

JOAN BORYSENKO, Ph.D.

Press Kit

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www.JoanBorysenko.com



Joan Borysenko, Ph.D.



*Where Science and Spirituality Meet
for an optimized life
and an awakened world.*

About Dr. Joan Borysenko



This distinguished pioneer in integrative medicine is a world-renowned expert in the mind/body connection. Her work has been foundational in an international health-care revolution that recognizes the role of meaning, and the spiritual dimensions of life, as an integral part of health and healing. Eloquent and inspiring in settings that range from hospitals to hospices, from theaters to conference venues, and from boardrooms to houses of worship, she is a credible bridge between faith and reason. Her brilliance, humor, and authenticity—in combination with the latest research—make her a compelling and inspiring speaker and writer.

After graduating magna cum laude from Bryn Mawr College in 1967, Dr. Borysenko earned her doctorate in Medical Sciences from the Harvard Medical School, where she completed post-doctoral training in cancer cell biology. Her first faculty position was at the Tufts University College of Medicine in Boston. But after the death of her father from cancer, she became more interested in the person with the illness than in the disease itself, and returned to Harvard Medical School

to complete a second postdoctoral fellowship, this time in the new field of behavioral medicine. Under the tutelage of Herbert Benson, M.D., who first identified the relaxation response and brought meditation into medicine, she was awarded a Medical Foundation Fellowship and completed her third post-doctoral fellowship in psychoneuroimmunology.

In the early 1980's Dr. Borysenko co-founded a Mind/Body clinic with Dr. Benson and Dr. Ilan Kutz, became licensed as a psychologist, and was appointed instructor in medicine at the Harvard Medical School. Her years of clinical experience and research culminated in the 1987 publication of the New York Times best seller, *Minding the Body, Mending the Mind*, which sold over 400,000 copies. The 20th anniversary edition, newly revised, was published in 2007. Author or co-author of 13 other books and numerous audio and video programs, including the Public Television special *Inner Peace for Busy People*, she is the Founding Partner of Mind/Body Health Sciences, LLC located in Boulder, Colorado and the Director of The Claritas Institute Interspiritual Mentor Training Program.

Dr. Borysenko's warmth and credibility—plus her lively sense of humor—create a compelling presence. Her inspirational *reflections* (you can access these video clips in the community members section of this website) are featured frequently on Hallmark Channel's New Morning program, and she also hosts a weekly Internet radio show, *Your Soul's Compass*, for Hay House. One of the most popular and sought after speakers in the field of health, healing, and spirituality, her engaging and well researched presentations are perfect both for professionals and for the general public.

Joan Z. Borysenko, Ph.D.
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Place of Birth: Boston, MA

Education:

1967 B.A.	Bryn Mawr College
1972 Ph.D.	Harvard Medical School Division of Medical Sciences

Postdoctoral Training at Harvard Medical School:

1972-1973	National Institutes of Health, Experimental Pathology
1978-1980	Research Fellow in Medicine, Division of Behavioral Medicine
1981-1983	Medical Foundation Fellow, Psychoneuroimmunology

Licensure:

1980-present	Commonwealth of Massachusetts, Board of Registration of Psychologists, License 2421
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Academic Appointments:

1973-1981	Assistant Professor, Department of Anatomy and Cellular Biology, Tufts University School of Medicine. From 1978- 1980 the appointment was part-time, coinciding with post-doctoral training in behavioral medicine
1981-1988	Instructor in Medicine, Harvard Medical School. Included appointments as Director of the Mind/Body Clinical Programs at Beth Israel Hospital, adjunct staff psychologist at the New England Deaconess Hospital and Director of the Deaconess Mind/Body Clinical Programs. Associate Director of the Division of Behavioral Medicine at Beth Israel and New England Deaconess Hospitals.

Advisory Boards (Selected):

American Institute of Psychology and Health

National Institute for the Clinical Application of
Behavioral Medicine

Sharp Institute for Human Potential and Mind Body
Medicine

The Institute of Body, Mind and Spirituality, Lesley
University

Institute for Mind/Body Health

National Wellness Institute, Inc.

Integral Development Associates, LLC.

Hoffman Quadrinity Process: Chairperson

Women of Wisdom Foundation

Yoga Journal

Psychology Online Journal

Bottom Line Women's Health

MetaResorts

PassageWorks Foundation

Professional Activities:

Monthly columnist for Prevention Magazine (March
2004-March 2007)

National and international presenter of professional and
public lectures, seminars, workshops and retreats on
stress management, life balance, mind/body medicine,
women's health and development, spirituality, and the
intersection of science, medicine and spirituality for
organizations including hospitals, personal growth
centers, professional societies, religious organizations,
universities and corporations

Cofounder of the Claritas Institute for Interspiritual
Inquiry, and the Interspiritual Mentor Training Program,
an 18-month certificate course in spiritual direction.

