

Chikako Ozawa-de Silva

Professor of Japanese Studies and Anthropology
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AREAS OF INTEREST

Cross-cultural studies of mental well-being, subjectivity and selfhood, loneliness, suicide, empathy, and the mind/body; qualitative studies of contemplative practices, contemplative science; Japanese Naikan practice, Buddhism in Japan, Tibetan Buddhism, Tibetan medicine; religious and spiritual healing practices, the secularization of religious practices; ethics in anthropology and ethnography; women in situations of domestic violence and incarceration, globalization of anime and manga in Japan

EDUCATION

- 2001 D. Phil. in Social and Cultural Anthropology
University of Oxford
Dissertation: *From Religion to Therapy: An Anthropological Investigation of Naikan Practice in Japan*
- 1996 M.A. in Sociology of Culture *with distinction (summa cum laude)*
University of Essex
Dissertation: *Forget Turner? Questioning the Current Disputes in the Sociology of the Body*
- 1995 B.A. in Anthropology and Sociology, *cum laude*
Sophia University, Japan
- 1991 Studies in German and Philosophy
Osaka University of Foreign Studies, Japan

ACADEMIC APPOINTMENTS

- 2023-present Professor, Department of Russian and East Asian Languages and Cultures
Emory University
- 2022-2023 Professor, Department of Anthropology
Emory University
- 2010-2022 Associate Professor, Department of Anthropology
Emory University
- 2003-2010 Assistant Professor, Department of Anthropology
Emory University
- 2001-2003 Postdoctoral Fellow, Center for East Asian Studies
University of Chicago
- 2000-2001 Visiting Research Fellow, Department of Social Medicine
Harvard University

ACADEMIC AFFILIATIONS

2024-present	Associated Faculty, Department of Sociology Emory University
2021-present	Core Faculty, Center for Mind, Brain and Culture Emory University
2020-present	Core Faculty, Psychoanalytic Studies Program Emory University
2020-present	Advisory Committee, Center for Mind, Brain and Culture Emory University
2017-present	Faculty, Graduate Division of Religion Emory University
2008-present	Affiliated Faculty, Center for Mind, Brain and Culture Emory University
2008-present	Associated Faculty, Department of Religion Emory University
2008-present	Associated Faculty, Institute of Liberal Arts Emory University
2007-present	Associated Faculty, East Asian Studies Program Emory University
2006-present	Faculty, Neuroscience and Behavioral Biology Program Emory University
2005-present	Affiliated Faculty, Psychoanalytic Studies Program Emory University
2009	Visiting Assistant Professor, Faculty of Letters Keio University, Japan

PUBLICATIONS

Books

2021. *The Anatomy of Loneliness: Suicide, Social Connection, and the Search for Relational Meaning in Contemporary Japan*. Berkeley: University of California Press.

—Winner of the 2022 Victor Turner Book Prize (*honorable mention*), Society for Humanistic Anthropology

—Winner the 2022 Francis L.K. Hsu Book Prize, Society for East Asian Anthropology

—Winner the 2023 Stirling Book Prize, Society for Psychological Anthropology

2006. *Psychotherapy and Religion in Japan: The Japanese Introspection Practice of Naikan*. London: Routledge.

- Nominated for the 2007 Francis L.K. Hsu Book Prize, for a book judged to have made the most significant contribution in the previous year to the anthropology of East Asia
- Paperback Edition published in 2009

Special Issue Editor

2020. Toward an Anthropology of Loneliness. *Transcultural Psychiatry*. 57(5). Co-edited with Michelle Parsons.

Articles in Peer-Reviewed Journals (in English)

2024 (*accepted*). “The Phenomenology of Empathy and Compassion: Living Experiences of Engagement with Cognitively-Based Compassion Training in the US.” *Ethos*. Co-authored with Sara McConnell and Brendan R. Ozawa-de Silva for the Special Issue, “Cultural Practices in Differential Well-Being & Resilience.”

2020. “Toward an Anthropology of Loneliness.” *Transcultural Psychiatry*. 57(5): 613-22. Co-authored with Michelle Parsons.

2020. “In the Eyes of Others: Loneliness and Relational Meaning of Life among Japanese College Students.” *Transcultural Psychiatry*. 57(5): 623-34.

2014. “Tibetan Medicine for Cancer: An Overview and Review of Case Studies.” *Integrative Cancer Therapies*. 13(6): 502-12. Co-author.

2014. “Mindfulness of the Kindness of Others: The Contemplative Practice of Naikan in Cultural Context.” *Transcultural Psychiatry*. 52(4): 524-42.

2011. “Mind/Body Theory and Practice in Tibetan Medicine and Buddhism.” *Body & Society*. 17(1): 95-119. Co-authored with Brendan Ozawa-de Silva.

2010. “Shared Death: Self, Sociality and Internet Group Suicide in Japan.” *Transcultural Psychiatry*. 47(3): 392-418.

2010. “Secularizing Religious Practices: A Study of Subjectivity and Existential Transformation in Naikan Therapy.” *Journal for the Scientific Study of Religion*. 49(1): 147-61. Co-authored with Brendan Ozawa-de Silva.

2008. “Too Lonely To Die Alone: Internet Suicide Pacts and Existential Suffering in Japan.” *Culture, Medicine and Psychiatry*. 32(4): 516-55.

2007. “Demystifying Japanese Therapy: An Analysis of Naikan and the Ajase Complex Through Buddhist Thought.” *Ethos*. 35(4): 411-46.

2002. “Beyond the Body/Mind? Japanese Contemporary Thinkers on Alternative Sociologies of the Body.” *Body & Society*. 8(2): 21-38.

- Ranked as the 9th most cited article in the history of *Body & Society*.

1996. “Japanese Indigenous Psychologies: Concepts of Mental Illness in Light of Different Cultural Epistemologies.” *British Medical Anthropology Review*. 3(2): 11-21.

Chapters in Books

2022. "Contemplative Practices / Sacred Spaces / Cultural Resilience." In *The International Handbook of Practical Theology*, edited by Birgit Weyel, Wilhelm Gräb, Emmanuel Lartey, and Cas Wepener. Berlin: de Gruyter, 289-300. Berlin: De Gruyter. Co-authored with Brendan Ozawa-de Silva.

2018. "Stand By Me: The Fear of Solitary Death and the Need for Social Bonds in Contemporary Japan." In *Death & Afterlife*, edited by Candy K. Cann, 85-95. London: Routledge.

