Neuroplasticity." Dublin, Ireland. June 2017.
- "Positive Neuroplasticity Training." Dublin, Ireland. June 2017.
- FACES. "Loved into Being: Practical Insights from the Neuroscience of Relationships." San Diego, CA. March 2017.
- Arbor Seminaire. "The Professional Course in Positive Neuroplasticity." Freiburg, Germany. May 2016.
- Arbor Seminaire. "Positive Neuroplasticity Training." Freiburg, Germany. May 2016.
- San Francisco General Hospital. "Positive Neuroplasticity: Turning Passing Experiences into Lasting Inner Strengths." San Francisco, CA. April 2016.
- Psychotherapy Networker Symposium. "Hardwiring Happiness: From Passing States to Lasting Traits." Washington, DC. March 2016.
- Harvard University. "Building Inner Strengths of Leaders." Boston, MA. December 2015.
- Redwood Empire Chapter, California Association of Marriage and Family Therapists. "HEAL: Understanding and Learning to Use Simple Steps to Create Lasting Happiness." Windor, CA. October 2015.
- Uppsala CBT Forum. "Hardwiring Happiness: Turning Passing Experiences into Lasting Inner

- Strength and Peace.” Stockholm, Sweden. June 2015.
- Arbor Seminaire. “Positive Neuroplasticity Training: Turning Everyday Experiences into Lasting Inner Strengths.” Freiburg, Germany. June 2015.
- Arbor Seminaire. “The Professional Course in Positive Neuroplasticity.” Freiburg, Germany. June 2015.
- Third Annual Congress, Spaces of Thought and Action in Psychotherapy. “Hardwiring Happiness: Turning Passing Experiences into Lasting Inner Strength and Peace.” Graz, Austria. May, 2015.
- Department of Energy. “The New Brain Science of Contentment, Calm, and Confidence.” Albuquerque, NM. May 2015.
- Greater Good Science Center. "Taking in the Good." UC Berkeley, CA. March 2015.
- Search Inside Yourself Leadership Institute. “Getting Good at Getting Good: The Practical Neuroscience of Embodied Learning. San Francisco, CA. February 2015.
- FACES. “Hardwiring Compassion: Helping Clients Heal Wounds of the Heart.” San Diego, CA. February 2015.
- FACES. “Hardwiring Compassion: Strengthening the Neural Substrates of Love.” San Diego, CA. February 2015.
- Openground. “Positive Neuroplasticity Training; Professional Course in Positive Neuroplasticity.” Sydney, Australia. January 2015.
- Center for Mindfulness. “Hardwiring Happiness: The New Brain Science of Lasting Inner Strength and Peace.” Grand Rapids, MI. October 2014.
- CMI/PESI. “Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence.” Minneapolis, MN. October 2014.
- CMI/PESI. “Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence.” Milwaukee, WI. October 2014.
- CMI/PESI. “Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence.” Lisle, IL. October 2014.
- Infinity Foundation, “The Path of Happiness.” Highland Park, IL. August 2014.
- Greater Good Science Center. "Taking in the Good." UC Berkeley, CA. July 2014.
- Santa Clara Valley Chapter, California Association of Marriage & Family Therapists. “Hardwiring Happiness: Growing Inner Strengths in Children, Parents, and Families.” Mountain View, CA. July 2014.
- Compassionate Wellbeing. “Hardwiring Happiness: The New Brain Science of Lasting Inner Strength and Peace.” Derby, UK. June 2014.
- Compassionate Wellbeing. “Buddha's Brain: Strengthening the Neural Foundations of Mindfulness and Compassion.” Derby, UK. June 2014.
- Arbor Seminaire. “Buddha's Brain: Weaving Positive Emotions, Optimism, and Resilience into the Brain and Self.” Munich, Germany. May 2014.
- Arbor Seminaire. “Taking in the Good.” Hamburg, Germany. May 2014.
- Frankfurter Ring. “Taking in the Good.” Frankfurt, Germany. May 2014.
- German-American Institute. “Taking in the Good.” Tübingen, Germany. May 2014.
- Arbor Seminaire. “Taking in the Good.” Freiburg, Germany. April 2014.
- Psychotherapy Networker Symposium. “Hardwiring Happiness.” Washington, DC. March 2014.
- UC Berkeley. “Hardwiring Happiness: The New Brain Science of Lasting Inner Strength and Peace.” Berkeley, CA. November 2013.

- Insight LA. "Neurodharma, Growing a Wakeful and Loving Brain." Los Angeles, CA. November 2013.
- CMI/PESI. "Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence Seminar." Portland, OR. October 2013.
- CMI/PESI. "Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence Seminar." Salt Lake City, UT. October 2013.
- Leading Edge Seminars. "Hardwiring Happiness: The Practical Science of Growing Inner Resources." Toronto, Canada. October 2013.
- Leading Edge Seminars. "Buddha's Brain: Strengthening the Neural Foundations of Mindfulness and Compassion." Toronto, Canada. October 2013.
- CMI/PESI. "Hardwiring Happiness: The Practical Science of Growing Inner Strength and Peace." Columbia, MD. October 2013.
- CMI/PESI. "Hardwiring Happiness: The Practical Science of Growing Inner Strength and Peace." King of Prussia, PA. October 2013.
- New York Insight. "Hardwiring Happiness: Weaving Love and Inner Peace into Your Brain and Your Life." New York, NY. October 2013.
- Openground. "Buddha's Brain: Strengthening the Neural Foundations of Mindfulness and Compassion." Sydney, Australia. August 2013.
- Greater Good Science Center. "Greater Good Summer Institute for Educators" UC Berkeley, CA. July 2013.
- Arbor Seminaire. "Taking in the Good." Berlin, Germany. June 2013.
- Cape Cod Institute. "Positive Neuroplasticity: The Practical Science of Turning Good Moments into a Great Brain." Cape Cod, MA. June 2013.
- CMI/PESI Seminars. Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom, Multiple cities. May 2013.
- Jack Hirose & Associates. "Taking in the Good: Weaving Positive Experiences into the Brain For Resilience, Positive Mood, and Psychological Healing." Calgary, Canada. April 2013.
- Jack Hirose & Associates. "Taking in the Good: Weaving Positive Experiences into the Brain For Resilience, Positive Mood, and Psychological Healing." Vancouver, Canada. April 2013.

Teleseminars and Web-based Seminars

- Sounds True. The Neuroscience Training Summit. "Acquiring Mental Resources for a Green Zone Brain." March 2017.
- Sounds True. The Neuroscience Training Summit. "Hardwiring Happiness: The New Brain Science of Lasting Inner Strength and Peace." May 2016.
- Sounds True. The Mindfulness Summit. "The Neuroscience of Mindfulness." March 2016.
- Sounds True. Psychotherapy 2.0. "Positive Neuroplasticity: Using the New Brain Science for Maximum Therapeutic Outcomes." September 2015.
- Online Mindfulness Summit with Mellissa O'Brien. April 2015.
- True Purpose Institute. "Empathy, Autonomy and Intimacy." March 2015.
- Mental Health and Happiness Online Summit. October 2014.
- GoodTherapy.org. "Hardwiring Happiness." July 2014.
- New York Open Center. "Taking in the Good to Hardwire Happiness in Your Brain." September 2013.
- Taking in the Good Course. July - August 2013.

Sounds True. "The Enlightened Brain." March - April 2013.
NICABM. "Brain and Psychotherapy." 2013.
en*theos. "[Hardwiring Happiness: The 7 Essential Strengths](#)." 2013.
en*theos. "[The Loving Brain: Tools for Real Issues](#)." 2013.
Sounds True. "The Self-Acceptance Project." 2013.

University Course Instruction

Sonoma State University. Master's Program in Depth Psychology, instructor for "Jung and the Brain." 2009-2010.

RECENT PUBLIC PRESENTATIONS

Meditation Retreats

Spirit Rock Meditation Center. "Evolving Together: Mindfulness Meditation and Modern Science." Woodacre, CA. April 2016.
Spirit Rock Meditation Center. "Evolving Together: Mindfulness Meditation and Modern Science." Woodacre, CA. December 2014.
Sydney Insight Meditators. "Not Self in the Brain." Australia. April 2011.

Keynotes and Lectures

Spirit Rock Meditation Center. "Resilient: How to Grow an Unshakable Core of Calm, Strength, Happiness." Woodacre, CA. May 2018
True North Insight. "Walking Evenly Over Uneven Ground: Using Positive Neuroplasticity to Cultivate Resilient Well-Being." Montreal, Canada. April 2018.
The California Endowment's Oakland Conference Center. "ITRC Conference on Preparing People For Climate Change in California." Oakland, CA. January 2018.
Spirit Rock Meditation Center. "Monday Night Dharma Talk & Meditation Group." Woodacre, CA. November 2017.
San Francisco Psychotherapy Research Group. "Dialogue with George Silberschatz, Ph.D." San Francisco. November 2017.
Stanford University. "Mindful Cultivation and Positive Neuroplasticity." Menlo Park, CA. November 2017.
The Capitol View Conference Center. "ITRC Conference On Building Human Resilience For Climate Change." Washington, DC. November 2016.
University of Washington, Seattle. "Mindful Cultivation: Growing Happiness, Compassion, Resilience, and Other Inner Strengths." Seattle, WA. March 2016.
Sounds True, "Hardwiring Happiness: From Passing States to Lasting Traits." Washington, D.C. February 2016.
Yogakula. "Neurobhavana: Cultivating the End of the Causes of Craving." Berkeley, CA. February 2015.
Sounds True Wake Up Festival. "Taking in the Good for Lasting Peace, Contentment, and Love." Estes Park, CO. August 2014.
London Insight. "Positive Neuroplasticity: Using Your Mind to Change Your Brain for the Better." London, UK. May 2014.
Awakening Joy. "Letting Go." Berkeley, CA. April 2014.
Insight LA. "Mindfulness and Neuroplasticity." Los Angeles, CA. November 2013.

