

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

INTERESTS

Contemplative neuroscience; clinical psychology; parental depletion; neuropsych assessment

PROFESSIONAL ACTIVITIES

Psychologist (CA PSY 12938); author; teacher

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

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. Published in 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. Published in 20 languages.
Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships. Penguin, March, 2002. First author.

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. 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.

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*](#) – 23, 000+ subscribers

Newsletter/Blog

[*Just One Thing: One Practice This Week to Change Your Life*](#) – 36,000+ subscribers; also appearing on Huffington Post, Psychology Today, and other websites.

AUDIO PROGRAMS

The Enlightened Brain. Seven CDs. Sounds True.

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

Stress-Proof Your Brain. Two CDs. Sounds True.

Meditations for Happiness. Three CDs. Sounds True.

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

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

SELECTED MEDIA

[*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.

[Buddha's Brain](#) channel on YouTube
[Just One Minute](#) channel on YouTube.
[Authors @Google](#) – May, 2010.
[BBC 4 interview](#), “Mindfulness: Good for Mental Health?” December, 2009.
[Tami Simon](#), Sounds True podcast, “You Can Change Your Brain,” September, 2009.
[Michael Krasny](#), Forum, KQED, San Francisco, April, 2010
New Dimensions, Promise and Peril, February, 2010.
Expert on [www.Mothering.com](#) and other websites.
Interviewed frequently for national magazines.
Monthly column on parenting, for ten years in parent-related websites and publications.

SELECTED TEACHING

George Mason University. “Taking in the Good: Building Resilience into the Brain through Positive Experiences.” Fairfax, VA, April, 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.
Chicago Ideas West, “[Take in the Good](#).” Chicago, IL. October, 2011.
University of Auckland, “The Promise of Self-Directed Neuroplasticity.” New Zealand, May, 2011.
Psychotherapy Networker Symposium, Washington, DC, “Paper Tiger Paranoia.” March, 2011.
Stanford University, “Wiring Happiness into Your Brain.” February, 2011.
Harvard University, “Mindfulness and Neuroplasticity for Dentists.” December, 2010.
University of Oxford, “Buddha’s Brain.” November, 2010.
University of Freiburg, “The Power of Self-Directed Neuroplasticity.” November, 2010.
Warsaw School of Social Sciences and Humanities, “The Self Transforming Brain.” Poland, November, 2010.
Greater Good Science Center, UC Berkeley. “Gratitude and Taking in the Good.” October, 2010.
Google, Mountain View, CA. “The Practical Neuroscience of Happiness, Love, and Wisdom.” May, 2010.
University of East London, “The Brain Science of Mindful Well-Being.” November, 2009.
Science and Nonduality Conference, “Not-Self in the Brain.” San Rafael, CA, October, 2009.
The California Society for Clinical Social Work, “The Emotional Brain and Well-Being: Understanding and Promoting Mental Health in Clinical Practice.” January, 2009.
Claremont School of Theology, “Neuroscience and Spiritual Practice: Transforming the Embodied Mind,” October, 2008.
Workshops on the intersection of psychology, neurology, and Buddhism at the Barre Center for Buddhist Studies, Spirit Rock Meditation Center, California Institute of Integral Studies, New York Insight Meditation Center, Insight Meditation Community of Washington, D.C., Sati Center, OpenGround in Sydney, Australia, and other organizations
Keynote speaker at numerous continuing education trainings for psychotherapists
Hundreds of presentations to the public related to the brain, parenting, or psychology
[Weekly meditation group](#), San Rafael, CA

PERSONAL INFORMATION

Born October 21, 1952 in Stillwater, Oklahoma.

Married since 1982, with two 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

RickHanson.net

[Complete CV](#)

[Full biography](#)

[Past presentations](#)

[Teachings offered](#)