

July 1, 2023

Wendy Treynor, Ph.D.

Healing Consulting, 504 Via Almar, Palos Verdes Estates, CA 90274

Phone: 1-310-YES-LOVE Cell: 1-310-796-6352 DrWendy@ICanHeal.com ICanHeal.com

Education

- 2000-2004 University of Michigan, Ann Arbor.
Ph.D. Social Psychology. (**Ranked #1, US News & World Report, 2022**)
- 2000-2002 University of Michigan, Ann Arbor.
M.A. Social Psychology.
- 1998-1999 University of California, Berkeley.
Post-Graduate Study. Psychology.
- 1993-1997 Georgetown University. Washington, D.C.
B.S. Mathematics & Economics.

Dissertation

- Title: Are the Most Mistrustful the Least Trustworthy?
Studies of Unethical Behavior.
- Mentors: Phoebe Ellsworth & Richard Gonzalez.
- Committee: R. Gonzalez, P.C. Ellsworth, J. Crocker, & D.Velleman (Philosophy).

Professional

- 2007- Founder & Director.
Healing Consulting.
- 2009-2010 Visiting Scholar.
Institute for Social Research, University of California, Los Angeles.
- 2006-2007 Research Associate.
Institute for Creative Technologies, University of Southern California.
- 2006 Postdoctoral Research Associate.
Institute for Creative Technologies, University of Southern California.

Funding

- 2015 Jason Hsu. Amount Awarded to Fund Media Campaign: \$18,000.
- 2009 Lloyd Symington Foundation Grant Recipient. Amount Awarded: \$2,000.
- 2008 Hay Foundation Grant Recipient. Amount Awarded: \$250.
- 2003-2004 NIMH Training Grant in Social Psychology
- 2003 Hough Psychology & Ethics Scholarship for Promising Psychology and Ethics Research. Amount Awarded: \$2,000.

Honors & Awards

- 2023 **This Article has 4,443+ Academic Citations:** Treynor, W. Gonzalez, R., & Nolen-Hoeksema, S. (2003). Ruminations reconsidered: A psychometric analysis. *Journal of Cognitive Therapy and Research* 27 (3), 247-259.
- 2020 *Who's Who in America.*
- 2016 Research & Book mentioned in *Success Magazine*
- 2015 Invited to Blog for *Psychology Today*
- 2005 *Who's Who among America's Teachers.*
- 2003 Delta Epsilon Iota Award for Academic Excellence & Outstanding Dedication, Enthusiasm, & Initiative

- 1997 Pi Mu Epsilon Award for Outstanding Achievement in the Mathematical Sciences
- 1994 Nominated *Best Actress* by the Masque and Bauble Dramatic Society
- 1993 Accepted to *NYU Tisch School of the Arts* for Dramatic Study

TV Appearances

- 11/4/2011 *CBS TV- KCAL9 News at Noon*. “Roadmap to Happiness.” Los Angeles (80,000 viewers)

Radio Interviews

- 8/21/2011 *Be Love Radio*. “How to Transcend Emotional Pain.”
- 3/23/2013 *Let’s Create a Better World*. Progressive Radio Network. “Don’t Believe Everything You Think: Ten Illusions that Prevent Us from Finding True Happiness”
- 6/29/2013 *Let’s Create a Better World*. Progressive Radio Network. “Why People Can Be Happy Making You Unhappy & How You Can Be Happy”
- 4/12/2014 *Let’s Create a Better World*. Progressive Radio Network. “Happiness for a Longer Life” with Bobby Elias
- 6/14/2014 *Let’s Create a Better World*. Progressive Radio Network. “Happiness & Love” with Bobby Elias
- 12/13/2014 *Let’s Create a Better World*. Progressive Radio Network. “Happiness & the Holidays” with Bobby Elias
- 1/12/2015 *Empowering Women*, New Hampshire
- 1/22/2015 *Health Check* with Heidi Godman, WSQR, Sarasota, FL (70,000 listeners)
- 2/18/2015 *Journey On* with Mark Susnow, San Francisco
- 2/4/2015 *Conversations*, KKWF-FM, Seattle
- 2/5/2015 *Kim Pagano Show*, KVTM-AM, Ventura, CA
- 2/20/2015 *On the Couch with Dr. Michelle*, LA Talk Radio (50,000 listeners)
- 2/26/2015 *Dr Jeanette Radio*, New Orleans
- 3/1/2015 *Perspective Power*, Detroit
- 3/17/2015 *Energy Stew*, Progressive Radio Network. New York, NY.
- 3/27/2015 *Rude Awakening*, “Why People Become Sheeple™ *”, WOCM-FM, Baltimore

3/30/2015 *Let's Get Healthy Show*, KJCE-AM, Austin, TX

4/1/2015 *Positive Living Vibrations*, Vancouver, BC

4/6/2015 *Kacy's Health & Happiness Show*, WHUD-FM, "Why People Become Sheeple™ *", Hudson Valley & Westchester, NY (Air date TBD)

4/9/2015 *Health Matters/ Ocala Live*, "Why People Become Sheeple™ *", WOCA-AM, Fox News Radio, Orlando, FL

4/13/2015 *Culture Buzz*, KFMG-FM, Des Moines, Iowa.