- Nalanda Institute. "Hardwiring Happiness: Rewiring Yourself for Well-Being and Happiness." New York, NY. October 2013.
- Anat Baniel Method Center. "Embodied Happiness: The Practical Neuroscience of Positive Emotions." San Rafael, CA. September 2013.
- Buddhist Geeks Conference. "Neurodharma: Practicing with the Brain in Mind." Boulder, CO. August 2013.
- Awakening Joy. "Loving Ourselves." Berkeley, CA. April 2013.
- Sounds True Wake Up Festival. "Taking in the Good: Weaving Positive Experiences into Your Brain and Being." Estes Park, CO. August 2012.
- Sounds True Wake Up Festival. "The Enlightened Brain: The Neuroscience of Awakening." Estes Park, CO. August 2012.
- Ten Have and Psychologie Magazine. "Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom." Amsterdam, The Netherlands. June 2012.
- Awakening Joy. "Integrity." Berkeley, CA. May 2012.
- White Heron Sangha. "The Benevolent Brain." Morro Bay, CA. May 2012.
- California Film Institute. "The Wrath of Kahn." San Rafael, CA. January 2012.
- Chicago Ideas Week. "Take in the Good." Chicago, IL. October 2011.
- IONS. "Use Your Mind to Change Your Brain." San Francisco, CA. July 2011.
- Unity in Marin. "The Neurology of Awakening." Novato, CA. June 2011.
- Spirit Rock Meditation Center. "Neuro-Factors of Mindfulness." Woodacre, CA. June 2011.
- Spirit Rock Meditation Center. "Neuro Dharma and Coming Home." Woodacre, CA. June 2011.
- Crow Collection of Asian Art. "Buddha's Brain." Dallas, TX. January 2011.

Workshops

- True North Insight. "Walking Evenly Over Uneven Ground: Using Positive Neuroplasticity to Cultivate Resilient Well-Being." Montreal, Canada. April 2018.
- Heart-Mind Conference. "Resilient Well-Being: Growing an Unshakable Core of Inner Strength, Love, and Peace." Vancouver, BC. February 2018.
- Spirit Rock Meditation Center. "Neurology of Awakening." Woodacre, CA. February 2018.
- Spirit Rock Meditation Center. "Opening into Allness." Woodacre, CA. November 2017.
- Spirit Rock Meditation Center. "Not-Self in the Brain." Woodacre, CA. July 2017.
- Spirit Rock Meditation Center. "Equanimity – In the Dharma and In Your Brain." Woodacre, CA. May 2017.
- Spirit Rock Meditation Center. "Neurology of Awakening." Woodacre, CA. April 2017.
- Unity in Marin. "Professional Course." Novato, CA. October 2016.
- Unity in Marin. "Positive Neuroplasticity Training." Novato, CA. October 2016.
- Esalen. "The Art and Science of Mindfulness, Compassion and Joy." Big Sur, CA. August 2016.
- West Coast Dharma. "Neuroscience and Vipassana: Lighting up the Neural Circuits of Love, Happiness, and Wisdom." Vancouver, Canada. June 2016.
- Sounds True. "Hardwiring Happiness: The New Brain Science of Lasting Inner Strength and Peace." February 2016.
- Openground. "Professional Course." Auckland, NZ. January 2016.
- Openground. "Positive Neuroplasticity Training." Auckland, NZ. January 2016.

- Openground. "Professional Course." Melbourne, Australia. January 2016.
- Openground. "Positive Neuroplasticity Training." Melbourne, Australia. January 2016.
- Spirit Rock Meditation Center. "Not Self in the Brain." Woodacre, CA. December 2015.
- Esalen. "Buddha's Brain: Lighting up the Neural Circuits of Happiness, Love and Wisdom."
Big Sur, CA. September 2015.
- Spirit Rock Meditation Center. "Neurodharma of Love." Woodacre, CA. September 2015.
- Spirit Rock Meditation Center. "Opening into Allness: The Practical Neuroscience of Wholeness and Oneness Experiences." Woodacre, CA. July 2015.
- Spirit Rock Meditation Center. "The Neurology of Awakening." Woodacre, CA. April 2015.
- Southern Insight Meditation. "Hardwiring Happiness: Turning Passing Experiences into Lasting Inner Strength and Peace." Christchurch, NZ. January 2015.
- Original Nature Insight Meditation. "Hardwiring Happiness: Turning Passing Experiences into Lasting Inner Strength and Peace." Wellington, NZ. January 2015.
- Wellspring Institute. "Your Best Brain" (with Jan Hanson, L.Ac.). San Rafael, CA. October 2014.
- Esalen. "Buddha's Brain: Lighting up the Neural Circuits of Happiness, Love and Wisdom."
Big Sur, CA. September 2014.
- Spirit Rock Meditation Center. "Neurodharma of Love." Woodacre, CA. September 2014.
- Sounds True Wake Up Festival. "Filling the Hole in Your Heart." Estes Park, CO. August 2014.
- London Insight. "Hardwiring Happiness: Weaving Love and Inner Peace into Your Brain and Your Life." London, UK. May 2014
- Barre Center for Buddhist Studies. "Neuro-Bhavana: The Mindful Cultivation of Happiness, Love, and Wisdom." Barre, MA. April 2014
- Spirit Rock Meditation Center. "Equanimity – In the Dharma and In Your Brain." Woodacre, CA. March 2014.
- Hollyhock. "Buddha's Brain: The Science of Inner Strength and Peace." Vancouver, BC. March 2014.
- Spirit Rock Meditation Center. "The Neurology of Awakening." Woodacre, CA. January 2014.
- Spirit Rock Meditation Center. "Not-Self in the Brain." Woodacre, CA. December 2013.
- Kripalu Center. "Hardwiring Happiness: Natural Enlightenment and Unshakable Peace."
Boston, MA. December 2013.
- Spirit Rock Meditation Center. "Hardwiring Happiness: Weaving Love and Inner Peace into Your Brain and Your Life." Woodacre, CA. October 2013.
- Insight Meditation Community of Washington. "Hardwiring Happiness: Weaving Love and Inner Peace into Your Brain and Your Life." Rockville, MD. October 2013.
- Spirit Rock Meditation Center. "Neurodharma of Love." Woodacre, CA. September 2013.
- Openground. "Hardwiring Happiness: The Practical Science of Growing Inner Strength and Peace." Sydney, Australia. September 2013.
- Openground. "Buddha's Brain: Strengthening the Neural Foundations of Mindfulness and Compassion." Sydney, Australia. August 2013.
- Wake Up Project. "Buddha's Brain: Self-directed Neuroplasticity." Sydney, Australia. August 2013.
- Esalen. "Buddha's Brain: Lighting up the Neural Circuits of Happiness, Love and Wisdom."
Big Sur, CA. July 2013.
- Spirit Rock Meditation Center. "Equanimity." Woodacre, CA. July 2013.

Barre Center for Buddhist Studies. "Neuro-Bhavana: The Mindful Cultivation of Happiness, Love, and Wisdom." Barre, MA. April 2013.
Awakening Joy. "Loving Ourselves." Berkeley, CA. April 2013.
Wellspring Institute. "Your Best Brain" (with Jan Hanson, L.Ac.). San Rafael, CA. April 2013.
Spirit Rock Meditation Center. "The Neurology of Awakening." Woodacre, CA. March 2013.

PAST PROFESSIONAL PRESENTATIONS

[In most cases, these offered continuing education credits.]

Keynotes and Lectures

FACES Conference. "The Art & Science of Mindfulness & Counseling: A Revolution of the Heart." Las Vegas, NV. November 2012.
Congress on Mindfulness in Medicine, Psychotherapy, and Society. "Being and Doing: Activating Neural Networks of Mindful Presence." Vienna, Austria. June 2012.
California Institute of Integral Studies. "Taking in the Good: Mindfully Internalizing Positive Experiences." San Francisco, CA. June 2012.
Couples Conference. "Taking in the Good: The Mindful Internalization of Resource Experiences for Love and Intimacy." San Mateo, CA. April 2012.
Couples Conference. "Paper Tiger Paranoia: Undoing Threat Reactivity and Cultivating Strength and Realistic Safety." San Mateo, CA. April 2012.
George Mason University. "Taking in the Good: Building Resilience into the Brain through Positive Experiences." Fairfax, VA. April 2012.
FACES Conference. "Pairing Positive and Negative to Fill the Hole in the Heart." La Jolla, CA. March 2012.
FACES Conference. "The Negativity Bias and Taking in the Good." La Jolla, CA. March 2012.
UCSD. "Helping Children Build Inner Strength and Happiness." San Diego, CA. February 2012.
UCSD. "Managing the Caveman/Cavewoman Brain in the 21st Century." San Diego, CA. February 2012.
UCB School of Public Health. "Experience-dependent Neuroplasticity and Public Health." Berkeley, CA. December 2011.
Jack Hirose & Associates, Healing and Treating Trauma, Addictions and Related Disorders. "The Loving Brain." Vancouver, Canada. December 2011.
Jack Hirose & Associates, Healing and Treating Trauma, Addictions and Related Disorders. "Steadying the Mind." Vancouver, Canada. December 2011.
Jack Hirose & Associates, Healing and Treating Trauma, Addictions and Related Disorders. "Taking in the Good: Using Neuroplasticity to Weave Resources into the Brain and Self." Vancouver, Canada. December 2011.
Ben Franklin Institute, Summit for Clinical Excellence. "Neural Factors of Mindfulness." Scottsdale, AZ. October 2011.
Ben Franklin Institute, Summit for Clinical Excellence. "Self-Directed Neuroplasticity: Using the New Brain Research to Deepen Clinical Practice." Scottsdale, AZ. October 2011.
Ben Franklin Institute, Summit for Clinical Excellence. "Taking in the Good: Weaving Positive Emotions, Optimism and Resilience into the Brain and Self." Scottsdale, AZ. October 2011.
Northern California Psychiatric Society. "Mindfulness in Clinical Practice." Berkeley, CA. September 2011.

