

The Sense of Self

Richard W. Sears

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To my Zen teacher, Wonji Dharma, who introduced me directly to myself.

Acknowledgements

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About the Author

Richard W. Sears is a board-certified clinical psychologist, with a private psychology and consulting practice in Cincinnati, Ohio, and is Director of the Center for Clinical Mindfulness and Meditation. He was full-time faculty in Union Institute and University's Doctor of Clinical Psychology program for 9 years and is now affiliated faculty for Union's PsyD program and Master of Science in Organizational Leadership program. He is also Clinical Assistant Professor at Wright State University School of Professional Psychology, Volunteer Associate Professor of Psychiatry and Behavioral Neurosciences at the UC College of Medicine, Adjunct Assistant Professor for UC Psychology, and clinical/research faculty at the UC Center for Integrative Health and Wellness. He is a psychologist contractor with the Cincinnati VA Medical Center, where he conducted research on MBCT for PTSD with Dr. Kate Chard. He is also working with Dr. Sian Cotton and Dr. Melissa DelBello at Cincinnati Children's Hospital on projects involving the first studies of fMRI brain scans on the effects of mindfulness training for children and adolescents.

Dr. Sears received his Master of Business Administration (MBA) degree from the Raj Sooin College of Business and received his doctorate in Clinical Psychology (PsyD) from the School of Professional Psychology at Wright State University in Dayton, Ohio. He also received a Doctor of Philosophy (PhD) in Buddhist Studies from Buddha Dharma University, where he is a member of the board of regents.

Dr. Sears is author of a number of books: *Mindfulness: Living Through Challenges and Enriching Your Life In This Moment* (Wiley-Blackwell); *Consultation Skills for Mental Health Professionals* (with Dr. John Rudisill and Dr. Carrie Mason-Sears, John Wiley & Sons); *Mindfulness in Clinical Practice* (with Dr. Robert Denton and Dr. Dennis Tirsch, Professional Resource Press); *Perspectives on Spirituality and Religion in Psychotherapy* (with Dr. Alison Niblick, Professional Resource Press); *Building Competence in Mindfulness-Based Cognitive Therapy: Transcripts and Insights for Working With Stress, Anxiety, Depression, and Other Problems* (Routledge Mental Health); *Mindfulness-Based Cognitive Therapy for PTSD* (with Dr. Kathleen Chard, Wiley-Blackwell); *The Resilient Mental Health Practice: Nourishing Your Business, Your Clients, and Yourself* (with Dr. Jennifer Ossege, Routledge); *Perspectives and Hopes of Muslim American Women: The Paradox of Honor* (with Dr. Tayeba Shaikh and Dr. Jennifer Ossege, Routledge); and *Cognitive-Behavioral Therapy and Mindfulness* (PESI Publishing).

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