

## FREDERIC MICHAEL LUSKIN

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### EDUCATION

**STANFORD UNIVERSITY** **Stanford, California**  
Ph.D. in Counseling and Health Psychology

**HOFSTRA UNIVERSITY** **Hempstead, New York**  
Certificate of Advanced Study in Educational Administration

**SAN JOSE STATE UNIVERSITY** **San Jose, California**  
M.S. in Psychology (School)

**S.U.N.Y. @ BINGHAMTON** **Binghamton, New York**  
B. S. in Psychology

### PROFESSIONAL EXPERIENCE

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**5/06-present** **STANFORD UNIVERSITY** **Stanford, California**

**Faculty- Stanford Executive Education Graduate School Business**

**Co-Founder- Life Works/ Wellness Education Stanford School of Medicine**

**Lecturer Stanford School of Medicine**

**Senior Consultant Wellness Education-**

Help Health Promotion and the Employee wellness program to increase wellness at Stanford. Conduct ongoing and regular staff development training all over the campus in stress management, emotional self-management, positive psychology, and forgiveness. Faculty GSB executive education program

Co-Developed the Stanford Wellness Education and Life Works programs. These are programs that teach wisdom and wellness skills such as flourishing, meditation, compassion, mindfulness, healthy eating to Stanford undergraduates and graduate students.

Classes Taught: The Pursuit of Happiness , Meditation, Tools for a Meaningful Life, Introduction to Wellness, The Art, and Science of Forgiveness

**5/99-present** **Stanford Forgiveness Projects -** Bestselling author of Forgive for Good, Forgive for Love and Forgive for Good Workbook.

Co-Founder and Director- Researcher to establish the physical and mental health benefits of forgiveness psycho education. I have consulted and taught forgiveness to groups and individuals all over the world. Trained Forgiveness Trainers for the State of Hawaii. HOPE project brings Catholic and Protestant adults who have lost relatives in the political violence in N. I. to Stanford. This project was replicated with individuals from Sierra Leone to help heal from their Civil War. Recent work in training and museum exhibit in Columbia as a response to the end of their civil war. Pilot work investigating Israeli Palestinian forgiveness. Researched benefits of self-forgiveness in addiction recovery,

**4/03-present**      **SOFIA UNIVERSITY**      **Palo Alto, California**  
Professor of Clinical Psychology and Department Chair- Responsible for budget, supervision, faculty development. Teach doctoral students' Cognitive assessment, Personality assessment, Positive Psychology Sequence, Cognitive Behavioral Therapy Couples Therapy- Serve on dissertation and ethics committees.

**8/98-12/03**      **STANFORD UNIVERSITY Post-Doctoral Fellow/Clinical Science Research Associate**

Provide group and individual psychological services to patients at Cardiology Clinics  
Provide clinical supervision to Post-Doctoral Fellows in Behavioral Medicine. Project Director of a comprehensive lifestyle modification research program in patients with Atrial Arrhythmia. Developed, supervised and field tested a series of stress management modules taught by nurses in primary care medical settings. Provide consultation services to "heart disease on the Mend," a multifactor lifestyle modification program for reducing cardiovascular disease.

Provided primary and secondary CVD prevention training to patients with heart disease with a focus on stress management and positive coping skills. Train cardiac rehabilitation staff on the psychosocial aspects of heart disease. Provide training in risk reduction to corporate employees at risk for heart disease. Received clinical supervision to be eligible for the Psychologist licensing examination.

Project Director of the SAGE Project- Implement a 500K grant to evaluate a trial of a multifactor lifestyle intervention for senior citizens. Designed intervention, trained group facilitators, selected assessments, and supervised research assistants. Project aims to promote "successful aging" through nutrition, exercise, stress management, and group support.

Provided research design consultation for a trial of meditation training for bypass surgery patients. Created a self-efficacy measure to evaluate the effect of training. Provided research design consultation for a trial of meditation training at corporate worksite.

Project Director for a randomized clinical study on the effect of self-regulation practice on elderly patients with congestive heart failure. Managed research staff conducted intervention and created a self-efficacy measure to evaluate the effect of training.

