

Vita

Shani Robins, Ph.D.

Date of Birth: 7/2/66

Citizenship: U.S. citizen

Place of Birth: Israel

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**Wisdom Therapy Institute
Founder & President**

www.wisdomtherapy.com

Stanford University

Instructor

Santa Clara University

Adjunct Faculty

Career Focus:

- Wisdom Therapy Institute, (www.wisdomtherapy.com), Founder & President
- Stanford University, Instructor: Medical School Health Improvement Program
- Santa Clara Universities, Faculty in Undergraduate & Graduate Programs
- Organizational Consulting: Workshops & Executive Coaching on Emotional Intelligence & Wisdom
- Clinical Psychologist: Career Counseling, Anger, Anxiety, Depression, Couples, Groups, Testing/Assessments
- Founder of Monterey Peninsula Wisdom Adult Day Health Care Center (www.wisdomcenters.com)

Education and Certifications

| <u>Institution</u> | <u>Degree</u> | <u>Date Completed</u> | <u>Academic Field</u> |
|--|-----------------------------|------------------------------|--|
| University of Massachusetts Medical School | Instructor Certification | 2007 | Mindfulness Based Stress Reduction (MBSR) |
| California State Board of Psychology | Clinical License | 2002 | Clinical Psychology |
| California School of Professional Psychology, San Diego | Ph.D. Respecialization | 2002 | Clinical Psychology |
| University of California, Irvine | NIMH Postdoc Fellow | 1999 | Emotion-Cognition Research |
| University of California, Santa Barbara | Ph.D. | 1997 | Cognitive Experimental Psychology |
| University of California, Berkeley | Scholar Exchange | 1995 | Visiting Research Fellow |
| University of California, Santa Barbara | M.A. | 1993 | Cognitive Experimental Psychology |
| University of California, Los Angeles | B.A. | 1989 | Psychology (Highest Honors) Minor: Philosophy |

Professional Affiliations

Years

- American Psychological Association 1990 - 2013
- California Psychological Association 2012 - 2014
- Santa Clara Psychological Association 2013 - 2014
- Association for Humanistic Psychology 1999 - 2014
- American Association for the Advancement of Science 1996 - 2014

Employment Experience

Wisdom Therapy Institute - Founder and President

2000 - 2014

www.wisdomtherapy.com

Supervised Ph.D. Post-doc Interns in individual and group therapy
And Objective & Projecting Testing for San Francisco Superior Court

Stanford University

Instructor, Medical School
Health Improvement Program

2004 - 2014

Wisdom Therapy: Reducing Anxiety and Anger at Home and at Work.

Course given for Stanford University and Palo Alto community.

Palo Alto University, Business Psychology Faculty

2012 - 2014

Social Psychology (Undergraduate)
Statistics & Research Methods (Undergraduate)
Career Development (Undergraduate)

Palo Alto University (Gronowski Clinic)

2013-2014

Supervising Ph.D. clinical interns with
Dozens of different objective and projective
research assessments

Santa Clara University, Adjunct Faculty

2013 - 2014

Lifespan Development (Graduate)
Research Methods & Statistics (Graduate)
Human Sexuality

CIIS (California Institute of Integral Studies)

2014

Evidence Based Psychotherapies for Children
and Families

Lecturer – University of California, Berkeley

2006 - 2011

- Wisdom Therapy: Theory, Research, Practice
7-Hour CEU course for Psychologists and MFT's

Past Employment:

Founder of the Wisdom Adult Day Health Care Center

2009 - 2013

www.wisdomcenters.com

Supervised a dozen Ph.D. Practicum students with their assessments
Using several tools for assessing depression, dementia, anxiety, functioning.

Consultant for the Seniors Wisdom Wellness Initiative 2007 - 2009

Developed an integrative, interdisciplinary program designed to serve 600 seniors at Lytton Gardens residential center and supervised the 10 Ph.D. interns that implemented the program.

Adjunct Faculty at LP University (India) 2010-2011

Assistant Professor 2003-2009

Institute of Transpersonal Psychology

Ph.D. Level Courses Taught

- Clinical Practicum for Ph.D. Students
- Wisdom Therapy: Theory, Research, Practice
- Dissertation Research Methods (pre-proposal)
- Cognitive Psychology
- History & Systems of Psychology
- Personality Theories
- Assessment: Objective and Projective Testing
- Neuroscience
- Quantitative Statistics & Research Methods
- Qualitative Research Methods
- Lifespan Development
- Positive Psychology (developed course)
- Cognitive-Behavioral Therapy (developed course)
(Advanced Clinical Skills)

Lecturer – European Center For Transpersonal Psychology Summer 2005

- Wisdom Therapy: Reducing Anxiety and Anger at Home and at Work
7 Hour CEU Workshop for graduate students and psychologists

Professor Adjunct 1999 – 2003

California School of Professional Psychology,-San Diego at Alliant University

Ph.D. Level Courses

- Consulting Psychology Research Project – Dissertation Seminar
- Adult Lifespan & Career Development
- Integrative Psychology - Unifying the field of Psychology
- Philosophical Foundations of Ethical Decision Making
in the Practice of Psychology
- Emotional Intelligence
- Testing & Assessment
- Wisdom Cross-cultural Traditions & Wisdom Therapy (In Preparation)
- Positive Psychology (In Preparation)

