



## **RUTH RICHARDS, M.D., Ph.D.**

**Saybrook University**  
**College of Social Sciences**  
**475 Fourteenth St., Ninth Floor**  
**Oakland, CA 94612 USA**

**495A Henry St. PMB 208 Brooklyn NY 11231**  
**& PMB 279, 1569 Solano Ave, Berkeley, CA**  
[\*\*rrichards@saybrook.edu\*\*](mailto:rrichards@saybrook.edu)

### **EDUCATION**

B.S.	Stanford University	(physics, with distinction)
M.A.	University of California, Berkeley	(science education)
Ph.D.	University of California, Berkeley	(education: educational psychology and science education)
M.D.	Harvard Medical School	(general medicine)

### **DISSERTATION (University of California, Berkeley) AND LATER EMPHASES**

The dissertation, *A Study of Selected Guilford and Wallach-Kogan Creative Thinking Tests in Conjunction with Measures of Intelligence and Personality* was followed by scholarship in multiple areas including creativity assessment, issues of creativity in education, relation of creativity to individual and familial risk for bipolar mood disorders and schizophrenia, roles of creativity in positive mental health, issues of creativity and the arts, social action, spiritual development, chaos theory (nonlinear dynamical systems theory) and creativity, and issues of beauty and awareness.

### **POSTDOCTORAL TRAINING**

1975 - 1976	Trainee, clinical psychology practicum, Thom Clinic for Children (affiliate of Boston University School of Medicine)
1980 - 1981	Intern (rotating), United States Public Health Service, Boston, MA
1981 - 1984	Resident in Psychiatry, McLean Hospital, Belmont, MA (affiliate of Mass. General Hospital and Harvard Medical School)

### **ACADEMIC APPOINTMENTS**

1969 - 1970	English teacher, part-time, Oakland Adult School
1971 - 1975	Assistant Professor of Educational Psychology, Dept. of Humanistic

- and Behavioral Studies, Boston University School of Education
- 1978 - 2015 Lecturer on Psychology, Department of Psychiatry, Harvard Medical School
- 1981 - 1984 Clinical Fellow in Psychiatry, Harvard Medical School
- 1984 - 1990 Clinical Instructor in Psychiatry, Harvard Medical School
- 1990 - 1994 Assistant Clinical Professor of Psychiatry, Harvard Medical School
- 1993 - 1995 Visiting Scholar in Educational Psychology, University of California, Berkeley, Graduate School of Education
- 1994 - 2006 Associate Clinical Professor, Department of Psychiatry, University of California, San Francisco
- 1995 - Professor of Psychology, Saybrook University, San Francisco (Faculty Co-Chair, 1996-1998) (Chair, Consciousness and Spirituality, 1999-2000)
- 1999- 2001 Visiting Professor, Dept. of Arts and Consciousness, John F. Kennedy University

### **HOSPITAL APPOINTMENTS**

- 1978 - 1990 Assistant Attending Psychologist, McLean Hospital, Belmont, MA
- 1984 - 1987 Assistant Psychiatrist, McLean Hospital
- 1987 - 1991 Assistant Attending Psychiatrist, McLean Hospital
- 1990 - 1994 Associate Attending Psychologist, McLean Hospital
- 1991 - 1994 Associate Attending Psychiatrist, McLean Hospital
- 1994 - 1997 Courtesy Staff, Walnut Creek Hospital, Walnut Creek, CA
- 1994 - 2015 Research Affiliate in Psychology and Psychiatry, McLean Hospital

### **LICENSURE AND CERTIFICATION**

- 1969 California Lifetime Teaching Credential (Secondary level: physics, mathematics, art)
- 1984 Massachusetts Teachers Certificate (K-12: art, health; Secondary level: physics, chemistry, biology, mathematics)
- 1973 Massachusetts License Registration (psychology)
- 1981 California License Registration (medicine, active)
- 1981 Massachusetts License Registration (medicine, inactive)
- 1981 New York License Registration (medicine, inactive)
- 1995 Diplomate, American Board of Psychiatry and Neurology

### **OTHER PROFESSIONAL POSITIONS**

- 1972 Consultant on affective assessment, Massachusetts Dept. of Education
- 1974 - 1975 Co-Leader, parent-adolescent group, Arlington Schools, Arlington, MA
- 1974 Program Evaluator, Massachusetts State College System
- 1974 Consultant on creativity, Wayland Public Schools, Wayland, MA

- 1974 - 1975 Director, Women's Leadership Project in Adult Education, Boston University School of Education (leadership facilitation and advocacy)
- 1987 - 1988 Advisory Panel, Biological Applications Program, Office of Technology Assessment, U.S. Congress
- 1989 - Advisory Board, The Manic-Depressive Illness Foundation (established in cooperation with Johns Hopkins University School of Medicine, to increase public awareness and understanding of affective disorders).
- 1993 - 1995 Consulting Psychiatrist (psychopharmacology), Counseling Center, John F. Kennedy University, Pleasant Hill, CA
- 1994 Consultant, Milken Foundations Museum Project, Los Angeles, CA
- 1996 Participant, speaker, and contributor to policy recommendations for invitational conference, "Manic-Depressive Illness: Evolutionary and Ethical Issues," The Banbury Center, Cold Spring Harbor Laboratory, October, 1996. (Organizers/sponsors: K. Jamison, Johns Hopkins University, and R. Cook-Deegan, National Academy of Sciences)
- 2005- AHIMSA—nonprofit, nonsectarian interfaith organization dedicated to the advancement of a harmonious and nonviolent world by exploring how religion, science, and social action impact our awareness. (Associate Board, 2005-2008; Advisory Board, 2008 to present)