- UC Berkeley. "Self-Directed Neuroplasticity, Mindfulness and Meditation." Berkeley, CA. August 2011.
- Australian Association of Buddhist Counsellors and Psychotherapists. "Neurodharma: Exploring Buddhist Themes in the Brain." Sydney, Australia. August 2011.
- Australian Association of Buddhist Counsellors and Psychotherapists. "The Power of Self-Directed Neuroplasticity." Sydney, Australia. August 2011.
- FACES conference. "Being and Doing – Activating Neural Networks of Mindful Presence." Santa Fe, NM. July 2011.
- American Mental Health Counselors Association. "The Promise of Self-Directed Neuroplasticity." San Francisco, CA. July 2011.
- University of Auckland. "The Promise of Self-Directed Neuroplasticity." New Zealand. May 2011.
- US Journal Training conference. "Taking in the Good: Using Neuroplasticity to Weave Resources into the Brain and the Self." Las Vegas, NV. March 2011.
- Stanford University. "Wiring Happiness into Your Brain." Palo Alto, CA. February 2011.
- Harvard University. "Mindfulness and Neuroplasticity for Dentists." Cambridge, MA. December 2010.
- NICABM conference. "Buddha's Brain." Hilton Head, SC. December 2010.
- University of Oxford. "Buddha's Brain." Oxford, United Kingdom. November 2010.
- Warsaw School of Social Sciences and Humanities. "The Self Transforming Brain." Warsaw, Poland. November 2010.
- University of Freiburg. "The Power of Self-Directed Neuroplasticity." Freiburg, Germany. November 2010.
- Greater Good Science Center. "Gratitude and Taking in the Good." UC Berkeley, CA. October 2010.
- Google. "The Practical Neuroscience of Happiness, Love, and Wisdom." Mountain View, CA. May 2010.
- Stanford University. "The Pursuit of Happiness and Health." (PEDS 106) Palo Alto, CA. January 2010.
- University of East London. "The Brain Science of Mindful Well-Being." England. November 2009.
- Science and Nonduality Conference. "Not-Self in the Brain." San Rafael, CA. October 2009.
- Claremont School of Theology. "Neuroscience and Spiritual Practice." Claremont, CA. October 2008.
- Kaiser Permanente Health Educators. "Neuropsychology of Stress Reduction." May 2008.
- LaLeche League of California. "The Harmonies of Love" (with Betsy Rose). Sacramento, CA. October 2007.
- Annual Meeting of California Co-Op Nursery Schools. "How to Nurture a Mother" and "How to Build Teamwork and Intimacy with Your Mate." March 2007.
- Proctor & Gamble, product development group. "The Hard Parts of Motherhood." January 2007.
- Marin County Human Resources Department, staff retreat. "The Neurology of Self-Care." September 2006.
- Fairfield Unified School District. Meeting of school psychologists. "Integrated Approaches for Adolescents and Their Families." April 2006.

LaLeche League of California, annual meeting. "Preventing and Treating Maternal Depletion." Sacramento, CA. October 2005.

Support staff retreat, Saint Mark's School. "Effective Communication." May 2005.

Annual Meeting of California Co-Op Nursery Schools. "Taking Good Care of Parents, Too." March 2005.

Starfish Health Partners, Professional Meeting. "Complementary Health Care Treatment of Maternal Stress and Depletion." August 2004.

American Association for the Advancement of Science, Pacific Division meeting. "Motherhood as a Clinical Factor." June 2003.

Annual Meeting of California Co-Op Nursery Schools. "How to Nurture a Mother" and "How to Build Teamwork and Intimacy with Your Mate." March 2003.

Marin County Child and Families Commission. "Mother Care Is a Key to Child Care." November 2002.

California Pacific Medical Center. Grand Rounds: "Maternal Stress and Physiological Dysregulation and Depletion" (with Ricki Pollycove, M.D.). October 2002.

Joint Annual Meeting of the Marin County Associations of Psychologists, Psychiatrists, Social Workers, and Marriage and Family Therapists. "Motherhood as a Clinical Factor." September 2002.

Peninsula Hospital. San Jose, CA. Grand Rounds: "When Motherhood is Hazardous to Your Health" (with Ricki Pollycove, M.D.). August 2002.

University of California at San Francisco, Department of Obstetrics and Gynecology Grand Rounds: "Maternal Depletion and its Health Consequences" (with Ricki Pollycove, M.D.). April 2002.

California Pacific Medical Center, Institute of Health and Healing. "Fulfilling the Promise of Motherhood" (with Ricki Pollycove, M.D.). April 2002.

Annual Meeting of California Co-Op Nursery Schools. "How to Nurture a Mother" and "How to Build Teamwork and Intimacy with Your Mate." March 2002.

Annual Meeting of California Co-Op Nursery Schools. "Depleted Mother Syndrome." March 2001.

The Dyslexia Center. "Assessment for Dyslexia." February 2000.

Family Service Agency. "The Clinical Theory of Maternal Depletion." October 1998.

New Perspectives staff and interns. "Teens and Desire." January 1995.

Parents United staff and interns. "Child Abuse and Disturbances in Wanting." February 1995.

St. Mark's School. Staff presentation on "Attention/Deficit/Hyperactivity Disorder." May 1995.

Marin County Childcare Provider's Council. "Dealing with Difficult Parents." May 1993.

Faculty presentation, St. Mark's School. "Talking with Parents: Concerns About Children." May 1993.

California Psychological Association, annual meeting. "Gratifying Control: Mothers Offering Alternatives to Toddler Wants." February 1991.

Workshops

Mindfulness in Medicine, Psychotherapy, and Society Congress. "Mindfully Taking in the Good." Vienna, AT. June 2012.

- Ten Have and Psychologie Magazine. "Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom." Amsterdam, The Netherlands. June 2012.
- Omega Institute. Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom." Rhinebeck, NY. June 2012.
- Couples Conference. "Using Positive Experiences to Heal Personal and Relational Wounds." San Mateo, CA. April 2012.
- Australian Association of Buddhist Counsellors and Psychotherapists. "Not-self in the Brain: Taking Life Less Personally." Sydney, Australia. August 2011.
- Australian Association of Buddhist Counsellors and Psychotherapists. "Steadying the Mind." Sydney, Australia. August 2011.
- FACES conference. "The Not-Craving Brain: From Greed, Hatred, and Heartache to Contentment, Peace and Love." Santa Fe, NM. July 2011.
- American Mental Health Counselors Association. "Taking in the Good." San Francisco, CA. July 2011.
- Auckland Mindfulness. "Taking in the Good." New Zealand. May 2011.
- Openground. "The Neurodharma of Love and Power." Sydney and Melbourne, Australia. May 2011.
- Openground. "Deepening Equanimity." Sydney and Melbourne, Australia. May 2011.
- Chrysalis. "Equanimity." Richmond, VA. March 2011.
- PESI Seminars. "Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom." Multiple cities. 2010-present.
- NICABM conference. "Self-Directed Neuroplasticity: Take Charge of the Caveman Brain for the 21st Century." Hilton Head, SC. December 2010.
- Institute for Attention and Mindfulness. "Buddhist Psychology in Neuroscience and Meditation." Ghent, Belgium. November 2010.
- Arbor Seminaire. "Equanimity." Freiburg, Germany. November 2011.
- Mind Institute. "Taking in the Good." Warsaw, Poland. November 2011.
- FACES conference. "Being and Doing – Activating Neural Networks of Mindful Presence." San Diego, CA. October 2010.
- FACES conference. "The No-Clinging Brain: From Greed, Hatred, and Insecurity to Gratitude, Peace, and Belonging." San Diego, CA. October 2010.
- Portland Mindfulness and Psychotherapy Collective. "Taking in the Good." Portland, OR. September 2010.
- Live Oak Counseling. "Taking in the Good." Sacramento, CA. September 2010.
- FACES conference. "Awakening to Mindfulness." Seattle, WA. April 2009.
- The California Society for Clinical Social Work annual meeting. "The Emotional Brain and Well-Being: Understanding and Promoting Mental Health in Clinical Practice." San Francisco, CA. January 2009.
- R. Cassidy Seminars. "Taking in the Good." Multiple cities. 2009-2010.
- California Institute for Integral Studies. Conference on Nondual Wisdom and Psychotherapy. "The Nondual Brain" (with Rick Mendius, M.D.). San Francisco, CA. October 2007.

Teleseminars and Web-based Seminars

- Psychotherapy Networker. "Neuroscience in Action." November 2012.

Sounds True. "The Compassionate Brain." Eight-part video/audio seminars. October - November 2012.

NICABM. "Making Mindfulness Work." October 2012.

Psychotherapy Networker. "The Power of Positive Emotion." June 2012.

Therapist Leadership Institute. "Taking in the Good." May 2012.

The Chi Center. "A Qigong Mind and A Benevolent Brain." May 2012.

IONS. "Taking in the Good." May 2012.

NICABM. "Mindfulness and the Brain." 2011.

NICABM. "Brain Science Seminars." 2011.

PESI Seminars. "Paper Tiger Paranoia." September 2010.

Sounds True. "Awaken Your Brain Teleseminar: The Promise of Self-Directed Neuroplasticity." July - August 2010.

IONS. "Buddha' Brain: The Practical Neuroscience of Happiness, Love and Wisdom." July 2010.

Therapist Leadership Virtual Conference. "Brain Science and Contemplative Practice." May 2010.

PAST PUBLIC PRESENTATIONS

Keynotes and Lectures

Buddhafest. "Buddha Nature Brain: From Hatred, Greed, and Heartache to Peace, Happiness, and Love." Washington, DC. June 2012.

Salem Hospital. "From Reactivity to Inner Peace." Salem, OR. September 2010.

True North Insight. "Taking in the Good." Montreal, Canada. August 2010.

East West Bookstore. "Buddha's Brain." Mountain View, CA. July 2010.

Chrysalis. "Mindfulness and Taking in the Good." Richmond, VA. March 2010.

Hampton School. "Whose Brain Is It, Anyway?" London, England. November 2009.

Khandro Ling Center. "The New Neuroscience and the Path of Awakening." Macclesfield, England. November 2009.