Lecturer - University of California, Irvine 1998 – 1999

Courses

- Emotion, Cognition, and Adaptation
- Human Stress & Coping

National Institute of Mental Health (NIMH) 1997 – 1999

Postdoctoral Research Fellow
University of California, Irvine

Lecturer - California State University Long Beach 1997 – 1998

Course

- Cultural Influences on Human Development

Lecturer - University of California, Santa Barbara 1996 – 1997

Course

- Research Methods

Clinical Psychology Postdoctoral Intern 2001 - 2002

Cognitive Therapy Institute, San Diego, CA

Clinical Psychology Postdoctoral Intern 2000 – 2002

Scripps Clinic, LaJolla, California
Outpatient clinical and research division of Mental Health

Teaching Assistant (UCSB) 1989 - 1996

Courses

- Abnormal Psychology
- Cognition & Emotion
- Research Methods
- Statistics
- Cognition & Psycholinguistics
- Developmental Psychology
- Educational Psychology
- Introductory Psychology
- Cognitive Psychology & Cognitive Lab

Research Assistant

- Psychology Department (UCSB) 1994 - 1996
- NeuroPsychiatric Institute (UCLA) 1988 – 1989

Tutor 1985 - 1996

Psychology, Mathematics, Statistics, Writing, at UCLA
UCSB, UCLA, Cal State Northridge, L.A. Valley College.

Teaching Interests:

Clinical Psychology, Clinical Supervision, Cognition & Emotion, Life-span Development, Human Stress & Coping, Psychology of Wisdom, Evolutionary Psychology, Cognitive Therapy, History and Systems in Psychology, East/West Psychology, Research Methods, Statistics, Integrative Psychology, Personality Theory, Introduction to Psychology.

Other Interests

Philosophy, quotes/parables/proverbs, puzzles, chess, GO, racquetball, rollerblading, marathon running, meditation, mountain biking, skiing, salsa and ballroom dancing, piano, literature, tennis, martial arts, comedy, sketching, scuba diving.

Clinical & Research Experience & Interests:

- Implications of wisdom development to organizational performance, decision making, and conflict resolution.
- Ongoing development of wisdom related cognitive-behavioral clinical interventions to address anger, violence, & anxiety. Conducting outcome evaluations to test intervention effects.
- Integrative programs for facilitating the well-being of seniors and adults with developmental disabilities
- Testing & Assessments: Evaluating the efficacy of therapeutic interventions and program outcomes
- An interdisciplinary approach to conceptualizing the life-span development of wisdom and its applications in clinical and organizational settings
- Cognitive re-framing and re-appraisal effects. Metaphor as a tool for re-framing.
- Transfer of learning through analogy and metaphor in everyday reasoning & problem solving.
- Interdisciplinary and integrative approaches to Psychological research and practice. Systems theory approaches to theory and interventions.

Publications

Robins, S. (2012). Wisdom Therapy. In Cheryl Genet and Russ Genet (Eds), Science, Wisdom, and the Future: Humanity's Quest for a Flourishing Earth. In Press.

Robins, S. (2012). Applied Wisdom: Reducing Animal Suffering. In Cheryl Genet and Russ Genet (Eds), Science, Wisdom, and the Future: Humanity's Quest for a Flourishing Earth. In Press.

Robins, S. (2009). Wisdom Therapy: Reducing anger and anxiety at home and at work. Humanist Society Monthly Report.

Luskin, F., Robins, S., DeLorenzo, Sr., A. E. (2009). Emotional Competence Training in Corporate Settings. Journal of Financial Planning.

Robins, S. (2002). Emotional Intelligence and Organizational Consulting. In Lowman, R. (Ed), Handbook of Organizational Consulting Psychology. John Wiley & Sons, Inc.

Robins, S. & Novaco, R. (2000). Anger control and health promotion. In Mostofsky, D. & Barlow, D. (Eds), The Management of Stress and Anxiety in Medical Disorders. Allyn & Bacon Publication.

Robins, S. & Novaco, R. (1999). A Systems conceptualization and treatment of anger. Journal of Clinical Psychology, 55 (3), 325-337.

Robins, S. & Mayer, R. E. (1999). The Metaphor Framing Effect: Metaphorical reasoning and problem solving in everyday dilemmas. Discourse Processes, 30(1), pp. 57-86.

Robins, S. (1996). The metaphor framing effect: The influence of metaphorical reasoning on everyday decision-making. (Doctoral dissertation, University of California, Santa Barbara, USA, 1996). Dissertation Abstracts International: 58 (n3-B), 1557. University Microfilms No. AAM9724591.

Robins, S. & Mayer, R. E. (1993). Schema formation in analogical reasoning. Journal of Educational Psychology, 85(3), 529-538.

Manuscripts in Preparation:

Robins, S. (2013). Wisdom Therapy: An Interdisciplinary Model for Facilitating Wisdom and Clinical Change. Manuscript in preparation.

Robins, S. (2013). Wisdom Therapy: Identifying Wisdom Components Through Intervention Outcomes. Manuscript in preparation.

Zappala, C. & Robins, S. (2013). The Effects of Ego Development on the Interaction of Well Being and External Conditions (Manuscript in preparation).

Arana, D. & Robins, S. (2013). Mindfulness Meditation in MBSR and its affects on Social Anxiety Disorder. Manuscript in preparation.

Butlein, D. & Robins, S. (2013). The Impact of Spiritual Awakening on Psychotherapy: A Comparison of Enlightened and Normal Psychotherapists. Manuscript in preparation.