2017. "Japanese Contemplative Practice of Naikan." In *Asian Healing Traditions in Counseling and Psychotherapy*, edited by Roy Moodley, Ted Lo, and Na Zhu, 159-71. California: Sage Publisher. Co-authored with Yoshihiko Miki.

2015. "The Hidden Gaze and the Self that is Seen: Reflections of a Japanese Anthropologist." In *Distant Mirrors: America as a Foreign Culture*, edited by Philip R. DeVita and James D. Armstrong, 216-31. Illinois: Waveland.

2014. "Hatsumode, the Visitation of Shinto Shrines: Religion and Culture in the Japanese Context." In *Religion as a Social Determinant of Health*, edited by Ellen Idler, 71-6. Oxford: Oxford University Press.

2009. "Seeking to Escape the Suffering of Existence: Internet Suicide in Japan." In *Understanding and Applying Medical Anthropology*, edited by Peter J. Brown and Ron Barrett, 246-58. Mountain View: Mayfield.

Journal Articles in Japanese and Non Peer-Reviewed Articles

2017. 「若者の自殺から見える生存的苦悩」 ["Existential Suffering and Suicide among Youth"]. *Clinical Psychology*. 17(4): 568-9.

2016. 「文化から人を捉える：洞察力と臨機応変な判断」 ["Understanding Human Beings through Culture: Insights and Flexible Case-by-Case Judgments"]. *Clinical Psychology*. 16(3): 327.

1999. 「神経症、心身症に対する内観療法の効果と理解」 ["The Efficacy of Naikan Therapy on Neurosis and Psychosomatic Illness"]. *Annual Research Report of the Okamoto Foundation of Mental Health*. 61-65.

1998. 「肌で実感する内観」 ["Understanding Naikan through the Body"]. *Yasuragi*. 47.

1998. "On the Possibility of a Postcolonial Anthropology: Reflections on Taussig." *Sophia International Review*. 20: 11-20. Co-authored with John Clammer.

Book Reviews

2015. *A Disability of the Soul: An Ethnography of Schizophrenia and Mental Illness in Contemporary Japan* (2013 Cornell University Press) by Karen Nakamura. *Ethos*. 43(1): 9-11.

2002. *The Expressiveness of the Body and the Divergence of Greek and Chinese Medicine* (1999 Zone Books) by Shigehisa Kuriyama. *Anthropology & Medicine* 9(1): 67-9.

2002. *Marketing the Menacing Fetus in Japan* (1997 University of California Press) by Helen Hardacre. *Anthropology & Medicine*. 9(1): 65-7.

2001. *Social Suffering* (1997 University of California Press) edited by Arthur Kleinman, Veena Das, and Margaret Lock. *Anthropology & Medicine* 8(2-3): 289-90.

Book Blurbs

A Sociology of Hikikomori: Experiences of Isolation, Family-Dependency, and Social Policy in Contemporary Japan (2022 Lexington Books) by Tepei Sekimizu.

Spacious Minds: Trauma and Resilience in Tibetan Buddhism (2020 Cornell University Press) by Sara Lewis.

Question Your Life: Naikan Self-Reflection and the Transformation of our Stories (2017 ToDo Institute) by Gregg Krech.

FIELD RESEARCH AND RESEARCH PROJECTS

- 2017-present “Effects of Higher Education and Contemplative Interventions in Incarcerated Settings”
Co-Investigator
- 2004-present Research on Tibetan Medicine, including a month-long visit to the Tibetan Medical Institute in Dharamsala, India (June 2009)
In collaboration with Dr. Pema Dorjee, Tibetan physician
- 2014-2015 Ethnographic research on cognitively-based compassion training
Funded by the Mind & Life Institute and the Templeton Foundation
- 2011-2012 Ethnographic fieldwork in Japan: Resilience, meaning in life, and suicide in Japan
- 2003,2009,2011 Follow-up trips to Japan for research on Naikan
- 2009 Ethnographic fieldwork in Japan: Suicide, suicide prevention, the “worth of living” (*ikigai*) and notions of afterlife among Japanese youth
- 2003-2007 Web-based ethnographic research project on Japanese suicide Internet sites
- 2001 Ethnographic research trip to Austrian Naikan centers
- 1997-1998 Ethnographic fieldwork on Naikan therapy in Japan

GRANTS AND FELLOWSHIPS

- 2022 (Spring) URC (The University Research Committee) (\$25,500)
Emory University
“Toward an Anthropology of Loneliness, Resilience and Happiness”
- 2021 CMB 2021 Summer Seed Money/Stipend (\$3000)
Foundation for Psychocultural Research (FPR) CMB (Culture, Mind and Brain) Network
“Intimacy and Marriage Among Women in Japan”
- 2021 CMB 2021 Summer Seed Money/Stipend (\$3000)
Foundation for Psychocultural Research (FPR) CMB (Culture, Mind and Brain) Network
“Individual Differences of Resilience and Transformation Through Practice”
- 2020 Media Competency/Best Practices and Curricular Development Project (\$2500)
Foundation for Psychocultural Research (FPR) CMB (Culture, Mind and Brain) Network

2018	The Second Book Grant (\$3000) Emory East Asian Study Program
2017	The Scholarly Writing and Publishing Fund (\$2500) The Center for Faculty Development and Excellence
2014	Templeton Foundation, Mind & Life Contemplative Studies Fellowship (\$40,000)
2013-2014	National Endowment for the Humanities (NEH) Fellowship for Advanced Social Science Research on Japan (\$50,400)
2011-2012	The Religion and Public Health Collaborative Seed Grant (\$21,250) Emory University “In the Eyes of Others: Youth, Suicide, and Meaning in Contemporary Japan and America”
2009-2012	Woodruff Fund (awarded four times) Emory University Funding for research trips to the Tibetan Medical Institute, Dharamsala, India
2007-2008	Research Grant Seed Funding Emory University Funding for research project on suicide in Japan
2007	Teaching Grant for New Interdisciplinary Course Emory University Teaching Fund “Phenomenology of Depression: Body, Mind and Culture”
2000-2001	Research Grant Toyota Foundation “内観法–その宗教的背景と文化的位置付け [The Naikan Method: Its Religious Background and Cross-Cultural Transference]”
2000-2001	Research Grant Matsushita International Foundation “内観法–その宗教的背景と文化的位置付け [The Naikan Method: Its Religious Background and Cross-Cultural Transference]”
1999	Research Grant Japan Foundation Endowment
1998	Research Grant Okamoto Foundation for Mental Health
1997	Research Grant Peter Leinhardt Memorial Fund
1997	Research Grant Sasakawa Foundation
1997	Research Grant

Graduate Studies Committee of Oxford University

1996-1999 Oxford Kobe Three-Year Scholarship

1995-1996 Rotary International Scholarship

CONFERENCES, LECTURES, AND PRESENTATIONS

Conference Presentations

2023. *Critical Empathy as a Tool for Ethical Ethnography*. The Biennial Conference of the Society for Psychological Anthropology, April 27-30. Roundtable organizer and co-chair.

