

Shani Robins

MYT Presenter

Dr. Shani Robins pioneered the field of Wisdom Therapy™ in 1998. WT integrates the best practices of Western psychological science and Eastern religious traditions. Shani completed his B.A. in Psychology and Philosophy with honors from UCLA, and his M.A. and Ph.D. in Cognitive Experimental Psychology from U.C. Santa Barbara. He is an instructor at Stanford University and U.C. Berkeley, a licensed Clinical Psychologist (PSY18795), and the founder and director of the Wisdom Therapy Institute.

Dr. Robins applies Wisdom Therapy, Emotional Intelligence, Mindfulness Meditation, and the active cultivation of humility to organizational and corporate consulting. He has published and has given numerous training workshops and scientific talks nationally and internationally in the field of Wisdom and its relationships to emotions, stress, coping, performance, and organizational consulting. Among his publications is a chapter on Emotional Intelligence in the Handbook of Consulting Psychology, and a journal article on a systems conceptualization of anger and other emotions.

Dr. Robins is an avid racquetball player and also enjoys playing chess and GO. He rollerblades, salsa dances, runs the occasional marathon, and strives to appreciate the simple things.