Robins, S. & Robins, M. (2013). Lifespan development of adults with autism: Environmental conditions and caregiver dispositions that facilitate the development of high functioning autistic adults. Journal Manuscript in Preparation.

Trakhtenberg, E. & Robins, S. (2013). Subjective Well Being Survival Model: A Theoretical Inquiry. Theory and Psychology (Manuscript accepted with changes).

Robins, S. (In preparation). Wisdom Therapy: Theory, Research, and Practice. Book manuscript.

Robins, S. & Kurzban, R. (In preparation). Mapping Evolutionary Psychology Primitives to Clinical Diagnostic Categories. Journal manuscript in preparation.

Robins, S., Kurzban, R., & Pinker, S. (In Preparation). Identifying the Source Domains of Metaphors from the Primitives of Evolutionary Psychology. Journal manuscript in preparation.

Robins, S. (In preparation). Wisdom related cognitive appraisal and its influence on emotion, adaptive problem solving, and health. Journal manuscript in preparation.

Robins, S. (In Preparation). The Robins Wisdom Inventory. Research in Progress..

Robins, S. (In preparation). An integrative, systems theory model of emotional intelligence and its application in the workplace. Book manuscript in preparation

Robins, S. (In Preparation). An integrative psychology: Where Eastern and Western psychologies and meet. Journal manuscript in preparation.

Robins, S. (In Preparation). On the domain specificity of wisdom: The learning and transfer of the components of wisdom. Journal manuscript in preparation

Ph.D. Dissertations Chaired (Completed 2003 - 2009)

| | |
|----------------|---|
| Drew Krafcik | Wise Individuals – their characteristics, decisions, and actions |
| Aneel Chima | Wisdom and Spirituality in Leadership |
| Rochelle Adams | Wisdom Therapy Outcomes in Organizational Settings |
| David McCulloh | Wisdom Therapy efficacy for antisocial and chemical dependency population |
| Kelly Yi | Mindfulness and well-being |
| Kait Philbin | Yoga efficacy for Grief and Bereavement |
| Cirino Zappala | Happiness and well-being at different stages of ego development |
| Mark Yaslow | PTSD in the grandchildren of holocaust survivors |
| Denise Arana | Mindfulness Meditation and Social Anxiety |
| David Butlein | How enlightened psychotherapists practice |
| Elizabeth Topp | Transpersonal coaching for organizational employees |

Technical Reports

Robins, S. (2002). Evaluation of On-line iLS Training Courses: Their Outcomes, predictor variables, and implications to the future of e-learning. Report submitted as part of a consulting project to Cadence Design Systems, San Jose, California.

Web Sites

Robins, S. (2002). Institute for Wisdom Therapy (www.wisdomtherapy.com). Center and information hub for Wisdom Therapy, Psychological services and consulting, and general links for the research and practice of Psychology.

Robins, S. (2002). Center for Integrative Psychology (www.integrativepsychology.net). Developed this central hub for Integrative Psychology, information for psychological practice

and research, and the Masters Program, Emphasis in Ph.D. & Psy.D., at the California School of Professional Psychology at Alliant University.

Wisdom Therapy in the Press

www.wisdomtherapy.com

Invited Talks

Robins, S. (February, 2014). Wisdom Therapy: Stress Reduction and Well Being. Talk given at Stanford University's Well-Being Program.

Robins, S. (February, 2014). Wisdom Therapy: Stress, Anxiety, Anger and Depression. Full day workshop given in the Health Improvement Program, Stanford University Medical School.

Robins, S. (September, 2013). Wisdom Therapy Applied to Couples Counseling. Stanford University Faculty and Staff. Stanford, California.

Robins, S. (July, 2013). Wisdom Therapy Training CEU Course for Psychologists. Santa Clara University. Santa Clara, California.

Robins, S. (June, 2013). Wisdom Therapy CEU Course for Stanford University Faculty & Staff. Faculty & Staff Help Center, Stanford, California.

Robins, S. (May, 2013). Wisdom Therapy & Emotional Competence Workshop for American Express executives. Manhattan, New York.

Robins, S. (May, 2012). Wisdom Therapy for Caregivers. Care Giver University Conference. Monterey, California.

Robins, S. (April, 2011). Wisdom Therapy & Emotional Competence Workshop for American Express executives. Manhattan, New York.

Robins, S. (April, 2010). Guest Speaker in Stanford Course: Psychology and Emotions. Stanford University. Palo Alto, California.

Robins, S. (April, 2010). Wisdom Therapy & Emotional Competence Workshop for American Express executives. Bethesda, Maryland.

Robins, S. (June, 2009). Wisdom Therapy and organizations. Wisdom, Science, and the Future: Sustainability Conference in San Luis Obispo, California.

Robins, S. (March, 2009). Wisdom Therapy: Applications and Outcomes in Organizational Consulting. Invited talk at the Humanist Community Forum (<http://www.humanists.org/>) in Palo Alto, California.

Robins, S. (March, 2009). Wisdom Therapy: Reducing Anxiety and Anger. Talk to be given at Spirit Rock Meditation Center, Woodacre, California.