2021. *Compassion and Empathy in Ethnographic Writing*. The Biennial Conference of the Society for Psychological Anthropology (online), April 6-10. Roundtable organizer and co-chair.

2019. "Moral Injury & Moral Repair among 3.11 Survivors in North Ibaragi." American Anthropological Association Meeting, Vancouver, BC, November 20-24.

2018. "Cultivating Resilience through Gratitude and Compassion: An Ethnographic Examination of Buddhist-derived Contemplative Practices in Japan and U.S." American Anthropological Association Meeting, San Jose, California, November 14-18.

2017. "An Epidemic of Loneliness: 2011 Tōhoku Earthquake Survivors and Suicidal and Non-Suicidal Japanese Youth." American Anthropological Association Meetings, Washington, DC, November 29-December 3.

2017. "Healing Trauma Through Gratitude: Teaching the Japanese Practice of Naikan in Prison." The National Conference on Higher Education in Prison, Dallas, Texas, November 2-5.

2016. *Global Mental Health: Anthropological Perspectives*. Global Mental Health Symposium, Emory University, Atlanta, GA, April 29-30. Panel participant.

2015. "Exploring the Wider Ethical and Cognitive Resources of Buddhism for Psychotherapy: The Case of Japanese Naikan Practice and CBCT (Cognitively-Based Compassion Training)." Buddhism and Wellbeing Conference, Organized by Buddhism and Contemporary Society, Vancouver, BC, May 28-30.

2015. "Compassion as a Cognitive Skill and Not Just Emotion: Cultural Internalization of Tibetan Buddhist 'Compassion' in North America." The Biennial Conference of the Society for Psychological Anthropology, Boston, MA, April 9-12.

2015. *Translatability of Human Experience: Reassessment of Monolithic Translations of Japanese-Derived Experiences Through the Triangulation of the Native, the Etic, and the In-Between*. The Biennial Conference of the Society for Psychological Anthropology, Boston, MA, April 9-12. Roundtable participant.

2014. "Self-Transformation through Japanese Naikan Practice as a Mean for Change in Social Interactions." Utopia, Dahlonge, GA, February 29-March 2.

2011. "'Moral Subjectivity,' Embodiment, and Japanese Naikan Therapy." American Anthropological Association Meetings, Montreal, QC, November 19.

2011. "Suicide Websites as a Means of Self-Care and Healing: Internet Group Suicide in Japan." The Biennial Conference of the Society for Psychological Anthropology, Santa Monica, CA, April 1.
2010. "Escaping from the Gaze of Others: Internet Group Suicide in Japan." American Anthropological Association Meetings, New Orleans, LA, November 19.
2009. *The History of Psychological Anthropology: From Sapir and Hallowell to the Japanese Self*. The Joint Biennial Conference of the Society for the Anthropology of Religion and the Society for Psychological Anthropology, Asilomar, CA, March 28. Workshop participant.
2009. "Freedom is Dependent: Agency and Selfhood in the Healing Practice of Naikan." The Joint Biennial Conference of the Society for the Anthropology of Religion and the Society for Psychological Anthropology, Asilomar, CA, March 28.
2008. "Differentiating the Self: Challenging the Independent vs. Interdependent Selfhood Dichotomy." American Anthropological Association Meetings, San Francisco, CA, November 22.
2007. "The Paradox of Internet Group Suicide: Afflictive Loneliness and Social Suffering in Japan." American Anthropological Association Meetings, Washington, DC, December 1.
2007. "Too Lonely to Die Alone: Group Suicide, Healing and Connection in Japan." The Biennial Meeting of the Society for Psychological Anthropology, Los Angeles, CA, March 11.
2006. "Where to Go Now?: Unresolved Tension Between Science and Religion Among Japanese Naikan Therapeutic Communities." American Anthropological Association Meetings, San Jose, CA, November 17.
2004. "After the Quake." AES Annual Meetings, Atlanta, GA, April 24.
2003. "Termination or Transmigration of the Adolescent Self in Japanese Suicide." American Anthropological Association Meetings, Chicago, IL, November 22.
2003. "Memory as Healing: Oedipus vs. Ajase Complex." The Biennial Conference of the Society for Psychological Anthropology, San Diego, CA, April 10-13.
2002. "Memory, Reconstruction of Autobiography and Physical Engagement for Healing in Naikan, a Japanese Therapy." International Conference on Anthropology and the Health of Populations, Uxbridge, England, June 22.
2001. "From Religion to Therapy: An Anthropological Investigation of Naikan Practice in Japan." American Anthropological Association Meetings, Washington, DC, December 2.
2001. "From Religion to Therapy: An Anthropological Investigation of Naikan Practice in Japan." Harvard Graduate Student Conference for Japanese Studies, Cambridge, MA, March 17.
1999. "Elevation of Motherhood in Japan." Women (or Gender) and Health: Healers and Patients, QEH Centre for Cross-Cultural Research on Women, Oxford, England, May 6.
1999. British Association for Japanese Studies Annual Conference, April 6.
1998. Ph.D. Kenkyukai Conference, Tokyo, Japan, July 9.

Panel Organization

2023. *Critical Empathy as a Tool for Ethical Ethnography*. The Biennial Conference of the Society for Psychological Anthropology, April 27-30. Co-chair.

2021. *Compassion and Empathy in Ethnographic Writing*. The Biennial Conference of the Society for Psychological Anthropology (online), April 6-10. Organizer and co-chair.

2017. *Loneliness and Social Isolation: Ethnographic Explorations*. American Anthropological Association Meetings, Washington DC, November 29-December 3. Co-organizer and co-chair.

2015. *Translatability of Human Experience: Reassessment of Monolithic Translations of Japanese-Derived Experiences Through the Triangulation of the Native, the Etic, and the In-Between*. The Biennial Conference of the Society for Psychological Anthropology, Boston, MA, April 9-12. Co-organizer.

