

## CURRICULUM VITAE

### DANIEL J. SIEGEL, M.D.

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#### EDUCATION:

1989-91	Research Fellow	NIMH Research Training Program Fellow, UCLA-NPI Division of Child Psychiatry
1989	Chief Fellow	Adolescent In-patient Service, UCLA Neuropsychiatric Hospital
1987-89	Fellow	UCLA Department of Psychiatry, Division of Child Psychiatry
1986-87	Executive Chief Resident	UCLA Department of Psychiatry
1984-86	Resident	UCLA Department of Psychiatry
1983-84	Intern	University of California, Los Angeles, Department of Pediatrics
1983	M.D.	Harvard Medical School
1978	B.S.	University of Southern California, summa cum laude, Biological Sciences

#### APPOINTMENTS:

2016- present	Center for Child Well-Being, University of Washington
2016- present	Honorary Member, Austrian Federal Association for Mindfulness
2015- present	Advisory Board Member, Gloop, Boulder, CO
2014- present	Advisory Board Member, Convergence in D.C.
2012- present	Garrison Institute Board, NY
2009- present	Clinical Professor Psychiatry, UCLA School of Medicine
2009- present	Blue School Advisory Board Member, New York, NY
2005- 2015	Founding Co-Director, UCLA Mindful Awareness Research Center
2004- present	Medical Director, Lifespan Learning Institute, Los Angeles, CA
2002- 2012	Founding Co-Investigator, Center for Culture, Brain, and Development Foundation for Psychocultural Research, UCLA
2000- present	Founding Editor, Norton Series on Interpersonal Neurobiology
1999- present	Executive Director, Center for Human Development and Mindsight Institute, Los Angeles, CA
1998- 2003	Director of Interdisciplinary Studies, Children's Mental Health Alliance, New York
1997- 2009	Associate Clinical Professor of Psychiatry, UCLA School of Medicine
1990- 1999	Medical Director, Infant and Pre-School Evaluation Service, UCLA
1991- 1995	Acting Director of Training, Child and Adolescent Psychiatry

#### HONORS:

2016	Insight + Impact Award, Garrison Institute, New York City
2016	Board Member Honoree, Decennial Ball, Blue School, New York City
2012	Invited speaker, Royal Society of Arts, London, England
2010	Susan G. Komen for the Cure® Lynn Lecture Series Speaker
2009	VIDA Award of the American Group Psychotherapy Association—Southern California Chapter, for Vision, Innovation, Dedication, and Achievement
2004	Soule Lectureship, University of Washington
2004	Irving B. Harris Lectureship, New York

2004	Edna Reiss-Sophie Greenberg Chair, Vista Del Mar, Los Angeles
2003	Distinguished Fellow, American Psychiatric Association
2003	Doctors Against Child Abuse Honorary Lectureship, New Zealand
2003	American Academy of Child and Adolescent Psychiatry Outstanding Mentor
1999	Pontifical Council for the Family Lectureship, Vatican, Rome
1994	UCLA Psychiatry Department Teaching Award
1987	American College of Psychiatrist Laughlin Fellow
1985	APA Burroughs-Wellcome Fellow

## PUBLICATIONS:

Siegel, D.J. (2020). *The Power of Showing Up: How parental presence shapes who our kids become and how their brains get wired*. New York: Penguin Random House Publications, Inc.

Siegel, D.J. (2018). *Aware: the science and practice of presence*. New York: Random House Publications, Inc.

Siegel, D.J., & Bryson, T.P. (2018). *The Yes Brain: how to cultivate courage, curiosity, and resilience in your child*. New York: Bantam.

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Siegel, D.J. (2017). *Mind: a journey to the heart of being human*. New York: W. W. Norton.

Parker, S.C., Nelson, B.W., Epel, E., & Siegel, D.J. (2015). The science of presence: A central mediator in the interpersonal benefits of mindfulness. In Brown, K.W., Creswell, J.D., & Ryan, R.M., (Eds.) *Handbook of mindfulness: Theory, research, and practice*. (pp 225-244). New York: Springer.