- Robins, S. (February , 2009) Wisdom Therapy Training at the Ravenswood School and Community Clinic. Palo Alto, California.
- Robins, S. (October, 2008). Wisdom Therapy and it's Applications to Everyday Life. Wisdom Festival, San Francisco, California.
- Robins, S. (August, 2008). Wisdom Therapy in Clinical Settings. American Psychological Association, Division 32 (Humanistic Psychology) Hospitality Suite.
- Robins, S. (August, 2007). Wisdom Therapy: Reducing Anger and Anxiety at Home and at Work. Invited talk at the Humanist Community Forum (<http://www.humanists.org/>) in Palo Alto, California.
- Robins, S. (June, 2007). Wisdom Therapy and Resolution of Conflict in Global Interactions, Mercy Center, Burlingame, California.
- Robins, S. (January, 2007). Wisdom Therapy and Transpersonal Well-Being, Healing and Health. Invited talk given at the meeting on Transpersonal Health and Healing: World Psychologies of Well-Being, Mercy Center, Burlingame, California.
- Robins, S. (August, 2005). Wisdom Therapy: Reducing Anxiety and Anger at Home and at Work. Invited talk given at the European Center for Transpersonal Psychology, London, U.K.
- Robins, S. (2004). An Introduction to Wisdom Therapy and its Applications. Invited talk at the meeting of the Board of Trustees for the Institute of Transpersonal Psychology, Santa Cruz, California.
- Robins, S. (2004). Wisdom Therapy: Theory, Research, Practice. Talk given as part of the Research Colloquium Series at the Institute of Transpersonal Psychology, Palo Alto, California.
- Robins, S. (May, 2002). National Anxiety Disorders Screening Day: Evaluating risk & symptoms of anxiety and providing resources as part of a free presentation community service given at the Cognitive Therapy Institute.
- Robins, S. (April, 2002). Evaluation of On-line Training Courses. Consulting project lecture reporting the comprehensive research evaluation of outcomes of the on-line training courses at Cadence Design Systems, San Jose, California.
- Robins, S. (2001). Wisdom Therapy: The application of an interdisciplinary concept to clinical treatment. Invited talk given at the Colloquium Series at the Scripps Clinic Division of Mental Health, San Diego.
- Robins, S. (2001). Evolutionary Psychology: Theory and applications to applied settings. Guest speaker at a seminar on Integrative Psychology at the California School of Professional Psychology, San Diego at Alliant University.
- Robins, S. (2000). Wisdom as an integrative, interdisciplinary concept for addressing psychological phenomena. Invited talk given at the Colloquium Series at the California School of Professional Psychology, San Diego.
- Robins, S. (2000). Science and spirituality: Humility as an overlapping theme and the potential for mutual enhancement. Invited talk given at the Eighth Annual Multicultural Fair at the California School of Professional Psychology, San Diego, February 29, 2000.

- Robins, S. (1998). Theories of wisdom and their relation to age and well-being. Guest speaker at a seminar on Gerontology and Aging at the University of California, Irvine.
- Robins, S. (1997). Wisdom: Cognition-emotion interactions, adaptation, life-span development, and human potential. Invited talk given as part of the Psychology and Social Behavior Colloquium Series at the University of California, Irvine.
- Robins, S. (1996). The influence of metaphorical reasoning on the fundamental life pragmatics of wisdom. Talk given at the Max Planck Institute, Berlin, Germany.
- Robins, S. (1995). How and when metaphors influence decision making and their interaction with evolved cognitive mechanisms. Guest speaker at a lecture series in the Anthropology Department of the University of California, Santa Barbara.
- Robins, S. (1994). The field of Cognitive Psychology: Its content, methodology, and statistics. Invited talk given at the University of Virginia, Charlottesville.
- Robins, S. (1993). Active learning versus active responding models: Problem solving and memory evidence for the former in the domain of analogical reasoning. Invited talk given at the cognitive and perceptual sciences talk series at the department of psychology, University of California, Santa Barbara.
- Robins, S. (1992). The influence of schema formation on analogical reasoning. Invited talk given at the Sixteenth annual mini-convention of the department of psychology at the University of California, Santa Barbara.
- Robins, S. (1989). A new cognitive model of anger and its relation to the reduction of self centeredness across the life-span. Award talk given at Santa Clara University, Santa Clara, California: Winner of the Santa Clara National Competition for Undergraduate Research.

Conference Presentations

- Robins, S. & Sekhon, J. (May, 2014). Impact of Emotional Intelligence on Organizational Outcomes. American Psychological Society Annual Convention. San Francisco, CA.
- Robins, S. (April, 2014). Wisdom Therapy: 15 Years of Theory and Empirical Outcomes in Clinical and Organizational Settings. California Psychological Association. Monterey, California.
- Robins, S. (October, 2009). Wisdom Therapy: The application of Wisdom Therapy to organizations. European Association of Transpersonal Psychology, Milan, Italy.