Awakening Joy. "Getting on Your Own Side." April 2009.

Awakening Joy. "How Evolution Made Us Suffer – And What You Can Do About That." April 2008.

Awakening Joy. "Your True Nature is Conscious, Calm, Contented, and Caring." November 2008.

108 Blessings (annual fundraiser for the scholarship fund of Spirit Rock Meditation Center). "Science and the Dharma." Guest presenter with Fritjof Capra, Stan Grof, Jack Kornfield, and others. Woodacre, CA. October 2007.

Awakening Joy. "Empathic Kindness." September 2007.

Spirit Rock Meditation Center and Institute for Spirituality and Psychology. "Taking in the Good" (with Phillip Moffitt). Woodacre, CA. June 2007.

Awakening Joy. "7 Facts about the Brain That Incline the Mind to Joy." January 2007.

Workshops

Spirit Rock Meditation Center. "Not-Self in the Brain." Woodacre, CA. December 2012.

"Creating Extraordinary Relationships through Courage and Kindness" (with Daniel Ellenberg, Ph.D.). Tiburon, CA. November 2012.

- Spirit Rock Meditation Center. "The Neurodharma of Love: Using Buddhist Wisdom and Brain Science to Illuminate the Heart of Important Relationships." Woodacre, CA. October 2012.
- Esalen. "Buddha's Brain: Lighting up the Neural Circuits of Happiness, Love and Wisdom." Big Sur, CA. September 2012.
- Spirit Rock Meditation Center. "Equanimity - In the Dharma and in Your Brain." Woodacre, CA. August 2012.
- White Heron Sangha. "Not-Self in the Brain." Morro Bay, CA. May 2012.
- Spirit Rock Meditation Center. "The Neurology of Awakening." Woodacre, CA. March 2012.
- San Diego Buddhist Studies Series. "No Self, No Problem." San Diego, CA. January 2012.
- "Who Am I Really? Insights from Neuropsychology about Not Taking Life Personally." Tucson, AZ. October 2011.
- Esalen. "Buddha's Brain: Lighting up the Neural Circuits of Happiness, Love and Wisdom." Big Sur, CA. September 2011.
- Spirit Rock Meditation Center. "Forgiveness and Assertiveness" (with Fred Luskin, Ph.D.). Woodacre, CA. September 2011.
- Hollyhock. "Buddha's Brain: The Practical Neuroscience of Inner Peace." Cortes Island, BC, Canada. September 2011.
- Spirit Rock Meditation Center. "Paper Tiger Paranoia." Woodacre, CA. July 2011.
- Kripalu Center for Yoga and Health. "Buddha's Brain: Natural Enlightenment and Unshakable Peace." Stockbridge, MA. June 2011.
- Spirit Rock Meditation Center. "Natural Contentment." Woodacre, CA. March 2011.
- East Bay Open Circle. "Not-Self in the Brain." Berkeley, CA. February 2011.
- Barre Center for Buddhist Studies. "Natural Contentment & Brain Evolution." Barre, MN. January 2011.
- Spirit Rock Meditation Center. "The Practice of Jhana Factors." Woodacre, CA. January 2011.
- Spirit Rock Meditation Center. "The Neurology of Awakening" (with Rick Mendius, M.D.). Woodacre, CA. January 2011.
- Spirit Rock Meditation Center. "Not-Self in the Brain" (with Rick Mendius, M.D.). Woodacre, CA. December 2010.
- Esalen. "The Neurodharma of Sex, Love, and Meaningful Relationships." Big Sur, CA. December 2010.
- New York Insight. "Not-Self in the Brain." New York, NY. November 2010.
- London Insight. "Not-Self in the Brain." London, England. October 2010.
- London Insight. "The Neurodharma of Love." London, England. October 2010.
- Spirit Rock Meditation Center. "The Hard Things That Open the Heart: Practicing with Difficult Conditions" (with James Baraz, M.A. and Rick Mendius, M.D.). Woodacre, CA. October 2010.
- Spirit Rock Meditation Center. "In Deepest Gratitude." Woodacre, CA. October 2010.
- Spirit Rock Meditation Center. "Forgiveness and Assertiveness" (with Fred Luskin, Ph.D.). Woodacre, CA. October 2010.
- Wellspring Institute. "Your Best Brain" (with Jan Hanson, L.Ac.). San Rafael, CA. September 2010.
- True North Insight. "The Loving Brain." Montreal, Canada. August 2010.
- Insight Meditation Center. "Taking in the Good – Weaving Positive Emotions, Optimism, and Resilience into the Brain and the Self." Redwood City, CA. August 2010.

- Spirit Rock Meditation Center. "The Neurodharma of Love" (with Rick Mendius, M.D.). Woodacre, CA. July 2010.
- East West Bookstore. "Taking in the Good." Mountain View, CA. July 2010.
- Spirit Rock Meditation Center. "Equanimity – In the Dharma and in Your Brain" (with Rick Mendius, M.D.). Woodacre, CA. May 2010.
- San Diego Dharma. "Buddha's Brain: The Neurodharma of Cultivating the Wholesome." San Diego, CA. April 2010.
- Barre Center for Buddhist Studies. "Self and No-Self in Buddhist Thought, Meditation, and Neuroscience" (with Bill Waldron, Ph.D.). Barre, MN. March 2010.
- Kripalu Center. "Lighting up Your Own Circuits of Joy and Inner Peace." Stockbridge, MA. March 2010.
- East Bay Open Circle. "Not-Self in the Brain." Berkeley, CA. March 2010.
- Spirit Rock Meditation Center. "The Neurology of Awakening" (with Rick Mendius, M.D.). Woodacre, CA. February 2010.
- Esalen. "Buddha's Brain: Neural Pathways to Happiness, Love, and Wisdom." Big Sur, CA. January 2010.
- London Insight. "The Neurology of Awakening." London, England. November 2009.
- Los Angeles Insight. "The Neurology of Awakening." Los Angeles, CA. November 2009.
- Spirit Rock Meditation Center. "Not-Self in the Brain" (with Rick Mendius, M.D.). Woodacre, CA. November 2009.
- Dharma Zephyr Meditation Community. "The Neuropsychology of Steadying the Mind and Transcending the Apparent Self." Carson City, NV. September 2009.
- Spirit Rock Meditation Center. "Forgiveness and Assertiveness" (with Fred Luskin, Ph.D.). Woodacre, CA. August 2009.
- Spirit Rock Meditation Center. "The Neurodharma of Love" (with Rick Mendius, M.D.). Woodacre, CA. May 2009.
- Washington, D.C. Insight Meditation Community. "The Neurodharma of Love" (with Tara Brach, Ph.D.). Washington, DC. April 2009.
- Spirit Rock Meditation Center. "Equanimity" (with Rick Mendius, M.D.). Woodacre, CA. May 2009.
- New York Insight Meditation Center. "The Neurodharma of Love." New York, NY. April 2009.
- Kripalu Center. "The Intimate Brain." Stockbridge, MA. April 2009.
- Barre Center for Buddhist Studies. "Neuro-Dharma: Mindfulness and the Shaping of the Brain." Barre, MN. April 2009.
- Spirit Rock Meditation Center. "The Neurology of Awakening" (with Rick Mendius, M.D.). Woodacre, CA. March 2009.
- Spirit Rock Meditation Center. "The Hard Things That Open the Mind and Heart: Practicing with Difficult Conditions" (with James Baraz and Rick Mendius, M.D.). Woodacre, CA. November 2008.
- Spirit Rock Meditation Center. "Resting in Emptiness – Awareness, 'Self,' and the Nondual Brain" (with Rick Mendius, M.D.). Woodacre, CA. October 2008.
- Sati Center. "Resting in Emptiness – Awareness, 'Self,' and the Nondual Brain" (with Rick Mendius, M.D.). Redwood City, CA. October 2008.
- Spirit Rock Meditation Center. "The Neurology of Awakening" (with Rick Mendius, M.D.). Woodacre, CA. September 2008.

- New York Insight Meditation Center. "The Neurology of Awakening" (with Rick Mendius, M.D.). New York, NY. June 2008.
- Spirit Rock Meditation Center. "Equanimity" (with Christina Feldman and Rick Mendius, M.D.). Woodacre, CA. May 2008.
- Spirit Rock Meditation Center. "The Neurodharma of Love" (with Sylvia Boorstein, Ph.D. and Rick Mendius, M.D.). Woodacre, CA. March 2008.
- Weekend workshop: "Being Your Best Self." February 2008.
- Sati Center. "The Neurology of Awakening – Using New Brain Research to Deepen Your Practice" (with Rick Mendius, M.D.). Redwood City, CA. December 2007.
- Spirit Rock Meditation Center. "Working with a Wounded Brain" (with James Baraz and Rick Mendius, M.D.). Woodacre, CA. November 2007.
- Spirit Rock Meditation Center. "The Neurodharma of Love" (with Rick Mendius, M.D.). Woodacre, CA. August 2007.
- Spirit Rock Meditation Center. "Awakening Your Brain" (with Rick Mendius, M.D.). Woodacre, CA. January 2007.
- Spirit Rock Meditation Center. "The Neurology of Awakening" (with Rick Mendius, M.D.). Woodacre, CA. November 2006.

Courses

- [Train Your Brain](#) - How to use neuroscience to direct and shape your own brain.
- The Essential Inner Skills: Awareness, Letting Go, Insight, Taking In, Using the Will.
- Mindfulness 101: Vipassana meditation and the core teachings of Buddhism.

