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## VITA

Born: May 12, 1938, Norfolk VA

### **Academic Background**

B.A., Elementary Education, 1961 – University of Kentucky  
M.A., Counseling and Guidance, 1962 – University of Kentucky  
Ed.D., Educational Psychology, 1968 – University of Florida  
Licensed Psychologist #PSY 8513, 1984-present  
Certified in Biofeedback, Biofeedback Society of California, 1975-present  
Biofeedback Certification Institute of America, 1981-present

### **Employment**

Sixth grade teacher, Lexington City Schools, Kentucky, 1961-1964  
Sixth grade teacher, Waverly Schools, Michigan, 1964-65

### **College and University Teaching Experience**

Have taught psychology, human development, child development, educational psychology, tests and measurements, physiological psychology, humanistic psychology, biofeedback and consciousness research, biofeedback and somatic psychology, development of the person, statistics and experimental design, perception, psychology of trauma, and psychology of yoga for the following schools:

Jacksonville University, Florida – 1966, part-time  
University of Florida – 1968, part-time  
Santa Fe Junior College, Florida – 1967-68, part-time  
California State College, Fullerton, 1967, summer  
California State College, Hayward – 1969, spring  
College of the Holy Names, Oakland, California – 1969-75, part-time  
The College of Alameda, California – 1969, spring  
Humanistic Psychology Institute – 1970-77, part-time  
Sonoma State University, Rohnert Park, California:  
Assistant Professor to Associate Professor of Psychology, 1969-1978  
Professor of Psychology 1978-2007  
Coordinator, Professional Biofeedback Training Sequence, 1981-2007  
Committee chair/advisor, Special Sessions, 1997-2003

Department chair, 1992-1995  
Emeritus Professor of Psychology, 2008  
Meridian University (formerly, Institute for Imaginal Studies), Petaluma, CA-1996-  
present

### **Other Teaching Experience**

Esalen Institute Summer School Program at Stanford University, 1971  
UCLA Extension course on the Human Potential Movement, spring 1973  
U.C. Riverside, Guest Lecturer, Extension Course, 1975, 1976, 1977  
U.C. Berkeley, Guest Lecturer, Extension Course, spring and summer, 1977  
Union Graduate School, Adjunct Faculty (Advisor of doctoral candidates), 1975-Novato  
Institute for Somatic Research and Training, Somatic Educator, 1981-present  
Serve on doctoral committees—Fielding Institute, California Institute of Integral Studies,  
and Saybrook Graduate School (1997-00)  
Esalen Institute workshops, 1990-2016 (once yearly)  
Institute of Imaginal Studies: Meridian University 1994-2017 (one course yearly)  
Distinguished Consulting Faculty, Saybrook University (1999-present)  
Somatics/yoga instructor, Reis Ranch (1997-present)  
Director, Equine Hanna Somatics Training program (2007-present)

### **Professional Organizations**

Association for Humanistic Psychology (Executive Board, 1970-77; President, 1975-76)  
Aerospace Medical Association  
San Francisco Academy of Clinical Hypnosis  
American Psychological Association  
Association for Transpersonal Psychology  
Association for Applied Psychophysiology and Biofeedback  
Biofeedback Certification Institute of America (Executive Board, 1993-95)  
Biofeedback Society of California (Board of Directors, 1977-79); Program Committee,  
1979-1984; Executive Director, 1980-1985)  
Somatics Society (President, 1990-present)  
Division 32, Humanistic Psychology, American Psychological Association  
(Board of Directors, 1996-98; president 1999-2000)  
California Psychological Association (2000-2017)  
Association for the Advancement of Science (2000-2017)  
International Association of Yoga Therapists (Executive Board, 2005-2010, 2014- )  
President (2010-2013)(Executive Board, 2014-present)  
Association for Hanna Somatic Education (Executive Board, 1992-present)

## Conferences

Speaker, Yoga World Brotherhood Convention, Val Morin, Canada, September 1969

Invited participant (paper sent), World Conference on the Scientific Study of Yoga, India, 1970

Invited participant, Annual Conference on the Voluntary Control of Internal States (Menninger Conference), 1969-73

Speaker and Panelist, Annual Meeting of the Association for Humanistic Psychology, 1969-77