**10/93-8/97**

**Pre-Doctoral N.I.H. Fellow in Preventive Cardiology** focused on "successful aging" at the Stanford Center for Research in Disease Prevention. Served as chair of the Mind/Body team evaluating complementary medicine in the treatment of cardiovascular and musculoskeletal disease in the elderly. Project Director of a pilot study on the effect of social support and self-regulation practice on elderly patients with congestive heart failure. Taught primary and secondary prevention stress and emotional self-management training to corporate employees at risk for heart disease.

**Program coordinator** - Stanford's Health Psychology Education Master's Program that used problem-based learning, mind/body principles, and cooperative groups to teach students to create and evaluate health promotion interventions. Responsibilities as the Director of Admissions, program administration, and curriculum development.

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## PROFESSIONAL LICENSES

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- Licensed Psychologist (PSY 19210) Inactive
- California Licensed Educational Psychologist (LEP 2116).
- California Licensed Marriage, Family and Therapist (MFT 29624).
- California and New York Public School Credentials- School Psychologist, School Counselor and School Administrator.
- Nationally Certified School Psychologist.

## PROFESSIONAL ACTIVITIES

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### Clinical:

- Conducted forgiveness training for the Palo Alto Veteran's Hospital Spinal Cord Injury staff, Social Work staff, Post Traumatic Stress Disorder Unit, Nursing staff, Psychology Department, Psychiatry residents and staff, Hospice Unit staff (1998-2002).
- Conducted forgiveness training for Kaiser Permanente Psychology Department, West Marin Mediation Board, Mountain View Zen Center, Levi Strauss Employee Assistance Program, San Francisco Bar Association Mediation and Collaborative Law Divisions, Eighth Circuit Court of California, San Francisco Zen Hospice, Mid-Peninsula Psychiatric Society, Kaiser Permanente Child and Adolescent Psychology Department, Kaiser Permanente Psychology Department, Valley Medical Center, Sonoma County Bar Association, Seattle Bar Association, Esalen Institute (1998-2002).
- Conducted forgiveness training for Stanford University Help Center, Center for Conflict and Negotiation, Health Library, Student Health Services, Health Improvement Program, Stanford Hospital Complementary Medicine Clinic, Stanford Hospital Chaplain Service, Nursing Service, Resident Assistant Training, Counseling and Psychological Services, Cancer Support Group, Parents Weekend, Alumni Weekend, Palo Alto and San Francisco Alumni Associations. (1998-2002).
- Worked as an intern staff counselor for The Stanford Counseling Institute. Carried a diverse population of short and long-term individual and group counseling clients (1993-1997).
- Served as a clinical supervisor at the Stanford Counseling Institute. Supervised both first year Ph.D. students and students enrolled in the class: *Personal and Career Counseling in Culturally Diverse Settings* (1994-1997).
- Group leader for "Kids Helping Kids" a counseling /support group for children whose parents suffer or have died from a terminal illness (1995-1996).
- Completed certificate in Neuropsychological Assessment at Pacific Graduate School of Professional Psychology (1995-1996).
- Associate Trainer for Peter Pearson Ph.D. *Couples Workshop* (1994).
- Expert Witness: *Uhila v. Ravenswood City School District* (1994).
- Chosen as a university educator Summer Fellow at The Institute for Rational Emotive Therapy in New York City. Completed primary and advanced training in Rational Emotive Therapy (1994).
- Designed and implemented yearlong staff development training for the Millbrae School District Special Education Staff on *Teaching with the Multiple Intelligences*. (1993/94 school year).
- Completed training in divorce mediation (1993).

### Presentations:

- Keynote Address – Graduate School of Business Homecoming – *Art and Science of Happiness* (2019)
- Keynote Workshop – Heartland Mediation Society Annual Meeting: *The Role of Forgiveness in Mediation* (2004).

