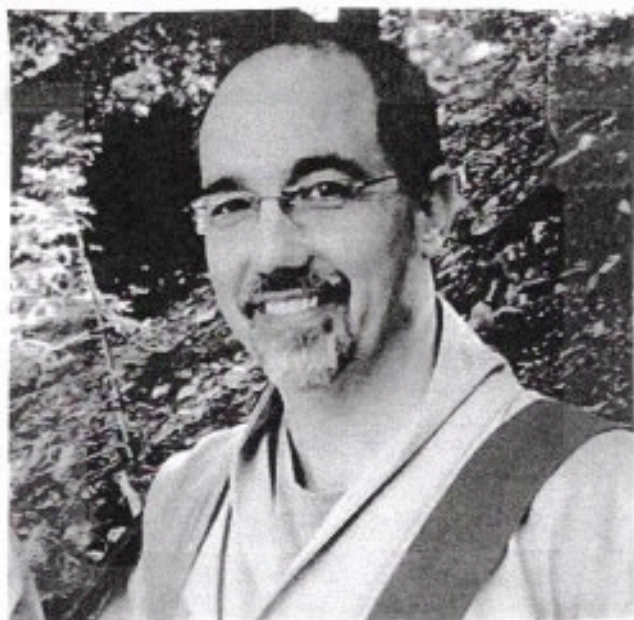


Mindful Heart Buddha Sangha will be sponsoring a retreat May 19th – 21st, 2017
with Zen teacher, Dr. Richard Sears (Geungsan Jishou Dharma),



Dr. Sears runs a private psychology and consulting practice in Cincinnati, Ohio. He is Clinical Assistant Professor at Wright State University School of Professional Psychology, Volunteer Associate Professor of Psychiatry & Behavioral Neurosciences at the UC College of Medicine, Adjunct Assistant Professor for UC Psychology, and clinical/research faculty at the University of Cincinnati Center for Integrative Health and Wellness. He is a psychologist contractor with the Cincinnati VA Medical Center, where he is conducting research on MBCT for PTSD with Dr. Kate Chard. He is also working with Dr. Sian Cotton at the UC Center for Integrative Health and Wellness and with Dr. Melissa DelBello at Cincinnati Children's Hospital on projects involving the first studies of MRI brain scans on the effects of mindfulness training for children and adolescents.

In addition to his clinical experience, Dr. Sears is a fifth degree black belt in Ninjutsu, and once served as a personal protection agent for the Dalai Lama of Tibet. He has studied the Eastern Wisdom traditions extensively (Buddhism, Zen, meditation, Tendai mikkyo, Vajrayana, etc.), receiving the name of Geungsan Jishou Dharma. He has received Bodhisattva ordination in Tendai, Zen Master transmission and authority to teach koans under Wonji Dharma in the Five Mountain Zen Order, and received ordination in the Vietnamese Zen tradition of Thich Thien and under Suhita Dharma. Dr. Sears is author of a number of books:

Mindfulness: Living Through Challenges and Enriching Your Life In this Moment (Wiley-Blackwell)

Mindfulness in Clinical Practice (with Dr. Robert Denton and Dr. Dennis Tirch, Professional Resource Press)

Perspectives on Spirituality and Religion in Psychotherapy (with Dr. Alison Niblick, Professional Resource Press)

Mindfulness-Based Cognitive Therapy for PTSD (with Dr. Kathleen Chard, Wiley-Blackwell)

Building Competence in Mindfulness-Based Cognitive Therapy: Transcripts and Insights for Working With Stress, Anxiety, Depression, and Other Problems (Routledge Mental Health)

His forthcoming books include: *Creating the Self: Perspectives from Science and Zen Buddhism* (Palgrave MacMillan), and *Cognitive – Behavioral Therapy and Mindfulness* (PESI Publishing)