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Bio

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Lynn C. Waelde, Ph.D. is an Adjunct Clinical Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine and Professor Emeritus in the Psychology Department at Palo Alto University. Dr. Waelde's many collaborative publications address the impacts of traumatic events and ways to use mindfulness and meditation to promote resilience and recovery from stress and trauma. She founded and directed the Inner Resources Center which offered intervention groups and trainings to thousands of participants, clients, and therapists over the past 15 years. Dr. Waelde is the author of Mindfulness and Meditation in Trauma Treatment: The Inner Resources for Stress Program, published in 2022. She has taken a special interest in family caregivers and the Inner Resources for Stress program has been named a Best Practice by the Benjamin Rose Institute on Aging. She recently coauthored Family Caregiver Distress, which is forthcoming in 2023. She is on the editorial board of Journal of Traumatic Stress and an Associate Editor of Mindfulness.