4/14/2015 *Healthy U*, "Why People Become Sheeple™ *", KMEM-FM, Memphis, MO.

4/15/2015 *Health, Wealth, & Wisdom*, "Why People Become Sheeple™ *", WHNZ-AM, Tampa, FL.

4/16/2015 *Conscious Talk Radio*, "Why People Become Sheeple™ *", KKNW-AM, Seattle, WA.

4/20/2015 *Personal Growth Podcast*. San Diego, CA.

4/21/2015 *One Radio Network: The Morning Show with Patrick Timpone*, TX.

4/23/2015 *Healthwatch*, PRI AP Affiliated Station, Nashville, TN.

5/1/2015 *The Don & Dean Show*, "Why People Become Sheeple™ *", Omaha, NE; Kansas City, MO; Shenandoah, IA; Topeka, KS.

5/12/2015 *Maryanne Live: The Power of WE*, *Healthy Life Radio*, SF (750,000 listeners, as 3,000,000 listeners a month reported for weekly show)

5/13/2015 *Conscious Talk Radio*, "Gift of Cancer," KKNW-AM, Seattle, WA.

5/13/ 2015 *Women's Watch*, WBZ-AM, CBS affiliated, Boston (100,000 listeners)

6/28/2015 *Conversations with Peter Solomon*, "Why People Become Sheeple™ *", WIP-AM, CBS Affiliated,

7/21/2015 *The Awakening with Katina Love*, "Perceived Differences in Light of Oneness" MI.

7/27/2015 *Healing from Within* with Sheryl Glick (Air date TBD).

- 11/17/2015 *Dr Pat Show*. Seattle, WA.
- 03/12/2016 *Let's Create a Better World*. Progressive Radio Network. "Forgiveness, Happiness, & Love" with Bobby Elias
- 5/14/2016 *Let's Create a Better World*. Progressive Radio Network. "The Power of Thought" with Bobby Elias
- 12/15/2016 *Evolve*. Soul Vox Network. On Happiness with Robin White Turtle Lysne

<http://www.blogtalkradio.com/fireflywillowslive/2016/12/15/evolve-with-robin-white-turtle-lysne-with-dr-wendy-treynor>

02/26/2018 *Good Intentions Show*. UI Radio Network on World Wide Web

Global Social Media Following

Twitter 2,159

Facebook 4,800

Facebook 36,342

Wordpress 1,380

Linked In 1,352

YouTube 47,656 Views

Instagram 612

Psychology Today 1,000+ Views

Books on AMAZON.com

Treynor, W. (2009). *Towards a General Theory of Social Psychology: Understanding Human Cruelty, Human Misery, and, Perhaps, a Remedy (A Theory of the Socialization Process)*. Redondo Beach, CA: Euphoria Press.

Treynor, W. (2014). *The Gift of Cancer: Turn Your Tragedy into a Treasure...A Treasure Map to Happiness!* Redondo Beach, CA: Euphoria Press.
(5 Stars on AMAZON.com at GiftofCancer.com)

Treynor, W. (2014). *Turn Your Tragedy into a Treasure*. Redondo Beach, CA: Euphoria Press.

Treynor, W. (2014). *Destination Happiness: Portable Encouragement to Get You There*. Redondo Beach, CA: Euphoria Press.

Treynor, W. (2014). *Finding Love*. Redondo Beach, CA: Euphoria Press.

Books or Magazines Featuring Dr. Treynor's Work

Onderko, P. (2016). How to Break the Pattern of Dwelling on Past Mistakes. *Success Magazine*.

Rooney, A. (2014). *The 15-Minute Psychologist: Ideas to Save Your Life*. London: Arcturus.

Publications in Magazines

Treynor, W. (2015). Why People Become Sheeple™: Why We Unknowingly Compromise Ourselves under Social Pressure. *Psychology Today*. (In my *Psychology Today Blog* entitled: *Identity Shift: When the Need to Belong Goes Awry*)

Treynor, W. (2010). Be the love that you seek. *The Whole Person Calendar*. (February Love issue).

Treynor, W. (2009). Create a life worth living. *Coping Magazine*. (by invitation, first possible issue: September/October 2009).

Treynor, W. (2008). Making the most of the link between environment and awareness. *Awareness Magazine*. (March/April).