Parent Groups

- Larkspur Preschool Co-Op. "Love after Children." May 2009.
- Sacramento Parents. "Nurturing Moms and Couples." March 2008.
- Mill Valley Co-op Nursery School. "Teamwork and Intimacy." February 2007.
- Parents Place, Pacific Grove. "Teamwork and Intimacy." May 2007.
- Parent University, Marin County Office of Education. "Sanity with Adolescents." March 2007.
- Dunham Academy. "Guidance for Gifted Children." January 2007.
- Morning Song Preschool, Mill Valley. "Tuned in Guidance of Children." November 2006.
- Little Wonders Preschool, Belmont. "The Heart of Parenthood." October 2006.
- Marin School of Art and Technology. "Preventing Adolescence . . . Sort Of." October 2005.
- LaLeche League of California, plenary meeting. "Caring for Mothers." October 2005.
- Mill Valley Co-op Preschool. "Staying Married after Children!" February 2005.
- Novato Co-op Preschool. "Teamwork to Solve Discipline Problems." February 2005.
- Marin Mothers Club. "Challenges of Parenthood." July 2004.
- Burlingame Mothers Club. "Strong Marriages, Strong Families." June 2004.
- Castro Valley Mothers Club. "How to Nurture a Mother." June 2004.
- Sequoia Co-op Preschool, San Carlos. "Appreciating Dad's and Mom's Style." March 2004.
- Creative Play Center, Pleasant Hill. "Fighting Fair" March 2004.
- Petaluma Mothers Club. "Put on Your Oxygen Mask First!" February 2004.
- Children's Cottage Co-op Preschool. "How to Replenish a Parent." February 2004.
- Roseville Co-op Preschool. "Building Bridges after Children." February 2004.
- Little Hands Preschool, Belmont. "Challenges to the Parental Couple." November 2003.

Little Wonders Preschool, Belmont. "Just for Dads." November 2003.
Little Wonders Preschool, Belmont. "Pulling Together, Not Apart." October 2003.
Trinity Preschool, San Rafael. "Dealing with Parental Stress." September 2003.
Nursing Mothers Council, Redwood City. "Helping Moms with Stress." September 2003.
Day One Center, San Francisco. "Keeping the Spark Alive." August 2003.
Golden Gate Mothers Club. "Teamwork and Intimacy after Becoming Parents." July 2003.
Hayward Mothers Club. "Staying Healthy after Kids." June 2003.
Davidson Middle School. "Staying Emotionally Connected to Your Teenager." May 2003.
Davidson Middle School. "Helping Kids with Homework." April 2003.
Davidson Middle School. "Positive Discipline for Teenagers." March 2003.
Kids on the Hill Preschool. "Sibling Rivalry." March 2003.
Foster City Mothers Club. "Dealing with Stress." March 2003.
Creative Play Center, Pleasant Hill. "How to Nurture a Mother." March 2003.
Day One Center, San Francisco. "Better Communication." March 2003.
Petaluma Mothers Club. "Sex and Love after Kids." February 2003.
Davidson Middle School. "Preventing Adolescence." January 2003.
Larkspur Co-Op Preschool. "Staying Intimate Friends after Becoming Parents." January 2003.
Day One Center, San Francisco. "Good Parent. Good Mate." January 2003.
Day One Center, San Francisco. "Sharing the Load Fairly." October 2002.
Marin Parents of Multiples. "The Heart of the Family." October 2002.
Millbrae Mothers' Club. "Building Parental Teamwork." October 2002.
Coastside Mothers' Club. "Staying Intimate Friends after Children." October 2002.
Day One Center, San Francisco. "Partners in Parenthood." August 2002.
Parents Place, Jewish Community Center, San Rafael, CA. "Mother Nurture." July 2002.
Spirit Rock Meditation Center. "Nurturing the Nurturers." May 2002.
Mill Valley Co-Op Preschool. "Maternal Well-Being." April 2002.
Southern Marin Mothers Club. "No More Stress or Depletion!" March 2002.
Saint Mark's School. "Helping Kids Handle Cliques." February 2002.
Kids on the Hill Preschool. "Positive Discipline." January 2002.
Southern Marin Mothers' Club. "Keeping Love Alive." April 2001.
Petaluma Mothers' Club. "Depleted Mother Syndrome." April 2001.
Parents Association, Montessori de Terra Linda. "Nurturing the Family." March 2001.
Marin Mothers of Multiples. "Staying Two When Baby Makes Four." February 2001.
Corte Madera Mothers' Club. "Drawing Fathers into Parenthood." November 2000.
Southern Marin Mothers' Club. "Staying Intimate Friends." May 2000.
Petaluma Mothers' Club. "Nurturing Yourself." April 2000.
Kids on the Hill Preschool. "The Development of the Older Child." March 2000.
Mill Valley Co-Op Nursery School. "Raising Siblings." March 2000.
Marin Primary School. "Child Centered Parenting." February 2000.
Marin Community Mental Health. "Handling the Stress of Raising a Teen." October 1999.
Southern Marin Mothers' Club. "Teamwork and Friendship with Your Partner." July 1999.
Pt. Richmond Mothers' Club. "How to Lower Your Stress." April 1999.
San Rafael Mothers' Club. "Reaching Out to Fathers." February 1999.
Parent University, Marin County Office of Education. "Keeping an Intimate Connection with Your Teenager." January 1999.

Petaluma Mothers' Club. "Holistic Health Care for Depleted Mothers." November 1998.
Southern Marin Mothers' Club. "How to Nurture a Depleted Mother." October 1998.
Ross Valley Mothers' Club. "A New Look at the Health Problems of Mothers." June 1998.
San Rafael Mothers' Club. "Cooperative Parenting and Intimate Marriage." June 1998.
Marin Montessori School. "Parents Need Nurturing Too." March 1998.
San Rafael Mothers' Club. "Empowering Fathers." March 1998.
Tamalpais Preschool. "Restoring Love Between Parents." March 1998.
Kids on the Hill Preschool. "Siblings." February 1998.
North Bay Children's Center. "Compassionate Discipline for Preschoolers." January 1998.
Greenbrae-Ross Mothers' Club. "Reaching Out to Husbands." January 1998.
Parent University, Marin County Office of Education. "Positive Motivation for Teens."
January 1998.
San Rafael Mothers' Club. "How to Stop Struggling with Kids." May 1997.
San Anselmo Cooperative Nursery School. "Taking Care of Dad." February 1997.
Corte Madera/Larkspur Mothers' Club. "Keys to a Healthy Family." August 1996.
Southern Marin Mothers' Club. "Teamwork after Children." June 1996.
Mill Valley Nursery School. "Four Steps to a Happy Family." May 1996.
North Bay Children's Center. "Raising Moral Children." March 1996.
Mill Valley Middle School. "Teenagers!" March 1996.
Marin Montessori School. "Working It Out with kids." March 1996.
Corte Madera/Larkspur Mothers' Club. "The Empty Village." October 1995.
Greenbrae Mothers' Club. "Caring for Mothers." May 1995.
San Anselmo Co-op Nursery School. "Raising Spiritual Children." April 1995.
North Bay Children's Center. "Handling Conflict with Kids." April 1995.
Marin Horizon School. "Replenishing a Mother." April 1995.
Pixie Park Association. "Parenting from the Same Page." March 1995.
Southern Marin Mothers' Club. "Marital Stress." March 1995.
Marin Cooperative Nursery Schools. "Long-term Maternal Stress." March 1995.
Novato Mothers' Club. "Handling Conflicts with Children." February 1995.
St. Mark's PTA. "Replenishing a Mother." February 1995.
Marin Horizon School. "Positive Discipline." February 1995.
Montessori de Terra Linda. "Caring For Mothers." November 1994.
Parent Institute, Tamalpais Council of Schools. "Preventing Adolescence." October 1994.
Marin Family Day Care Association. "Coping With Stress." October 1994.
San Rafael Mothers' Club. "Sharing the Load." September 1994.
Bay Area Family EXPO. "Helping Children With Their Fears." May 1994.
San Anselmo Cooperative Nursery School, California. "Fathering." March 1994.
Bright Beginnings School, Corte Madera, California. "Positive Discipline." February 1994.
Unity of Marin. "Raising Spiritual Children in a Materialistic World." February 1994.
St. Mark's School, San Rafael, California. "Families Running on Empty." January 1994.
Bright Beginnings School. "Communicating with Parents." November 1993.
Montessori de Terra Linda, San Rafael, California. "Fostering Cooperation and Productivity in
the Elementary School Child." October 1993.
St. Mark's School. "Handling Conflict Better." September 1993.
A.P.P.L.E. Family Center, Marin County, California. "The Parenting Couple." August 1993.

Bay Area Family EXPO. "Good Parent/Good Mate." May 1993.
St. Mark's School. "Parenting from the Same Page." March 1993.
San Rafael High School. "You and Your Dreams." March 1993.
Montessori de Terra Linda. "Fair and Practical Sharing of the Care of Children and Home."
February 1993.
Novato Parents Nursery School. "Consistent Standards and Discipline." January 1993.
Marin Council, Parent Participation Nursery Schools. "New Approaches to Resolving
Conflict." December 1992.
St. Mark's School. "Preventing Adolescence . . . Well, Sort Of." November 1992.
Montessori de Terra Linda. "Handling Conflict Better." October 1992.

Business Groups

North Bay Association of Rehabilitation Counselors. "Integrating Life Vision and Business
Management." September 1991.
Painting and Decorating Contractors' Association, San Francisco. "Marketing Benefits, Not
Features." November 1988.
Artistic License Guild, Contra Costa County. "Marketing." May 1988.
San Francisco Chamber of Commerce. "Small Business Management." April 1987.

PAST MEDIA

Television

The Today Show. Segment on our book, *Mother Nurture*, presented by co-author Ricki
Pollycove, M.D. July 2002.
KFTY-TV. Santa Rosa, CA. Interview on the morning news show about how to nurture mothers.
April 2002.
KPTV-TV. Portland, OR. Interviewed on newsmagazine, *Good Morning Oregon*, about *Mother
Nurture*. April 2002.
KFTY-TV. Santa Rosa, CA. Interview on the morning news show, regarding maternal depletion
and how to prevent it. May 2001.
KFTY-TV. Santa Rosa, CA. Interviews on the morning news show regarding school shootings.
April 2001.
Community access television, Marin County. *Caring for Mothers*. The Family Show, hosted by
Jack Hanson (not a relative). August 1998.