- Keynote Address- First Annual Breakfast Family and Children's Services- Emotional *Competence* (2004) •  
Plenary Address- Praxis Peace Institute Presents- The Alchemy of Democracy: Restoring Soul to Culture-  
*Forgiveness in the Creation of Peace* (2004).
- Special Master Lecture- American Society on Aging Annual Conference – *Developing Emotional Competence in Seniors: The Role of Stress and Forgiveness*. (2004).  
Keynote Speaker- Eastern Tennessee State University Pain Medicine Conference- *The Role of Forgiveness in Health*: (2004).
- Keynote Speaker- Central Kentucky Regional Medical Center Nurses Week- *Maintaining Emotional Competence at Work* (2004).
- Keynote Speaker- Faces New Mexico Conference Mastering Counseling Skills with the Masters: *The Art and Science of Forgiveness* (2004)
- Keynote Speaker- Faces Las Vegas Conference Mastering Counseling Skills with the Masters: *The Art and Science of Forgiveness* (2004)
- Full Day Workshop- Alaska Association of Marriage and Family Therapists – *Forgive for Good* (2004)
- Half Day Workshop- Annual Training Meeting- Department of Veterans Affairs Pacific Western Region Readjustment Counseling Service- *Forgive for Good*: (2004)
- Keynote Speaker- Tri-State Annual Conference of Cardiovascular and Pulmonary Rehabilitation: *The Effect of Spiritual and Religious Factors on Health: What a Medical Practitioner Needs to Know* (2004).
- Pre-Conference Workshop- *Stress Management Training in Cardiovascular Rehabilitation*. American Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference. (2004).
- Keynote Address- Stanford University Health Education and Rehabilitation Conference: *Stress Management Training in Cardiovascular Rehabilitation*. (2004).
- Keynote Speaker- *The Human Side of Teaching: Stress and Forgiveness*: Comprehensive Teacher Education Institute-Third Annual Why Teach Conference (2004).
- Keynote Speaker: *Forgive for Good: Forgiveness as Art and Science*: The Paul J. Landau Memorial Lecture on Faith and Learning. La Sierra University (2004)
- Keynote and Full Day Workshop- *Forgive for Good*: Jewish Family and Children's Service of Sarasota Annual Professional Development Seminar. (2004).
- Keynote Speaker- City of Salinas Peace Day: *Forgiveness: It's Role in Creating Peace*. (2003)
- Full Day Workshop- Center for Well Being: Chicago, Illinois. *Forgive for Good*. (2003).
- Full Day Workshop – Western New York State Psychological Association: *The Role of Forgiveness in Mental Health*. (2003).
- Pre-Conference Workshop: Annual Meeting the Phoenix Society World Burn Congress: *How to Forgive: The Role of Forgiveness in Healing from Trauma*. (2003).
- Keynote Speaker: Science of Mind Annual Conference: *Forgive for Good: The Role of Forgiveness in Health and Well Being*. (2003).
- Keynote Speaker: Religious Science International Annual Conference: *The Healing Power of Self Forgiveness*. (2003).
- Keynote Speaker: Spirituality and Healing in Medicine, Harvard University: The Importance of Forgiveness. *Forgive for Good: The Stanford Forgiveness Project*. (2002).
- Keynote Speaker: Rush Recovery Institute Conference: *Forgive for Good: The Role of Forgiveness in Recovery*. (2002).
- Full Day Workshop – Washington State Bar Association Dispute Resolution Section. *Forgiveness in the Mediation Process* (2002).
- Keynote Speaker: Annual Meeting the Phoenix Society World Burn Congress: *Forgive for Good: The Role of Forgiveness in Healing from Trauma*. (2002).
- Keynote Speaker: Annual Meeting of The Association for Traumatic Stress Specialists: *Forgive for Good: The Role of Forgiveness in Healing from Trauma*. (2002).
- Full Day Workshop - Northern California Kaiser Psychiatry Departments Annual Meeting. *Fostering Creativity, Hope and Forgiveness*. (2002).
- Full Day Workshop - Utah Psychological Association: *The Role of Forgiveness in Mental Health*. (2002).