Newsletter

I CAN HEAL®: Inspiration for Everyone! Quarterly Newsletter Sept 2010 – Present
[Temporary Break Taken from Writing Newsletters]

Treynor, W. (2021). *The Female Jesus*

Treynor, W. (2021). *The Forgotten Sun*

Treynor, W. (2021). *Biking through Bluebells*

Treynor, W. (2020). *Reclaim Your Freedom*

Treynor, W. (2020). *What is Enlightenment?*

Treynor, W. (2020). *The Old Way*

Treynor, W. (2020). *Rubber Sole and Soul Banishment*

Treynor, W. (2019). *Endless Love*

Treynor, W. (2019). *Love and Negative Emotion*

Treynor, W. (2019). *The Truth about Love*

Treynor, W. (2019). *The Game of Life*

Treynor, W. (2018). *The Tao of Leadership*

Treynor, W. (2018). *Escape from the Matrix*

Treynor, W. (2018). *The Key to Relationship Bliss*

Treynor, W. (2018). *Love is at the Heart of Happiness*

Treynor, W. (2017). *Why Doesn't Love Last?*

Treynor, W. (2017). *Desocialize then Resocialize*

Treynor, W. (2017). *Portable Encouragement*
 Treynor, W. (2017). *The Boy Who Believed in the Sun*
 Treynor, W. (2016). *Love, Freedom, and Relationship*
 Treynor, W. (2016). *The Boy Who Believed in the Sun*
 Treynor, W. (2016). *We Are Magic*
 Treynor, W. (2016). *Courage is a Rose on the Bush of Conformity*
 Treynor, W. (2015). *Follow Your Heart*
 Treynor, W. (2015). *Life is a Gift*
 Treynor, W. (2015). *Blossom into Full Bloom*
 Treynor, W. (2015). *Feel Your Soul Vibration*
 Treynor, W. (2014). *Dig Deeply*
 Treynor, W. (2014). *The Simple Truth*
 Treynor, W. (2014). *The Hero's Journey*
 Treynor, W. (2014). *The Secret to Happiness*
 Treynor, W. (2013). *Cure Your Own Depression*
 Treynor, W. (2013). *The Story of Enlightenment*
 Treynor, W. (2013). *Why We Were Led Astray & How to Find Our Way*
 Treynor, W. (2013). *Why Am I Suffering?*
 Treynor, W. (2012). *If Life is Unexplored Territory, Here's a Map!*
 Treynor, W. (2012). *Joy is Energy Expanding Outward*
 Treynor, W. (2012). *Self-Love vs. Self-Esteem*
 Treynor, W. (2012). *Journey to Wholeness*
 Treynor, W. (2011). *Hugs for the Homeless*
 Treynor, W. (2011). *Loving the Self as a Doorway to Happiness*
 Treynor, W. (2011). *Anger and Smelly Feet*
 Treynor, W. (2011). *Do the Impossible*
 Treynor, W. (2010). *Look for Miracles and They Will Appear*

Activities

1995-1997 Co-Writer, Co-Director, and Co-Producer of *Dances with Calculators*, a Math Musical, that was
 · Performed at 1997 Mathematical Association of America conference
 · Featured in September 1997 issue of Math Horizons, a Mathematical Association of America magazine

1996 Co-Hosted *The Music Never Stopped*, a weekly radio show on 92.3 FM, WGTB.

1996 Co-Founded the Georgetown Photo Club.

1996 Nominated and Elected *Marketing Director* of the Georgetown Outdoor Leadership School.

1992 Founded the International Book Exchange Club at Taft, Watertown, CT.

Teaching Experience: Academic & Urban High School

Statistics

- 2004 Fall *Statistical Consulting.*
University of Michigan, Ann Arbor.
Statistical Consultant. (Provided statistical advice to undergraduate students, graduate students, and professors)
- 2003 July *Graduate Statistics.*
Warsaw University, Poland.
Graduate Student Instructor.
- 2001 Fall *Graduate Statistics.*
University of Michigan, Ann Arbor.
Graduate Student Instructor.

Social Psychology

- 2004 Fall *Social Psychology.* University of Michigan, Ann Arbor.
Lecturer. (2 discussion sections, 25 students each)
- 2003 Winter *Social Psychology.* University of Michigan, Ann Arbor.
Graduate Student Instructor. (2 discussion sections, 31 students each)

Psychological Research Methods

- 2002 Fall *Research Methods.* University of Michigan, Ann Arbor.
Graduate Student Instructor. (Sole teacher, developer of course)
- Designed course syllabus, assignments, exams, & grading criteria
 - Taught students how to
 - 1) write APA format papers
 - 2) create their own scales
 - 3) assess scale reliability
 - 4) assess scale convergent and discriminant validity
 - 5) perform simple regression
 - 6) perform 2 X 2 ANOVAs
 - Helped students run 2 of their own IRB-approved studies:
 - 1) a correlational study using the scale they created
 - 2) an experimental study, in which they investigated what situational variables contribute to helping the homeless
 - Had students perform their own analyses, write their own papers (1 practice paper and 2 graded papers), and present their results to the class
- 1999-2000 *Oakland Unified School District.* Oakland, CA. HS Mathematics Teacher.
- Taught 5 thirty-student classes to culturally and ethnically diverse, urban population.