2015. *The Promise and Peril of Compassion in Everyday Suffering*. The Biennial Conference of the Society for Psychological Anthropology, Boston, MA, April 9-12. Co-organizer and co-chair.

2007. *The Social in the Individual, and the Individual in the Social: Pluralistic Approaches to Mental Illness, Suicide and Suffering in Japan*. American Anthropological Association Meetings, Washington, DC, December 1. Organizer and chair.

Invited Presentations and Papers

2024 “Preventing the ‘Lonely Society’: The implications of Japanese Naikan practice for Contemplative Education,” Educating Hearts and Minds in the Age of AI: Contemplative Education and Compassion-Based Ethics in Japan. Keio University, Tokyo, Japan. March 7.

2023 “The Science of Loneliness and How to Foster Social Connectedness,” Global Flourishing Conference. November 29.
<https://www.humanflourishing.org>

2023 “Critical Empathy as a Tool for Ethical Ethnography.” Forum for the Ethnographic Study of Religion. Department of Religion, Emory University, Atlanta. GA, (scheduled)

2023. “The Anatomy of Loneliness,” Invited Guest MMAC (Mind, Medicine and Culture) Speaker, University of California, Los Angeles. February 13.

2023. “The Anatomy of Loneliness & Suicide in Japan,” Invited Guest Lecture. University College of London, Medical Anthropology Seminar. February 2.

2022. “*Critical Empathy* as an Anthropological Skill/Method.” Culture, Mind and Brain Network Fall Meeting, Luskin Conference Center, Pacific Palisades, LA, October 20.

2022. “The Anatomy of Loneliness: Suicide, Social Connection, and the Search for Relational Meaning in Contemporary Japan.” Center for Japanese Studies Lecture Series, Michigan University, Ann Arbor, MI, October 6.

2022. Public Talk, “The Anatomy of Loneliness: Connections between Suicide and Loneliness,” Centers for Disease Control and Prevention, May 25.

2022. Book Launch: *The Anatomy of Loneliness: A Conversation with Chikako Ozawa-de Silva, Sa'ed Atshan and Robert Paul*, Department of Anthropology, Emory University, Atlanta, GA, April 4.

2022. Roundtable Participant, "Lonely No More: Lonely Infrastructure," Center for 21st Century Studies, University of Wisconsin (Milwaukee), March 30.

Link: <https://www.youtube.com/watch?v=C5fhNcR2-1g&t=4s>

2022. "The Anatomy of Loneliness." Harvard Friday Morning Seminar (FMS), Harvard University, Cambridge, MA, February 18.

Link: [Chikako Ozawa-de Silva on The Anatomy of Loneliness in Contemporary Japan](#)

2022. "The Anatomy of Loneliness." Contemplative Science Seminar, Center for Contemplative Science and Compassion-Based Ethics, Emory University, Atlanta, GA, February 16.

Link: <https://compassion.emory.edu/seminar-archives.html>

2021. "Critical Empathy as Anthropological Method." UCLA Mind, Medicine, and Culture group (MMAC), UCLA, Los Angeles, CA, November 29 (postponed).

2021. "The Anatomy of Loneliness." CMBC Lecture, Center for Mind, Brain and Culture, Emory University, Atlanta, GA, September 16.

Link: <http://cmbc.emory.edu/programming/podcasts-and-videos.html>

2021. Guest Faculty, Division of Social & Transcultural Psychiatry, McGill University Summer Program in Social and Cultural Psychiatry. Culture, Mind and Brain & The Foundation for Psychocultural Research, May 31-June 4.

2021. "The Anatomy of Loneliness." CMB (Culture, Mind and Brain) Focused Discussion. Foundation for Psychological Research Inaugural, May 21.

2020. "Look for the Helpers: The Connection between Loneliness and Suicide among Japanese Youth and Beyond." Erikson Institute Fall Conference, October 16-17.

2020. "COVID-19 & Loneliness: Naikan, a Japanese Buddhist-derived Contemplative Practice as a way to cope with loneliness." International Association for Spiritual Care, August 11.

Link: https://www.facebook.com/watch/live/?v=222608755747417&ref=watch_permalink.

2020 (*postponed*). "Fear of Dying Alone: Internet Group Suicide, Loneliness and Increasing 'Solitary Death' in Precarious Japan." Annual ILA Series, Emory University, Atlanta, GA, March 18.

2020. "Anatomy of Loneliness." Foundation for Psychological Research Inaugural Culture, Mind, and Brain Network Meeting, Los Angeles, CA, February 1-2.

2019. "The Role of Compassion in Early Socialization and Education from Cross-Cultural Perspectives." The International Scientific-Practical Conference, St. Petersburg, Russia, November 28-29.

2019. *Masterclass on Social, Emotional and Ethical Learning*. The Herzen State Pedagogical University of Russia, St. Petersburg, Russia, December 1. Participant.

2018. "Seeing Reality: Interdependence, Relationality and the Expansion of Contemplative Practice." International Symposium for Contemplative Research, Phoenix, AZ, November 8-11. Master lecture speaker.