Siegel, D. (2015). Interpersonal Neurobiology as a Lens into the Development of Wellbeing and Resilience. *Children Australia*, 40(2), 160-164.

Siegel, M.W., & Siegel, D.J. (2014). Thriving with uncertainty: opening the mind and cultivating inner well-being through contemplative and creative mindfulness. In Ie, A., Ngnoumen, C.T., & Langer, E.J. (Eds.) *The wiley blackwell handbook of mindfulness*. New Jersey: Wiley-Blackwell Publishing.

Nelson, B.W., Parker, S.C., & Siegel, D.J. Interpersonal neurobiology, mindsight, and the triangle of well-being: The mind, relationships & the brain. (2014). In Tronick, E. Perry, B., & Brandt, K. (Eds.), *Infant & Early Childhood Mental Health*. Washington, D.C.: American Psychiatric Publishing.

Baldini, L., Parker, S. C., Nelson, B. W., & Siegel, D. J. (2014). The clinician as neuroarchitect: The importance of mindfulness and presence in clinical practice. *Clinical Social Work Journal*.

Siegel, D.J., & Bryson, T.P. (2014). *No-drama discipline: The whole-brain way to calm the chaos and nurture your child's developing mind*. New York: Bantam.

Siegel, D.J. (2013). *Brainstorm: The power and purpose of the teenage brain*. New York: Penguin Putnam.

Sowell, E.A., Siegel, A.W., & Siegel D.J. (2012). Adolescent brain and cognitive changes. In M. Fisher, L. Alderman, R. Kreipe, & W. Rosenfeld (Eds.), *Handbook of adolescent medicine*. American Academy of Pediatrics.

Siegel, D.J. (2012). *The developing mind, second edition: How relationships and the brain interact to shape who we are*. New York: Guilford Press.

Siegel, D.J. (2012). *Pocket guide to interpersonal neurobiology: An integrative handbook of the mind*. New York: W.W. Norton & Company.

Siegel, D.J., & Bryson, T.P. (2011). *The whole-brain child: 12 Revolutionary strategies to nurture your child's developing mind, survive everyday parenting struggles, and help your family thrive*. New York: Delacorte Press.

Siegel, D.J. (2011). The proven benefits of mindfulness. In B. Boyce & Shambhala Sun (Eds.), *The Mindfulness revolution: Leading psychologists, scientists, artists, and meditation teachers on the power of mindfulness in daily life* (pp. 136-139). New York: Random House Publications, Inc.

Farber, H.R., & Siegel, D.J. (2011). Parental presence: An interpersonal neurobiology approach to healthy relationships between adults and their parents. In S.M. Dunham, S.B. Dermer, & J. Carlson (Eds.) *Poisonous parenting: Toxic relationships between parents and their adult children* (pp. 49-62). New York: Routledge.

Siegel, D.J., & McIntosh, J. (2011). Family law and the neuroscience of attachment, part II. In R.E. Emery & A. Schepard (Eds.), *Family court review: An interdisciplinary journal*, 49(3), 513-520.

Sroufe, A., & Siegel, D.J. (2011). The verdict is in: The case for attachment theory. *Psychotherapy Networker*.

Siegel, D. J. (2010). *The mindful therapist: A clinician's guide to mindsight and neural integration*. New York: W.W. Norton & Company.

Siegel, D.J. (2010). *Mindsight: The new science of personal transformation*. New York: Bantam.

Dutra, L., Ilaria, B., Siegel, D.J., & Lyons-Ruth, K. (2009). The relational context of dissociative phenomena. In P.F. Dell & J.A. O'Neil (Eds.), *Dissociation and the dissociative disorders, DSM-V and beyond* (pp. 83-92). New York: Routledge.