Research Experience

- 2009-2010 *Testing Socialization Theory: Could the Search for Acceptance be a Cognitive Error?*
In collaboration with Francis Steen, I consider the possibility that a single, cognitive processing error underlies the human tendency to win social acceptance “at all costs.”
- 2003-2009 *Understanding Human Cruelty, Human Misery, and, Perhaps, a Remedy: A Theory of the Socialization Process.*
I developed socialization theory, a theory of socialization that sheds light on how morality, emotion, self-esteem, depression, culture, identity, love, and conflict may be related.
- 2003-2007 *Humiliation, Shame, Embarrassment, and Guilt from an Appraisal Theory Perspective: An Investigation of the Thoughts that Underlie the Feelings.*
Phoebe Ellsworth, Richard Gonzalez and I investigated the appraisal structure underlying the moral emotions within a code violation context. Humiliation, shame, and guilt were found to be phenomenologically distinct from each other.
- 1999-2007 *What We Can Learn about Love from Contemporary Love Songs.*
Jeremy Iskin and I examined whether power dynamics exist in human love relationships by analyzing contemporary love song lyrics using a coding system we created based on the sociologist Emerson’s (1962) definition of power. Results indicate that romantic love entails perceiving the beloved as the sole provider of a valued resource. (Whether this perception is *accurate* is another question—one that this work does not attempt to answer.)
- 2001-2006 *Are the Most Mistrustful the Least Trustworthy?*
Cynicism was found to predict unethical behavior. Results suggest that when it comes to unethical behavior, not only one’s beliefs about what others do, but also one’s actions, may be shaped by what one’s reference group does.
- 2001-2003 *Group Dynamics Study.*
Robert Savit, Katia Koelle, Richard Gonzalez, and I investigated the interactive properties of the person and the group across time in a well-defined game-theoretic framework and found evidence of emergent coordination among group members. My responsibilities included supervising 2 research assistants and conducting non-traditional statistical analyses using a complex systems framework, writing the code for these analyses in the statistical package R.
- 2001-2002 *Depression & Rumination Study.*
With Richard Gonzalez and Susan Nolen-Hoeksema, I reanalyzed existing data and showed that reflection—the aspect of rumination that is free of

negative valence—does not predict depression, contrary to what might have been thought.

- 2000-2001 *Power & Emotions Study.*
Under the supervision of Oliver Schultheiss, I programmed computers using the experimental software ERTS and used my combinatorics skills to solve problems.
- 1999 *SES & College Major Study.*
Under the supervision of Martin Covington, I generated hypotheses, statistically analyzed data using SPSS, and presented research results.
- 1998-1999 *The Mills Study of Women's Adult Development.*
Under the supervision of Oliver P. John and Jennifer Pals, I assisted in the design of coding methodology and coded narratives for emotion.
- 1998-1999 *Infant Numerosity Study.*
Under the supervision of Jonas Langer and Rosa Arriaga, I chose appropriate statistical methods for analysis, statistically analyzed data, and interpreted data findings.

Journal Articles and Book Chapters

- Treynor, W. (2001). Review of the book *Interpersonal Relationships*. *Journal of Cognition and Culture*, 1 (2), 214-215.
- Treynor, W. Gonzalez, R., & Nolen-Hoeksema, S. (2003). Rumination reconsidered: A psychometric analysis. *Journal of Cognitive Therapy and Research* 27 (3), 247-259. (Listed previously under "Honors & Awards").
- Treynor, W. (2004). Are the most mistrustful the least trustworthy?: Studies of unethical behavior (Doctoral dissertation, University of Michigan, Ann Arbor, 2004). *Dissertation Abstracts International-B*, 65/06, p. 3225, December, 2004.
- Savit, R., Koelle, K. Treynor, W., & Gonzalez, R. (2004). Man and superman: Human limitations, innovation and emergence in resource competition. In Tumer, K. and Wolpert, D. (Eds.) *Collectives and the Design of Complex Systems*.
- Schultheiss, O.C., Pang, J.S., Torges, C.M., Wirth, M.M., & Treynor, W. (2005). Perceived facial expressions of emotions as motivational incentives: Evidence from a differential implicit learning paradigm. *Emotion* 5 (1).
- Treynor, W. & Iskin, J. What we can learn about love from contemporary love songs. Unpublished manuscript.