2018. "Healing Through Gratitude: Buddhist Theories of Mind and Self-Transformation in the Japanese Contemplative Practice of Naikan." Mind & Life International Research Institute, Kyoto, Japan, September 1-5.
2018. "The Peril of Being Special: Healing through Gratitude and Recollection of Kindness of Others through Japanese Naikan Therapeutic Practice." International Society for Psychological and Social Approaches to Psychosis, Cambridge, MA, April 8.
2017. "The Roles of Religion and Spirituality." Worldview Stanford, Palo Alto, CA, December 5-7.
2017. "At the Crossroads of Magic, Science and Religion: Tibetan Medicine and its Distinctive Understanding of the Human Mind-Body." Speaker Series at Berry College, Mt. Berry, GA, April 17.
2016. "Culture at Work: Mental health case studies from internet group suicide and the 2011 Tōhoku Earthquake/Tsunami." The Institute of Public Health, Charité-Universitätsmedizin, Berlin, Germany; Chiba University, Japan; and the Centre Virchow-Villerme, Berlin, Germany, September 20-23.
2015. "Exploring the Wider Ethical and Cognitive Resources of Buddhism for Psychotherapy: The Case of Japanese Naikan Practice and CBCT (Cognitively-Based Compassion Training)." The Establishing Meeting for the Tibetan Medicine Committee of the World Federation of Chinese Medicine Societies and First Annual Conference on Tibetan Medicine, August 7-9.
2015. *Contemplative Practices and Psychoanalytic Process*. Division of Psychoanalysis Annual Spring Meeting, Atlanta, GA, April 7-8. Panel participant.
2015. "Bonds, Meaning of Life, Relational Self and Mental Health in Japan." The Asian Studies Center and the University Center for International Studies at the University of Pittsburgh (Sponsored by Toshiba International Foundation), Pittsburgh, PA, March 6-7.
2014. *Public Health in the Practice of the World's Faith Traditions*. Practices, Peoples, Partnerships, and Politics: Religion as a Social Determinant of Public Health, Emory University, Atlanta, GA, November 5-7. Panel participant.
2014. *Integrity and Citizenship, Compassion, Forgiveness and Secular Ethics*. The Octagon Conference, Life University, Marietta, GA, April 24-25. Participant.
2014. "Seeking Healing through Internet Suicide Websites?: Existential Suffering and Lack of Meaning Among Japanese Youth." Japan Speaker Series, University of Pittsburgh, Pittsburgh, PA, April 10.
2013. Mindfulness of the Kindness of Others: Naikan Therapy, Social Selves and Suicide in Japan." Mindfulness in Cultural Context, McGill University Advanced Study Institute, Montreal, QC, June 3-5.
2013. "Japanese Internet Suicide Pacts," and "Limitations of the current suicide prevention policies and the importance of understanding the underlying causes of suicide." International Symposium on Media and Suicide, The Department of Media Studies at Stockholm University, Stockholm, Sweden, April 11-12.
2013. "Narratives, Self-Transformation, and Healing." Center for Mind, Brain and Culture, Emory University, Atlanta, GA, February 26.
2012. 「日本の社会、文化に自殺はどのように位置づけられているのか」 [“How is Suicide Situated in Japanese Society and Culture?”] Symposium on Suicide Prevention, National Center of Neurology and Psychiatry (NCNP), Tokyo, Japan [Japan's equivalence of NIMH], December 25.

2012. "Toward a Culturally Situated Understanding of Meaning and Mental Well-Being: Japan in the Era of Suicide and Depression." The Culpepper Seminar Series, University of California, San Francisco, CA, October 17.
2012. "Suicide, Mental Resilience and Meaning in Life in Japan." Department of Anthropology, Yale University, New Haven, CT, April 6.
2011. "Meaning and the Mind-Body Connection in Tibetan and Western Medicine." Educational program for the 50th Year Anniversary of Men-Tsee-Khang College, June 6.
2010. *Women's Health in Tibetan and Western Medicine: The Foundations of Safe Motherhood*. Emory University, Atlanta, GA, April 21. Panel discussant.
2010. "Internet Group Suicide Among Young Japanese: A Report on Fieldwork." ILA Colloquium Series, Emory University, Atlanta, GA, February 23.
2010. "Suicide and the Social Self: Youth, Government, and Popular Culture Responses to Internet Group Suicide in Japan." Center for Japanese Studies Lecture Series, Michigan University, Ann Arbor, MI, January 28.
2009. "Group Suicide, Afflictive Loneliness, and the Basic Affiliative Need in Japan." The Atlanta Psychoanalytic Society, Atlanta, GA, November 20.
2009. 「内観と私、内観とその日本文化を超えた普遍性」 ["Naikan and I: Naikan and its Universality beyond Japanese Culture"]. *Yorokobi no Kai* One-Day Symposium for Naikan Practice, Asakusa Public Auditorium, Tokyo, Japan, July 26.
2009. "In the Eyes of Others: Self, Sociality and Suicide in Japan." Institute of Comparative Culture Lecture Series, Sophia University, Tokyo, Japan, May 29.
2008. "Dying Well With Others: The Phenomenon of Internet Group Suicide in Japan." "Crazy in Japan" Conference, Yale University, New Haven, CT, November 14-15. Co-organizer.
2008. "Is There Such a Thing as 'Pre-Religious Experience'? The Case of Naikan, a Secularized Japanese Therapy." What's at Stake in the Ethnography of Human Experience?: Phenomenological and Psychoanalytic Perspectives, Emory University, Atlanta, GA, September 21-23.
2007. "The Art of Forgiveness: Affective and Cognitive Change in Japanese Naikan Therapy." Department of Social Medicine Seminar Series, Harvard University, Cambridge, MA, April 27.
2007. "A Memory of Healing: Gratitude and Self-Transformation in Naikan." Time, Memory and Body in Japan: An Interdisciplinary Symposium, Reischauer Institute of Japanese Studies, Harvard University, Cambridge, MA, February 3.
2006. "Contemplative Practices in Japan." Contemplative Studies Series, Emory University, Atlanta, GA, November 1.
2006. "Remembering Their Kindness: Buddhism, Insight Therapy and Healing." Traditions in Dialogue Lecture, Drepung Loseling Institute, October 24.
2005. "Healing through Rewriting Life Narratives." MARIAL Colloquium, Emory University, Atlanta, GA, March 2.

2002. Human Development Seminar, University of Chicago, Chicago, IL, April 16.

2002. Workshop for the Center for East Asian Studies, University of Chicago, Chicago, IL, February 15.

2001. Institute for the Study of Economic Culture, Boston University, Boston, MA, February 14.

2000. Medical Anthropology Seminar, University College London, London, England, February 24.

COURSES DEVELOPED AND TAUGHT

Undergraduate Courses at University of Chicago

2002 Health, Illness and Healing in Japan

2002 Self and Society in Japan

Undergraduate Courses at Emory University

S2005, F2005 ANT 230: Medical Anthropology

S2010, F2010

S2007, S2008 ANT 202: Concepts and Methods in Cultural Anthropology

F2008, F2009

F2012, S2020

S2004, S2006 ANT 331: Cross-Cultural Issues in Mental Health

S2008, S2012

S2014, F2016

S2019, S2021

F2022

F2004 ANT 385: Religion and Healing

S2007, F2015 EAS 337/ANT 337/REL 358R: Religion, Health and Healing

F2017, S2020

S2024

S2010 REL 368R/ANT 385R: Special Topics: Religion & Healing: Tibetan Buddhist & Western
Perspective on Mind-Body Connection

Co-taught with Geshe Lobsang Tenzin Negi (Department of Religion)