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- Herbert Bloom Annual Lecture- School of Education -University of Utah. *Forgive for Good: A Proven Prescription for Health and Happiness*. (2002).
- Keynote Speaker- Annual Meeting of the Bay Area Intellectual Property Lawyers. *Forgiveness as Stress Management Practice*. (2002).
- Keynote Speaker: International Forgiveness Day: *The Art and Science of Forgiveness*. (2000-2003).
- Keynote Speaker: Stanford Center for Education- Spirituality in Medicine Conference: *The Role of Forgiveness in Patient Well Being*. (2001).
- Keynote Speaker: Texas Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference: *Facilitating Positive Emotions in Rehabilitation Patients*. (2001).
- Keynote Speaker: American Academy of Guided Imagery Annual Conference: *Facilitating Forgiveness through Guided Imagery*. (2001).
- Symposium Presentation at the American Psychological Association Annual Convention: Division of Health Psychology: *Forgiveness and Health---The Stanford Forgiveness Project*. (2001).
- Pre-Convention Workshop at the American Psychological Association Annual Convention: *Psychology of Forgiveness---Research and Practice* (2001).
- Keynote Speaker: Palo Alto Medical Foundation Annual Symposium for Mothers: *Embrace the Challenge: Finding Calm amid the Stress* (2001).
- Keynote Speaker VA Hospice Care Center Conference: Connections to the Heart: Loss and Recovery: *The Art and Science of Forgiveness* (2001).
- Medical Grand Rounds: University of California San Francisco Osher Complementary Medicine Center: *Forgiveness: An Empirical Examination*. (2001).
- Presentation: International Scientific Conference on Complementary, Alternative and Integrative Medical Research: *Effects of Forgiveness Intervention on Perceived Stress, State and Trait Anger, and Self-Reported Health*. (2001).
- Psychiatry Grand Rounds: Kaiser Permanente Hospital: South San Francisco, CA: *Forgiveness: It's role in mental health*. (2001).
- Panel Presentation: *Understanding the Role of Apology and Forgiveness in Mediation*: Yale-Quinnipiac Law Schools Forum on Alternative Dispute Resolution. (2001).
- Medical Grand Rounds: Community Hospital of Monterey Peninsula: *The Effect of Spiritual and Religious Factors on Health: What a Medical Practitioner Needs to Know* (2000).
- Panel Presentation: Biofeedback Society of California Annual Conference: *Biofeedback and States of Consciousness: The Art and Science of Forgiveness*. (2000).
- Speaker: Stanford Health Education and Risk Reduction Training Conference: *Lifeskills Training for Patients with Cardiovascular Disease* (1999-2004).
- Speaker: American Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference: *Facilitating Positive Emotions in Rehabilitation Patients*. (2000)
- Workshop Presentation at the American Bar Association Alternative Dispute Resolution Annual Conference: *Incorporating Forgiveness into Legal Mediation Practice*. (2000).
- Speaker: Stanford Alumni Association Healthy Living Retreat for Women: *Spiritual and Religious Practice and its Effect on Health*. (2000).
- Speaker: San Francisco Intellectual Property Lawyers Association Annual Conference: *Stress Management through Improving Emotional Competence*. (2000)
- Speaker: 13<sup>th</sup> Annual Cystic Fibrosis Research Institute Educational Conference: *Visions of Hope in the New Millennium: Spirituality and Health*. (2000).
- Workshop Presentation at the 21<sup>st</sup> Annual Child Abuse Symposium: *Foundations for our Future: The Power of Forgiving: Tools for Conflict Resolution and Personal Growth*. (2000).
- Keynote Speaker: Association of Traumatic Stress Specialists Annual Conference: *Forgiveness: The Healing of Heart and Mind*. (2000)
- Workshops Leader: 99<sup>th</sup> Annual Earl Lectures and Pastoral Conference: *Forgiveness: The Healing of Heart and Mind; Forgiveness: Spiritual Practice and Scientific Study* (2000)