- Robins, S. (June, 2009). Wisdom Therapy and organizations. Wisdom, Science, and the Future: Sustainability Conference in San Luis Obispo, California.
- Robins, S. (2008, October 29). The Impact of Wisdom on Well-Being and Peace. Organized and Chaired the Symposium at Eurotas (Annual Conference of the European Transpersonal Association), Barcelona, Spain. Presenters included Shani Robins, Ph.D. and his current and alumni students from the Institute of Transpersonal Psychology, Palo Alto, California: Denise Arana, Ph.D. (Online Learning of Mindfulness Meditation), Cirino Zappala, Ph.D. (East-West Differences in Obtaining Well-Being), Maria Bonilla, MFTI (Wisdom Therapy Applied to Children: Raising The Consciousness of Our Future), Rochelle Adams, M.A. Ph.D. Candidate (Wisdom & Mindfulness in Corporations).
- Robins, S. (2008, October 29). Wisdom Therapy and its Applications to the Future of Cross-Cultural Interactions, Consciousness, and Conflict. Paper presentation at Eurotas (Annual Conference of the European Transpersonal Association), Barcelona, Spain.
- Robins, S. (2008, August 15). Wisdom Therapy and its Facilitation of Leadership. Presentation at the American Psychological Association. Boston, Massachusetts.
- Robins, S. (2008, August 15). Wisdom Therapy: Theory, Research, & Practice. Presentation at the American Psychological Association. Boston, Massachusetts.
- Chima, A. & Robins, S. (2008, August 15). Wisdom Therapy and Transpersonal Psychotherapy. Invited Talk at the Division 32 Hospitality Suite of the American Psychological Association. Boston, Massachusetts.
- Robins, S. (2008, August 7). Wisdom Therapy and its Relationship to Integral Psychology and Psychotherapy. Paper accepted for presentation at the first annual Integral Theory Conference. San Francisco, California.
- Robins, S. (2008, June 6). Wisdom Therapy and its Applications to Conflict Resolution and Cross Cultural Interactions. Paper accepted for presentation at the annual conference of the Association for Humanistic Psychology. Los Angeles, California.
- Robins, S. (2008, June 1). Wisdom Therapy: Wisdom Therapy Applied: Reducing the Cognitive Distortions, Fear, and Anger of the Ego While Transcending that Ego. Paper presented at the Conference of the Assembly for Expanded Perspectives on Learning. Mount Madonna, California.
- Robins, S. (2008, May 31). Wisdom Therapy: Integrating Mindfulness Meditation, Cognitive-Behavioral Therapy, and Humility Training. Paper presented at the Conference of the Assembly for Expanded Perspectives on Learning. Mount Madonna, California.
- Robins, S. (2007, September). Wisdom Therapy, Forgiveness, and Preventing Future Conflict. European Transpersonal Association, Freiburg, Germany.
- Yaslow, M., Robins, S., Morgan, R. (2007). Third Generation PTSD in the Grandchildren of Holocaust Survivors. Annual Meeting of the European Transpersonal Association, Freiburg, Germany.
- Robins, S. (2007, August). Wisdom Therapy, Health, and Healing. 115th Annual Convention of the American Psychological Association, San Francisco, California.

- Robins, S. (2006, September). *Wisdom and Evolutionary Psychology: Default Mechanisms and Developmental Potential*. Association for Transpersonal Psychology. Palo Alto, California.
- Robins, S. & Kurzban, R. (2006, June). *The Evolution of Metaphor: Evolutionary Primitives as the Source of Metaphor Source Domains*. Presentation at the Human Behavior and Evolution Society. Philadelphia, Pennsylvania.
- Robins, S. & Kurzban, R. (2006, June). *Evolutionary Psychology Meets Clinical Psychology*. Presentation at the Human Behavior and Evolution Society. Philadelphia, Pennsylvania.
- Robins, S. (2006, May). *Wisdom Therapy: Plasticity and Emotion*. Presentation in the 17th Annual Convention of the American Psychological Society, New York, New York.
- Robins, S. (2005, August). *Wisdom Therapy: Theory, Research, and Practice - Where Western and Eastern Traditions Meet*. Presentation at the European Center for Transpersonal Psychology. London, UK.
- Robins, S. (2005, May). *Wisdom Therapy: More Than Emotional Intelligence: Empirical Evaluation of an Interdisciplinary Model*. Presentation in the 17th Annual Convention of the American Psychological Society, Los Angeles, California.
- Robins, S. (2004, August). *Wisdom Therapy in an Interconnected World*. Presentation in the European Transpersonal Psychology Conference. London, UK.
- Robins, S. (2004, July). *Wisdom Therapy: Theory, Research, and Practice*. Presentation in the 112th Annual Convention of the American Psychological Association. Honolulu, Hawaii.
- Robins, S. (2003). *Transpersonal Aspect of Wisdom Therapy*. Presentation at the Convention of the Association for Transpersonal Psychology. Palo Alto, CA.
- Robins, S., Khorsan, R., Meharack, O., and Osborn, D. (2000, May). *Wisdom and Emotional Intelligence: The field of Psychology turns to the positive side of human potential*. Presentation in the 12th Annual Convention of the American Psychological Society, Washington, D.C.
- Robins, S. (1998, May). *Wisdom, adaptation & automaticity as mediating links in the causal chain of cognitive appraisal and emotion*. Presentation in the 10th Annual Convention of the American Psychological Society, Washington, D.C.
- Robins, S. & Wright, C. (1998, May). *The persuasive influence of good and bad metaphors under systematic and heuristic processing*. Poster session presented at the 10th Annual Convention of the American Psychological Society, Washington, D.C.