Invited participant, invitational conference on the Future of the Human Potential Movement, fall, 1972

Panelist, American Psychological Association Convention, summer 1972, 1977

Speaker, Transpersonal Psychology Conference at the University of Massachusetts, Amherst, 1973

Speaker, Conference course, University of California Extension, "Deconditioning Toward Higher Consciousness," summer 1977

Speaker, Western Regional Conference, Association for Humanistic Psychology, 1972-76

Keynote speaker, Rocky Mountain Regional AHP Convention, 1974, 1976

Participant and program co-chairperson, International Association of Humanistic Psychology Convention, Cuernavaca, Mexico, 1975

Program chairperson, Annual Convention of the Biofeedback Society of California, 1979

Biofeedback teacher, Sydney, Australia, 1982

Speaker, Whole Earth Expo, 1983-1985

Speaker and program committee member, "Beyond the Relaxation Response," UCLA conference, October 1984

Speaker, International Imagery Conference, Los Angeles, 1985

Co-program chair, Division 32, Humanistic Psychology Hospitality Suite, APA Annual Convention, Los Angeles, 1995

Coordinator, “The Transparent Self: Celebrating the Life and Work of Sidney Jourard,” an international conference, Sonoma State University, 1995

Speaker, International Somatics Congress, San Francisco, November 1995

Alumni speaker (1995), Saybrook Institute

Chair for the American Psychological Association Convention symposium, “Teaching and Supervision—Humanistic Perspectives,” Chicago, Illinois, August 1997

Speaker, World Householders Yoga Conference, Bombay, India, December 1997

Commencement speaker, Saybrook Institute, 1998

“Neural Basis of Motor Control,” 5 hour course, Novato Institute, July, 1999

“Empathy, Children, and the Natural World” (paper presented) and “Panel of Educators,” “Arts & Nature: The Heart of the Matter”, Conference sponsored by the College of the Redwoods, August 6, 1999

Panel chair, “The Mind-Body Interface in Psychology” Paper presented: “Somatic Psychology for Psychologists,” American Psychological Association Convention, August 20-24, 1999

“Children’s Psychophysiological Responses to Music and Movement,” Paper presented on panel “Music, Movement, and the Brain: Returning to the Self,” American Psychological Association Convention, August 20-24, 1999, Boston, Mass.

Division 32 Representative, Transpersonal Cyber Conference, Transpersonal Association, Palo, Fall 1999

“Biofeedback and Hanna Somatics for the Upper Extremities,” Short Course, 25<sup>th</sup> Annual Conference, “Biofeedback Through the Ages,” Biofeedback Society of California, Valencia, California, November 12, 1999

“Health and Healing: The Search for Common Ground,” An Interdisciplinary Meeting, (invitational conference), Commonweal Center, Bolinas, California  
Fritjof Chopra and Helmut Milz, conference organizers, January 14-16, 2000  
Session 1 – “Somatics & Somatherapies” (paper presented on panel)

Chair, “Humanistic Psychology in the New Millennium,” Symposium at Sonoma State University held during the Division 32 Mid-winter Board Meeting, February 11, 2000

Interviews (approximately 5 monthly appearances) “Virtual U,” two hour Internet Radio program for Wisdom Radio, hosted by Jeffrey Mishlove, beginning February 1, 2000

“Somatics for Psychotherapists,” paper presentation on panel—“Role of Spirituality in Psychotherapy: Mind Body Spirit,” California Psychological Association, San Jose, March 24, 2000

“New Advances in Neurophysiology: Neural Plasticity,” Association for Hanna Somatic Education Convention, April 1, 2000, Headlands Institute, Sausalito

Workshop presentation, “Hanna Somatics: Mastery of Muscles and Emotions,” Esalen Institute, April 21-23, 2000 (additional workshops to 2017)

Keynote speaker, “Introduction to Somatic Yoga” and “Principles of Hanna Somatics,” 25<sup>th</sup> Anniversary 2000 Spring workshop, Federation of Ontario Yoga Teachers, Loretto Retreat Center, Niagara Falls, Ontario, April 28-30, 2000

Invited Participant, Old Saybrook II Conference—“Coming Home to the Third Millennium!” State University of West Georgia, Carrollton, Georgia; Presentations: “Circle of Elders” and “The Role of Somatics in the New Millennium” (chair, small group discussion), May 11-14, 2000