Conference Presentations

- Treynor, W., Norman, C., Clay, M., Francis, K., Salinas, R., Yurttan, H., Wu, J.,

Benson, D., Chawla, D., Clarke, R.J., Spievack, B., Botts, C., Flemming, G., & Vogt, A. (1997). *Dances with calculators*. Math musical performed at the Mathematical Association of America Conference, Frederick, MD.

Arriaga, R.I., Joyce, K., Pathmarajah, M., Walthall, A., Treynor, W., Neufeld, S., & Langer, J. (1999). *Do 11-month olds know less about addition than 5-month olds?* Poster presented at the Western Psychological Association Conference, Irvine, CA.

Savit, R., Koelle, K., Treynor, W., & Gonzalez, R. (2002). *Experiments on the minority game*. International Conference on Complex Systems, Nashua, New Hampshire.

Savit, R., Koelle, K., Treynor, W., & Gonzalez, R. (2002). *Man and superman: Human limitations, innovation and emergence in resource competition*. Workshop on Collectives and the Design of Complex Systems, NASA-Ames Research Center, San Jose, CA.

Wirth, M.M., Pang, J.C., Torges, C.M., Villacorta, M.A., Treynor, W., Lee, T.M., & Schultheiss, O.C. (2003). *Testosterone moderates the effect of anger faces on implicit sequence learning*. Poster presented by Michelle Wirth at the Society for Neuroscience Conference, Orlando, FL.

Treynor, W. & Gonzalez, R. (2003). *Cynicism as a predictor of unethical acts*. Poster presented at the Kyoto University International Symposium on Self, Cognition, and Emotion, Ann Arbor, MI.

Invited Colloquia

National Chengchi University, IMBA Program; Taipei, Taiwan (2017)
University of California, Santa Barbara (2009) (Co-Presentation with Steen & DeLiema)
Technion Israel Institute of Technology; Haifa, Israel (2006)
University of California, Los Angeles (2006)
University of Southern California (2006)
University of California, Berkeley (2005)
University of Delaware (2005)
Seattle University (2005)
Western Washington University (2005)
University of New South Wales; Sydney, Australia (2004)
University of Sydney; Sydney, Australia (2004)

Supervisory Experience

Advised 13 undergraduates and 3 graduate students.

Computer Skills (selected)

R (the open source version of the statistical package *S-PLUS*).
PASCAL (a predecessor of the programming language C++).
SPSS

Language Skills

English

Conversational Spanish

Quantitative Teaching Skills

Structural Equations Modeling

Confirmatory Factor Analysis

Contrast Analyses

Post-Hoc Analyses

Scale Construction

Reliability Calculations

Covariance Algebra

Diagnostics & Regression

Logistic & Multiple Regression

ANOVA

Teaching Interests:

Social Psychology

Research Methods

Statistics

Why People Become Sheeple*

Happiness

Meditation

Graduate Coursework included:

Advanced Topics in Research Methods (SEM course taught by R. Gonzalez)

Advanced Statistical Methods (taught by R. Gonzalez)

Multivariate Statistics (taught by R. Gonzalez)

Research Methods (taught by P.C. Ellsworth)

Emotions (taught by B.L. Fredrickson)

Advanced Social Psychology (taught by J. Crocker)

Group Dynamics (taught by E. Burnstein)

Undergraduate Coursework included:

Mathematical Statistics I & II

Econometrics

Combinatorics

Computer Programming I & II

Community Presentations (100 Presentations Given in LA, Alone; Retreats Included)