- Speaker: Stanford Alumni Association Healthy Living Retreat for Women: *The Art and Science of Forgiveness* (1999).
- Keynote Speaker: American Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference: *The Effect of Spiritual and Religious Factors on Health: What a Medical Practitioner Needs to Know* (1999).
- Speaker Northern California Cancer Center Wellness Program: *Managing Stress Through Improving Emotional Competence*. (1999)
- Speaker Stanford Health Education and Risk Reduction Training Conferences: *Enhancing Cardiovascular Well Being Through Improved Emotional Competence*. (1999-2000).  
Workshop Presentation at the Santa Clara County Multicultural Conference: *Weaving the Human Tapestry Many Origins, One Family. The Power of Forgiving: Tools for Conflict Resolution and Personal Growth*. (1999-2000).
- Workshop Presentation at Stanford Conference on Groups, Health, and Disease: Psychosocial Models for Intervention: *Forgiveness: A Cognitive Behavioral Group Intervention Model* (1998).
- Research Presentation at Stanford Center for Research in Disease Prevention Research Seminar: *The Effect of Forgiveness Training on Psychosocial Factors in College Age Adults* (1998).
- Workshop Presentation for the Wellness Alliance: *Enhancing Emotional Intelligence* (1998).
- Workshop Leader at Esalen Institute: *The Art and Science of Forgiveness: Healing of Heart and Mind* (1997-2000).
- Workshop Presentation at the Association for Transpersonal Psychology Annual Conference: *Forgiveness Made Easier: From the Esoteric to the Practical*. (1997).
- U.C. Santa Cruz. Extension: *The Creation of Health: An Integrative Approach*. (1996).
- Speaker –The Citizen’s for Health Alternative Medicine Conference-Health 2000: *Wellness: Mind and Body*. (1996).
- Speaker- Open House at California Institute of Integral Studies: *Forgiveness: Its Role in Creating Health* (1996).
- Panels Moderator at Ninth Annual Stanford University Medical School Health Policy Forum: *Alternative Medicine-Integrating Diverse Approaches and Chiropractic: Its Role in Health Care*. (1995).
- Invited panelist on New York State Chiropractic Council Community Forum: *Rethinking 21st Century Health Care Now!* (1994).
- Invited Symposium Presentation at the American Education Research Association Annual Conference *the Use of Problem-based Learning in Health Education* (1995).
- Workshop Presentation at California League of Middle Schools Annual Conference: *Managing Teacher Stress with R.E.T.* (1994).
- Workshop Presentation at Stanford University Conference: *Educating All Children in Heterogeneous Classrooms: Practical Uses of Multiple Intelligence Theory* (1993).

#### **Poster Presentations:**

- Poster Presentation at the Western Psychological Association Annual Meeting: *An Integrated Mind Body Approach to Successful Aging* (2003)
- Poster Presentation at the Society of Behavioral Medicine Annual Conference: *Effects of Forgiveness Intervention on Perceived Stress, State and Trait Anger, and Self-Reported Health* (2001).
- Poster Presentation at the International Scientific Conference on Complementary, Alternative and Integrative Medical Research: *A Controlled Pilot Study of Stress Management Training on Elderly Patients with Congestive Heart Failure*. (2001).
- Poster Presentation at the American Psychological Association Annual Convention: Division of Counseling Psychology: *Effects of Forgiveness Intervention on Physical and Psychosocial Health*. (2001).
- Poster Presentation at the American Psychological Association Annual Convention: Division of Peace Psychology: *Themes in Successful and Unsuccessful Forgiveness*. (2001).
- Poster Presentation at the American Psychological Association Annual Convention: Division of Peace Psychology. *Stanford Northern Ireland HOPE Project: A Pilot Investigation of Forgiveness Training*. (2001).

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- Poster Presentation at the American Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference: *A Controlled Pilot Study of Stress Management Training on Elderly Patients with Congestive Heart Failure* (2000).
- Poster Presentation at the Society for Behavioral Medicine Annual Conference: *Forgiveness Training and its Effect on Indices of Stress* (2000).
- Poster Presentation at the Society for Behavioral Medicine Annual Conference: *Pilot Study on the Effect of a Stress Management Program on Elderly Patients with Congestive Heart Failure* (1999).
- Poster Presentation at the American Psychological Association Annual Convention: Division of Peace Psychology. *the Effect of Forgiveness Training on Psychosocial Factors in College Age Adults* (1999).

