

Rick Hanson, Ph.D.
Summary Curriculum Vitae
drRH@comcast.net

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., Clinical Psychology, Wright Institute, Berkeley, CA

October 1986 - M.A., Clinical Psychology, Rosebridge Institute, Walnut Creek, CA

June 1984 - Completed courses for M.A., Developmental Psychology, SFSU

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

PUBLICATIONS

Books

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

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

[*Just One Thing: Developing a Buddha Brain One Simple Practice at a Time.*](#) New Harbinger, September 2011. 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. 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, 48-60, 2017.

Neurodharma: Practicing with the Brain in Mind. *Buddhist Meditative Praxis: Traditional Teachings and Modern Applications* (conference proceedings). Dhammajoti, K.L. (ed.). University of Hong Kong, 227-244, 2015.

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

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) *Enrahnar* 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.

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.

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

SELECTED TEACHING

- Learning and the Brain Conference. "Unshakable Core: Growing Inner Strengths." New York City. 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.
- University of Pennsylvania. Masters in Positive Psychology Program annual summit. "Learning from Positive Experiences: The Mindful Cultivation of Inner Resources." Philadelphia. October 2017.
- World Government Summit. "The Neuroscience of Happiness." Dubai, February 2017.
- American Psychological Association, annual meeting. Keynote on: "Mindful Cultivation: Turning Passing States into Beneficial Traits. Denver, CO. August 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. "How Hard Times Can Open the Heart: Deepening Your Brain's Natural Powers for Healing." Washington, DC. March 2016.
- Harvard University. "Building Inner Strengths of Leaders." Boston, MA. December 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.
- Department of Energy. "The New Brain Science of Contentment, Calm, and Confidence." Albuquerque, NM. May 2015.
- California Association of Marriage and Family Therapists, annual meeting. "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.
- 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.
- 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.
- Psychotherapy Networker Symposium. "Brain Science and Psychotherapy: What's the Next Step?" Washington, DC. March 2014.

University of Hong Kong, Centre of Buddhist Studies. "Neurodharma: Practicing with the Brain in Mind." Hong Kong, China. August 2013.

Congress on Mindfulness in Medicine, Psychotherapy, and Society. "Being and Doing: Activating Neural Networks of Mindful Presence." Vienna, Austria. June 2012.

George Mason University. "Taking in the Good: Building Resilience into the Brain through Positive Experiences." Fairfax, VA. April 2012.

UCSD. "Helping Children Build Inner Strength and Happiness." San Diego, CA. February 2012.

Stanford University. "Wiring Happiness into Your Brain." Palo Alto, CA. February 2011.

University of Oxford. "Buddha's Brain." Oxford, United Kingdom. November 2010.

Google. "The Practical Neuroscience of Happiness, Love, and Wisdom." Mountain View, CA. May 2010.

Claremont School of Theology. "Neuroscience and Spiritual Practice." Claremont, CA. October 2008.

SELECTED MEDIA

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

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

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

TEDx Marin. [Hardwiring Happiness](#). San Rafael, CA. October 2013.

The Rush TV Show. Vancouver, BC, Canada. October 2013.

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

[New Dimensions Radio with Justine Willis Toms. December 2013.](#)

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

John Stossel Show. Fox Business. January 2012.

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

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

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

[Michael Krasny](#). *Forum*, KQED. San Francisco, CA. April 2010.

[BBC 4 interview](#). *Mindfulness: Good for Mental Health?* December 2009.

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

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.

MEDITATION

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

PERSONAL INFORMATION

Born October 21, 1952 in Stillwater, Oklahoma.

Married since 1982, with two adult children.

Lived one year in Finland and one year in Germany.

Taught several hundred adults and children to rock-climb.

Graduate of the Community Dharma Leader program, Spirit Rock Meditation Center.

FOR MORE INFORMATION

[Complete CV](#)

[Full biography](#)