“Neurophysiology and Hanna Somatic Education,” 10 hour course, Novato Institute, June 2000-present

Invited Participant, “Second International Congress on Gerontology, Anti-aging Medicine, and Aerospace Medicine,” University Autonoma of Guadalajara, Mexico, July 6-8, 2000. Paper presented: “Biofeedback, Somatics, and Gerontology”

Panelist, “Biofeedback in Psychotherapy,” Biofeedback Society of California Convention, Irvine, California November 7, 2009

Panelist, “Biofeedback in Psychotherapy,” Association of Applied Psychophysiology and Biofeedback, San Diego, California, March 27, 2010

Invited participant, First International Conference on Yoga for Health & Social Transformation, January 2-5, 2011. Organized by Pantanjali Resarch Foundation and the University of Patanjali, Haridwar, India

Invited presenter, “Yoga Education in the United States,” International Conference on Yoga and Naturopathy, February 9-13, 2012. Sponsored by the Department of AYUSH, Palace Grounds, Bangaluru, India.

Invited presenter, 7<sup>th</sup> International Conference –Yoga and Youth: Classical and Contemporary Perspectives. Sponsored by Kaivalyadhama, December 27-30, 2012.

Invited presenter, “Somatics and Trauma,” Alcanzando Ninos en las Fronteras. First International Congress (Prevention, Education and Rehabilitation of Children in Difficult

Circumstances), November 4-7, 2013. Sponsored by the Secretary of Health, Jalisco, Mexico.

Participant, International Association of Yoga Therapist's SYTAR conferences yearly since 2000.

Speaker and workshop presenter International Somatic Education Symposium, Taiwan 2016.

Speaker, Japan Yoga Therapy Society's conference in Osaka, 2016.

### **Consulting and Other Activities**

Consultant, Cross-cultural Nurseries Program, San Francisco State University, 1969

Lecturer and weekend workshop, "Enhancing Perceptual Awareness and the Aureon Encounter," with Dr. Harold Streitfeld, Aureon Institute, New York City, 1969

Consultant, Indian River Education Development Program, 1969

Consultant, Serendipity, Inc., 1970

Group leader and lecturer, Esalen Institute, 1969-76; 1990-present

Consultant, Anthropos (industrial facilitators), 1969

Invited participant, Transpersonal Conference I, II, III, 1970-73, sponsored by the National Council of Churches, Esalen Institute, and the Transpersonal Association

Invited participant, National Council of Churches Task Force on the Human Potential Movement and the Church I, II, Chicago, IL, 1971-72

Advisor and group leader, The Center for Spiritual and Human Growth, sponsored by the First Congregational Church, San Rafael, CA 1973-74

Founder and first director, Humanistic Psychology Institute (international doctoral program)(now Saybrook Graduate School and Research Center), 1970-77

Narrator and host, "Yoga and Humanistic Psychology," a weekly spot on Channel 6 Cablevision, Santa Rosa, CA, February 1971-72

Moderator, television psychology course, sponsored by Sonoma State College, fall 1971

Consultant, Autogenic Systems, Inc., Oakland, CA (a biofeedback equipment manufacturer), 1973

Consultant, Venturi, Inc., Burlingame, CA 1973-75

Co-founder and advisor, Humanistic Psychology Program, Sonoma State College, Extension Division, 1970-77

Advisory Board, California Institute for Transpersonal Psychology, 1976

Advisory Board, John F. Herbert Foundation, 1977

Publisher, Freeperson Press, Novato, CA 1975-present

Interviewed, KFRC radio “Women In” (February, 1977); KPFA radio “Roots of Consciousness” (1975-76); Santa Rosa station (summer 1976; winter 1978)

Interviewed, *San Francisco Chronicle*, 1973; *San Francisco Examiner*, 1976.

Speaker, Holistic Health Association Conference, fall 1976

Interviewed, “Eleanor Criswell—A Personal Guide to the Self,” In *Everywoman’s Guide to a New Image*, edited by Peggy Granger, Millbrae, CA: Les Femmes, 1976

Editor, *Somatics—Magazine-Journal of the Mind/Body Arts and Sciences* (1990-present); coordinator of research section, 1980-present; managing editor, 1976-1990

Clinical Director of Biotherapeutics, Kentfield Medical Hospital, 1984-1989

Editorial Board, *Journal of Humanistic Psychology*, 1996-present.