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Epstein, R.M., Siegel, D.J., & Silberman, J. (2009). Self-monitoring in clinical practice: a challenge for medical educators. *Journal of continuing education in the health professions, special issue on self-assessment*, 28(1), 5-13.

Cozolino, L., & Siegel D.J. (2009). Perception and cognition. In B. Kaplan & W. Sadock (Eds.), *Comprehensive textbook of psychiatry, ninth edition*. New York: Williams and Wilkins.

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- Siegel, D.J., Siegel, A.W., & Amiel, J.B. (2006). Brain, mind, and behavior. In D. Wedding & M. Stuber (Eds.), *Behavior and medicine, fourth edition*. Cambridge, MA: Hogrefe & Huber.
- Siegel, D.J. (2006). An interpersonal neurobiology approach to psychotherapy: How awareness, mirror neurons and neural plasticity contribute to the development of well-being. *Psychiatric Annals*, 36(4), 248-258.
- Siegel, D.J. (2005). Apego y comprension del si mismo: Ser padre pensando en el cerebro. *Psicoterapia, neurobiologia y neurociencias*, 16(61), 29-42.
- Siegel, D.J. (2005). Verso una neurobiologia interpersonale della mente relazionale: Le relazioni di attaccamento, la rappresentazione della mente e l'integrazione neurale. In A. Dinacci, (Ed.), *Narrate genti le vostre storie* (32-72). Napoli, Italia: Liguori Editore.
- Siegel, D.J. & Cozolino, L. (2005). Perception and cognition. In B. Kaplan & W. Sadock (Eds.), *Comprehensive textbook of psychiatry, seventh edition*. New York: Williams and Wilkins.
- Zuckerman, B., Zuckerman, P.M., & Siegel, D.J. (2005). Promoting self-understanding in parents – for the great good of your patients. *Contemporary pediatrics*, 22(4), 77-90.
- Siegel, D.J. (2004). Attachment and self-understanding: Parenting with the brain in mind. *Journal of Prenatal and Perinatal Psychology and Health*, 18(4), 273-286.
- Siegel, D.J., & Hartzell, M. (2003). *Parenting from the inside out: How a deeper self-understanding can help you raise children who thrive*. New York: Penguin Putnam.
- Solomon, M., & Siegel, D.J. (Eds.). (2003). *Healing trauma: Attachment, mind, body and brain*. New York: W.W. Norton.
- Siegel D.J. (2003). An interpersonal neurobiology of psychotherapy: The developing mind and the resolution of trauma. In M. Solomon & D.J. Siegel (Eds.), *Healing trauma: Attachment, mind, body, and brain*. (pp. 1-56). New York: W.W. Norton.
- Siegel, D.J. (2002). What do parents need to know about brain development and interpersonal experiences with their children? *Gifted education communicator*, 33(2).
- Siegel D.J. & Nurcombe B. (2002). The development of attention, perception and memory. In M. Lewis (Ed.), *Child and adolescent psychiatry: A comprehensive textbook, third edition*. Baltimore: Williams and Wilkins.
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- Siegel, D.J. (2001). Memory: An overview with emphasis on the developmental, interpersonal, and neurobiological aspects. *Journal of the American academy of child and adolescent psychiatry*, 40(9), 997-1011.
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Gaensbauer, T., Chatoor, I., Drell, M., Siegel, D.J., & Zeanah, C.H. (1995). Traumatic loss in a one-year-old girl. *Journal of child and adolescent psychiatry*, 34(4).

Siegel, D.J. (1995). Memory, trauma and psychotherapy: A cognitive science view. *Journal of psychotherapy practice and research*, 4(2), 93-122.

Sigman, M., & Siegel, D.J. (1992). The interface between the psychobiological and cognitive models of attachment. *Behavioral and brain sciences*, 15(3), 523.

Yager, J., Yager, A.R., Siegel, D.J., & Strauss, G.D. (1990). Professional interests among residency applicants in psychiatry. *Academic psychiatry*, 14, 80-85.

