



Associates of the Compassionate Mind Foundation

USA

E Thomas Dowd is Professor of Psychology at Kent State University and previously taught at Florida State University and the University of Nebraska. He is a Fellow of the American Psychological Association in Division 17 (Counselling Psychology) and in Division 52 (International Psychology). He holds Diplomates from the American Board of Professional Psychology in Cognitive and Behavioral Psychology and in Counselling Psychology. His areas of interest include Cognitive-Behavior Therapy, hypnosis, memory processes and tacit knowledge structures (including tacit cultural assumptions) in psychological functioning and malfunctioning, and social influence processes.

Contact: edowd@kent.edu

Web site: <http://dept.kent.edu/psychology/facultybios/dowd.htm>

Omri Gillath, Ph.D., is an assistant professor of psychology at the University of Kansas. In the past few years he has focused on the psychological study of behavioral systems, especially the attachment, caregiving, and sexual mating systems. He is expanding this work by using neuroimaging techniques to study brain processes associated with the attachment and sexual systems. His work related to compassion deals with associations between a person's attachment style (relationship style) and his or her ability to provide and receive compassionate care. He is also exploring ways to increase people's willingness to tolerate others (out-group members) and to help others in need. One way is to increase people's sense of attachment security; another is to use meditation as a way to foster both emotional balance and compassion for others. contact information: ogillath@ucdavis.edu.

Lynne Henderson, PhD, is Co-director, with Philip Zimbardo, of the Shyness Institute, and has been director of the Stanford Shyness Clinic since 1982, recently moved to Pacific Graduate School of Psychology, and is currently a faculty member in Continuing Studies at Stanford University. Between 1994 and 2006 she was a visiting scholar in the psychology department at Stanford University. She has studied empathic responding in shy and not-shy college students, and the relationship of irritating behaviors, called social allergens, to interpersonal motives with Leonard Horowitz, and studied personality variables related to shyness with Philip Zimbardo. Currently she is analyzing data gathered on

perceptions of facial expressions of emotions in shy vs. not shy college students under conditions of neutrality, evaluative threat, primed supportive vs. competitive relationships, and induced self-consciousness. She is also conducting a qualitative interview study of shy leaders. Her primary clinical research interests have involved translating the results of personality theory and social psychology into effective group and individual treatment strategies for extreme shyness and social anxiety disorder, culminating in the development of a health maintenance treatment model called Social Fitness Training, which is now manualized. A prominent and specific focus is on the emotional state of shyness as evolutionarily adaptive, while being culturally rejected in the United States. Another emphasis is on reducing shame, self-blame, resentment and other-blame, and increasing acceptance and compassion for self and others in shy and socially avoidant individuals.

Her interest in compassion and acceptance of self and others as an antidote to shame and social avoidance has been ongoing in the treatment of problematic shyness. Currently she is investigating and piloting mindfulness-based interventions with a focus on compassion at the Shyness Clinic.

She can be reached at lynneh1@stanford.edu, website is <http://www.shyness.com>.

Relevant publications:

Henderson, L., (2006). Gifted and Shy. Duke University Gifted Letter.

Henderson, L. (2005). Social Fitness Training Manual. Palo Alto, CA. Shyness Institute: <http://www.shyness.com>.

Henderson, L. (2003, February). Social fitness: Facilitating self-expression in the socially inhibited. *Society for Interpersonal Theory and Research (SITAR) Bulletin*, 3, 2-3.

Henderson, L. (2002). Fearfulness Predicts Self-blame and Shame in Shyness. *Personality and Individual Differences*, 32, 79-93.

Banerjee, R., & Henderson, L. (2001). Social-cognitive factors in childhood social anxiety. *Social Development*, 10, 558-572.

Henderson, L., & Zimbardo, P. (2001). Shyness as clinical condition: The Stanford Model. In L. Alden & R. Crozier (Eds.), *International Handbook of Social Anxiety* (pp.431-447). Sussex, England: Wiley.

Henderson, L. (1997). Mean MMPI profile of referrals to a shyness clinic. *Psychological Reports*. 80, 695-702.

Dacher Keltner - Dacher Keltner received his BA in Psychology and Sociology from UC Santa Barbara in 1984 and his PhD in Social Psychology from Stanford University in 1989. He then was a post-doctoral fellow for three years at UC San Francisco working with Paul Ekman. In 1992 he took his first academic job, at the University of Wisconsin-Madison, and then returned to Berkeley's Psychology Department in 1996, where he is now a full professor.

Dacher's research focuses on the biological and evolutionary origins of human goodness, with a special concentration on compassion, awe, love, and beauty, as well as the study of power, status and social class, and the nature of moral intuitions. Dacher is the co-author of two best selling textbooks, one on human emotion, the other on social psychology, and is currently at work on a book on how we are wired to be good. Dacher has received numerous national prizes and grants for his research, and for his teaching and mentoring was selected as the Outstanding Undergraduate Research Mentor in 2002, and the Outstanding Teacher, Division of Social Sciences, in 2002 as well. Dacher also serves as the Director of the Berkeley Center for the Development of Peace and Well-being and co-editor of the Center's magazine, Greater Good. Dacher lives in Berkeley with his wife, an alumna of Berkeley, and their two daughters.

