

**Rick Hanson, Ph.D.**  
***Summary Curriculum Vitae***  
[drRH@comcast.net](mailto: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

American Mindfulness Research Association

**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

**WEBSITES**

[RickHanson.net](http://RickHanson.net)

[WiseBrain.org](http://WiseBrain.org)

**PUBLICATIONS**

**Books**

These have been published in 29 languages, with 900,000 copies in English. They include:

[\*Neurodharma: New Science, Ancient Wisdom, and Seven Practices of the Highest Happiness.\*](#)

Penguin Random House, May 2020.

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

[\*Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence.\*](#) Penguin 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.) 2 languages.

### **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.

Foreword in *In Touch: How to Tune In to the Inner Guidance of your Body and Trust Yourself*. Prendergast, J. Sounds True, 2015.

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.

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**

Hanson, R., Shapiro, S., Hutton-Thamm, E., & Hagerty, M. [Learning to Learn from Positive Experiences](#) (submitted for publication).

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. *Buddhist Geeks*. February 2010.

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

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

### **Bulletin**

[Wise Brain Bulletin: News and Tools for Happiness, Love, and Wisdom](#) – 140,000 subscribers.

### **Newsletter**

[Just One Thing: One Practice This Week to Change Your Life](#) – 190,000 subscribers.

### **PODCAST**

[Being Well](#) – cohost, Forrest Hanson. Two million downloads a year. Guests have included Angela Duckworth, Charles Duhigg, Kristin Neff, Daniel Goleman, Lori Gottlieb, Allison Briscoe-Smith, Amy Edmondson, Jack Kornfield, Kelly McGonigal, James Gordon, Tal Ben-Shahar, Peter Levine, Sonja Lyubomirsky, Gaylon Ferguson, Tara Brach, and other scholars and teachers.

### **MEDITATION**

[Wednesday Meditations](#). San Rafael, CA; and now online. 2008-present.

### **ONLINE PROGRAMS**

[The Foundations of Well-Being](#)

[The Positive Neuroplasticity Training](#)

[The Professional Course in Positive Neuroplasticity](#)

[Neurodharma](#)

[Loving, Knowing, and Growing](#)

[Dealing with Anxiety](#)

[The Strong Heart Relationship Program](#)

[Just One Minute](#)

[Growing the Good](#)

[The Resilience Summit](#)

### **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.

### **SELECTED MEDIA**

Radio New Zealand: [How to Become More Resilient](#). Summer 2018.

[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.](#)

[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.

### SELECTED TEACHING

Mount Sinai Hospitals. “Using Mindfulness to Manage Stress and Grow Resilience.” New York. February 2020.

A Mindful Society Conference. “Courage and Compassion: Living with a Strong Heart in Challenging Times.” Toronto. May 2020.

Institute for Meditation & Psychotherapy. “Peaceable, Friendly, and Fearless: Using Positive Neuroplasticity to Develop Calm, Compassionate Strength.” Cambridge, MA. October 2019.

Shambhala Mountain Center. “Neurodharma Retreat: 7 Practices of Embodied Awakening.” Colorado. May 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.

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.

NASA. "Hardwiring Happiness and Developing the Inner Resources for Effective Leadership." Washington, DC. 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.

#### **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; traveled widely.  
Taught several hundred people to rock-climb.  
Graduate of the Community Dharma Leader program, Spirit Rock Meditation Center.

#### **FOR MORE INFORMATION**

[Complete CV](#)  
[Autobiographical statement](#)