



Stephen Murphy-Shigematsu

- Academic Staff - Hourly - CSL, Medicine
- Adjunct Professor, Psych/General Psychiatry and Psychology (Adult)

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, 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); *Synergy, Healing, and Empowerment: Insights from Cultural Diversity* (with Richard Katz) (2012); *From Mindfulness to Heartfulness: Transforming Self and Society with Compassion* (2018).

ACADEMIC APPOINTMENTS

- Academic Staff - Hourly - CSL, Medicine

Teaching

COURSES

2023-24

- Heartfulness: Mindfulness, Compassion, and Responsibility: CSRE 47, LIFE 185 (Win)

2022-23

- Finding Ourselves and Sharing Our Stories: CSRE 44 (Win)
- Heartfulness: Mindfulness, Compassion, and Responsibility: CSRE 47Q, LIFE 185Q (Win)

2021-22

- Heartfulness: Mindfulness, Compassion, and Responsibility: CSRE 47Q, LIFE 185Q (Aut)
- Transforming Self and Systems: Crossing Borders of Race, Nation, Gender, Sexuality, and Class: ASNAMST 144, CSRE 144, FEMGEN 144X (Win)
- Trauma, Healing, and Empowerment in Asian America: ASNAMST 131, CSRE 131 (Spr)

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, LIFE 144 (Spr)
- When Half is Whole: Developing Synergistic Identities and Mestiza Consciousness: ASNAMST 174S, CSRE 174S, LIFE 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