Email: keltner@berkeley.edu

Robert L. Leahy Ph.D (Yale) is the President of the International Association for Cognitive Psychotherapy and the President-Elect of the Academy of Cognitive Therapy. He is the Founder and Director of the American Institute for Cognitive Therapy in New York City, Clinical Professor of Psychology in Psychiatry at Weill- Cornell University Medical School, Associate Editor of The Journal of Cognitive Psychotherapy (having served as the Editor between 1998-2003), and the editor and author of fifteen books.

He has long had an interest in the importance of validation and social cognition as part of the therapeutic relationship and as an essential component of personality disorders. His model of emotional schemas suggests that the way in which we perceive others' emotions and our own emotions can have a significant impact on depression, anxiety, the reliance on substance abuse, personality, and marital discord. He has also written on the nature of validation resistance in the therapeutic relationship and how problematic styles of seeking validation are reflective of earlier attachment relations. He has a particular interest in the links between validation and compassion (Leahy, R.L. (2005). A social-cognitive model of validation: In, P. Gilbert (ed). *Compassion: Conceptualisations, Research and Use in Psychotherapy*. (p. 195-217) London: Brunner-Routledge)

E-Mail Leahy@CognitiveTherapyNYC.com

Web address: <http://www.CognitiveTherapyNYC.com>

Mario Mikulincer completed his university studies in Israel and received a PhD degree in Psychology at Bar-Ilan University in 1985. His PhD dissertation presented a Coping Model of Human Learned Helplessness. From 1985, he published more than 220 articles and book chapters, one authored book (Human learned helplessness: A coping perspective, Plenum Press, 1994), and one edited book (Dynamics of Romantic Love – Attachment, Caregiving, and Sex, Guilford Press, 2006). His main research interests are: Attachment

styles in adulthood; Terror Management theory; Personality processes in interpersonal relationships; Evolutionary psychology; Trauma and Post-traumatic processes; Coping with stress; Qualitative research of emotional states. From 1992, he is a Professor of Psychology at Bar-Ilan University. Between 1995-1999, he acted as the Chair of the Psychology Department at Bar-Ilan University and today he acts as the Chair of Interdisciplinary Studies of Bar-Ilan University. He currently serve as a member of the editorial boards of the following journals: Journal of Personality and Social Psychology: IRGP; Journal of Personality; Personality and Social Psychology Bulletin; Personality and Social Psychology Review; Psychological Inquiry. From 2003, he acts as an associate editor of *Journal of Personality and Social Psychology*. From 2006, he also acts as an associate editor of *Personal Relationships*. In 2004, he received the E.M.E.T. Prize (www.emetprize.org.il) in Social Science for his contribution to psychology.

In the last years, Mikulincer is working together with Professor Phillip R. Shaver from University of California at Davis attempting to understand and analyze attachment-related processes in adulthood and their connections to compassion, altruistic helping, caregiving, and volunteerism. In their joint work, they are showing that attachment theory, which deals with the effects of close relationships on the development of both positive and (in non-optimal cases) negative personality characteristics, provide a strong, research-generating framework for the study of compassion and caregiving. In his exposition of attachment theory, John Bowlby (1969, 1973, 1980) explained why the availability of caring, supportive relationship partners, beginning in infancy, is so important to developing a sense of attachment security (confidence that one is competent and lovable and that caregivers are available and supportive when needed), which in turn fosters the development of stable self-esteem, constructive coping with stressors, maintenance of emotional equanimity, and formation of mutually satisfying intimate relationships throughout life. Mikulincer and Shaver applied attachment theory to adolescents and adults and found that chronic (dispositional) and contextually augmented security allows people to devote more mental resources to provide compassionate and sensitive care to needy others and fewer mental resources to defensive manoeuvres aimed at protecting a fragile self-concept. They have found in scores of studies, both experimental and correlational, that attachment security encourages empathy, compassion, volunteerism, and the capacity for love, forgiveness, gratitude, tolerance, and altruism. His contact email is: mikulm@mail.biu.ac.il

Website address: <http://www.biu.ac.il/SOC/peleg/faculty/faculty.htm>

Kristin Neff PhD is an Associate Professor in Human Development (Dept. of Educational Psychology) at the University of Texas at Austin. Her research interests center on the development of reasoning about self and other. The last several years she has been researching the psychological health benefits of self-compassion, and has developed a scale to measure the construct. Self-compassion is a concept borrowed from Buddhist psychology,

and entails self-kindness rather than harsh self-judgment, feelings of interconnectedness rather than isolation, and mindfulness rather than over-identification with thoughts and feelings. While most of her research so far has been done using the Self-Compassion Scale, she and her research team are now starting to use other methodologies such as experimental manipulations of self-compassion. They are also developing a school-based self-compassion intervention for adolescents.