- Poster Presentation at the American Psychological Association Annual Convention-Division Student Presentations: *The Effect of Forgiveness Training on Psychosocial Factors in College Age Adults* (1998).
- Poster Presentation at Cardiovascular Health a National Conference: *Coming Together for the 21<sup>st</sup> Century: The Effectiveness of Mind/Body Therapies in the Treatment of Cardiovascular Disease with Implications for the Elderly* (1998).
- Poster Presentation at American Psychological Association Convention: *Effect of Meditation Training on Stress Levels in Beginning Secondary School Teachers* (1996).
- Poster Presentation at Western Psychological Association Conference: *Effect of Meditation Training on Stress Levels in Beginning Secondary School Teachers* (1996).
- Poster Presentation at American Psychological Association Annual Convention: *Critical Components of a Multi-Dimensional Health Psychology Education Program* (1995).

## **PUBLICATIONS**

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Editorial Board Member: *Journal of Cardiopulmonary Rehabilitation; American Journal of Health Promotion*. Peer Reviewer: *Alternative Therapies in Health and Medicine, Social Science and Medicine, Journal of Social and Clinical Psychology, Preventive Cardiology*.

### **Peer Reviewed**

- Toussaint, L, Luskin, F, Aberman, R, DeLorenzo, A, (2019) Is forgiveness one of the secrets to success? Considering the costs of workplace disharmony and the benefits of teaching employees to forgive. *Journal of Health Promotion*
- Toussaint, L, Griffin, B, Worthington, E, Zoeler, M, Luskin, FM. (2019) Promoting forgiveness at a Christian college: A comparison of the REACH forgiveness and forgive for good methods. *Journal of Psychology and Theology*
- Luskin, F. M., Ginzburg, K & Thoresen, C. E. (2005) The effect of forgiveness training on psychosocial factors in college age adults. *Humboldt Journal of Social Relations*.
- Luskin, F.M., Aberman R., & DeLorenzo, A. (2005) The effect of emotional competence/forgiveness training on productivity and well-being in financial service advisors. *Issues in Emotional Intelligence*.  
www.eiconsortium.org
- Luskin, F.M. (2004) Optimal healing environments: Transformative practices for integrating mind, body, and spirit. *Journal of Complementary and Alternative Medicine*. Volume 10 Supplement 1, 15-25.
- Chang, V.Y., Palesh, O., Caldwell, R., Glasgow, N., Abramson, M, Luskin, F., Gill, M., Burke, A., & Koopman, C. (2004). The effects of a mindfulness-based stress reduction program on stress, mindfulness self-efficacy, and positive states of mind. *Stress and Health* (20), 141-147.
- Thoresen, C.E., Harris, A.H, Luskin, F.M., Benisovich, S.V., Standard, S., Bruning, J., Evans, S... (2004) Effects of a Group Forgiveness Intervention on Unforgiveness and Forgiveness: A Randomized Trial *Journal of Clinical Psychology*.
- Tibbits, D., Piromalli, D., Luskin, F., Ellis, G., Lukman R. (2004) Hypertension Reduction Through Forgiveness Training. *Journal of Family Practice*.
- Luskin, F. M, Reitz, M., Newell, K., Quinn, G., & Haskell, W. (2002) A controlled pilot study of stress management training of elderly patients with congestive heart failure. *Preventive Cardiology*, 5, (4) pp. 168-173.
- Luskin, F.M., Thoresen, C., Harris, A., Standard, S., Benisovich, S., Bruning J., & Evans, S. (2001) Effects of group forgiveness intervention on perceived stress, state and trait anger, self-reported health, symptoms of stress and forgiveness. *Alternative Therapies in Health and Medicine*, 7(3) 106.

