

Curriculum Vitae

Olga Louchakova. M.D., Ph.D.

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STATEMENT OF INTEREST

I have 15 years of teaching experience in transpersonal psychology, cultural psychology, psychological and transcendental phenomenology, and comparative religions. I bring into the teaching a combined expertise of a phenomenologist, neuroscientist, spiritual director, transpersonal psychologist, and a medical doctor. My research interests specifically bridge phenomenological psychology and neurophysiology as applied to meditation, attention and religious cognition.

My current research focus is on the development of methods of in-depth interviewing of the advanced meditators, and neurophenomenological protocols integrating dense array EEG with the study of transformations of somatic, visual and linguistic imagery in various styles of meditation. The other area of my current work is in the phenomenological studies of the cluster of Gnostic and spiritual practices associated with the phenomenological self and anatomical heart (Prayer of the Heart), and exploration of the mental and physical health-related, and transformative and personal growth oriented outcomes of these practices.

HIGHLIGHTS OF EXPERTISE

- ❖ Phenomenological and hermeneutic research
- ❖ Dense array encephalography
- ❖ Neuroimmunology and general medicine
- ❖ Transcendental and psychological phenomenology
- ❖ Cultural, transpersonal, somatic and depth-psychology
- ❖ Comparative religions: Hesychasm, Ibn-Arabi and contemporary Sufism, Kundalini Tantra, Advaita and Shakta-Vedanta
- ❖ Spiritual guidance and transformative practices: Prayer of the Heart, Kundalini Yoga

ACADEMIC AND PROFESSIONAL APPOINTMENTS

- 2009 -- Director, ITP's Neurophenomenology Research Center
- 2008 -- Associate professor of transpersonal psychology, Director of Transpersonal Education and Research Specialization and of World Wide Learning Exchange program.
- 2006 – Associate professor of transpersonal psychology, Director of Transpersonal Education and Research Specialization, *Institute of Transpersonal Psychology*, Palo Alto, CA
- 2001 – 2006 Assistant Professor of Transpersonal Psychology, *Institute of Transpersonal Psychology*, Palo Alto, CA

- 1995 – 2000 Visiting professor, StarrKing School for the Ministry, *Graduate Theological Union*, Berkeley, CA
- 2004 – Consultant in Prayer of the Heart, *Mercy Center of Catholic Spirituality*, Burlingame, CA
- 1994 - 2006 Spiritual teacher in residence, *Esalen Institute*, Big Sur, CA
- 1993 – 2001 Adjunct professor, Philosophy and Religion Program, *California Institute of Integral Studies*, San Francisco, CA
- Adjunct professor, Consciousness Studies Program, *John F Kennedy University*, Orinda, CA
- Adjunct professor, *UC Berkeley Extended Education Program*, Berkeley, CA
- 1989 – 1992 Senior Scientist, Laboratory of Neurochemistry *Pavlov Institute of the Academy of Sciences*, Leningrad, Russia
- 1983 – 1989 Scientist, Laboratory of Neurochemistry, Pavlov Institute of Physiology, USSR Academy of Science, Leningrad.
- 1980 – 1983 Research associate, Laboratory of Biochemistry, Institute of Children's Infections, Ministry of Public Health, Leningrad, Russia

OTHER PROFESSIONAL APPOINTMENTS

- 1987 – 1991 Senior instructor, *School of Contemporary Hesychasm (former School of Psychophysical Self-Regulation)*, Russia, spiritual underground.

EDUCATION

- 1983 - 1989 Ph.D., Neuroimmunology, *USSR Academy of Medical Science*, Leningrad, Russia
- 1974 - 1980 M.D., Pediatrics, *Leningrad Pediatric Medical Institute*, Russia

ADDITIONAL RESEARCH TRAINING

- 2009 -- EEG/fMRI: Methods and Practice, Satellite 3 hr workshop, OHBM, conducted by Electrical Geodesics.
- Dense Array EEG Methods for Cognitive Neuroscience, basic (3 days) and advanced (2 days) training, Electrical Geodesics, Eugene, Oregon.
- EEG/MEG: Advanced tools for practical analysis (1 day). Organization of Human Brain Mapping, San Francisco, Ca.
- Introduction to Dense Array EEG (3 days), Electrical Geodesics, ITP on-site training.
- 2009 Research in Cognitive Science. Seminar with Maria Kozhevnikov, ITP's Neurophenomenology Center (3 units)