- Robins, S. & Mayer, R. E. (1997, May). The metaphor framing effect revisited: Additional converging evidence that metaphorical reasoning influences everyday decision making. Poster session presented at the 9th annual meeting of the American Psychological Society, Washington D.C.
- Robins, S., Lickel, B., & Kurzban, R. (1996, June). The misuse of ambiguity for analogical memory retrieval in problem solving. Poster session presented at the 8th annual meeting of the American Psychological Society, San Francisco, CA.
- Robins, S., Babbes, G. & Mayer, R. E. (1995, July). Metaphorical reasoning and its effects on problem solving of dilemmas prevalent in everyday domains. Poster session presented at the 7th annual meeting of the American Psychological Society, New York.
- Robins, S. & Babbes, G. (1995, May). Metaphorical reasoning, problem solving, and creativity. Award presentation given at the conference of Cognitive Models and Creativity, Austin, Texas.
- Robins, S. & Mayer, R. E. (1994, June). A new statistic for the identification and elimination of outliers. Poster session presented at the 6th annual meeting of the American Psychological Society, Washington D.C.
- Robins, M. & Robins, S. (1994, August). Environmental conditions and caregiver dispositions that facilitate the development of high functioning autistic adults. Poster session presented at the annual meeting of the American Psychological Association, Los Angeles, California.
- Robins, S. & Mayer, R. E. (1992, June). The Effects of schema formation on analogical reasoning. Poster session presented at the 4th annual meeting of the American Psychological Society, San Diego, California.
- Robins, S. & Mayer, R. E. (1992). Componential training that improves analogical reasoning. Poster presented at the annual meeting of the American Education Research Association, San Francisco, California.
- Robins, S. & Robins, M. (1989). Cognitive determinants of emotion: Anger reduction as a consequence of self-centeredness reduction. Paper presented at the annual meeting of the International Congress of Psychology, Sydney, Australia.
- Robins, S., Robins, M., & Friedman, L. (1988). A cognitive model of anger prevention. Poster presented at the annual meeting of the Western Psychological Association, San Francisco, California.

Clinical Experience

Dates

President of the Wisdom Therapy Institute
(www.wisdomtherapy.com)

2003-Present

The mission of the Institute for Wisdom Therapy (IWT) is to research and disseminate wisdom related interventions, workshops, and organizational consultation.

The Wisdom Therapy Institute embraces an interdisciplinary approach to the scientific study and clinical and organizational practice of wisdom interventions. The Robins model of wisdom and its corresponding interventions does not replace traditional Psychology and therapy but rather intergrates and builds on over a century of empirical research and clinical practice in the areas of Cognitive Psychology, Lifespan Development, Neuroscience, Clinical Psychology, Evolutionary Psychology, and their applications to applied settings. For example, the current approach acknowledges the considerable evidence for the Diathesis-Stress Model of mental disorders which posits that it seems to take a combination of genetic predispositions combined with environmental stressors to produce the recipe for mental disorders. The current model posits that the acquisition of wisdom across the lifespan provides ways of conceptualizing the world that minimizes stress (anxiety, anger, depression) and additionally provides skills for dealing with stress when it does occur. By diminishing the stress part of the Diathesis model, one deprives the predispositions of mental disorders of their activators and leaves those predispositions unexpressed. This model additionally incorporates into its framework cross-cultural as well as spiritual perspectives and adds a number of new, wisdom related components that help unify this broad based approach to treatment.

At the same time, consistent with a new movement of the American Psychological Association towards Positive Psychology, the goals of Wisdom Therapy is not merely to help individuals deal with dysfunctions of clinical severity, but rather to help every individual and organization actualize their potential. The aim is not to focus on negative dysfunctions alone but rather on positive potential to develop and grow, through which the dysfunctions are ameliorated as a byproduct. The Institute seeks to facilitate the development of wisdom in thought and action, through continuing adult lifespan development of one's thinking, emotional intelligence, interpersonal and family relationships, professional accomplishments, and social interactions. It is through the positive actualization of such system-wide potential that the Institute for Wisdom Therapy aims to assist individuals and organizations, both in attaining the rewards that accompany such growth and development, as well as avoid the costs of psychological and behavioral dysfunctions that stem from a lack of such development.

Psychologist Virtual Reality Medical Center (Palo Alto, CA)
www.vrphobia.com

2003 – 2006

VRMC currently uses virtual reality exposure therapy (3-dimensional computer simulation) in combination with physiological monitoring and biofeedback to treat panic and anxiety disorders. These conditions include specific phobias such as fear of flying, fear of driving, fear of heights, fear of public speaking, fear of thunderstorms, claustrophobia, agoraphobia, social phobia, panic disorder, and posttraumatic stress disorder due to motor vehicle accidents. General stress management and relaxation skills are taught for stress-related disorders.

Virtual reality exposure therapy places the client in a computer-generated world where they "experience" the various stimuli related to their phobia. The client wears a head-mounted display with small TV monitors and stereo earphones to receive both visual and auditory cues.

Scripps Clinic: Division of Mental Health (San Diego, CA)

2000 – 2002

Individual Psychotherapy

Individual psychotherapy at Scripps Clinic outpatient mental health clinic for both managed care and fee for service patients. Diagnostically and Ethnically Diverse clientele: Diagnoses

include Depression, Adjustment Disorder, Obsessive-Compulsive Disorder, Alcoholism, Substance Abuse, Affective Disorder and other major DSM IV categories. Ethnic-Racial population includes Caucasion, African-American, Latino, and Asian.

Anger Management

Developed and facilitated an Anger Management Program which included both individual psychotherapy as well as a four week workshop course that implemented a systems wide approach in addressing the multi-facilitated components of anger; including its cognitive, behavioral, physiological, occupational, interpersonal, familial and romantic components.

Depression Management

Developed and facilitated an 8-week group for coping with Depression. The group combines an educational component with process oriented interaction. The cognitive, behavioral, physiological, and interpersonal aspects of depression were addressed, and interventions were tailored to each group member.