Research, “Some effects of somatic movement and music on the psychophysiology of school children”: Study I (1996) and Study II (1997)(replication); Research articles in process, Co-authors—Marianne Locke, M. A. (Director, Young Imaginations) and Brian Jersky, Ph.D. (statistician, SSU Math Department).

Advisory Board, Yoga Research Center, Lake County (1997)

Research Director, Young Imaginations, a multicultural arts education program offered in the schools of San Francisco, Marin, and Sonoma county and the East Bay to 10,000 children in K-6; also a program with the elders in Marin county.

Board of Directors, Meridian University (2005-present)

Founder, Equine Hanna Somatics (circa 1997)  
Certified, Equine Guided Education (2010)

## Listings

*Who's Who of American Women*, 1975-present  
*World Who's Who of Women*, 1975-present  
*International Biographical Index*, 1975-present  
*Foremost Women of the Twentieth Century*, 1987  
*Who's Who in the World*, 1985-present  
*International Who's Who in Medicine*, 1986-present  
*International Who's Who of Intellectuals*, 1987  
*Who's Who in Medicine and Health Care*, 1997-present  
*Who's Who in America*, 1998-present

## Publications: Articles

Criswell, E. (1969). Optokinetic perceptual learning device for sensory stimulation and learning. U.S. Patent Office No. 3496649.

Criswell, E. (1969). Some effects of optokinetic training on openness of the perceptual field. Doctoral dissertation.

Criswell, E. (1970). Experimental yoga psychology course for college students: A progress report. *Journal of Transpersonal Psychology*, 11(1), 71-78.

Criswell, E. (1970). Optokinetic perceptual learning device for sensory stimulation and learning. Paper presented by proxy at the World Conference on the Scientific Study of Yoga, New Delhi, India.

Criswell, E., & Peterson, S. (1972). Whole soul catalog. *Psychology Today*, 5(11), 56-65.

Criswell, E. (1973, Spring). Humanistic psychology: Avenues to the psychic. *Psychic Magazine*, 44-49

Criswell, E. (1974) Overcoming our metagrumbles. In Min Yee (Ed.), *The Great Escape*. New York: Bantam Books.

Criswell, E., & Haight, M. (1976, Fall/Winter). The future of biofeedback and education. *Somatics*, 22-26.

Criswell, E. (1978, Spring/Summer). Yoga psychology as a somatic science. *Somatics*, 20-23.

Criswell, E. (1986, Fall/Winter). Meditation: The somatic communication loop. *Somatics*, 31-34.



Criswell, E., & Newkirk, T. (1986, Spring/Summer). The somatic approach in a rehabilitative hospital setting. *Somatics*, 28-30.

Criswell, E. Research articles of interest to somatic theorists, researchers and practitioners. *Somatics*, 1980-2000 (bi-yearly; 40 articles)

Criswell, E. (1997). Somatics, yoga and sane living. *Souvenir Containing Full Text Papers Presented During the WHY Conference*, Bombay, India.

Criswell Hanna, E.(1999) Hanna Somatic Education. In N. Allison (Ed.) *The Illustrated Encyclopaedia of Body-Mind Therapies*. New York: Rosen Publishing Group.

Criswell, E. (1990-present) *Reflections of the Editor*. *Somatics* (approximately 40).

Criswell, E. (1990-present) Editorial. *Somatics Society Newsletter* (approximately 20)

Criswell Hanna, E. (1999). Interrelationships between somatic perception and somatic disclosure. In A. C.Richards and T. Shumrum (Eds.) *Invitation to Dialogue: The Legacy of Sidney M. Jourard*. Dubuque, Iowa: Kendall/Hunt.

Criswell, E. (Summer 2000). The humanistic tradition: A vision for the future, *Journal of Humanistic Psychology*, Vol. 40, No. 3, 74-82.

Criswell, E. (Spring 2001) Humanistic psychology and mind-body medicine. In K. J. Schneider, J. F. T. Bugental, and J. F. Pierson (Eds.), *Handbook of Humanistic Psychology*. Thousand Oaks, California: Sage.