- 2008-2009 Structure of Behavior: Merleau-Ponty Seminar with Amedeo Giorgi (9 units), ITP's Neurophenomenology Center
- 1998 - Personal Studies with Amedeo and Barbro Giorgi in Phenomenological research method

SPECIALIZED CLINICAL TRAINING

- 2006 -- M.A. training in transpersonal clinical psychology, ITP, current
- 1989 Clinical Psychotherapy and Assessment (4 weeks), Bechtarev Psychoneurological Research Institute, Leningrad, Russia.
Vertebroneurology (2 weeks), Institute of Physician's Advancement, Leningrad, Russia
- 1985 -- Hematology (2 weeks course), Institute of Hematology, Leningrad, Russia

SPIRITUAL MANDATES

- 1987-1992 Spiritual teaching mandate with specialization in Prayer of the Heart, *School of Psychospiritual Development*, Russian spiritual underground, Leningrad, Russia.

GRANTS AND AWARDS

- 2007 George Zimmer family foundation grant to Louchakova research of neuroscientific mechanisms of meditation (20k)
- 2007-2010 Spitzer Family foundation grant for the development of Neurophenomenology Center dedicated to the study of meditation, prayer and spiritual states of consciousness at ITP (\$120k)
- 2008 Additional 10k to Spitzer family grant
- 1995 -- JFK University, faculty development grant
- 1986-1992 Development of ELISA diagnostic kit for identification of anti-galactocerebroside autoantibodies. Major biotechnology grants from the *Shemyakin National Institute of Bioorganic Chemistry*, Moscow, Russia (30k rub)

RESEARCH EXPERIENCE

In transpersonal psychology: longitudinal phenomenological studies of the practitioners of Kundalini Yoga and Prayer of the Heart, and adult psychospiritual development and ego-transcendence (ontopoiesis). Phenomenology of visual Tibetan meditation. Methods: transcendental, psychological, cultural phenomenology, hermeneutic analysis, personality testing, and surveys.

In neuroscience: a) identification of lipid myelin and oligodendroglia immune markers (galactocerebrosides), and autoimmune response, in health, post-vaccination periods, respiratory virus diseases, schizophrenia and multiple sclerosis. Identification of risk factors for multiple sclerosis, and early diagnostics of autoimmune diseases of the nervous system Study of ganglioside metabolism in REM-sleep deprivation; dense array encephalography and testing of visual processing in advanced meditators. Methods: immunoassays, complement binding reaction, lipid chromatography, animal modeling, dense array EEG (intermediate level), cognitive testing (intermediate level)

In action research: transformation and cultural coping mechanisms in the conditions of cultural change in Russia, United States, and Turkey. Methods: action and participatory research. Outcomes: development of non-profit corporations Breathing World (1989, Russia) and Hridayam® School (1999, U.S.) for teaching programs advancing consciousness.

PATENTS AND TRADEMARKS

Louchakova, O. (1999). *Hridayam® Method of Spiritual Guidance*.

Louchakova, O., & Zulev, N. (1991). Method for the differential diagnostics of peripheral neuropathy. Author certificate USSR, 4776382/14, *Bull.Otkr. Izobret.*

Louchakova., O., & Taranova., N. (1988). Method for determination of the nervous system alterations. Author certificate USSR 1413531. *Bull.Otkr.Izobr.,_07.30.88.,n.28*

Louchakova., O., & Taranova., N. (1990). Method for obtaining the galactocerebroside antigen. Author certificate USSR 1461465. *Bull. Otkr. Izobret.,02.28.89, n.8*

TEACHING EXPERIENCE

- 2001 - Residential Ph.D., M.A. and on-line Ph.D. in Transpersonal Psychology programs:
development and teaching of the new core courses “*Phenomenological Method*”, “*Culture and Consciousness: Social and Cultural Psychology*,” “*Spiritual emergence: Psychology of Spiritual Awakening*”, and new research courses “*Diversity in Transpersonal Psychology*”, “*Spiritual Practices as Clinical Interventions: Yoga and Meditation*”, and “*Spiritual practices as clinical interventions: Advaita Vedanta and Non-Duality*” at the Institute of Transpersonal Psychology. Other courses taught: “*Doctoral Research and Process*”, “*Transpersonal Psychology*”, “*Life-Span Development and Aging*”. Development of graduate Transpersonal Education and Research Specialization program at the Institute of Transpersonal Psychology.
- 1994 - Consciousness Studies Program, John F Kennedy University, and M. Div Program, Graduate Theological Union:

Development and teaching of the new courses “*Advaita Vedanta and Self-Realization*”, “*Gudijieff’s method*”, “*Kundalini-Shakti Yoga*”, “*Prayer of the Heart and teachings of Dionisius Areopagite, Margaret Porete and Mesiter Eckhart*”.