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- Luskin, F. M., Newell, K. A., Holmes, M., Griffith, M., Telles, S., Hill, M., Pelletier, K. R. & Haskell, W. L. (2000) A review of mind/body therapies in the treatment of musculoskeletal disease with implications for the elderly. Alternative Therapies in Health and Medicine, 6, 2, pp. 46-56.
- Luskin, F. M. (2000). Review of the effect of religious and spiritual factors on mortality and morbidity with a focus on cardiovascular and pulmonary disease. Journal of Cardiopulmonary Rehabilitation, 20, 1 pp. 8-15.
- Winzelberg, A. & Luskin, F. M. (1999). The effect of meditation training on stress levels in beginning secondary school teachers. Stress Medicine, 15, 2, pp. 48-57.
- Luskin, F. M., Newell, K., & Haskell, W. (1999). A pilot study on the effects of stress management training on elderly patients with congestive heart failure. Preventive Cardiology, 2 (3) pp. 101-104.
- Raskin, R., Raps, C., Luskin, F. M., Carlson, R., & Cristal, R. (1999) Pilot study of the effect of self-hypnosis on the medical management of essential hypertension. Stress Medicine, 15, 3, pp.
- Nicastro, R., Luskin, F. M., Raps, C. & Benisovich, S. (1999). The relationship of imperatives and self-efficacy to indices of social anxiety. Journal of Rational Emotive and Cognitive Behavior Therapy, 17, 4 pp. 249-264.
- Luskin, F. M., Newell, K. A., Holmes, M., Griffith, M., Telles, S., Marvasti, F., Pelletier, K. R. & Haskell, W. L. (1998). A review of mind/body therapies in the treatment of cardiovascular disease with implications for the elderly. Alternative Therapies in Health and Medicine, 4 (3) 46-61.

### Other Publications

- Luskin, F. and Toussaint, L. (2019) Compassion and Forgiveness. In Hammer, G, Gain Without Pain: The physician guide to happiness.
- Waldman E., Luskin F.M. (2006) Reconciliation and Forgiveness: An “And” or an “Or” In A. Schneider & C. Honeyman. The Negotiators Field Book: American Bar Association Books. Washington D.C.
- Luskin, F.M., Pelletier K. (2005) Stress Free for Good: Ten scientifically proven life skills for health and happiness. Harper Collins: San Francisco.
- Luskin, F.M. (2004) The Art and Science of Forgiveness. In Schlitz, M., Amorok, T. & Micozzi, M. Consciousness and Healing: Integral Approaches to Mind Body Medicine. pp. 335-341. New York. Churchill Livingstone.
- Berra, K., Christopherson, D., Duff, S., Klienman, L., & Luskin, F. (2003) Risk reduction in the prevention of cardiovascular disease in women: Lifestyle and medication management. Association of Women’s Health Obstetric and Neonatal Nurses
- Luskin, F. M. (2002) Forgive for Good: A Proven Prescription for Health and Happiness. Harper Collins: San Francisco.
- Luskin, F. M., DiNucci, E., Newell, K. A. & Haskell, W. L. (2003). Complementary and alternative medicine in select populations: The elderly. In J. Spencer & J. Jacobs (Eds.). Complementary and alternative medicine: An evidence-based approach Vol. 2. Philadelphia, PA: Moseby Yearbooks.
- Haskell, W. L., Luskin, F. M., & Marvasti, F. (2003). Complementary and alternative medicine in general medicine: cardiovascular disease. In J. Spencer J. & Jacobs (Eds.) Complementary and alternative medicine: An evidence-based approach Vol. 2. Philadelphia, PA: Moseby Yearbooks.
- Luskin, F.M. (2001) The art of forgiveness. In E. Rosenbaum & I. Rosenbaum (Eds.) Cancer Supportive Care: A Comprehensive Guide for Patients and Their Families. pp. 181-183. Toronto: Somerville.
- Thoresen, C. E., Harris, A. H. & Luskin, F. M. (2000) Forgiveness and health: An unanswered question: In M. McCullough K. Pargament & C.E. Thoresen (Eds.) Forgiveness: Theory, research, and Practice. New York: Guilford Press.
- Luskin, F. M. & Curtis, D. (2000) The power of forgiveness. California Lawyer, 4, pp. 25-27.
- Thoresen, C. E., Luskin, F. M. & Harris, A. H. (1999). Science and forgiveness interventions: Reflections and recommendations. In E. L. Worthington, Jr. (Ed.) Dimensions of forgiveness: Psychological research and theological perspectives. (pp. 163-190). Radnor, PA: Templeton Foundation Press.
- Luskin, F. M. (1999) Complementary and alternative medical practices and the elderly. In C. Clark (Ed.) The encyclopedia of complementary health practices. New York: Springer. pp. 77-80.
- Luskin, F.M. (1999) The art and science of forgiveness. Stanford Medicine, 3, pp. 32, 40.

