

Rick Hanson, Ph.D.

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Curriculum Vitae

PROFESSIONAL INTERESTS

The intersection of psychology, neurology, and Buddhism; training the brain in essential inner skills; parental stress, depletion, and replenishment; psychotherapy with adults, couples, children, and teenagers; psychological assessment.

LICENSE

Psychologist in California: PSY 12938.

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

Trustee, Saybrook University
Founder, Wellspring Institute for Neuroscience and Contemplative Wisdom, San Rafael, CA
Past member, Board of Directors, Spirit Rock Meditation Center, Woodacre, CA
Past President, Board of Directors, A.P.P.L.E. FamilyWorks, San Rafael, CA

PROFESSIONAL AFFILIATIONS

Greater Good Science Center, University of California, Berkeley
Cognitive Neuroscience Society
American Psychological Association
American Association for the Advancement of Science

WEBSITES

RickHanson.net

WiseBrain.org

JustOneMinute.net

NurtureMom.com

PUBLICATIONS

Books

[*Just One Thing: Developing a Buddha Brain One Simple Practice at a Time*](#). New Harbinger, September, 2011. (8 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. (20 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.)

Chapter

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

Journal Articles

The Mind, the Brain, and God. 2012. Enrahonar: Quaderns de Filosofia 10: 213-220.

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

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

When Motherhood Is Bad for Your Health: Depleted Mother Syndrome. 2000. San Francisco Medical Society Journal: September. First author.

General Articles

Eddies in the Stream, Buddhist Geeks, February, 2010.

Mind Changing Brain Changing Mind. Insight Journal, Summer, 2009.

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

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

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

Bulletin

[*Wise Brain Bulletin: News and Tools for Happiness, Love, and Wisdom*](#) – Editor and frequent contributor; published monthly since January, 2007, with back issues archived at www.WiseBrain.org; 23,000+ subscribers.

Newsletter/Blog

[*Just One Thing: One Practice This Week to Change Your Life*](#) – Author; published weekly since October, 2009, with back issues archived at www.RickHanson.net; 36,000+ subscribers. Also appearing on Huffington Post, Psychology Today, and other websites.

AUDIO PROGRAMS

The Naturally Enlightened Brain. Seven CDs. Sounds True. October, 2011.

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

Stress-Proof Your Brain. Two CDs. Sounds True. March, 2010.

Meditations for Happiness. Three CDs. Sounds True. January, 2010.

Meditations to Train Your Brain (with Rick Mendius, M.D.). Three CDs. Sounds True. 8/2009.

DISTINCTIONS

“Best family therapist,” Pacific Sun poll, Marin County, CA
All A’s in graduate school
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

RECENT MEDIA

Television

[John Stossel Show](#). FoxBusiness. January, 2012.
The Morning Blend. KGUN9. [Develop a Buddha Brain](#). October, 2011.
PBS nationwide. Pledge drive special on “Happiness.” September, 2008.

Video

[Buddha’s Brain](#) channel on YouTube
[Just One Minute](#) channel on YouTube
[Managing the Caveman/Cavewoman Brain in the 21st Century](#), 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.
[Interview: Law of Attraction Radio Network](#). September, 2011.
[Interview: Full Potential](#). August, 2011.
[The Enlightened Brain](#), Sounds True, June, 2011.
[Interview: Energy Talk Radio](#), May, 2011.
[Stanford Happiness Conference Keynote & panel discussion](#), February, 2011.
[Empathy Documentary Project: Rick Hanson on Empathy](#), January, 2011.
[Authors @Google](#), May, 2010.
[Interview: The Laughter Show](#), April, 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 Fats 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

KYNO. John Lee Walker Show. March, 2012.
WBEV. The Idea Exchange with Brenda Murphy. March, 2012.
KRJM. News with Kurt Philion. 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. Michael Krasny, Forum. San Francisco, 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. Tommy and Bell Braaten. April, 2010.
CJAD. Dr. Laurie Show (on Passion). April, 2010.
KNUU-AM. RadiantlyU with Barbel Warren. January, 2010.
BBC 4. "Mindfulness: Good for Mental Health?" 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.