#### **NORTON SERIES ON INTERPERSONAL NEUROBIOLOGY, SERIES FOUNDING EDITOR:**

Fishbane, M.D. (2013). *Loving with the brain in mind: Neurobiology & couple therapy*. New York: W.W. Norton.

Parnell, L. (2013). *Attachment-focused EMDR: Healing relational trauma*. New York: W.W. Norton.

Schore A.N. (2012). *The Science of the art of psychotherapy*. New York: W.W. Norton.

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Panksepp, J., & Biven, L. (2011). *The archaeology of mind: Neuroevolutionary origins of human emotions*. New York: W.W. Norton.

- Porges, S.W. (2011). *The polyvagal theory: Neurophysiological foundations of emotions, attachment, communication, and self-regulation*. New York: W.W. Norton.
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- Badenoch, B. (2011). *The brain-savvy therapist's workbook*. New York: W.W. Norton.
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- Knox, J. (2010). *Self-agency in psychotherapy: Attachment, autonomy, and intimacy*. New York: W.W. Norton.
- Hart, S. (2010). *The impact of attachment*. New York: W.W. Norton.
- Cozolino, L. (2010). *The neuroscience of psychotherapy: Healing the social brain*. New York: W.W. Norton.
- Wilkinson, M. (2010). *Changing minds in therapy: Emotion, attachment, trauma, and neurobiology*. New York: W.W. Norton.
- Lillas, C., Turnbull, J. (2009). *Infant/child mental health, early intervention, and relationship-based therapies: A neurorelational framework for interdisciplinary practice*. New York: W.W. Norton.
- Fosha, D., Siegel, D.J., & Solomon, M. (Eds.). (2009). *The healing power of emotion: Affective neuroscience, development & clinical practice*. New York: W.W. Norton.
- Fogel, A. (2009). *The psychophysiology of self-awareness: Rediscovering the lost art of body sense*. New York: W.W. Norton.
- Feinberg, T.E. (2009). *From axons to identity: Neurological explorations of the nature of the self*. New York: W.W. Norton.
- Cozolino, L. (2008). *The healthy aging brain: Sustaining attachment, attaining wisdom*. New York: W.W. Norton.
- Badenoch, B. (2008). *Being a brain-wise therapist: A practical guide to interpersonal neurobiology*. New York: W.W. Norton.
- Tronick, E. (2007). *The neurobehavioral and social-emotional development of infants and children*. New York: W.W. Norton.
- Siegel, D.J. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: W.W. Norton.
- Van der Hart, O., Nijenhuis, E.R.S., & Steele, K. (2006). *The haunted self: Structural dissociation and the treatment of chronic traumatization*. New York: W.W. Norton.
- Cozolino, L. (2006). *The neuroscience of human relationships: Attachment and the developing social brain*. New York: W.W. Norton.
- Ogden, P., Minton, K., & Paine, C. (2006). *Trauma and the body: A sensorimotor approach to psychotherapy*. New York: W.W. Norton.

Stern, D.N. (2004). *The present moment in psychotherapy and everyday life*. New York: W.W. Norton.

Solomon, M., & Siegel, D.J. (Eds.). (2003). *Healing trauma: Attachment, mind, body, and brain*. New York: W.W. Norton.

Schore, A.N. (2003). *Affect regulation and the repair of the self*. New York: W.W. Norton.

Schore, A.N. (2003). *Affect dysregulation and the disorders of the self*. New York: W.W. Norton.

Cozolino, L. (2001). *The neuroscience of psychotherapy*. New York: W.W. Norton.

## **FOREWORDS:**

Siegel, D.J. (2016) Foreword. By: S. Geller. *A practical guide for cultivating therapeutic presence*. Washington, D.C.: American Psychological Association.

Siegel, D.J. (2016). Introduction. By: D.E. Dube. *Mindful coloring: calming the mind through art*. New York: W.W. Norton.