The Crown Plaza, Redondo Beach (2007) September

The Crown Plaza, Redondo Beach (2007) November 29

The Crown Plaza, Redondo Beach (2007) November 12

The Wellness Community, South Bay Cities (2008) January

YMCA, Torrance (2008) January

The Crown Plaza, Redondo Beach (2008) March

The Crown Plaza, Redondo Beach (2008) April

The Crown Plaza, Redondo Beach (2008) May

The Wellness Community, South Bay Cities (2008) June
 Whole Foods, West Los Angeles (2008) September
 Whole Foods, Torrance (2008) September
 The Wellness Community, Pasadena (2008) November
 YMCA, Peninsula & San Pedro (2008) November
 Shriner's Children's Hospital (2008) December
 Whole Foods, Redondo Beach (2009) March
 The Wellness Community, South Bay Cities (2009) April
 Belmont Village Assisted Living (2009) April
 The Wellness Community, South Bay Cities (2009) May 2
 The Wellness Community, South Bay Cities (2009) May 16
 The Wellness Community, South Bay Cities (2009) October
 YMCA, Peninsula & San Pedro (2009) November
 Krishnamurti Foundation of America, Ojai (2009) November
 YMCA, Peninsula & San Pedro (2009) December
 YMCA, Peninsula & San Pedro (2010) January
 YMCA, Peninsula & San Pedro (2010) February
 R & R Retreats, Sacramento (2010) March
 The Wellness Community, South Bay Cities (2010) March
 The Wellness Community, South Bay Cities (2010) April
 The Wellness Community, South Bay Cities (2010) May
 M & J Retreat Center, Palos Verdes (2010) June
 The Wellness Community, South Bay Cities (2010) June
 Center for Learning, Bangalore, India (2010) July (Co-Presented with Steen & DeLiema)
 The Crowne Plaza, Redondo Beach (2010) October
 The Crowne Plaza, Redondo Beach (2010) October
 The Crowne Plaza, Redondo Beach (2010) October
 The Crowne Plaza, Redondo Beach (2010) October
 The World Famous Spot, Hermosa Beach (2010) November
 The Wellness Community, South Bay Cities (2010) December
 The Oaks at Ojai, Ojai, California (2011) January
 The World Famous Spot, Hermosa Beach (2011) January
 The Taft School, Watertown, Connecticut (2011) February
 The Crowne Plaza, Redondo Beach (2011) February
 The Crowne Plaza, Redondo Beach (2011) March
 The Crowne Plaza, Redondo Beach (2011) March
 The Crowne Plaza, Redondo Beach (2011) March
 Whole Foods Market, Huntington Beach (2011) March
 The Wellness Community, South Bay Cities (2011) April
 The Wellness Community, South Bay Cities (2011) April
 The Wellness Community, South Bay Cities (2011) May
 The Wellness Community, South Bay Cities (2011) June
 SBUF (2011) October
 Life Conscious Expo (2011) October
*Twenty I CAN HEAL Programs for Those Impacted by the Financial Downturn:
 Donation-Basis Seminars; No One Turned Away for Lack of Funds:*
 Healing Consulting (2011) October: *A Treasure Map to Happiness*
 Healing Consulting (2011) November: *Don't Believe Everything You Think*
 Healing Consulting (2011) November: *Why People Can Be Happy Making You Unhappy*

Healing Consulting (2011) December: *Everyday Sacred*
 Healing Consulting (2012) February: *On the Nature of Love*
 Healing Consulting (2012) February: *A Treasure Map to Happiness*
 Healing Consulting (2012) March: *Don't Believe Everything You Think*
 Healing Consulting (2012) March: *Why People Can Be Happy Making You Unhappy*
 Healing Consulting (2012) April: *Everyday Sacred*
 Healing Consulting (2012) April: *Turn an Ordinary Life into an Extraordinary Life*
 Healing Consulting (2012) May: *The Pillars of Happiness (Part I)*
 Healing Consulting (2012) May: *The Pillars of Happiness (Part II)*
 Healing Consulting (2012) September: *A Treasure Map to Happiness*
 Healing Consulting (2012) October: *Don't Believe Everything You Think*
 Healing Consulting (2012) November: *Why People Can Be Happy Making You Unhappy*
 Healing Consulting (2012) December: *Everyday Sacred*
Free Meditation Tuesdays for the Community:
 Healing Consulting (2012) *All Year Fall & Spring*
Donation-Basis One-on-One Consulting for the Community Tuesdays 1-3 PM:
 Healing Consulting (2012) *All Year Fall & Spring*
Free "Love Readings" Workshop for the Community on "The Nightengale and the Rose" by Oscar Wilde, "The Velveteen Rabbit" by Margery Williams, "The Little Prince" by Antoine de Saint-Exupery, Sacred Texts from Any Tradition: Open to Submission ("Egyptian" Selected), Rumi's Love Poems, "Symposium" and "The Apology" by Plato
 Healing Consulting (2012) February-May (2/8;2/22;3/7;4/11;4/25;5/9;5/23)
Free Discourses for the Community on Happiness, Freedom, Love, Beauty, Life & Death, Truth, Goodness & Evil, Soul, Wisdom & Enlightenment
 Healing Consulting (2012) January-May (1/25;2/1;2/15;2/29;3/14;4/4;4/18;5/2;5/16)
 3-Day I Can Heal Santa Barbara Summer Retreat, Santa Barbara (2012) August
 Life Conscious Expo (2013) February
 The Oaks Spa, Ojai, Ojai, California (2013) April
 Cancer Center of Ventura County, Ventura County, California (2013) June
 Whole Foods Market, Torrance, California (2013) July
 Community Memorial Health Care System Cancer Center, Ventura (2013) September
Free Meditation Tuesdays for the Community:
 Healing Consulting (2013) *All Year Fall & Spring*
Donation-Basis One-on-One Consulting for the Community Tuesdays 1-3 PM:
 Healing Consulting (2013) *All Year Fall & Spring*
Eight I CAN HEAL Programs for Those Impacted by the Financial Downturn:
Free Seminars; No One Turned Away for Lack of Funds:
 Healing Consulting (2013) *All Year Fall & Spring*
 Healing Consulting (2013) February: 2/22 *A Treasure Map to Happiness*
 Healing Consulting (2013) March: 3/8 *Don't Believe Everything You Think: Ten Illusions that Prevent Us from Finding True Happiness*
 Healing Consulting (2013) March: 3/22 *Why People Can Be Happy Making You Unhappy & How You Can Be Happy*
 Healing Consulting (2013) April: 4/12 *Everyday Sacred: Society, Spirituality, & the Self*
 Healing Consulting (2013) April: 4/26 *On the Nature of Love*
 Healing Consulting (2013) May: 5/17 *The Pillars of Happiness PART I: Wisdom & Practical Tips to Support Your Happiness*
 Healing Consulting (2013) May: 5/24 *The Pillars of Happiness PART I: Wisdom & Practical Tips to Support Your Happiness*