S2024 EAS 385/ANT 385: Self and Otherness in Japanese Anime and Manga

Graduate Courses at Emory University

F2006, F2007 ANT 510: Medical Anthropology

F2008, S2014

S2016, F2017

F2019, F2023

S2019, S2021 ANT 585: Ethnography of Mind and Experience

F2022

F2012, F2016 F2020	ANT 500: Anthropology Pro-Seminar
S2005, S2006 F2010	AMT 585/RLPC 790R: Religion and Therapy Co-taught with Brendan Ozawa-de Silva
S2004	ANT 501: History of Anthropological Thought
S2006	ANT 797R/RLAR 797R: Phenomenology of Depression: Body, Mind and Culture Co-taught with Charles Raison (Department of Psychiatry) and Geshe Lobsang Tenzin Negi (Department of Religion)

SUPERVISION OF GRADUATE RESEARCH

Present

Advisor, Yoon Won Chang (Anthropology 1st year student)
 Advisor, Conor McCann (Anthropology 1st year student)
 Chair, Dissertation Committee, Audrey Jones (Anthropology)
 Chair, Dissertation Committee, Bridget Hansen (Anthropology)
 Member, Dissertation Committee, Melissa Uehling (Sociology)
 Member, Dissertation Committee, Sarah Kothe (Graduate Division of Religion)

Former

Chair, Dissertation Committee, Suma Ikeuchi (Anthropology), Spring 2016, "Brazilian Birth, Japanese Blood, and Transnational God: Identity and Resilience among Brazilian Pentecostal Migrants in Japan"

Chair, Dissertation Committee, Kwame Phillips (Anthropology), Spring 2014, "Rivers of Blood and Babylon: An ethnography of social suffering and resilience among Caribbean service users in London"

Member, Dissertation Committee, Elena Lesley (Anthropology), Spring 2021, "Testimony as Moral Assemblage: Productively reconstructing the Khmer Rouge past through spiritually adapted narrative therapy in Cambodia."

Member, Dissertation Committee, Bisan Salhi (Anthropology), Spring 2019, "Diagnosis Homeless: Emergency Department "super-utilizers" and urban poverty in Atlanta, Georgia."

Member, Dissertation Committee, Tawni Tidwell (Anthropology), Spring 2017, "Imbibing the Text, Transforming the Body, Perceiving the Patient: Cultivating Embodied Knowledge for Tibetan Medical Diagnosis."

Member, Dissertation Committee, Claire Hefner (Anthropology), Spring 2016, "Shaping Muslim Subjectivities: Gender, Piety, and Modernity in Indonesian Islamic Boarding Schools"

Member, Dissertation Committee, Kathryn Elizabeth Bouskill (Anthropology), Spring 2015, "The Globalization of the Breast Cancer Awareness Campaign in Austria, 2012-2014"

Member, Dissertation Committee, Dredge Kang (Anthropology), Spring 2015, "White Asians Wanted: Queer Racialization in Thailand"

Member, Dissertation Committee, Jennifer Sarrett (ILA), Spring 2014, “Comparing Autism Across Cultures: Influences on Experiences of Autism in Atlanta, GA, USA and Kerala, India”

Member, Dissertation Committee, Harold Braswell (ILA), Spring 2014, “Death and Resurrection in US Hospice Care Disability and Bioethics at the End-of-Life”

Member, Dissertation Committee, Anna Vanderberg (ILA), Fall 2012, “What We Can Say about Cognition in Aging: Arguments for and against Cognitive Health Promotion”

Member, Dissertation Committee, Michelle Parsons (Anthropology), Spring 2011, "Death and Freedom in Post-Soviet Russia: An Ethnography of a Mortality Crisis"

Member, Dissertation Committee, Luisa Rivera (Anthropology), Spring 2022.

External

2007 External Reviewer, D.A. Tahhan (School of Modern Language Studies, The University of New South Wales)

PhD Thesis: “Touching at Depth: Intimate Spaces in the Japanese Family”

2006 External Reviewer, Junko Kitanaka (Anthropology, McGill University)

Dissertation: “Society in Distress: The Psychiatric Production of Depression in Contemporary Japan”

SUPERVISION OF UNDERGRADUATE RESEARCH

2023-2024 Honor Thesis Committee Chair, Emily Jang (scheduled for defense on March 22, 2024)
Title: TBA

2022-2023 Honor Thesis Committee Chair, Gracie Wilson
Thesis: “The Culture of College Mental Health: Narratives of Stress, Value, and Belonging” (high pass)

2022-2023 Honor Thesis Committee Chair, Natalie McGrath
Thesis: “Recentring the Voices of Birthing People and Birth Workers; Narratives of Childbirth” (high pass)

2022-2023 Honor Thesis Committee Member, Tanvi Shah
Thesis: “(Re)constructing Postpartum Depression (PPD) via Cross-Specialty Analysis and an Anthropological Lens of Subjectivity”

2019-2020 Honor Thesis Committee Member, Elisabeth F. Crusey
Thesis: “Does anybody have Advil? An Investigation of Emory Undergraduates’ Over-the-Counter Analgesic Use”

2019-2020 Honor Thesis Committee Member, Riana Peskopos.
Thesis: “The Queer Female Medical Narratives”

2017-2018 Honor Thesis Committee Member, Zoe Raven
Thesis: “Positioning Magic in Theory and American Religion”

- 2016-2017 Honor Thesis Committee Member, Andrew J. Ross
Thesis: "Parenting Self- in Depressed and Non-Depressed Mothers of School-Aged Children: The Role of Mood, Stress, and Social Support"
- 2009-2010 Honor Thesis Committee Member, Yuna Park
Thesis: Examining Indicators of Endogamous and Exogamous Practices Among Koreans in a Multicultural Society
- 2007-2008 Honor Thesis Committee Member, Megan E. Gray
Thesis: "Coping with Stressful Life Events: Examining the Relationship between Musical Preference and Mental Health"
- 2007-2008 Honor Thesis Committee Member, Shunpei Okochi
Thesis: Heart Transplantation in Japan
- 2006-2007 Honor Thesis Committee Member, Abigail Powers.
Thesis: Thesis: Personality Subtypes in Patients with Panic Disorder

