

Stanford



Stephen Murphy-Shigematsu

Lecturer

Center for Comparative Studies in Race and Ethnicity

Bio

BIO

Stephen Murphy-Shigematsu received a doctorate in clinical and community psychology from Harvard University and was professor at the University of Tokyo before coming to Stanford. His appointments include consulting professor in the School of Medicine, School of Humanities and Science, and visiting professor in the School of Education. He has taught in Health and Human Performance, Comparative Studies in Race & Ethnicity, Psychology, Anthropology, and Human Biology. His consulting practice with American and Japanese organizations is based in mindfulness, emotional intelligence, and narrative psychology, balancing Eastern and Western wisdom and science. He is author of 11 books in Japanese and English including, *Multicultural Encounters: Case Narratives of a Counseling Practice* (2002), *When Half is Whole: Multiethnic Asian American Identities* (2012), *The Stanford University Mindfulness Classroom* (2016), *From Mindfulness to Heartfulness: Transforming Self and Society with Compassion* (2018), and *Ultimate Leadership* (2018).

ACADEMIC APPOINTMENTS

- Lecturer, Center for Comparative Studies in Race and Ethnicity

Teaching

COURSES

2020-21

- Heartfulness: Mindfulness, Compassion, and Responsibility: CSRE 47Q (Win)
- Selected Topics: Leadership Studies: LEAD 199 (Win)
- Transforming Self and Systems: Crossing Borders of Race, Nation, Gender, Sexuality, and Class: CSRE 144 (Spr)
- When Half is Whole: Developing Synergistic Identities and Mestiza Consciousness: CSRE 174S (Spr)

2019-20

- Heartfulness: Mindfulness, Compassion, and Responsibility: CSRE 47Q (Win)
- Selected Topics: Leadership Studies: LEAD 199 (Win, Spr)
- Transforming Self and Systems: Crossing Borders of Race, Nation, Gender, Sexuality, and Class: ASNAMST 144, CSRE 144, FEMGEN 144X (Win)
- When Half is Whole: Developing Synergistic Identities and Mestiza Consciousness: ASNAMST 174S, CSRE 174S (Win)

2018-19

- Heartfulness: Mindfulness, Compassion, and Responsibility: CSRE 47Q (Aut)
- Selected Topics: Leadership Studies: LEAD 199 (Aut, Win, Spr, Sum)
- Transforming Self and Systems: Crossing Borders of Race, Nation, Gender, Sexuality, and Class: ASNAMST 144, CSRE 144, FEMGEN 144X (Aut)

- When Half is Whole: Developing Synergistic Identities and Mestiza Consciousness: ASNAMST 174S, CSRE 174S (Win)

2017-18

- Heartfulness: Mindfulness, Compassion, and Responsibility: CSRE 47Q (Win)
- Mindful Leadership: LEAD 110 (Spr)
- Selected Topics: Leadership Studies: LEAD 199 (Sum)
- Transforming Self and Systems: Crossing Borders of Race, Nation, Gender, Sexuality, and Class: ASNAMST 144, CSRE 144, FEMGEN 144X (Win)
- Trauma, healing, and empowerment: CSRE 145H, LIFE 145 (Win)
- When Half is Whole: Developing Synergistic Identities and Mestiza Consciousness: ASNAMST 174S, CSRE 174S (Spr)

Publications

PUBLICATIONS

- **Vulnerability and the beginner's mind.** *The clinical teacher*
Murphy-Shigematsu, S.
2014; 11 (5): 399-400
- **Teaching and Learning Moments The Heart of Listening** *ACADEMIC MEDICINE*
Murphy-Shigematsu, S.
2013; 88 (11): 1753-1753
- **Drops of Water** *AMERASIA JOURNAL*
Murphy-Shigematsu, S.
2013; 39 (1): 51-58
- **Respect and empathy in teaching and learning cultural medicine.** *Journal of general internal medicine*
Murphy-Shigematsu, S.
2010; 25: S194-5
- **The impact of film in teaching cultural medicine.** *Family medicine*
Murphy-Shigematsu, S., Grainger-Monsen, M.
2010; 42 (3): 170-172
- **Microaggressions by Supervisors of Color** *TRAINING AND EDUCATION IN PROFESSIONAL PSYCHOLOGY*
Murphy-Shigematsu, S.
2010; 4 (1): 16-18
- **Teaching cross cultural competence through narrative.** *Family medicine*
Murphy-Shigematsu, S.
2009; 41 (9): 622-624
- **We are not our bodies.** *Academic medicine*
Murphy-Shigematsu, S.
2009; 84 (8): 981-?
- **Blessed messy work.** *American journal of nursing*
Murphy-Shigematsu, S.
2009; 109 (2): 88-?
- **Identity narratives of Muslim foreign workers in Japan** *JOURNAL OF COMMUNITY & APPLIED SOCIAL PSYCHOLOGY*
Onishi, A., Murphy-Shigematsu, S.
2003; 13 (3): 224-239