Media Experience:

Local and national television, radio, newspaper and
magazines. Has been featured in many newspapers
including the Wall Street Journal , New York Times, USA
Today and Washington Post and in a variety of
magazines including Prevention, American Health,
Newsweek, U. S. News and World Report, Yoga
Journal, Health, Shape, Self, Reader's Digest, Glamour,
Working Woman, Vogue, Boardroom Reports, Executive
Health Reports, Bottom Line and Harvard Magazine
among others. She has appeared on Oprah, Good
Morning America and many national syndicated shows.
She has starred in her own one-hour PBS special, *Inner
Peace for Busy People*, and has a semi- regular spot on

New Morning, which airs on the Hallmark Channel. Host of Your Soul's Compass radio show on Hay House internet radio.

Selected Bibliography:

1. Scientific Papers (Available On Request)

2. Books:

Borysenko JZ. *Minding the Body, Mending the Mind*. Boston, Addison Wesley, 1987 (hardcover), Bantam, 1988 (trade paperback)

Borysenko, J. *Guilt is the Teacher, Love is the Lesson*. New York, Warner Books, 1990.

Borysenko, J. and Drescher, J. *On Wings of Light: Finding Hope When the Heart Needs Healing*. First published by Warner Books, New York, 1992. Revised edition published by Lesley University Press, 2003.

Borysenko, J. *Fire in the Soul: A New Psychology of Spiritual Optimism*. New York, Warner Books, 1993.

Borysenko, J. and Borysenko, M. *The Power of the Mind to Heal*. Los Angeles, Hay House, 1994.

Borysenko, J. *Pocketful of Miracles*. Warner Books. 1995.

Borysenko, J. *A Woman's Book of Life: The Biology, Psychology and Spirituality of the Feminine Lifecycle*, Riverhead Books, New York, 1996.

Borysenko, J. *The Ways of the Mystic: Seven Paths to God*, Hay House, Carlsbad, CA, 1997.

Borysenko, J. *Seven Paths to God: The Ways of the Mystic*, Hay House, Carlsbad, CA, 1999. (This is *The Ways of the Mystic* in paperback with title change.)

Borysenko, J. *A Woman's Journey to God: Finding the Feminine Path*, Riverhead Books, New York, 1999.

Borysenko, J. *Inner Peace for Busy People: 52 Strategies for Transforming Your Life*, Hay House, Carlsbad, CA, 2001.

Borysenko, J. *Inner Peace for Busy Women: Balancing Work, Family and Your Inner Life*, Hay House, Carlsbad, CA, 2003.

Borysenko, J.Z. and G.F. Dveirin, *Saying YES to Change: Essential Wisdom for Your Journey*, Hay House, Carlsbad, CA, 2006.

Borysenko, J.Z. and G.F. Dveirin, *Your Soul's Compass: What is Spiritual Guidance?*, Hay House, Carlsbad, CA, October 2007

Borysenko, J.Z. *Minding the Body, Mending the Mind 20th Anniversary Revised Edition*, DaCapo Press, Cambridge, MA, 2007

Selected Audiocassette Programs:

1. Available from Hay House (800) 654-5126:

Unabridged Books on tape:

Minding the Body, Mending the Mind

The Ways of the Mystic: Seven Paths to God

Abridged Books on tape:

Inner Peace for Busy People

Inner Peace for Busy Women

Reflections on a Woman's Book of Life

Morning and Evening Meditations and Prayers

Joan Borysenko Gift Collection

Love is the Lesson Series:

Meditations for Relaxation and Stress Reduction

Meditations for Self-Healing and Inner Power

Meditations for Healing the Inner Child and Improving Relationships

Spiritual Awakening Series:

Invocation of the Angels (lecture and meditation)

Overcoming Depression (lecture and meditation)

Forgiveness and Compassion (lecture and meditation)

2. Available from Sounds True :

Seventy Times Seven: On the Spiritual Art of Forgiveness. 1996

A Woman's Spiritual Retreat, 2004

Menopause: Initiation into Power ,2004

3. Available from Nightingale Conant:

The Power of the Mind to Heal, 1993.

Meditations for Inner Guidance and Self-Healing, 1996.

Your Spiritual Quest: Finding Your Way to the Divine Within, 1999.

