Course Faculty

Christopher Willard, PsyD

Christopher Willard, Psy.D., is a psychologist and educational consultant in the Boston area specializing in mindfulness-based work with adolescents and young adults. He holds an appointment at Cambridge Hospital, a Harvard Medical School teaching site, and leads workshops nationally and internationally. Dr. Willard has been practicing meditation for over 15 years. His thoughts on mental health have been featured in The New York Times, cnn.com, and elsewhere. He is the author of Child’s Mind (2010), The Mindfulness For Teen Anxiety Workbook (2014), and Co-Editor of Mindfulness with Youth, From the Classroom to the Clinic (2015).

Speaker Disclosure:


Nonfinancial: Christopher Willard has no relevant nonfinancial relationship to disclose.

Mitch Abblett, PhD

Dr. Mitch Abblett is a clinical psychologist and is the Executive Director of the Institute for Meditation and Psychotherapy (www.meditationandpsychotherapy.org), a non-profit focusing on education and training at the intersection of mindfulness and treatment. For over a decade, he was the Clinical Director of a Harvard-affiliated special education therapeutic school in Boston. He maintains a private psychotherapy
and consulting practice in Wellesley Hills (www.drmitchabbagett.com), speaks nationally and internationally. He is the author of two mindfulness related books, as well as two mindfulness and positive psychology card decks (with PESI publications). He has two books under contract (one with NHP – Helping Your Angry Teen; and another on managing personal "hindrances" with mindfulness practices with Shambhala Publications). He is a regular blogger for Mindful Magazine.

Susan Pollak, MTS, EdD

Susan M. Pollak, MTS, Ed.D. is a faculty member in psychology at Harvard Medical School, Cambridge Health Alliance, where she has taught and supervised since the mid 1990s. She is the president of the Institute for Meditation and Psychotherapy, a founding member and senior advisor of Center for Mindfulness and Compassion, a psychologist in private clinical practice in Cambridge, Massachusetts and a Certified Teacher of the MSC program. Dr. Pollak co-taught Mindful Self-Compassion during its early development and she is co-author of Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy. http://www.sittingtogether.com/authors.php, a contributing author of Mindfulness and Psychotherapy, 2nd edition. Her blog about Mindfulness and Compassion at Psychology Today is called “The Art of Now.”

Charles Styron, PsyD

Charles W. Styron, Psy. D., is a clinical psychologist in private practice in Watertown, Massachusetts, as well as a consulting psychologist for Caritas Norwood Hospital in Norwood, Massachusetts. He is also the treasurer for The Institute of Meditation and Psychotherapy, a former architect, and a family man with 21-year-old daughter. Additionally, Dr. Styron has been a practitioner and teacher in the Shambhala and Tibetan Vajrayana Buddhist traditions for 38 years. He is a contributing author to Mindfulness and Psychotherapy, Second Edition.
Christopher Germer, PhD

Christopher K. Germer, PhD is a clinical psychologist in the Boston area, specializing in mindfulness- and compassion-oriented psychotherapy. He is a Lecturer on Psychiatry, Part-Time, at Harvard Medical School and a founding faculty member of the Institute for Meditation and Psychotherapy. With Kristin Neff, PhD, Dr. Germer developed the empirically-supported, 8-week, Mindful Self-Compassion program. He conducts workshops and lectures internationally on mindfulness and self-compassion, is co-editor of Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy, and author of The Mindful Path to Self-Compassion.

Tom Pedulla, LICSW

A faculty and board member at the Institute for Meditation and Psychotherapy, Tom Pedulla maintains a full-time private practice in Arlington, MA, where he works with individual adults and leads MBCT (Mindfulness-Based Cognitive Therapy) groups. He has practiced mindfulness meditation in the Vipassana tradition since 1987. Tom is also a contributing author of Mindfulness and Psychotherapy, Second Edition and a co-author of Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy.
Paul Fulton, EdD

Paul R. Fulton is a clinical psychologist, part-time Lecturer in Psychology at Harvard Medical School Department of Psychiatry at Cambridge Health Alliance, co-founder, and former president of the Institute for Meditation and Psychotherapy, course director for IMP’s year-long Certificate Program in Mindfulness & Psychotherapy. A student of Buddhist psychology for over 47 years, he received Zen *jukai* initiation in Soto Zen in 1972. He is co-editor and co-author of *Mindfulness and Psychotherapy* and contributing author to a number of other volumes. He is in private practice of psychotherapy in Newton, MA.

Janet Surrey, PhD

Janet Surrey, PhD is a clinical psychologist in private practice in Newton. She is a Founding scholar of the Jean Baker Miller Training Institute at the Stone Center, Wellesley College and a Board member of the Institute for Meditation and Psychotherapy. She is trained as an Insight Dialogue teacher in the Buddhist Theravadan tradition and co-author of *The Buddha’s Wife: the Path of Awakening Together*.

Susan Morgan, MSN, RN, CS

Susan is a psychotherapist who teaches mindfulness meditation to individuals and groups, and consults with psychotherapists interested in deepening their meditation practice and therapeutic presence. Susan has practiced Buddhist meditation for 25 years, primarily in the Theravada tradition, and recently completed a 4-year retreat with her partner Bill. She has co-led mindfulness retreats and workshops for psychotherapists with Bill for the past 15 years. Lovingkindness and mindfulness of the body are integral to her teaching. Susan is a contributing author to *Mindfulness and Psychotherapy, Second Edition*.
Bill Morgan, PsyD

Bill is a clinical psychologist in private practice in Cambridge and Quincy MA. He is a founding board member of the Institute for Meditation and Psychotherapy, and has participated in 8 years of intensive retreats in the Theravada, Zen, and Tibetan schools of Buddhism during his forty years of meditation practice. He has led mindfulness retreats, workshops and courses for mental health professionals for the past 20 years. Bill is a contributing author to Mindfulness and Psychotherapy, Second Edition.

Ronald Siegel, PsyD

Ronald D Siegel, Psy.D. is an Assistant Clinical Professor of Psychology at Harvard Medical School, where he has taught for over 25 years. He is a longtime student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about mindfulness and psychotherapy and mind/body treatment, has worked for many years in community mental health with inner city children and families, and maintains a private clinical practice in Lincoln, Massachusetts. Dr. Siegel is co-author of the self-treatment guide Back Sense, which integrates Western and Eastern approaches for treating chronic back pain; co-editor of the critically acclaimed professional text, Mindfulness and Psychotherapy and author of the new step-by-step comprehensive guide for general audiences The Mindfulness Solution: Everyday Practices for Everyday Problems.