- 1996 -1998 Development and teaching of a new course at UC Berkeley Extension Program: *Contemplative Practices in Psychotherapy*”.
- 1993 - Philosophy and Religion Program, California Institute of Religious Studies: “*Eastern Christian Mysticism and Prayer of the Heart*”.
- 1988 – 1992 Russian spiritual underground School of Contemporary Hesychasm: developed and taught courses in comparative history of religions and spiritual practice. .

Non-Academic Teaching Experience

1992 – present (United States and other countries)

Developed and taught a 3 year-long training program in bodily awareness and psychospiritual development, Hridayam ® method (www.hridayamyoga.org). Prepared and certified instructors of this method. Facilitated satsangs, and conducted silent meditation retreats. Taught eco-spiritual outdoor programs. Supporting organizations: Esalen Institute, Interface, Mercy Center, Mount Madonna Yoga Center, Zen Mountain Center, Center of Transpersonal Psychology in London, EUROTAS (European Transpersonal Association), ALUBRAT (Brazilian/ Portuguese Transpersonal Association), GRETT (Transpersonal Forum in France), Mexican Transpersonal Association, Unity Church and the Church of Religious Science.

CLINICAL EXPERIENCE

- 1993- private therapy/spiritual counseling practice, Bay Area, California, including work with individuals and groups.

COACHING EXPERIENCE

- 1994- developed and used Hridayam ® method of coaching professionals involved in human development work. Integrating principles of transpersonal and cultural psychology, and the research of spiritual awakening in India, Turkey, Russia, US, Mexico and Europe, method facilitates understanding of identity formation and human behavior in different cultural, religious and social contexts.

PROFESSIONAL MEMBERSHIP

- 2009 - Organization for Human Brain Mapping
- 2009 - Society of Cognitive Neuroscience
- 2006 - American Philosophical Association
- 2006 - American Academy of Religion
- 2002 - Association for the Study of Esotericism
- 2002 - World Institute for Advanced Phenomenological Research and Learning
- 2001 - Dialogues, the online forum

- 2003 - American Psychological Association, Division of Humanistic Psychology
1983 - 1989 National Society for Biochemistry and Neuroimmunology, Russia

PROFESSIONAL ACTIVITIES

- Ad Hoc reviewing: *The Humanistic Psychologist*, *Journal of Transpersonal Psychology*
2004 – 2006 Institutional research ethics committee chair, *Institute of Transpersonal Psychology*
2004 - Advisoring editor, *Elixir* (Chisti order international Sufi magazine)
2002 - *European Transpersonal Association*, research consultant
2001 - *American Association of Transpersonal Psychology*, Board of Trustees
1997-2002 *Kundalini Research Network*, Board of Trustees
1992-1997 *Albert Hoffman Foundation*, Board of Advisors

THESIS ADVISORING

- Current* Acebedo, A.
Hastings, S.
Seiter, S.
Watts, A.
Chiang, M.-Y. *The primacy of metaphor*. Institute of Transpersonal Psychology.
Hatt, S. *Attention-Deficit/Hyperactivity Disorder (ADHD) in Black and White: Phenomenological Inquiry in Narrative and Photograph Spanning the Racial and Socio-Economic Divide*, Institute of Transpersonal Psychology
Fogel, A. *Phenomenology of a Psychosomatic Conflict in Women of Slovak descent*, Institute of Transpersonal Psychology
Miller, M. *Black American Intergenerational Trauma: Scal development*, Institute of Transpersonal Psychology
Shorter, J. *Visitation dreams in grieving individuals: A phenomenological inquiry into the relationship between dreams and the grieving process*. Institute of Transpersonal Psychology

Completed

- Mulvihill, J.(2008). *Eating Disorders as a Spiritual Hunger*, Institute of Transpersonal Psychology
Kardos, I.(2008). *Mytho-poetic therapy*, Institute of Transpersonal Psychology
Farina, S. (2006). *Journeys to Wholeness: A Multicultural Study of Integration as a Mode of Acculturation in First Generation Immigrants in the San Francisco Bay Area* (Committee member)
Burdge, S. (2006). *The relationship between spirituality and peace activism: Phenomenological inquiry into the experiences of peace activists in Israel*.
Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.