3-Day Cure Your Own Depression Intensive: A Social-Scientific, Soul-Centered Prescription, Redondo Beach, California (2014, Feb 21-23)
Don't Believe Everything You Think, AHNA Conference, Portland, Oregon (2014) June
The Gift of Cancer: Turn Your Tragedy into a Treasure...A Treasure Map to Happiness!
Unity Boston, Brookline, MA (2014) August
Turn Your Challenges into Treasures
Synergy Yoga Wellness, Rock Hill, SC (2014) October
Society, Spirituality, & the Self
Althea Center for Engaged Spirituality, Denver, CO (2014) October

Four I CAN HEAL® Programs for Those in Financial Need on Ascent of Transformation Complimentary Seminars

Healing Consulting (2015) January: 1/26 *A Treasure Map to Happiness*
Healing Consulting (2015) February: 2/16 *Don't Believe Everything You Think*
Healing Consulting (2015) March: 3/2 *Why People Can Be Happy Making You Unhappy*
Healing Consulting (2015) April: 4/6 *Everyday Sacred: Society, Spirituality, & the Self*

I CAN HEAL® Retreats

January 16-18 (2015): For Couples. Crowne Plaza, Redondo Beach & Marina
March 6-8 (2015): For Women. Crowne Plaza, Redondo Beach & Marina
April 24-26 (2015): For Women. Crowne Plaza, Redondo Beach & Marina
May 15-17 (2015): For Women. Crowne Plaza, Redondo Beach & Marina
Sept 4-6 (2015): Grand Hyatt Taipei. *Taipei, Taiwan*

More Presentations

Healing Consulting (2015) April 4/17: "Why People Become Sheeple™"*
Optimists Club, Pacific Palisades, CA "Gift of Cancer" (2015) June
We Be Well, Long Beach, CA "Why People Become Sheeple™"* (2015) December

More I CAN HEAL® Retreats

January 22-24 (2016): Crowne Plaza, Redondo Beach & Marina
March 18-20 (2016): Crowne Plaza, Redondo Beach & Marina
April 22-24 (2016): Crowne Plaza, Redondo Beach & Marina

Google Headquarters, Mountain View, CA, Live-Streamed to their Offices, Globally (2016) August

Toastmasters; Doha, Qatar (2016) September
Centre of Spiritual Philosophy; Capetown, South Africa (2016) September
The Tree House; Capetown, South Africa (2016) September
Private Home, San Diego (2016) October (co-presentation)
63, London (2016) Oct (co-presentation)
Healing Consulting, Los Angeles (2016) November
East West Bookshop, Mountain View, CA (2016) December: 2 Presentations
Watkins Boostore, London, England (2017) January
Loughan House, Longford, Ireland (2017) January
The Astrology Store, Phoenix, AZ (2017) April: 2 Presentations
Unity of Sedona; Sedona, AZ (2017) April: 2 Presentations
New Renaissance Bookshop: Portland, OR (2017) May: 2 Presentations
Intrinsic Elements: Modesto, CA (2017) June: 2 Presentations
East West Bookshop, Mountain View, CA (2017) June: 2 Presentations