PROFESSIONAL AFFILIATIONS AND SERVICE

Departmental Service

- 2023-2024 Chair, Japanese Language and Culture Faculty Search Committee
- 2022-2023 Director of Graduate Studies
Chair, Graduate Concerns Committee
Member, Chair's Advisory Committee
Member, Curriculum Committee
Convener of the Cultural Faculty Meetings (Fall)
- 2021-2022 Member, Graduate Student Concerns Committee
- 2020-2021 Chair, Cultural Anthropology Search Committee
Member, Graduate Student Appeals Committee
- 2019-2020 Member, Graduate Concerns Committee
Member, Graduate Student Appeals Committee
- 2018-2019 Member, Graduate Concerns Committee
Member, Curriculum Committee
- 2017-2018 Director of Graduate Studies
Chair, Graduate Concerns Committee
Member, Executive Committee
Member, Curriculum Committee
Member, Colloquium Series
Member, Capstone Sub-Committee (part of the Curriculum Revision Committee)
- 2016-2017 Director of Graduate Studies
Chair, Graduate Concerns Committee
Member, Executive Committee

	Member, Curriculum Committee
2015-2016	Director of Graduate Studies Chair, Graduate Concerns Committee Member, Executive Committee Member, Curriculum Committee
2013-2014	Member, Curriculum Committee
2012-2013	Chair, Speakers and Symposia Committee Member, Graduate Concerns Committee
2011-2012	Member, Cultural Anthropology of China Search Committee Member, the Mellon Initiative Health and Humanities Position Ad hoc Search Committee
2010-2011	Director of the Graduate Studies, Fall Semester Member, Graduate Concerns Committee
2009-2010	Member, Graduate Concerns Committee Member, Graduate Student Appeals Committee
2008-2009	Member, Medical Anthropology Search Committee
2007-2008	Member, Graduate Concerns Committee Member, Graduate Student Appeals Committee Member, Medical Anthropology Search Committee
2006-2007	Chair, Graduate Admissions Committee Member, Medical Anthropology Search Committee Member, Methods Subcommittee
2005-2006	Member, Graduate Admissions Committee Member, Curriculum Committee
2004-2005	Member, Speakers and Symposia Committee Member, Library Committee
2004	Member, Library Committee

University Service

2024-present	Faculty Mentor. Faculty Mentoring Initiative, Emory College of Arts & Sciences
2023	Member, URC (University Research Committee) Reviews
2023	Honor Code Review Committee, Laney Graduate School
2020-present	Appointments Committee (elected), Laney Graduate School
2020-present	Advisory Committee Member, Center for Mind, Brain, and Culture
2017-present	Workshop Initiator and Co-Chair, "Criminal Justice/Mass Incarceration"

	For Emory faculty members and students involved in prison studies
2010-present	Advisory Board Member, Emory-Tibet Partnership
2006-present	Member, Emory Encyclopedia of Contemplative Practices, Emory University Strategic Initiative: “Religion and the Common Good”
2006-present	Member, Emory University Initiative: “Religion and Health Collaborative Academic Programs Working Group”
2005-present	Member, MD/PhD T32 (NIH NIGMS T32)
2003-present	Member, Emory-Tibet Partnership
2009-2010	Member, Curriculum Committee
2009-2010	Member, Luce Scholars Selection Committee
2007-2008	Member, ICIS Faculty Research Grant Committee
2007-2008	Member, Luce Scholars Selection Committee
2006-2007	Member, ICIS Faculty Research Grant Committee
2006-2007	Member, Luce Scholars Selection Committee

Professional Service

2023-	Guest Editor for the journal, <i>Religions</i> for the special issue, “Religion, Ritual, and Healing”
2023-	President, Japan Naikan Association
2023-2024	Member, Francis Hsu Book Prize Award Committee, Society for East Asian Anthropology
2021-present	Board Member, The Society for Psychological Anthropology (starting November, 2021)
2021-present	Member, International Society for Contemplative Research (ISCR) Executive Committee. Mind & Life Institute.
2020-present	Member, Social Isolation and Loneliness Working Group, CDC
2020-present	Member, Mind and Life Contemplative Research Society Think Tank
2019-present	Core Member, Culture, Mind, and Brain Research Network, Foundation for Psychocultural Research
2018-present	Book Series Advisory Board Member, “Perspectives in Contemplative Studies,” State University of New York Press
2017-present	Mind & Life Fellow, Mind & Life Institute
2017-present	Planning Committee Member, Research Institute in Japan, Mind & Life Institute

- 2014-present Founding Fellow, Center for Compassion, Integrity and Secular Ethics
Projects including the Chillon project to bring higher education to correctional facilities
- 2015-present Vice-Chairman, The Tibetan Medicine Committee of the World Federation of Chinese Medicine Societies
Approved by the World Federation of Chinese Medicine Societies
- 2014-present Member, North America Naikan Council
- 2010-present Editorial Board, *Culture, Medicine and Psychiatry*
- 2012-2018 Editorial Board, *Frontiers in Cultural Psychology*
- 2016 External Reviewer, Tulane Anthropology Graduate Program
- 2012-13 Chair, Stirling Prize Committee, Society for Psychological Anthropology
Reviews and nominates the best book article of the year in psychological anthropology
- 2010-12 Member, Stirling Prize Committee, Society for Psychological Anthropology

Peer Review

Book Manuscript Reviewer: Cornell University Press, Berghahn Books

Article Manuscript Reviewer: *Asian Anthropology, American Anthropology, American Ethnologist, Cultural Anthropology, Anthropology & Medicine, Body & Society, Culture, Medicine and Psychiatry, Current Anthropology, Ethos, Ethnos, Frontiers in Cultural Psychology, Japan Forum, Journal for the Scientific Study of Religion, HAU: Journal of Ethnographic Theory, Transcultural Psychiatry*

OTHER ACTIVITIES, HONORS and AWARDS

- 2023 Co-PI, Social Empathy Lab (with Brendan Ozawa-de Silva). Undergraduate and graduate research lab. CMBC Sponcered Interest Group (since Fall 2024-).
- 2023 Stirling Book Prize, Society for Psychological Anthropology
- 2022 Victor Turner Book Prize (*honorable mention*), Society for Humanistic Anthropology
- 2022 Francis L.K. Hsu Book Prize, Society for East Asian Anthropology
- 2006-present Member, Contemplative Studies Group
- 2004-present Member, Faculty Seminar Series on Religious Practices
- 2008 Participant, Twelfth Annual Pedagogy Seminar
Emory College Center for Teaching and Curriculum
- 2008 Participant, Spring Teaching Retreat
Emory College Center for Teaching and Curriculum
- 2007 Distinguished Teaching Nominee, Phi Beta Kappa

- 2006 Invited Participant, CHI Faculty Response Forum V
“Humanities and Dis-ease, Media’s Influence on Our Perception of Aging and Death”
- 2006 Participant, Discussion Series on “Science and Religion”
Program in Science & Society
- 2006 Participant, Annual Transcultural Psychiatry Summer Program
McGill University

PUBLIC SCHOLARSHIP AND MEDIA CONTACTS

2024. Interview by Matt Sedensky on aging and social isolation, a journalist at Associated Press. January 24, 2024.

2023. Interview by Allie Volpe on different experiences of loneliness, a journalist at VOX. December 5, 2023.
<https://www.vox.com/even-better/24006316/feeling-lonely-social-emotional-existential-loneliness-epidemic>

2023. Interview by Guillaume Piedboeuf on loneliness in Japan, a reporter at Radio-Canada, the french-language branch of the Canadian Broadcasting Corporation in Quebec City. April 15.