Broadcast Radio

H.U.R. Voices, SiriXM Channel 141. *The Audrey Chapman Show*. December 2012.
WOAP. *Enlightening Radio* with Christine Andrew. December 2012.
WHPC. *Just Relationships* with Dr Duffy. October 2012.
WCKY. *Dr. A. Show* with Will Aguila. September 2012.
KFAI. *Health Notes* with Kinshasha Kambui. August 2012.
KYNO. *John Lee Walker Show*. March 2012.
WBEV. *The Idea Exchange* with Brenda Murphy. March 2012.
KRJM. *News* with Kurt Phillion. January 2012.
CKNW. *Morning News* with Phillip Till. December 2011.
KMA. *News*. December 2011.

WILS. *News* with Michael Cohen. December 2011.
WEAA. *Michael Eric Dyson Show*. December 2011.
WPOC. *Morning Show* with Laurie DeYoung. December 2011.
KRUU. *Writers' Voices* with Monica and Caroline. December 2011.
WFPA. *Morning Show* with Tammy Wallace. December 2011.
WLAC. *Plane Jane Wisdom* with Devon and Kim. December 2011.
WHUD. *Morning Show* with Kacey Morabito. December 2011.
KPFA. *Evening News* with Veronica Faisant. December 2011.
KFAI. *Health Notes* with Kinshasha Kambui. October 2010.
CFRB. *Buddha Lounge* with Natasha Dern. August 2010.
WBZ. *Jordan Rich Show*. May 2010.
NPR. *Peace Talks Radio*. May 2010.
KQED. *Forum* with Michael Krasny. April 2010.
WFDU-FM. *In Sight* with Jack McElligott. April 2010.
KWLM-AM. *The Morning Brew* with Bill Dean. April 2010.
KBUL. *Morning Bulletin Show* with Tommy and Bell Braaten. April 2010.
CJAD. *Dr. Laurie Show* (on Passion). April 2010.
KNUU-AM. *RadiantlyU* with Barbel Warren. January 2010.
BBC 4. *All in the Mind* with Claudia Hammond. December 2009.
Montel Williams. November 2009.
WEPG-AM. *It's your Life*. November 2009.
KPFA-FM. Berkeley, CA. *Interview by Kris Welch* with Rick Mendius, M.D. October 2007.
NPR-FM. Parents Journal with Bobbi Conner. April 2002.
KOIT-FM. On the Family, with Armin Brott. June 2002.
KPFA-FM. Berkeley, CA. Interview by Michael Lenoir, M.D. May 2002.
WLUX-FM. Long Island, NY. "Coping Conversations with Dr. Bob Phillips." May 2002.
AP Radio Network. "Between the Lines" book review with Diana Jordan. April 2002.
NPR-FM. Parents Journal with Bobbi Conner. April 2002.
KCBS-FM. Los Angeles, CA. Interview with Cynthia Eichler. April 2002.
KWMR-FM. Point Reyes, CA. Interview on "Communi-TEA." hosted by Michelle Rivers.
August 1999.
KSRO-AM. Santa Rosa, CA. "Balancing Your Love and Your Life." Interview and live call-ins.
February 1995.
KNBR/KFOG. San Francisco. Interview. May 1993.
KQED-FM. San Francisco. "Family Talk." Interview and live call-ins. May 1993.
KSRO-AM. Santa Rosa. Interview and live call-ins. May 1993.
KRQR-FM. San Francisco. Interview. May 1993.

Internet Radio and Web Based Interviews

Arbor-Seminare with Michaela Doepke. December 2013.
Summer Noelle with Noelle McCarthy. December 2013.
Buddha at the Gas Pump with Rick Archer. December 2013.
Harvesting Happiness with Lisa Cyers Kamen. December 2013.
Healthy You! with Keesha Ewers. December 2013.
Stories of A World that Just Might Work with Terrence McNally. December 2013.

The Empowerment Show with Melissa Heisler. December 2013.
[*New Dimensions Radio with Justine Willis Toms. December 2013.*](#)
Tiferet Journal with Melissa Studdard. November 2013.
Blog Talk Radio with Victor Schueller. November 2013.
Super Human Radio with Carl Lanore. November 2013.
Voice America with Faiza El-Masry. November 2013.
Strategies for Living with David McMillan. November 2013.
GoodTherapy.org with Elise Curtin. November 2013.
The Empowerment Show with Melissa Heisler. November 2013.
YOGABODY Naturals with Lucas Rockwood. November 2013.
The Compassionate Men Interview Series with Kozo Hattori. November 2013.
The Speakers Group with Shawn Ellis. November 2013.
Radio Health Journal with Reed Pence. October 2013.
End Depression Now with Craig Meriwether. October 2013.
Conversations with Joy with Joy Cardin. October 2013.
Western Positive Psychology Association with Kim Perkins. October 2013.
Voices in the Family with Dan Gottlieb. October 2013.
Changing Directions with Michele F. Rosenthal. October 2013.
The Roundtable with Joe Donahue. October 2013.
Soul Medicine with Dawson Church. October 2013.
Self-Directed Brain Change - Part II, podcast with Tami Simon. Sounds True. October 2013.
Self-Directed Brain Change - Part I, podcast with Tami Simon. Sounds True. October 2013.
Doctor's Radio, SIRIUS (Channel 114, XM Channel 119 National) with Dr. Carol Berstein. October 2013.
Act: Taking Hurt to Hope - Training the Brain for Compassion with JoAnne Dahl, Ph.D. September 2013.
American Meditation Radio with Sister Jenna. September 2013.
Reboot Your Brain with Erin Matlock. September 2013.
Raw Food Magazine with Sara Grove. August 2013.
Awakening Mindful Open-Hearted Renewal with Selma. August 2013.
Yoga Radio with Dristhi Point. August 2013.
Brent Smith Lifestyle with Brent Smith. August 2013
Science of Skill with Daniel Faggella. July 2013.
Just Be Meditation with Eden Kozlowski. July 2013.
The Yoga Hour with Yogacharya Ellen Grace O'Brian. May 2013.
Change your Mind to Change Your Brain with Cheryl Esposito. April 2013.
Yoga and Meditation with Raminderpreet Kaur. April 2013.
The Practical Neuroscience of Positivity with Kathy Poehnert and Alan Cohen. March 2013.
Yoga & Psyche: Psychological Integration through Yoga with Mariana Caplan. January 2013.
Somatic Perspectives on Psychotherapy series with Serge Prengel. December 2012.
Optimal Living 101 with Brian Johnson. December 2012.
Experience Life with John Spayde. December 2012.
Enlightening Radio with Christine Andrew. December 2012.
Lunch with the Loveologist with Wendy Strager. November 2012.
Sensophy with Jacob Sokol. November 2012.

Advisor One with Olivia Mellan. November 2012.
Empowered Healer with Dr. Susan Allison. October 2012.
Buddhist Broadcasting Foundation Radio (English, 25 minutes in). September 2012.
Unity Family Matters with Rev. Ogun Holder and Jennifer Holder. September 2012.
Voice America. Thresholds to Awakening with Sweight Emily Spilkin. September 2012.
Fun and Fit Women's Radio with Kymberly Williams-Evans and Alexandra Williams. August 2012.
Mindfulness for Dummies and Relaxation for Dummies with Shamash Alidina. August 2012.
Empowered Healer with Dr. Susan Allison. July 2012.
Radio Curious with Barry Vogel. June 2012.
The Power of We with Maryanne Comaroto and David Raynal. May 2012.
Turn on Your Inner Light with Debbie Mandel. May 2012.
The Mindful Word with Kiva Bottero. May 2012.
Zentertainment with Jo Davidson. May 2012.
The Mindful Word with Kiva Bottero. May 2012.
Full Power Living with Ilene L. Dillon. April 2012.
World Talk Radio. MBB2: The Lyceum. March 2012.
Positive Business with Patricia Raskin. March 2012.
Affirmative Prayer, Activating the Power of YES with Beverly Molander. March 2012.
On the Radio with Dr. Robert Rey. March 2012.
Light At The End of the Tunnel with Sallie Felton. January 2012.
Mind Matters Radio with Ajayan (Henry James Borys). January 2012.
Turn On Your Inner Light with Debbie Mandel. January 2012.
Expert Access with Steve Kayser and Jay R. McKeever. January 2012.
Saner Living with Chris Wucherer. January 2012.
Full Power Living with Ilene L. Dillon. December 2011.
To Your Good Health with Dr. David Friedman. December 2011.
Inner Speak News with Jean Adrienne. December 2011.
Plain Jane Wisdom with Devon and Kim. December 2011.
Mind, Brain & Body with Dr. Mike Kell. December 2011.
A Closer Look with Pam Atherton. December 2011.
Mancow's Morning Ma with Erich Muller. December 2011.
Planetary Spirit with Jeff Ferrannini. December 2011.
Dr. Pat Show, Street Smart Spirituality Hour with Dr. Pat Baccilli. December 2011.
Spiritual Coaching with Rev. Carla McClellan. December 2011.
Straight Talk with Nick Lawrence. November 2011.
Positively Incorrect with Scott Cluthe. October 2011.
Relationships 101 with Dr. Beth Erickson. October 2011.
CJAD. Kim Fraser. September 2011.
Interview: Law of Attraction Radio Network. September 2011.
Straight Talk with Senator Holland Redfield. September 2011.
Voice America with Gisele Guenard. September 2011.
CJOB. Nighthawk with Geoff Currier. September 2011.
Interview: *Full Potential*. August 2011.
Contact Talk Radio. *Smart Women Talk Radio* with Katana Abbott. August 2011.

