

### **About the Author**

The author received his doctorate in philosophy from the University of Michigan in 1967, and has taught there and also at Yale, the American Institute of Buddhist Studies, Antioch University, the University for Humanistic Studies, the International University of Professional Studies, and elsewhere, in departments of Philosophy, Buddhist Studies, Far East Studies, Transpersonal Psychology, Counseling Psychology, and Clinical Psychology.

He has held Post-doctoral or Visiting Scholar appointments in Psycholinguistics at the Massachusetts Institute of Technology (MIT), in Buddhist Studies at the University of Texas, Austin, in Indic Studies at Yale University, in Short-term Psychodynamic Psychotherapy for Complicated Grief, at the Langley-Porter Neuropsychiatric Institute of the School of Medicine, University of California, San Francisco (UCSF), and in the Judaic Studies Program, in the Middle East Studies Program, and also in the Psychiatry Department of the School of Medicine, all at the University of California, San Diego (UCSD).

After early experience in the Yale University administered Connecticut Mental Health Center, the country's first community mental health center, and research on schizophrenic family communication at Connecticut Valley Hospital, a state mental hospital, he completed a Clinical Psychology Internship through the Yale University Department of Clinical Psychology at the West Haven Veterans' Administration (VA) Hospital, and later, in 1982, Advanced Family Therapy training at the Istituto di Terapia Familiare, with Maurizio Andolfi, in Rome, Italy. In the late 1970s, the author worked in the Soteria Project of the National Institute of Mental Health (NIMH) with young adults diagnosed as schizophrenic, using the Kingsley Hall model. He has been a licensed psychotherapist in California since 1981. He has also served as an expert witness in US Immigration Court for cases of asylum, providing testimony and Psychological Evaluations for people with reported histories of torture, and has done psychotherapeutic work with this same group of individuals.

As the first Western disciple of V.R. Dhiravamsa—formerly Chao Khun, or Abbot, of the Thai Buddhist Mission to Great Britain—the author has been a teacher in the Thai Theravāda Buddhist Insight (vipassanā) meditation tradition since 1975, leading workshops and retreats in England, the USA, France, and Norway, and has been Moderator of the on-line discussion group Insight Practice since 1996.

He is author of a number of scholarly articles published in four countries; his books include *Mind and Belief: Psychological Ascription and the Concept of Belief*; *The Far Shore: Vipassanā, The Practice of Insight*; and *The Inner Palace: Mirrors of Psychospirituality in Divine and Sacred Wisdom-Tradition*.