2023. “A Vaccine for the Loneliness Epidemic,” *Diplomatic Courier*. Special issue for the World Economic Forum. With Brendan Ozawa-de Silva. January 20.
<https://www.diplomaticcourier.com/posts/a-vaccine-for-the-loneliness-epidemic>

2022. Interview by Carol Clark, “Emory anthropologist explores loneliness and well-being, in Japan and the world,” *Emory Report*, December 20.
https://news.emory.edu/stories/2022/12/esc_anthropologist_explores_loneliness_20-12-2022/story.html?utm_source=Emory_Report&utm_medium=email&utm_campaign=Emory_Report_EB_011823

2022. Podcast interview by Allison Alexy. Michigan Talks Japan, University of Michigan, October 7.
<https://pod.link/1515786571>

2022. Podcast interview by Charles Raison. “Dr. Chikako Ozawa de Silva: Explorations Into the Lonely Society.” Health is Everything, Center for Human Health, Emory University. October 6.
<https://exploringhealth.org/2022/10/06/dr-chikako-ozawa-de-silva-explorations-into-the-lonely-society/>

2022. Public Talk, “The Anatomy of Loneliness,” Centers for Disease Control and Prevention, May 25.

2022. Roundtable Participant, “Lonely No More: Lonely Infrastructure,” Center for 21st Century Studies, University of Wisconsin (Milwaukee), March 30.
Link to Youtube: <https://www.youtube.com/watch?v=C5fhNcR2-lg&t=4s>

2022. Podcast interview by Anne Basting *6.5 Minutes With.../C21*, Center for 21st Century Studies, March 14.
Link: <https://podcasts.apple.com/us/podcast/6-5-minutes-with-chikako-ozawa-de-silva/id1610875208?i=1000554106218>
<https://podcasts.apple.com/us/podcast/6-5-minutes-with-c21/id1610875208>

2021 (*scheduled*). Podcast interview by Mark Fortino on loneliness and conceptualizing mental health across different cultures, *Psychology Is*, November 2021.

Link to podcast: <https://www.youtube.com/playlist?list=PL1CztxANXYAezQn2HcB4WoU3eSWsdxJMS>.

2021. Interview by Dietz Stout, "Inside the Lab with the CMBC" on *The Anatomy of Loneliness*. September 10.
Link to Youtube: <https://www.youtube.com/watch?v=hEDxj675ky4>

2021. Podcast interview by Nick Kemp, "Lack of *Ikigai*: Loneliness and Relational Meaning," *Ikigai Podcast*, 22, March 4.
Link: <https://ikigaitribe.com/podcasts/podcast22/>.

2021. Podcast on loneliness and the special issue *Toward an Anthropology of Loneliness* (Ozawa-de Silva and Parsons, 2020), *Transcultural Psychiatry Podcast*, 22, February.
Link to podcast: <https://journals.sagepub.com/page/tps/podcasts>.

2020. Article by Samantha Lilly on the special issue *Toward an Anthropology of Loneliness* (Ozawa-de Silva and Parsons, 2020), "Loneliness is Often Over-Medicalized and Misunderstood," *Mad in America: Science, Psychiatry and Social Justice*, November 19.
Link: <https://www.madinamerica.com/2020/11/loneliness-often-medicalized-misunderstood/>.

2020. Article by Eliza Williamson on the special issue *Toward an Anthropology of Loneliness* (Ozawa-de Silva and Parsons, 2020), "Loneliness: a special issue of Transcultural Psychiatry," *Somatosphere: Science, Medicine and Anthropology*, November 4.
Link: <http://somatosphere.net/2020/loneliness-a-special-issue-of-transcultural-psychiatry.html/>.

2020. Featured in the CDC's Social Isolation & Loneliness Work Group Newsletter, October 23.

2020. Interview by Dario Mizrahi on loneliness and solitary death in Japan, *Infobae* (Argentinian newspaper), December 11.
Link: <https://www.infobae.com/america/mundo/2020/12/13/kodokushi-la-epidemia-silenciosa-que-atormenta-a-japon-una-ola-de-muertes-en-absoluta-soledad/>.

2020. Interview by Mark Moran on my talk at Austen Riggs, "The Lonely Society: Medical Anthropologist Examines Loneliness and Suicide," *Psychiatric News, American Psychological Association*, December 9.
Link: <https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2020.12b8>.

2020. Interview by Motoko Rich, Tokyo Bureau Chief, "The Pressure to Be Perfect Turns Deadly for Celebrities in Japan," *The New York Times*, October 1.
Link: <https://www.nytimes.com/2020/10/05/world/asia/japan-suicide-celebrities.html>.

2018. Featured in "Inside Japan's 'Suicide Forest,'" by Michael Nedelman, *CNN*, January 4.

2016. Interview by Anni Kynsilehto, Finnish writer and former Monbukagakusho scholarship recipient, for forthcoming nonfiction book on suicide in contemporary Japan, October 15.

2011. Panelist for "Japan after the Earthquake: An Interdisciplinary Response to Natural Disaster," Emory University, Atlanta, GA, April 26.

2011. Interview by Sujata Gupta for article on Japanese psychotherapies and the recent earthquake in Japan, *New Scientist*, March 21.

2007. Interview by Carol Clark, "Japanese Self-Analysis Digs Deep into Memories," *Emory Report*, August 6.
https://www.emory.edu/EMORY_REPORT/erarchive/2007/August/August%206/Meditation.htm

2006. Interview by Linda Formichelli, *Natural Health Magazine*, July 21.

2004. Interview by Cathrine Shutz, "Did Antidepressants Depress Japan?," *The New York Times*, August 22.