Unity Online Radio. *World Spirituality* with Rev. Paul John Roach. July 2011.
BBS Radio. *Infinite Consciousness* with Eva Herr. July 2011.
Women's Radio. *People of Distinction* with Al Cole. July 2011.
Contact Talk Radio. *A Fresh Start* with Sallie Felton. June 2011.
The Best of You Today with Mojgan Rady. June 2011.
Your Health Matters with Dr. Jeffrey Frey. June 2011.
Interview: Energy Talk Radio. May 2011.
Blog Talk Radio. *New Edge Series* with Patricia Albere. April 2011.
Blog Talk Radio. *Align, Shine, Prosper* with Doreen Agostino. March 2011.
The Pleasure Nutritionist with Daphne Cohn. March 2011.
33 Voices with Moe Abdou. March 2011.
What Now with Ken Rose. March 2011.
Healthy Life Radio. The Susan Swanson Show. March 2011.
Voice America. *Mind, Brain & Body* with Dr. Mike Kell. February 2011.
Progressive Radio Network. *What Women Must Know* with Dr. Sherrill Sellma. February 2011.
Maryanne Live! with Maryanne Comaroto. January 2011.
Morning Meetings with Lynn Cohen. January 2011.
Huff Post Live. Kari Henley. December 2010.
A Closer Look with Pam Atherton. December 2010.
Inside Personal Growth with Greg Voisen. October 2010.
Shrink Rap Radio with David Van Nuys. October 2010.
Blog Talk Radio. *Man, Myth and the Occult: Psychology & Religion* with Bryan Oullette, PhD and Mike Kell, PhD. October 2010.
Greater Good Podcast with Michael Bergeisen. September 2010.
Progressive Radio Network. *Mindful Living* with Henry Grayson, Ph.D. September 2010.
Vivid Life Radio. *Keeping Life Simple* with Lorraine Wilson. September 2010.
Blog Talk Radio. *Man, Myth and the Occult: Psychology & Religion*. September 2010.
Blog Talk Radio. *Paradan* with Daya Devi-Doolin. September 2010.
Turn on Your Inner Light with Debbie Mandell. August 2010.
Modern Hippie Mag with Steve McAllister. July 2010.
Planetary Spirit Radio. Jeff Ferrannini. July 2010.
Peace Talks Radio. Suzanne Kryder. May 2010.
Healthy Life Radio. *Mind Health Matters* with Bernie Siegel. May 2010.
Healthy Life Radio. *Soul Medicine* with Dawson Church. May 2010.
Empowered Living with Steve Maraboli. April 2010.
Examiner.com. April 2010.
The Laughter Show. April 2010.
Blog Talk Radio. *Radio Free Spirit*. Interview with Geoff Laughton. April 2010.
Emotional Pro with Ilene Dillon. February 2010.
Attitude Builders with Marlene Chism. January 2010.
VividLife Radio. January 2010.
[*New Dimensions Radio with Michael Toms. January 2010.*](#)
Contact Talk Radio. *Light at the End of the Tunnel* with Sallie Felton. December 2009.
Psychjourney with Deborah Harper. December 2009.
Buddhist Geeks with Vince Horn. November 2009.

Ent Excellence. Frank de Raffe. November 2009.
Voice America Positive Living. November 2009.
Inner Speak. November 2009.
World Changing Wisdom Teleseminar. November 2009.
Dr. Pat Show with Dr. Pat Baccili. November 2009.
Blog Talk Radio. *Biz Talk* with Elizabeth Lengyel. November 2009.
Alvin Jones Show. November 2009.
MasterWorks Healing Teleseminar. November 2009.
Positive Living with Patricia Raskin. November 2009.
Inside Personal Growth with Greg Voisen. October 2009.
A Fresh Start with Sallie Felton. October 2009.
Solitude Yoga with Sallie Nelson. June 2008.
You Can Change Your Brain with Tami Simon. Sounds True. September 2009.
Solitude Yoga (with Rick Mendius, M.D.) with Sallie Nelson. June 2008.
KPFA-FM (with Rick Mendius, M.D.) with Kris Welch. October 2007.
KLLC (with Rick Mendius, M.D.) with Liz St. John. March 2007.
KOIT-FM. On the Family with Armin Brott. June 2002.
KPFA-FM with Michael Lenoir, M.D. May 2002.
WLUX-FM. Coping Conversations with Dr. Bob Phillips. May 2002.
AP Radio Network. "Between the Lines" book review with Diana Jordan. April 2002.
NPR-FM. Parents Journal with Bobbi Conner. April 2002.
KCBS-FM with Cynthia Eichler. April 2002.
KWMR-FM. Communi-TEA with Michelle Rivers. August 1999.
KSRO-AM. Balancing Your Love and Your Life. February 1995.
KNBR/KFOG. May 1993.
KQED-FM. On Family Talk. May 1993.
KSRO-AM. May 1993.
KRQR-FM. May 1993.

OTHER PUBLICATIONS

Magazines and Newspapers

Interviewed for articles in international magazines and newspapers, including North and South, *London Times*. September 2013 to present.

Interviewed for articles in national magazines, including *US Weekly*, *Fast Company*, *Redbook*, *Glamour*, *Fitness*, *American Baby*, *Parents Magazine*, *The Mindful Word*, *Women's Own*, *Working Mother*, and *Remedy Healthy Living*, *Massage Therapy Journal*. April 2002 to present.

Interviewed for articles in regional newspapers, including *Atlanta Journal*, *Palm Beach Post*, *The Seattle Times*, *The San Francisco Chronicle*, and *The Marin Independent-Journal*. April 2002 to present.

Interviewed for articles in parent magazines, including *New York Parent* and *Minnesota Parent*. April 1994 to present.

ePregnancy Magazine. 2003. Regular column.

How to make money doing what you love. Promethean Network. April 1987.

Television turns on viewers. Futures Conditional, fall 1975. (with Mike Van Horn)

Leading creative participation. Futures Conditional, spring 1975. (with Mike Van Horn)

Websites

Was www.Mothering.com guest expert.

Column appeared on the SheKnows group of sites, 750,000+ unique visitors/month.

Monthly column currently appears on family-related internet sites.

Articles have been posted on major sites including iParenting, CrossWalk, and AmericasMoms.

Interviewed regularly for articles on major websites, including *ePregnancy* and the SheKnows family of sites April 2002 to present.

Parent Magazines

Disciplining adolescents. Family News. December 2006.

Acne update. Family News. September 2006.

Dealing with your anger. Family News. July 2006.

Ten reasons to take good care of a mother. Family News. June 2006.

Keys to building character in kids. April 2006.

Don't be annoying -- and other rules for raising teenagers. Family News. February 2006.

Nutritional treatment of child mood problems. Family News. October 2005.

Using the will. Family News. August 2005.

Taking in. Family News. June 2005.

Insight. Family News. April 2005.

Letting go. Family News. February 2005.

Self-awareness. Family News. January 2005.

Essential inner skills for kids and parents. Family News. December 2004.

Giving kids alternatives. Family News. Family News. November 2004.

The most important thing for children. Family News. October 2004.

Getting a father to help more with baby. Family News. September 2004.

Solving teenage acne. Family News. August 2004.

Increasing empathy with your partner. Family News. July 2004.

Exercise for busy parents. Family News. June 2004.

Super nutrients for mothers. Family News. May 2004.

Dealing with the relatives -- his and hers. Family News. April 2004.

Helping kids get the most out of school, part 1. Family News. March 2004.

Helping kids get the most out of school, part 2. Family News. February 2004.

Depleted mother syndrome -- What you can do about it. Family News. January 2004.

Depleted mother syndrome -- New perspectives. Family News. December 2003.

Caring for inattention, restlessness, and impulsive behavior. Family News. October 2003.

When kids are distractible or hyper. Family News. September 2003.

Getting enough sleep. Family News. August 2003.

Sex after children. Family News. July 2003.

Dealing with summertime stress. Family News. June 2003.

Partners in pregnancy. Family News. May 2003.

Optimizing a child's health. Family News. April 2003.

Teaching kids psychological skills. Family News. March 2003.

Working with challenging child temperaments. Family News. February 2003.

The real gift of parenting. Family News. December 2002.
Excerpts from Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships. Family News. April 2002 to November 2002.
Time to nurture mothers. Family News. March 2002.
What a mom can do. Family News. February 2002.
What a dad can do. Family News. January 2002.
Holistic approaches for ear infections. Family News. December 2001.
Boosting your immune system, part 2. Family News. November 2001.
Boosting your immune system, part 1. Family News. October 2001.
The family medicine chest. Family News. September 2001.
Intervene early and decisively. Family News. August 2001.
Prevent needless conflicts with kids. Family News. July 2001.
Attracting kids to the positive. Family News. June 2001.
Principled parental power. Family News. May 2001.
Low-stress discipline. Family News. April 2001.
Good nutrition for a mother, Part 2. Family News. March 2001.
Good nutrition for a mother, Part 1. Family News. February 2001.
Ancient wisdom for mothers, Part 2. Family News. January 2001.
Ancient wisdom for mothers, Part 1. Family News. January 2001.
Drawing men into fatherhood. Family News. November 2000.
Translating mom-speak and dad-speak, Part 2. Family News. October 2000.
Translating mom-speak and dad-speak, Part 1. Family News. September 2000.
Cooperating about money. Family News. August 2000.
Sharing the load. Family News. July 2000.
Parenting from the same page. Family News. June 2000.
Parents are negotiators. Family News. May 2000.
Getting real with your partner. Family News. April 2000.
Good communication between parents. Family News. March 2000.
Empathy. Family News. February 2000.
A civil tongue. Family News. January 2000.
How to be good partners in parenting. Family News. December 1999.
Physical boosts for a child's mood and behavior. Family News. November 1999.
Psychological boosts for a child's mood. Family News. October 1999.
The hormones of motherhood. Family News. September 1999.
Good nutrition for a good mood. Family News. August 1999.
On the stomach of a parent. Family News. July 1999.
Owning gratitude. Journeys. Summer 1999.
Releasing negative emotions. Family News. June 1999.
The psychology of lifting your mood. Family News. May 1999.
Natural boosts for a parent's mood. Family News. April 1999.
Lifting one's mood. Family News. March 1999.
A mother's resources. Family News. February 1999.
A mother's vulnerabilities. Family News. January 1999.
A mother's stresses. Family News. December 1998.
A mother's outpouring. Family News. November 1998.