Siegel, D.J. (2016). Foreword. By: A. Banks & L.A. Hirschman. *Wired to connect: The surprising link between brain science and strong, healthy relationships*. New York: Tarcher Perigee.

Siegel, D.J. (2015). Foreword. By: R. Eichenstein. *Not what I expected: Help and hope for parents of atypical children*. New York: Tarcher Perigee.

Siegel, D.J. (2015). Foreword. By: P.A. Jennings. *Mindfulness for teachers: Simple skills for peace and productivity in the classroom*. New York: W.W. Norton.

Siegel, D.J. (2015). Foreword. By: A. Banks & L.A. Hirschman. *Four ways to click: Rewire your brain for stronger, more rewarding relationships*. New York: Tarcher Perigee.

Siegel, D.J. (2015). Foreword. By: J. Schwartz Gottman & J.M. Gottman. *10 principles for doing effective couples therapy*. New York: W.W. Norton.

Siegel, D.J. (2014). Foreword. By: A. Korb. *The upward spiral: Using neuroscience to reverse the course of depression, one small change at a time*. California: New Harbinger.

Siegel, D.J. (2014). Foreword. By: H. Turgeon & J. Wright. *The happy sleeper*. New York: Tarcher Penguin.

Siegel, D.J. (2014). Foreword. By: D. Gottlieb. *The wisdom we're born with: Restoring our faith in ourselves*. New York: Sterling Ethos.

Siegel, D.J. (2013). Foreword. By: M.D. Fishbane. *Loving with the brain in mind: Neurobiology & couple therapy*. New York: W.W. Norton.

Siegel, D.J. (2013). Foreword. By: L. Parnell. *Attachment-focused EMDR: Healing relational trauma*. New York: W.W. Norton.

Siegel, D.J. (2012). Foreword. By: J. Panksepp & L. Biven. *The archaeology of mind: Neuroevolutionary origins of human emotions*. New York: W.W. Norton.

Siegel, D.J. (2012). Foreword. By: D.A. Hughes & J. Baylin. *Brain-based parenting: The neuroscience of caregiving for healthy attachment*. New York: W.W. Norton.

Siegel, D.J. (2010). Foreword. By: M. Solomon & S. Tatkin. *Love and war in intimate relationships: Connection, disconnection, and mutual regulation in couple therapy*. New York: W.W. Norton.

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Siegel, D.J. (2009). Foreword. By: R. Hanson & R. Mendius. *Buddha's brain: The practical neuroscience of happiness, love and wisdom*. New York: New Harbinger Publications, Inc.

Siegel, D.J. (2009). Foreword. By: M. Gordon. *Roots of empathy: Changing the world child by child*. New York: The Experiment, LLC.

Siegel, D.J. (2009). Foreword. By: D. Rock. *The brain at work*. New York: Harper Collins.

Siegel, D.J. (2008). Foreword. By: T. Marks-Tarlow. *Psyche's veil: Psychotherapy, fractals and Complexity*. New York: Routledge.

Siegel, D.J. (2008). Foreword. By: B. Badenoch. *Being a brain-wise therapist: A practical guide to interpersonal neurobiology*. New York: W.W. Norton.

Siegel, D.J. (2007). Foreword. In F. Shapiro, F.W. Kaslow, & L. Maxfield (Eds.). *Handbook of EMDR and family therapy processes*. New Jersey: John Wiley and Sons.

Siegel, D.J. (2006). Foreword. By: P. Ogden, K. Minton and C. Pain, *Trauma and the body: A sensorimotor approach to psychotherapy*. New York: W.W. Norton.

Siegel, D.J. (2005). Foreword. By: R. Firestone, L. Firestone & J. Catlett. *Creating a life of meaning and compassion: The wisdom of psychotherapy*. Washington D.C.: APA Press.

Siegel, D.J. (2002). Foreword. By: L. Cozolino. *The neuroscience of psychotherapy*. New York: W.W. Norton.