Crises Management

Considerable experience with providing on-call mental health services covering San Diego County.

Cognitive Therapy Institute (San Diego, CA)

2000 – 2003

A private practice for the clinical evaluation and treatment of a diverse population of individuals, couples, groups and families (children, adolescents, and adults) with a variety of anxiety psychotic and affective disorders. Additional responsibilities include facilitating educational classes for the community, consultation to businesses and organizations and conducting psychological testing.

Olive Leaf (Los Angeles, CA)

1995 - Ongoing

Developed and implemented educational programs at inpatient facilities for adults with developmental disabilities and dual-diagnosis. Populations' disorders included severe developmental disabilities (Levels 3 & 4), schizophrenia, depression, and physical disorders.

University of California, Los Angeles (UCLA)

1988-1989

Group Intervention outcome study investigating a new cognitive oriented group intervention for anger and comparing it to Rational Emotive Therapy and Social Learning effects.

University of California, Los Angeles (UCLA)

1988-1989

Neuropsychiatric Institute (NPI)
Research evaluating processing and outcomes of individuals of Schizophrenic populations

Projects in Applied Settings

Dates

Program and Research Consultant for Domestic Violence Project

1998-1999

This project consisted of a year long collaboration between the Orange County Superior Court, our research team at the University of California, Irvine, and the California Judicial Council. Consulting capacities included evaluating the demographic and behavioral variables associated with the incidence of domestic violence and with the compliance of defendants in court mandated intervention programs.

Program Consultant for Mental Health Facilities

1995-2002

Consulting for several state licensed, inpatient facilities for adults with developmental disabilities. Consulting responsibilities included developing optimal environmental, social, interpersonal, and educational conditions that would maximize development and facilitate the transitioning of institutionalized clients to independent living.

The priorities of the facilities include the establishment of a nurturing, non conflicted, growth oriented environment and the identification of individual learning needs of each client depending on his learning deficits and personal needs.

Consulting in Industrial-Organizational Psychology

Yahoo

2008

Provided a Wisdom Therapy and Mindfulness Based Stress Reduction Program for Yahoo employees and executives and conducted the outcome research to assess the efficacy of the program. Results demonstrated significant increases in Mindfulness, Humility, well-being, productivity, and loyalty to the company and decreases in anxiety, anger, and stress.

American Express

2008

Currently providing emotional competence workshop for American Express executives aimed at improving Emotional Intelligence and multiple business goals such as productivity and stress reduction.

Cadence Design Systems

2002

This consulting project included conducting a comprehensive evaluation of the on-line training courses at Cadence Design Systems. I was responsible for developing an instrument to acquire outcome data from the 250 engineers who had taken those courses over a 2-year period, analyze the data, identifying predictor variables for weak and successful course characteristics and individual performance, and recommend changes for future structure of online learning. Invited lecture outlining the results was given in May, 2002 at Cadence Design Systems, San Jose, California.

Service

Board Member of the Association for Transpersonal Psychology

2008 - Present

- Contributing direction to the field

- Overseeing the Journal of Transpersonal Psychology
- Increasing membership in the association

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| <u>University</u> | 2003 – Present |
| Deligate to the National Council of Schools and Programs of Professional Psychology Participating in the conference activities, attending committee meetings , and benefit from exposure to information regarding current education, training, and practice issues. Meeting with others investing in graduate training, | 2008 – Present |
| Faculty Hiring Committee Led effort to revise faculty hire advertising Developed comprehensive list of over 1000 emails for forwarding ad | 2007 – 2008 |
| Decision Making Group Group charged with identifying the relevant components relevant to the pursuit of APA accreditation of the Clinical Program Group met 10 times (50 hours) during Winter Quarter 2008 | 2008 |
| Interviewing Incoming Clinical Students Interviewed half a dozen potential incoming students (12 hours) | |
| Providing the Wisdom Therapy Institute as a Practicum Site Have trained and am currently training half a dozen practicum students from both the Ph.D. and M.A. programs in Wisdom Therapy and am supervising their practicum hours. | 2007 – Present |
| Stanford Collaboration on Cystic-Fibrosis Grant <ul style="list-style-type: none"> • Led the research component of the project. • Conducted comprehensive literature review and designed and conducted the research for the grant. • Helped facilitate clinical intervention based on research. • Created web page to facilitate the research | 2007 – 2008 |
| Initiative for an Integrative Health Psychology Program Spearheading the effort to initiate a new, Masters Degree program that bridges coursework and internship training at the university Conducted lit review and write-up of the 45 Health Psychology Programs in the country. Produced the latest document outlining the goals, faculty, and courses of the program- 15 Month Masters for already credentialed professionals. | 2008 |
| Initiative 5 Bringing the integrative approaches to the community and the world at large Arthur, Fred, Henry and I Co-developed a comprehensive plan to facilitate bridging and dissemination of transpersonal research and practice to the community and the world | 2007-2008 |