Internet Radio

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 Madhouse 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 with Kim Fraser. September, 2011.
Straight Talk with Senator Holland Redfield. September, 2011.
Voice America with Gisele Guenard. September, 2011.
CJOB. Nighthawk with Geoff Currier. September, 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.
Womens 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.
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.
Huffington Post with 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, PhD. 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 with Jeff Ferrannini. July, 2010.
Peace Talks Radio with 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.
Blog Talk Radio. Radio Free Spirit. Interview with Geoff Laughton. April, 2010.
Emotional Pro Radio 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.
Frank de Raffe, Ent Excellence. 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.
Biz Talk with Elizabeth Lengyel. Blog Talk Radio. 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.
Inside Personal Growth with Greg Voisen, October, 2009
"You Can Change Your Own Brain", Podcast with Sounds True, September, 2009

RECENT PROFESSIONAL PRESENTATIONS

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

Keynotes and Lectures

Couples Conference. "Taking in the Good: The Mindful Internalization of Resource Experiences for Love and Intimacy." San Mateo, CA, 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 Center for Mindfulness. "Taking in Good: Helping Children Build Inner Strength and Happiness." San Diego, CA, February, 2012.
UCSD Center for Mindfulness. "Managing the Caveman/Cavewoman Brain in the 21st Century." San Diego, CA, February, 2012.
UC School of Public Health. "Experience-dependent Neuroplasticity and Public Health." UC Berkeley, 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 Happiness conference, "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: Transforming the Embodied Mind." Claremont, CA, October, 2008.
- Kaiser Permanente Health Educators, "Neuropsychology of Stress Reduction." May, 2008.
- LaLeche League of California, annual meeting, "The Harmonies of Love" (with Betsy Rose). Sacramento, October, 2007.
- LaLeche League of California, annual meeting, "Preventing and Treating Maternal Depletion." Sacramento, October, 2005.

Workshops

- Couples Conference. "Using Positive Experiences to Heal Personal and Relational Wounds." 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.

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.

PESI Seminars, "Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom." Multiple cities, 2010-present.

Chrysalis, "Equanimity." Richmond, VA, March, 2011.

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" OR, September, 2010.

Live Oak Counseling, "Taking in the Good." Sacramento, CA, September, 2010.

FACES conference, "Awakening to Mindfulness," 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, 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, October, 2007.

Interviews for Web-based Seminars

Therapist Leadership Institute, "Taking in the Good." Irvine, CA, May, 2012.

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

University Course Instruction

Sonoma State University, Master's Program in Depth Psychology, instructor for "Jung and the

Brain.” 2009-2010.

RECENT PUBLIC PRESENTATIONS

Meditation

Weekly Buddhist gathering, San Rafael, CA. 2008-present.

Lectures

California Film Institute “The Wrath of Kahn.” San Rafael, CA, January, 2012.

Chicago Ideas West, “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.

Salem Hospital, “From Reactivity to Inner Peace.” Salem, Oregon, 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. 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, “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 & 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: A Benefit Workshop for The Wellspring Institute" (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.

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

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

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

PAST PROFESSIONAL PRESENTATIONS

- 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, continuing education presentation for professionals. "Preventing and Treating Maternal Depletion." 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.

PAST PUBLIC PRESENTATIONS

Courses

Train Your Brain (<http://www.wisebrain.org/tools-and-skills/articles/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.

OTHER PUBLICATIONS

Magazines and Newspapers

Interviewed for articles in national magazines, including *Redbook*, *Glamour*, *Fitness*, *American Baby*, *Parents Magazine*, *Women's Own*, and *Working Mother*. April, 2002 to present.

Interviewed for articles in regional newspapers, including *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 AND PRESENT 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 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.