The Astrology Store, Phoenix, AZ (2017) July: 2 Presentations
 Unity of Sedona; Sedona, AZ (2017) July: 2 Presentations
 Terranea Resort; Los Angeles, CA (2017) July: 3-Day Retreat
 Sabine Strasser: Munich, Germany (2017) Aug: 2 Presentations
 Seminarhof Schleglberg, Linz, Austria (2017) Aug: 2 Presentations
 Soly y Breath, Sonora, CA (2017) Aug: 2 Presentations
 Heneka & Goldschmidt (2017) Oct: 2 Presentations
 Number 63, London (2017) Oct
 East West Bookshop, Mountain View, CA (2017) Oct: 2 Presentations
 New Renaissance Bookshop: Portland, OR (2017) Oct: 2 Presentations
 MBA Bibles: Shanghai, China (2017) Dec: All-Day Training for MBA Executives
 Gardiner Club: Shanghai, China (2017) Dec
 PricewaterhouseCoopers: Hong Kong (2017) Dec
 Premia Partners: Hong Kong (2017) Dec
 The Yale Club: Hong Kong (2017) Dec
 Mercer: Hong Kong (2017) Dec
 Rayliant Global Advisors: Taipei (2017) Dec
 Taipei First Girls School: Taipei (2017) Dec
 National Chengchi University: Taipei (2017) Dec (listed previously)
 Healing Consulting: Los Angeles (2018) Feb-Mar: 9 Presentations
 Truth for Cancer Webinar: Portal to Ascension (2018) Filmed Outside London, UK
 63, London (2018) March
 Mahara Holistic Lifestyle (2018) March: 2 Presentations
 New Renaissance Bookshop: Portland, OR (2018) April: 2 Presentations
 New Living Expo: San Mateo, CA (2018) April: 2 Presentations
 The Inside Edge, Newport Beach, CA (2018) May
 Seminarhof Schleglberg, Linz, Austria (2018) June
 63, London (2018) July
 The Marriot Bangkok Sukhumvit: Bangkok, Thailand (2018) Sept
 Gardiner Club: Shanghai, China (2018) Sept
 Taipei First Girls School: Taipei, Taiwan (2018) Sept
 The Sanctuary Thailand: Koh Phagan, Thailand (2018) Oct: 3-Day Retreat
 The Sanctuary Thailand: Koh Phagan, Thailand (2018) Oct: 2 Seminars
 Mystic Journey Bookstore, Los Angeles, CA (2018) Nov: 2 Presentations
 1440 Multiversity, San Francisco Area, CA (2018) Nov – Dec: 3-Day Retreat
 ACIM Woking, England (2019) Jan: Seminar
 Henderson Rowe (A Rayliant Company) London, UK (2019) Jan: Training & Roundtable
 Number 63, London, UK (2019) Jan: Seminar
 New Renaissance Bookshop: Portland, OR (2019) Feb: 2 Presentations
 Mystic Journey Bookstore, Los Angeles, CA (2019) Feb: 1 Presentations
 East West Bookshop, Mountain View, CA (2019) Feb: 2 Presentations
 Private Residence, CA (2019) Mar: 1 Seminar
 Findhorn, Findhorn Scotland (2019) April: Retreat
 Temple of Intention, Mount Shasta, CA (2019) Aug: 2 Presentations
 New Renaissance Bookshop, Portland, OR (2019) Feb: 2 Presentations
 East West Bookshop, Seattle, WA (2019) Aug: 2 Presentations
 University of Puget Sound, Tacoma, WA (2019) Aug: Guided Meditation
 1440 Multiversity, San Francisco Area, CA (2019) Aug – Sept: 3-Day Retreat
 Number 63, London, UK (2019) Sept: Seminar

Private Residence, CA (2019) Oct: Two personal retreats offered
The Sanctuary Thailand: Koh Phagan, Thailand (2019) Nov- Dec: 4 Events
Number 63, London, UK (2020) Jan: Seminar
New Renaissance Bookshop, Portland, OR (2020) Feb: 3 Events
Los Angeles Online I CAN HEAL® Retreat (2020) May 1 - 3
Global Online I CAN HEAL® Retreat (2020) June 12 – 14
Wilbury School, West Sussex, UK (2020) July 1: Online Presentation 1
Wilbury School, West Sussex, UK (2020) July 16: Online Presentation 2
Findhorn, Findhorn Scotland (2020) July 17 - 19: Online Retreat
London, England (2021) Sept 17, Conscious Life Expo, *Unfolding Your Own Myth*
Number 63, London, UK (2022) Apr 2 Seminar “Crack Happiness & Freedom Code”
Number 63, London, UK (2022) Apr 2 Seminar “Ten Illusions”
Number 63, London, UK (2022) Apr 2 Workshop “Breakthrough Barriers”
I CAN HEAL® Retreat (2022), Private retreat setting south of London, June 24 - 26
I CAN HEAL® Retreat (2022), Private retreat setting south of London, July 22 – 24
Seminarhof Schleglberg or Private Residence, Linz, Austria (2023) June 3: “Advaita,
Healing, Transformation & Liberation” with Satsang, with Gerhard Strauss

* Credit goes to 10-year-old Sasha Smith for coining term “Why People Become Sheeple.”