- Larios, S. (2005). *The Effects of Journal Writing and Story Listening on World Assumptions, Spirituality and Health Following September 11, 2001*. Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.
- Brown, J. (2005). *Attitudes of mainstream psychoanalysts and psychologists regarding the existence of the category of spiritual emergence*. Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.
- Carey, T. (2005). *An Inquiry into the Divergent Interpretations of, and Valuations of, Western Buddhist Meditation Practitioners' involvement in Practices Which Emphasize the Ideal of Selflessness*. Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.
- Kuhar, B. (2005). *Science as a path to God: a phenomenological enquiry into realization of an intelligence, God, or supreme order beyond the realms of science*. Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.
- Moorehead, P. (2001). *The experience of transformation in Christian mysticism: interviews with nine Roman Catholic contemplatives*. Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.
- Williams, L. A. (1999). *Cognition and self-concept as predictors of non-prejudice*. Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.
- Stefik, B. S. (1999). *An exploratory study of the effects of practicing Tibetan dream yoga four foundations of waking life awareness and dreams*. Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.
- Chang, I. C. (1998). *Chinese transpersonal education: effects on high school teachers and general public adults in Taiwan*. Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.
- Geddis, D. (1997). *Spirituality in work environment*. CIIS, M.A. Thesis.
- Smith, M. *Journeying Home as Partners: Successful Long-Term Marriages of Partners in Alcoholism Recovery*. Unpublished Doctoral Dissertation. The Institute of Transpersonal Psychology, Palo Alto, CA.
- Olive-Stehli, L. (1995). *Jules Monarchin and Henri Le Saux: Two French Priests in India*. M.A. Thesis. California Institute of Integral Studies, San Francisco.
- Trendov, K. (1995). *Experience Of Drawing The Icon As Individuation*. M.A. Thesis. California Institute of Integral Studies, San Francisco.
- Amlani, A. (1995). *Diet and psychospiritual development: physiological, psychological, and spiritual changes and challenges associated with lacto-ovo vegetarian, vegan, and live food diets*.

TRAINING IN CONTEMPLATIVE TRADITIONS

Hesychasm

with Fr. Leonid Vodolazski, Tver, Moscow Patriarchy district

- a. Puchhtizki monastery, Estonia

Sufism

- 1992 - Ibn-Arabi circle, Beshara Foundation, Chisholm, Scotland/Mill Valley, CA
 2000 – 2002 with Sheikh Metin Bobaroglu, Sheikh of Bektashi Sufi order, Istanbul, Turkey
 1998 – 2002 with Sheikh Ragip Bay, Jerrahi Sufi order, Palo Alto, CA
 1998 – 2002 with Sheikh Mehmet Selim OZIC Effendi, Malamati Sufi Order, Istanbul, Turkey

Vedanta and Indian Tantra

- 1994 - with Swami Dayananda Saraswati and Carol (Radha) Whitfield, Ph.D, Ph.D.,
 Arsha Vidya Gurukulum Institute of Vedanta and Sanskrit, Saylorsburg,
 PA/Berkeley, CA
 1996 – 2000 with Sri Ranjit Maharaj, Inch-Giri Natha lineage, Maharashtra, India
 1996 - with Swami Chandrasekharanand Saraswati, and Br. Shivarpita Harrigan,
 Gomutigiri Maharaja lineage, Bay Area, CA/Nashville, Te
 1992-1997 with R. Adams, and H.W. Poonjaji

Buddhism

- 1992 - Vipassana, Theravada, Goenka's lineage, Shelburn Falls, MA
 1994 - Rigpa, Mahayana/Dzogchen with Sogyal Rinpoche, Bay Area

Paganism and Indigenous Spirituality

- 1987-1992 Russian spiritual underground

Movement Systems

- 1987-1992 Chi-Gong with Vladimir Gerasimov, Leningrad, Russia
 1998 – 2000 White Crane Silat, San Francisco, CA
 1987 - Meditative Running, Yoga of Inner Heat, Breathwork and Kundalini Yoga
 (mandated to teach).

ADDITIONAL INFORMATION

- ❖ Knowledge of English, Russian and limited knowledge of written Sanskrit languages
- ❖ Meditation and Prayer retreat leading skills
- ❖ Harm-reduction-based approach to research
- ❖ Interest in travels, arts and history
- ❖ Skills of the various forms of dialog and existential enquiry
- ❖ Interdisciplinary and encyclopedic knowledge
- ❖ Passion for bridging the gaps in favor of new emergencies