Video Programs:

Inner Peace for Busy People. Public Television Pledge Special, Hay House, 2001

The Power of the Mind to Heal, Hay House, 2001

Women of Wisdom and Power, Quest Productions

Music CD's:

Inner Peace for Busy People: with Don Campbell, classical anthology

A Few Past Appearances

- **The Susan G. Komen Foundation**
Multiple Venues 2004-2007
- **The World Bank**
Washington, DC
- **The University of Illinois at Champagne**
- **General Motors**
- **Nationwide Better Health**
Cincinnati, OH
- **Lehigh Valley Women's Cancer Center**
- **Catholic Healthcare Partners**
- **Connecticut Hospital Association**
Wallingford, CT
- **University of Florida**
Center for Spirituality and Health
Gainesville, FL
- **National Hospice and Palliative Care Organization**
- **Nebraska Methodist College**
Omaha, NE
- **Shira Ruskay Center**
New York City, NY
- **92nd Street Y**
New York City, NY
- **Preventive Cardiovascular Nurses Association**
- **American Academy of Dental Practice Administration**
- **Yankee Dental Association**
Boston, MA
- **Young President's Association**
Multiple Locations
- **Longmont United Hospital**
Longmont, CO
- **North Bay Healthcare**
Fairfield, CA
- **Church of Religious Science**
Multiple Venues
- **Kaiser Permanente**
- **Integrated Healthcare Foundation**
Jackson Hole, WY
- **Westchester University**
Westchester, PA
- **Midcoast Hospital**
Brunswick, ME
- **St. Francis Hospital**
Hartford, CT
- **St. Mary's Hospital Medical Center
A Woman's Place**
Green Bay, WI
- **American Medical Students Association**
- **St. Charles Medical Center**
Bend, OR
- **The Sophia Institute**
- **National Wellness Institute**
Stevens Point, WI
- **Beth Israel Hospital**
New York City, NY
- **American Association of Massage Therapists**
- **Women and Infants Hospital of Rhode Island**
- **Hollyhock Conference Center**
- **Kripalu Center for Yoga and Health**
- **Omega Institute**
- **Hay House "I Can Do It" Conferences**
- **Celebrate your Life Conference**
- **Body and Soul Conferences**
- **Yoga Journal Conferences**
- **The Crossings Conference Center**
Austin, Texas
- **Lake Street Church of Evanston IL**
- **Spiritual Directors International**
- **Ben Franklin Institute Conferences**
- **Unity Churches**

Rave Reviews of Dr. Borysenko's Presentations

Kaiser Permanente

"Dr. Borysenko is a wonderful speaker! She incorporates evidence, life stories, and practical tips in a way that is meaningful and inspiring. We could not be happier with her as our keynote."

Carole A. Bartoletto, MA, RD, Kaiser Permanente, Regional Health Education

Nationwide Better Health

"Nationwide Better Health (NBH) is a relatively new company in the disease management, productivity, and health promotion space. We were seeking a nationally recognized speaker for a forum for both our associates and our customers and business partners. Joan Borysenko was our first choice. What was attractive about Joan was her reputation as a guru in the wellness field and her academic credentials.

In the morning associate session, Joan—with great humor and adaptability—presented on the topic of *Stress to Strength* to a packed house. We received e-mails from the attendees who felt inspired by Joan's remarks and her slides. At the more formal business meeting, Joan flexed her message to address the audience interested in data and scientific evidence. One of the thought leaders remarked that, "Joan brought a new perspective on a subject of behavioral health that he had been wrestling with for over a year."

NBH was pleased to sponsor Joan Borysenko as our featured luncheon speaker and intend to invite her back again and again."

Arlene L. Reilly, AVP, Nationwide Better Health, Columbus, Ohio

A Woman's Place, St. Mary's Hospital Medical Center

"Joan Borysenko has that rare ability to reach people—no matter where they are on their journey. Her presentations blend science and real-life experiences that leave the audience thinking, laughing, cheering. Joan is a beautiful, gentle spirit with a wisdom for a world so badly in need of healing."

Kathy Tilot, A Woman's Place, St. Mary's Hospital Medical Center, Green Bay, WI

Susan G. Komen Foundation

"Dr. Borysenko absolutely engaged the audience with her dynamic, thought-provoking concepts wrapped in her wonderful personal anecdotes."

Jane Callahan, The Indianapolis Affiliate of the Susan G. Komen Breast Cancer Foundation

The Renfrew Foundation

"Joan's presentation at our conference was outstanding! Her warm presence and the depth of her knowledge were a remarkable combination. The experiential aspects of the workshop were beautifully woven into the teaching and her personal stories were a gift. Joan is extremely sensitive to the needs of the audience and our attendees left the workshop feeling inspired and enriched."

Judi Goldstein, LSW, Conference Chair, The Renfrew Center Foundation

Duke University Medical Center

"Joan, thank you for your wonderful presentation. As always, you put your heart and soul in your work, and it shows."

Larry Burk, Jr., M.D. and Marty Sullivan, M.D.

Russo Communications

"What a smart, informative, interesting and entirely positive speaker Joan is. Her warmth and wisdom come across so well. Listeners can tell they're in the presence of a good soul and great person."

Steve Russo, President/Creative Director, Russo Communications

And finally, a last word from *Dr. Wayne Dyer*

"I have known Joan for over two decades. I said it then, and I say it today—this is the smartest woman I've ever known. I urge you to drink in her wisdom."

