

## ***ABOUT THE AUTHORS***

***Deane H. Shapiro, Jr., Ph.D.*** devoted his professional life (and much of his personal life!) to seeking to understand how individuals can gain, maintain, and regain a positive sense of control in their lives. His pursuit took him to Zen and Chan monasteries in Japan and Taiwan to explore meditation; the jungles of Bali to study trance dances; and the mystical hills of Safed, Israel, where the main obstacle to a good night's sleep is purported to be the fluttering sound of angels' wings.

He is a Professor of Psychology, emeritus, Department of Psychiatry and Human Behavior, University of California, Irvine, Medical School. He spent several years as the Dean of Academic Affairs, Pacific Graduate School of Psychology; as a clinical faculty member, Department of Psychiatry and Behavioral Sciences, Stanford University Medical School; and as co-founder and President of the Institute for the Advancement of Human Behavior. He also served as the Director of a Family and Child Community Mental Health Center in San Jose, California, and director of Outpatient Psychiatry at the UC Irvine Medical Center.

A Phi Beta Kappa graduate of Stanford University, and a recipient of a Kellogg National Leadership Fellowship, he is the author/coauthor/coeditor of five books and over a hundred professional and scientific writings on eastern and western self-control strategies and psychological well-being. His articles have appeared in *Science, New England Journal of Medicine, Encyclopedia of Psychology, the American Psychologist, Archives of General Psychiatry, Perspectives in Biology and Medicine, Behavior Therapy, Behavioral Medicine, Journal of Humanistic Psychology, Journal of Transpersonal Psychology, and American Journal of Psychiatry.*

His philanthropic activities have ranged from visiting the former Soviet Union to bring supplies and encouragement to Jewish refuseniks and teaching computer literacy and English to elementary school Mexican-American children to establishing the non-profit Control Research Foundation to fund research that promotes education and understanding regarding the positive and healthy uses of human control and self-control for individuals, families, societies and planetary health and well-being.

The father of three and grandfather of four, he currently lives with his wife of 39 years, Johanna Shapiro, in Laguna Beach, where he writes haiku, plays the flute, and "plays" tai chi by the ocean.

***Elizabeth Soucar, Ph.D.*** is a licensed psychologist in Pennsylvania. She completed her undergraduate studies in English at Brown University (1991) and both a master's degree (1993) and Ph.D. (2006) in Counseling Psychology at Temple University. At Brown, she received a Ford Foundation grant for an independent project aimed at elucidating the historical context of women's literature. This understanding of writers "in context" became foundational to her future work in psychology, as it informed her drive to understand clients' phenomenological worlds, and later to their experiences with both race/culture and control/dyscontrol, as embedded in their worldviews and "control

stories”. Since entering the field, she has provided therapy services in several community mental health centers and outpatient clinics in New Jersey and Pennsylvania, including addiction treatment for adolescents, dual diagnosis counseling in a partial care program, outpatient services for inner city and low income families in Philadelphia, career/vocational counseling, and individual, family, and group therapy and assessment. Dr. Soucar has also taught writing skills and Human Development to undergraduates and provided academic advising to pre-med students. In 2003, she completed a pre-doctoral internship at the VA Medical Center in Coatesville, Pennsylvania, with a focus on geropsychology and hypnosis for the management of pain and anxiety. Around that time, she read Deane Shapiro and John Astin’s book, *Control Therapy*, and became intrigued by notions of personal control and how to employ CT techniques with new populations. This led to exciting discussions with her dissertation chairperson about how Control Therapy might work with African American outpatients served by the training clinic in her doctoral program. In 2004, she was awarded a Seed Grant from the Control Research Foundation to support her dissertation study, entitled *Establishing culturally competent practice: Effects of control- enhancing psychotherapy on depression and anxiety for African American outpatients*, which pioneered the use of Control Therapy with a low and middle SES minority population. For her study, she trained doctoral students to conduct Control Therapy with a small group of outpatient clients, collected data on levels of depression and anxiety, and examined live and videotaped sessions in order to track protocol compliance and to gain insights about how the clients were responding to the process. Dr. Soucar concluded that Control Therapy offers a focused, choice-oriented, and client-driven process that can be very helpful in working with African Americans and potentially other historically disempowered groups. Since receiving her Ph.D. in 2006, she has continued to integrate control-focused concepts and methods into her style of counseling and to improve the balance of positive assertiveness and positive yielding in her own personal life. Dr. Soucar lives in Pennsylvania with her husband and young son, and is in the process of launching a private practice.