How one mother became depleted -- and what she did about it. Family News. October 1998.
How a mother gets depleted. Family News. September 1998.
Defining Replenishing a Mother. Family News. August 1998.
A slippery slope of depletion. Family News. July 1998.
What happens when a mother gets depleted. Family News. June 1998.
Nurturing a depleted mother. Family News. May 1998.
The comforts of support. Family News. April 1998.
Comfort for parents. Family News. March 1998.
The comforts of being. Family News. February 1998.
Comfort for parents. Family News. January 1998.
When parenting pulls you apart. Family News. December 1997.
Breakdowns in parental teamwork. Family News. November 1997.
Moms and dads are different. Family News. October 1997.
Parental stress and depletion. Family News. September 1997.
The empty village. Family News. August 1997.
The crucial context of childrearing. Family News. July 1997.
The family is the second womb. Family News. June 1997.
Take comfort -- Part 2. Family News. May 1997.
Take comfort -- Part 1. Family News. April 1997.
Effective problem-solving with teenagers. Family News. March 1997.
Supporting positive motivation with teenagers. Family News. February 1997.
Preserving intimacy with teenagers. Family News. January 1997.
Preventing adolescence -- well, sort of. Family News. December 1996.
Problematic outcomes. Family News. November 1996.
Parenthood is perturbing. Family News. October 1996.
Inner competence -- part two. Family News. September 1996.
Inner competence. Family News. August 1996.
Resources for children and parents. Family News. July 1996.
Falling apart. Family News. June 1996.
Vulnerabilities of children and parents. Family News. May 1996.
What hurts children and families. Family News. April 1996.
The fundamental model of family health. Family News. March 1996.
Foundations of love. Family News. February 1996.
Caring for attention deficit/hyperactivity disorder. Marin Family News. November 1995.
Attention deficit/hyperactivity disorder. Marin Family News. October 1995.
What's optimal about frustration? Marin Family News. September 1995.
Letting go. Marin Family News. August 1995.
Reading child wants. Marin Family News. May 1995.
Our deepest desires. Marin Family News. April 1995.
The arc of desire. Marin Family News. March 1995.
Skillful responses to child wants. Marin Family News. February 1995.
A child's wants. Marin Family News. January 1995.
Where's dad? Marin Family News. December 1994.
DMS: Replenishing a Mother -- Part 2. Marin Family News. November 1994.
DMS: Replenishing a Mother -- Part 1. Marin Family News. October 1994.

A father's story. Marin Family News. August 1994.
Handling your anger. Marin Family News. June 1994.
Kids' fears after Polly Klaas. Marin Family News. May 1994.
The gift of parenting. Marin Family News. March 1994.
Purposes in the family. Marin Family News. January 1994.
Families running on empty. Marin Family News. November 1993.
Having a life of your own. Marin Family News. September 1993.
Good parent/good mate. Marin Family News. July 1993.
Parenting from the same page. Marin Family News. March 1993.
Restoring love. Marin Family News. January 1993.
When kids can't have what they want. Marin Family News. December 1992.

Regular, monthly column in Northern Nevada Family, September 2002 to July 2004.
Staying sane while working at home. Mothers At Home (MAH!) December 1992.

Parent Newsletters

Monthly column in the newsletters and/or websites of several hundred schools, parent groups, and family-oriented websites; also sent monthly to individual subscribers

Learning Programs

Provided a module for an audio and print program on different approaches to helping babies sleep. Sleep-Baby, Brisbane, Australia.

Reports, Handouts, and Self-Guided Learning Materials

How to stick with virtues and good purposes, 2005.
Keys to effective communication, 2005.
Business plan, Heartwood High School: A model of essential education for adolescents, 2004.
Meditation on gratitude, 2003.
Survey on maternal depletion, 1998.
Replenishing a mother: Symptom checklist and risk factors, 1996.
Raising spiritual children, 1994.
The parenting couple, 1993.
Parenting from the same page, 1993.
Preventing adolescence . . . well, sort of, 1992.
Handling conflict better, 1992.
Getting what you want from others, 1989.
Psychological assessments of adults and children, 1985 to present.
Self-employment evaluations of injured workers, 1988 to present.
Business plans for numerous companies, 1980 to present.
Doing what you love, 1987.
Business analysis, 1987.
The essence of "closing," 1987.
Your vision for your life and business, 1987.
The marketing plan generator, 1986.
How to maximize referrals, 1986.

Probabilistic investment analysis of sulfur recovery and forming, 1980.

National plan for performance data on large-scale electrical power generators, 1979.

PAST SCHOOL CONSULTATIONS

St. Mark's School. San Rafael, California

Marin Montessori School. Corte Madera, California

Marin Horizon School. Mill Valley, California

Marin Academy. San Rafael, California

Terra Linda High School. San Rafael, California

Montessori de Terra Linda. San Rafael, California

Bright Beginnings. Corte Madera, California

Parent Participation Nursery Schools. Marin County, California

Guest lecturer on emotional intelligence, social problems, and sex education for elementary school age children in several schools

WORK EXPERIENCE

Psychologist. August 1992 to present (Psychological Assistant doing psychotherapy under supervision from September 1987 to August 1992). Individual, couple, and family psychotherapy with children, teenagers, and adults. Presenting problems have included reactions to trauma, depression, anxiety, self-destructiveness, chemical dependency, marital issues, vocational re-direction, poor school or social adjustment, and attention deficit/hyperactivity disorder. Treatment modalities have included both brief and long-term therapy with an effort made to provide an integrative approach combining cognitive-behavioral methods and psychodynamic understanding. Significant experiences have included testing and assessment, parental guidance, hospital work, coordination with other professionals as a multi-disciplinary team, and working within the framework of managed care. There has been an ongoing emphasis on regular case conferencing, continuing education, and staying current with the scientific and professional literature. Marin County, California.

Program Consultant, Jamestown Learning Center. August 1986 to 1993. Jamestown serves emotionally- and learning-disabled inner-city teenagers in San Francisco. Responsibilities have included creating and conducting outdoor programs for students, such as rock-climbing, and providing in-services for staff.

President and Owner, Peak Management. October 1985 to October 1990. Peak Management was a management consulting firm which advised the owners of growing businesses and offered the Peak Business Program. This program consisted of both group sessions and individual consultations which addressed both the technical and psychological issues involved in running a business. Several hundred business owners participated. Sausalito, California.

President, Body of Knowledge, Inc. January 1983 to June 1985. BOK trains Practitioners in "Hellerwork," a system of bodywork and movement education. Created a new marketing strategy and sales organization, and managed the 50%/year growth in revenues that resulted. Mediated between Practitioners and company owners to create a new fee structure. Managed a staff of five to seven people. Mill Valley, California.

Faculty Member, Hellerwork Training. January 1983 to December 1991. Wrote independent study curriculum in both psychology and in business. Developed and taught classes in both psychology and business. The psychology classes focused on communication skills and interpersonal issues between Practitioner and client.

Management Consulting. May 1980 to December 1982. Working for other consultants or independently, major projects included: Probabilistic analysis of the likely cost of a \$12 billion-plus tar-sands extraction plant; expansion strategy for a sulfur refinery that found \$1.5 million additional potential net revenues; strategic planning and staff development for a data processing firm. Newport Beach and Sausalito, California.

Seminar Leader and Manager, Successful Living Seminars, Inc. March 1978 to May 1980. Led seminars on communication and relationships. Managed the American Division and was Comptroller of the European Division. Supervised up to six people. Beverly Hills, California and Munich, West Germany.

Program Designer and Group Facilitator, Synovations. September 1977 to March 1978. Designed and conducted technical conferences for Jet Propulsion Laboratories and Lawrence Berkeley Laboratories. Venice, California.

President and Owner, Together Seminars. September 1976 to August 1977. Together Seminars offered workshops in communication and relationships. Developed and conducted approximately thirty weekend-long workshops and thirty evening seminars, with over 300 participants. Managed both staff and volunteers. Venice, California.

Counselor and Teacher. August 1975 to August 1976. Activities included: Counseled three adolescents with emotional problems and helped to avoid institutionalization for one boy with autistic tendencies; Created and led a five-day orientation for students at an alternative school; Trained both teachers and students in the Lawndale School District in visualization exercises for bilingual students. Venice, California.

Counselor, UCLA Creative Problem-Solving Program (CPSP). September 1974 to July 1975. CPSP was sponsored by five professional schools under a grant from the National Endowment for the Humanities. Designed courses and counseled students.

Counselor, UCLA Orientation Program. Summer 1973. Designed programs, conducted group discussions and provided individual academic counseling.

Manager, Gateway Day Care Center. Summer 1972. Recruited families, designed and conducted daily programs, and supervised staff.

Teacher, Gateway Alternative School. January to June 1972.

ACTIVITIES AT UCLA

Co-Director, UCLA Experiential Learning Center, a residential program which enabled students to earn academic credit for work in professional settings.

Co-Director, UCLA First-Year Program. The Program consisted of four accredited classes whose purpose was to provide an inter-disciplinary basis for a liberal arts education. Responsibilities included writing a detailed accreditation proposal, selecting and conducting courses for discussion group leaders, and managing the Program.

Teaching Assistant. "Visual Thinking." UCLA School of Architecture and Urban Planning.

Teaching Assistant. "Urban Sociology." UCLA Department of Sociology.

Teaching Assistant. "Introductory Sociology." UCLA Department of Sociology.

Student Representative. UC Committee on Grants for Innovative Education.

Student Intern. UCLA Registrar's Office.

Managing Editor of "Re-New," a magazine published by ethnic minority student groups.

Trainer and Counselor, UCLA Helpline.

Founder and Director, the RAP Program, a support group program for dormitory residents.

President, Dykstra Hall Residents Association.

PERSONAL INFORMATION

Born October 21, 1952 in Stillwater, Oklahoma.

Married since 1982, with two adult children.

Lived one year in Finland (1968) and one year in Germany (1978); traveled widely in Europe and North America.

Taught several hundred adults and children to rock-climb.

Meditation practices since early adulthood; graduate of the Community Dharma Leader program, Spirit Rock Meditation Center.