You can contact her by e-mail at: kristin.neff@mail.utexas.edu

Web address: www.self-compassion.org

Her publications are currently available on-line at

<https://webpace.utexas.edu/neffk/pubs/listofpublications.htm>

Ronald P. Rohner, PhD, is Director of the Ronald and Nancy Rohner Center for the Study of Parental Acceptance and Rejection in the Department of Human Development and Family Studies at the University of Connecticut, Storrs. He is also Professor Emeritus of Family Studies and Anthropology at the University. He is President of the International Society for Interpersonal Acceptance and Rejection, a Fellow of the American Psychological Association, the American Psychological Society, and the American Anthropological Association. His research interests over the past 42 years have focused on interpersonal acceptance and rejection—especially the warmth dimension of parenting—and on their worldwide consequences for children and adults. Extensive information about him, his publications and about his Center's program of worldwide research and outreach are online at www.cspar.uconn.edu.

Email: r.rohner@uconn.edu

Phillip R. Shaver received his PhD in social psychology from the University of Michigan in 1970 and is currently Distinguished Professor of Psychology and Chair of the Department of Psychology at the University of California, Davis. He has served on the faculties of Columbia University, New York University, University of Denver, and SUNY at Buffalo. He is associate editor of the journal *Attachment and Human Development*, a member of the editorial boards of *Personal Relationships* and *Journal of Personality and Social Psychology*. He co-edited the *Handbook of Attachment: Theory, Research, and Clinical Applications* and has published numerous other books, book chapters, and journal articles. His research focuses on emotions, close relationships, and personality development, especially viewed from the perspective of attachment theory. In recent years he has been studying the effects of dispositional and manipulated attachment security on compassion and prosocial behavior and

is currently co-investigator on a study of cognitive and emotional effects of intensive meditation training.

E-mail address: prshaver@ucdavis.edu

Website: http://psychology.ucdavis.edu/faculty/?ID=Phillip_Shaver

Relevant papers:

Gillath, O., Shaver, P. R., & Mikulincer, M. (2005). An attachment-theoretical approach to compassion and altruism. In P. Gilbert (Ed.), *Compassion: Conceptualizations, research, and use in psychotherapy* (pp. 121-147). London: Brunner-Routledge.

Mikulincer, M., & Shaver, P. R. (2005). Attachment security, compassion, and altruism. *Current Directions in Psychological Science, 14*, 34-38.

Gillath, O., Shaver, P. R., Mikulincer, M., Nitzberg, R. E., Erez, A., & van IJzendoorn, M. H. (2005). Attachment, caregiving, and volunteering: Placing volunteerism in an attachment-theoretical framework. *Personal Relationships, 12*, 425-446.

Mikulincer, M., Shaver, P. R., Gillath, O., & Nitzberg, R. E. (2005). Attachment, caregiving, and altruism: Boosting attachment security increases compassion and helping. *Journal of Personality and Social Psychology, 89*, 817-839.

Everett Worthington, PhD is Professor of Psychology at Virginia Commonwealth University (second largest state university in Virginia, USA) and a licensed Clinical Psychologist in Virginia. He has published over 20 books and 200 articles and scholarly chapters, mostly on forgiveness, marriage, and family topics. He is interested in compassion in two regards. In his theory of forgiveness (*Forgiveness and Reconciliation: Theory and Application*, Brunner-Routledge, 2006), compassion is seen as one of the positive emotions that can replace unforgiving emotions (e.g., resentment, anger, bitterness, hostility, hatred, anger, and fear). Also, along with colleague Jack Berry, he has studied virtues. They have empirically classified 18 virtues into warmth-based and conscientiousness-based virtues. Most people see compassion typically as a warmth-based virtue. As such, it is of interest along with other virtues usually considered to be warmth-based—empathy, love, forgiveness, mercy, and sympathy to name a few.

Worthington has recently written or edited professional and academic books, such as the *Handbook of Forgiveness* (Brunner Routledge, 2005), a collection of reviews of research from the top researchers in the world and *The Power of Forgiveness* (Templeton Foundation Press, 2005) a collection of quotes on forgiveness within a narrated essay on finding the treasure of forgiveness in the ruins of relationships. In his effort to foster communication from science to Christianity and Christianity, he also writes scientific and professionally-based books for Christian lay people. *Forgiving and Reconciling: Bridges to Wholeness and Hope*, InterVarsity Press,

2003) is a Christian-oriented account of his own evidence-based method of helping people forgive. For professionals, he has recently published a revised edition of marital enrichment treatment, *Hope-focused Marriage Counseling* (InterVarsity Press, 2005), that has recently been designated as an empirically supported treatment. He considers his life mission as “to bring forgiveness into every willing heart, home, and homeland.”

Email: eworth@vcu.edu