Criswell Hanna, E. (2000) Somatics and the Soul. *Zukav.com* ( Invited Soul Guest for November 15-December 15, 2000)

Criswell Hanna, E. (2000) Somatic psychology for psychotherapists. *Somatics*, 28-31.

Criswell, E., Locke, M. & Jersky, B. Children's Psychophysiological Responses to somatic movement and music. *Somatics*.

Serlin, I. & Criswell, E. (Spring, 2001) Humanistic psychology and women. In K. J. Schneider, J. F. T. Bugental, J. F. Pierson (Eds.), *Handbook of Humanistic Psychology*. Thousand Oaks, California: Sage.

Criswell, E. (2007) Yoga and Mind-Body Medicine. In I. Serlin, K. Rockefeller, and S. S. Brown (Eds.) *Whole Person Healthcare (Volume 2) Psychology, Spirituality, and Health*. Westport, Connecticut: Praeger.

Criswell, E. & Serlin, I. (2015) Humanistic psychology and mind-body medicine. In K. J. Schneider, J. F. T. Bugental, and J. F. Pierson (Eds.), *Handbook of Humanistic Psychology* (Second edition). Thousand Oaks, California: Sage.

Serlin, I. & Criswell, E. (2015) Humanistic psychology and women. In K. J. Schneider, J. F. T. Bugental, J. F. Pierson (Eds.), *Handbook of Humanistic Psychology*. (Second Edition) Thousand Oaks, California: Sage.

Criswell, E. and Patel, K. C. (2016) The yoga path as a way of life. In S. G. Mijares (Ed.), *Modern Psychology and Ancient Wisdom: Psychological Healing Practices from the World's Religious Traditions*. New York: Routledge.

### **Publications: Audiotapes/CDs**

Criswell, E. (1991-1998). Somatic Exercise series. (15; approximately 30 hours)(For example, Somatic Exercises for Stress Management and Increased Flexibility; Somatic Exercises for Hips, Thighs, Lower Legs & Feet)

### **Publications: Books**

Criswell, E. (1975). *The Drum*. Novato, CA: Freeperson Press.

Criswell, E. *How to Build a Better Brain*. (in progress)

Criswell, E. (Camp, L.), & Beaumier, J.-F. (1980). *The Pipe Smoker*. New York: Harper & Row.

Rickles, W., Sandweiss, J., Jacobs, D., Grove, R., & Criswell, E. (Eds.) (1983). *Biofeedback and Family Practice Medicine*. New York: Plenum Press.

Criswell, E. (1987). *How Yoga Works: An Introduction to Somatic Yoga*. Novato, CA: Freeperson Press. Originally titled *Yoga Psychology East and West*.

Criswell, E. (1995). *Biofeedback and Somatics: Toward Personal Evolution*. Novato, CA: Freeperson Press.

Criswell, E. (1996). *Wie Yoga Wirkt*. Munich, Germany: Kosel Verlag.

Criswell, E. *Somatic Education* (in process)

Criswell, E. *Equine Hanna Somatics* (in process)

Criswell, E. (2010) *Cram's Introduction to Surface Electromyography*. Boston: Massachusetts Jones and Bartlett.

### **Publications: Videotapes/DVDs**

Criswell, E. (1990). "Somatic Yoga" (video in the Thinking Allowed series by Jeffrey Mishlove)

Criswell, E.(1990) “Cat Stretch” (video with the Thinking Allowed series)

Criswell, E. (2000) “The Theory of Somatics” (video in the Thinking Allowed series for Wisdom Television by Jeffrey Mishlove)

Criswell, E. (2000) “Somatics and Biofeedback” (video in the Thinking Allowed series for Wisdom Television by Jeffrey Mishlove)

Reis, D. & Criswell Hanna, E. (2004) “Equine Hanna Somatics,” Somatics Educational Resources, Novato, California.

Criswell, Ed. (2013) “Canine Hanna Somatics,” Somatics Educational Resources, Novato, California.

Criswell, E. & Mayer, A. (2014) “Equine Hanna Somatics: Session 1,” Criswell & Mayer Productions, Novato, California.