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| Colloquium Series Created, developed, and directing the ongoing series of talks at the university by faculty and colleagues in the bay area & academic community | 2002 - Present |
| Chair of Ethics Committee (IRB) Review each dissertation proposal at the university and coordinate the feedback from the members of the Ethics Committee | 2003 - 2005 |
| Co-founder and member of the Research Committee Collaborating in organizing research program Assisting in developing the Teaching & Research Specialization Contributing to developing of Internal Review Board Assisting in the publications of dissertations Directing efforts to provide funds for students and faculty Conference presentations | 2003 - Present |
| Co-Developing, with Olga, the international scholar program | 2007 - 2008 |
| Member of the Clinical Committee Contributed to the development of the new Ph.D. Program in Spiritual Clinical Psychology (TCP) . Co-developing the Qualifying Exams for the TCP program | 2003 - Present |
| Member of University's 5-year Vision Committee | 2004 - Present |
| Contributions to WASC & APA Accreditation Committee | 2003 – 2005 |
| Chaired 11 Ph.D. Dissertation Committees | 2003 – Present |
| Faculty Liaison for the university Web Page | 2004 – Present |
| I have written over 30 letters of recommendation and had verbal contact with supervisors for students for internship sites. | 2004 - Present |
| Mentoring students that have tremendous potential but are experiencing professional and personal obstacles in navigating the graduate program | 2004 - Present |

Cognitive Therapy Institute

2001 - 2003

- Conducted several free workshops for the National Anxiety Disorders Screening Day wherein information was communicated to community members with regards to risk & symptoms of anxiety as well as information with regards to community resources available for dealing with

those resources. Presentation was made at the Cognitive Therapy Institute in San Diego, California, 2002.

California School of Professional Psychology

1998 - Present

- Co-spearheading the effort to develop the Center for Integrative Psychology as well as the Emphasis Area for Integrative Psychology within the Ph.D. and Psy.D. programs at CSPP, Alliant University. The program is titled Integrative Psychology and subsumes previously separate programs under a unified umbrella that motivates an interdisciplinary approach to psychological science and services.
- Developing the online global hub for integrative psychology (www.integrativepsychology.net).
- Initiating and directing meetings for outlining the short and long term clinical and research goals of the CIP, and managed CIP members towards the attainment of those goals.
- Served on 10 Ph.D. and Psy.D. Committees in the California School of Professional Psychology, San Diego at Alliant University.
- One of three key-note speakers in the Eighth Annual Multicultural Fair at the California School of Professional Psychology, San Diego, February 29, 2000.
- Contributions for facilitating re-accreditation of the Ph.D. and Psy.D. clinical programs of the California School of Professional Psychology, San Diego.

Scripps Clinic

2000-2002

- Initiated, organized, and implemented new methods for organization-wide dissemination of information regarding Scripps Clinic Services. New Program added considerable visibility to existing programs and initiated the development of new programs.

University of California, Irvine

1997-1999

- Mentor for the Undergraduate Research Program at the University of California, Irvine.

Assessment Proficiency

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| MMPI-2 | Minnesota Multiphasic Personality Inventory-2 |
| WAIS | Wechsler Adult Intelligence Scale - Third Edition |
| Rorschach | Rorschach Inkblot Projective Test |
| TAT | Thematic Apperception Test |
| WISC | Wechsler Intelligence Scale for Children - Third Edition |
| WIAT | Wechsler Individual Achievement Test |
| K-TEA | Kaufman Test of Educational Achievement |
| K-FAST | Kaufman Functional Academic Skills Test |
| Bender | Bender Visual Motor Gestalt Test |
| Draw a Person | Human Figure Drawing Test |

Family Family Kinetic Drawings Test
BA Behavioral Assessment Protocol

Organizational Assessment Proficiency

Personality Testing
Organizational Surveys
Performance Appraisal

Diagnostic Proficiency

DSM-IV-R Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition

Honors, awards, scholarships, fellowships, assistantships, extracurricular activities:

| Organization | Date |
|--|-------------|
| Candidate for the New Investigator Award Human Behavior and Evolution Society (HBES) | 2006 |
| Bay to Breakers Long Distance Run (San Francisco) | 2004 |
| Listed in Strathmore's Who's Who | 2002 |
| Service Award - Multicultural Fair, CSPP-San Diego | 2000 |
| San Diego Marathon (26.2 mile course) | 2000 |
| Mentor for Undergraduate Research Award University of California, Irvine | 1999 |
| North American Region Adverse Conditions Challenge 36 hour nonstop field exercise of nature survival skills | 1998 |
| NIH Postdoctoral Fellowship University of California, Irvine. | 1997 - 1999 |
| Conference Travel Grant Award, from the University of California, Santa Barbara Graduate Division | 1995 |
| Graduate Student Research Competition Award from Conference on Models and Creativity | 1995 |
| University of California Scholars Exchange Program University of California, Berkeley | 1994-1995 |
| Graduate Fee Fellowship, UCSB Graduate Division | 1994-1995 |
| Graduate Dissertation Fellowship, UCSB Graduate Division | 1994 |
| Conference Travel Grant Award, from the University of California, Santa Barbara Graduate Division | 1994 |
| American Psychological Society Conference Travel Award UCSB Graduate Division | 1994 |

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| Graduate Fee Fellowship, UCSB Graduate Division | 1993 - 1994 |
| National Science Foundation: Honorable Mention | 1991 - 1992 |
| Graduation from UCLA with highest departmental honors | 1989 |
| First Place in the National Competition for Undergraduate Research representing UCLA – Undergrad Honors Thesis | 1989 |
| Reestablished and was the primary officer for the UCLA Psychology Honors Society chapter of Psi Chi | 1988 |
| First place at the Los Angeles open chess tournament | 1984 |
| Bronze medal: Member of the six person team representing my high school at the Academic Decathlon | 1984 |