**Shauna L. Shapiro, Ph.D.** is an Associate Professor of counseling psychology at Santa Clara University, in Santa Clara California, and previously served as adjunct faculty for Andrew Weils Center for Integrative Medicine at the University of Arizona. Dr. Shapiro's research focuses on mindfulness meditation and its applications to psychotherapy and healthcare. She began her study of psychology and meditation at Duke University, graduating summa cum laude, and received her doctorate in clinical psychology from the University of Arizona.

Dr. Shapiro pursued her study of meditation in Thailand and Nepal, as well as in the West, training in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT).

Dr. Shapiro has conducted extensive clinical research investigating the effects of mindfulness-based therapies across a wide range of populations, and published over 50 book chapters and peer-reviewed journal articles. She is the recipient of the American Council of Learned Societies teaching award, acknowledging her outstanding contributions to graduate education in the area of mindfulness and psychotherapy. Dr. Shapiro lectures and leads mindfulness training programs nationally and internationally

for health professionals on the growing applications of mindfulness in psychology and health care. She is the current Director of the Control Research Foundation. Dr. Shapiro co-authored *The Art and Science of Mindfulness* with Dr. Linda Carlson, which was published by American Psychology Books in June 2009.

**John Astin, PhD.** Dr. Astin holds a Ph.D. in psychology from the University of California, Irvine and completed post-doctoral training from 1998-2000 at the Stanford University School of Medicine. He is a nationally recognized researcher in the field of mind-body medicine and is presently serving as the Executive Director of the newly formed Baumann Institute, a grant-making organization founded by Bay area philanthropist Peter Baumann. The Institute is dedicated to the experiential and scientific investigation of the nature of awareness, and its relationship to human health and well-being. Dr. Astin also continues to serve as a Research Scientist at the California Pacific Medical Center in San Francisco. For several years, he was the first Director of the Control Research Foundation, overseeing the dissemination nationally and internationally of seed grants to graduate students doing research on issues of human control.

During his career, Dr. Astin has lectured widely on the topics of stress and health, and the applications of meditation in medical training and practice. He has published over 50 scientific papers in the areas of stress reduction and mind-body medicine, and his scientific work has been featured on CNN, Fox News, and a host of other local and national media. He is co-author of *Control Therapy*, and also the author of two books of poetry and prose reflections on the non-dual nature of awareness, *Too Intimate for Words* and *This Is Always Enough*.

Dr. Astin is also an internationally known singer, songwriter and recording artist. Following his early years in which he was a student of classical guitar, in 1987 he released his first major studio recording, "Into the Light." Since that time he has produced seven other recordings of original contemplative music including his most recent title, "What We've Always Been." Whether in his poetry and writing, his research, or his music, Dr. Astin's life and work are rooted in the recognition that who we are is not merely the ever-changing pattern of thoughts, feelings, memories, and sensations that appears and then disappears each moment, but the ground of consciousness or awareness that is awake to it all.

## ACKNOWLEDGMENT

It is impossible to understate the contributions of Johanna Shapiro, Ph.D. to this manual. Dr. Shapiro is a Professor of Family Medicine and Director of the Medical Humanities Program at the University of California Irvine, School of Medicine. She is an accomplished poet, and author of the book, *The Inner Voice of Medical Students*, and has written over a hundred and twenty-five peer reviewed articles.

Dr. Shapiro served as the final editor of the manuscript. When the co-authors finally thought the manuscript was completed, she reviewed the final draft—and spent six days a week for over a year editing and reworking it. Her parents, who are accomplished novelists, once defined the role of editor as “someone who comes down off the mountain

after the battle has been fought, and shoots the wounded.” It must be stated that at times her approach seemed merciless. She questioned, critiqued, and edited every concept, word, phrase, and organizational decision, demanding rewrites as needed—often several times until she was satisfied!

Without question, she was the muse and mortar that held the whole project together. She brought her usual wisdom, erudition, vision, and compassion to the manuscript, as she does to all those who have the good fortune to share her presence.

To Johanna, who also happens to be my wife, Shauna’s mother, John’s friend and Beth’s colleague, with thankfulness and gratefulness on so many levels