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- Luskin, F. M., DiNucci, E., Newell, K. A. & Haskell, W. L. (1998). Complementary and alternative medicine in select populations: The elderly. In J. Spencer & J. Jacobs (Eds.), Complementary and alternative medicine: An evidence-based approach. (pp. 391-410). Philadelphia, PA: Moseby Yearbooks.
- Haskell, W. L., Luskin, F. M., & Marvasti, F. (1998). Complementary and alternative medicine in general medicine: cardiovascular disease. In J. Spencer J. & Jacobs (Eds.) Complementary and alternative medicine: An evidence-based approach. (pp. 90-106). Philadelphia, PA: Moseby Yearbooks.
- Luskin, F. M., (1997). Alternatives and aging. Journal for Minority Medical Students, 9, 31-32, 89.
- Luskin, F. M. & Newell, K. A. (1997) Mind-body approaches to successful aging. In A.D. Watkins (Ed.) Mindbody medicine: A clinician's guide to psychoneuroimmunology. (pp. 251-268). Edinburgh, United Kingdom: Churchill Livingstone.
- Luskin, F. M., Griffith, M., Holmes, M., Newell, K. A., Telles, S., Pelletier, K. R. & Haskell, W. L. (1996) A review of mind/body therapies in the treatment of cardiovascular and musculoskeletal disease with implications for the elderly. A report to the Office of Alternative Medicine: National Institute of Health.
- Luskin, F. M. (1993) Making the Grade, Mothering Magazine, 66, 38-42.

## **MEDIA APPEARANCES**

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- **Newspapers**- New York Times, Los Angeles Times, San Jose Mercury News, San Francisco Chronicle, Palo Alto Weekly, Stanford Daily, Stanford Report, Oakland Tribune, Marin Independent Journal, Seattle Times, Contra Costa Times, San Mateo Times, Los Altos Crier, New York Newsday, San Diego Union Tribune, Menlo Park Observer, Cincinnati Enquirer, Boston Globe, Indianapolis Star, Salt Lake City Times, Atlanta Journal Constitution, Deseret News, Chicago Tribune, Chicago Daily News, Binghamton Press Bulletin, Christian Science Monitor, Orange County Register.
- **Magazines**- People, Reader's Digest, Prevention, Self, San Francisco, Diablo, O, Your Life, Time, US News and World Report, East Bay Monthly, Stanford Medicine, Latina Magazine, Town, and Country, Cooking Light, California Lawyer, Stanford Magazine, Redbook, Family Circle, Working Mother, Mercury News SV, Health, Glamour, My Generation, Yoga Journal, Natural Health, Cosmopolitan, Dr. Phil, Woman's Day, Shape, Ladies Home Journal.
- **Radio**- National Public Radio "Talk of the Nation" (2x), National Public Radio "All Things Considered," KQED San Francisco-Forum Program (4x), Gary Null Program. Interviews on local stations throughout the United States.
- **Television**- Today Show, 20-20, CNN Anderson Cooper Program, CNBC, Mosaic Program (2x), Ivanhoe Productions "Smart Women", "Sweeps Speed", Stanford Channel, Discovery Health Channel. Interviews on local stations throughout the United States.
- **Public Television** - Nationally distributed PBS pledge drives video "Forgive for Good."