## **PUBLICATION EDITORIAL AND ADVISORY BOARDS**

- 1984 - 1989 *Genetic, Social, and General Psychology Monographs*
- 1984 - 1989 *Journal of Genetic Psychology*
- 1992 - *Creativity Research Journal*
- 1996 - 1999 Executive Advisory Board, *Encyclopedia of Creativity, 1<sup>st</sup> Ed.* (Academic Press)
- 1996 - *Journal of Humanistic Psychology*
- 2007 - 2018 *Psychology of Aesthetics, Creativity, and the Arts* (Div. 10, APA)

## **HONORS**

National Science Foundation Graduate Fellowship in biophysics, honorary, awarded for 1965-66  
 Member, Pi Lambda Theta  
 Fellow, American Psychological Association

Listings in: *Who's Who in America*  
*Who's Who in the World*  
*Who's Who in the East*  
*Who's Who in the West*  
*Who's Who of American Women*  
*Who's Who in Medicine and Healthcare*  
*Who's Who in Science and Engineering*

Rudolf Arnheim Award, Division 10, American Psychological Association, for "Outstanding Lifetime Accomplishment in Psychology and the Arts" (awarded 2009)

## PROFESSIONAL MEMBERSHIPS

American Psychological Association (Fellow)

Psychology and the Arts (Fellow, Division 10)  
At Large Representative, two terms  
(2001-2004 and 2005-2008)  
Humanistic Psychology (Fellow, Division 32)  
Peace Psychology (Fellow, Division 48)

Society for Chaos Theory in Psychology and the Life Sciences

Psychologists for Social Responsibility

## BOOKS AND MONOGRAPHS

Richards, R. (1981). Relationships between creativity and psychopathology: An evaluation and interpretation of the evidence. *Genetic Psychology Monographs*, 103, 261-324.

Richards, R. (1994/2017). *Everyday creativity: Coping and thriving in the 21<sup>st</sup> century*. Raleigh, NC: Lulu, ISBN 978-1-365-68095-3. (Text from 1994, Preface, 2017).

Runco, M.A., & Richards, R. (Eds.). (1997, hardbound; 1998, paperback). *Eminent Creativity, Everyday Creativity, and Health*. Santa Barbara, CA: Praeger.

Richards, R. (Ed.). (2007). *Everyday creativity and new views of human nature: Psychological, social, and spiritual perspectives*. Washington, D.C.: American Psychological Association

Richards, R. (2018). *Everyday creativity and the healthy mind: Dynamic new paths for self and society*. London, UK: Palgrave Macmillan.

Excerpt (opening vignette, Ch. 2) available at: [www.awakin.org/?tid=778](http://www.awakin.org/?tid=778) (more than 190,000 views as of December, 2018).

Schuldberg, D., Richards, R., & Guisinger, S. (Eds.) (in preparation). *Nonlinear psychology: Keys to chaos and creativity in mind and nature* (for Oxford University Press)

## PSYCHOMETRIC INSTRUMENT

Richards, R., Kinney, D.K., & Benet, M. (© 1988). *The Lifetime Creativity Scales*. (The scales are also published as part of a chapter in the following book:)

Kinney, D., Richards, R., & Southam, M. (2012). Everyday creativity, its assessment, and The Lifetime Creativity Scales. *The Creativity Research Handbook*, Vol. 3. (pp. 285-319) New York, NY: Hampton Press).

## **ART EXHIBITIONS and CONTRIBUTIONS**

Richards, R., with Hoffman, D., Serlin, I, Torres, M., Katz, E., Kerr, C., & Southam, M. Featured as an “Artist” (among “100 Artists”) at the Oakland Museum of California show, *Wm. T. Wiley & Mary Hull Webster & 100 Artists* (1999). In this role, presented “Creating in Spite of Ourselves: Evolving at the Edge of Chaos,” on the Stage of Evolution, Oakland Museum of California (20 June 1999), presentation accompanied by a continuous slide show, ongoing dance improvisations, and interludes with presentations and audience participation, with experts including artists, art and dance therapists, disabilities specialists.

Dr. Richards also contributed drawing and poem to a companion book published for the show by the Oakland Museum of California, Nissen, D. (Ed.) *What good is art?*

Richards, R. (2015, October). Painting: Seeds of the Future as part of “Face to Face: Fall Group Show, Brooklyn Waterfront Artists Coalition, ([www.BWAC.org](http://www.BWAC.org)), drawing from work and theory on chaos theory, beauty, and the fractal forms of nature, with resonance to ongoing “Seeds of Creativity” qualitative interview research.

Richards, R. (2016, Fall). India ink drawings exhibited at [www.BWAC.org](http://www.BWAC.org).

Richards, R. (2016, Fall). BWAC address, a show-related public event, with 6 participating artists, sharing short segments and demos (visual art, music) on their work and creative process, linked to Dr. Richards’s “Seeds of Creativity” research, “New Routes to Creative Ideas,” October, 2016.

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## **EVALUATION REPORTS**

Pagano, J., Galson, N. Lauroesch, W., Macy, F., & Richards, R. (1974). *An evaluation of Massachusetts State College System pilot programs in continuing education*. Boston: Massachusetts State College System. (Assessment of three experimental “external degree” programs.)

Richards, R. (1975). *The Women’s Leadership Project: A one-year training project in adult education administration*. Boston, MA: Boston University School of Education. (ERIC Document Reproduction Service No. ED 117 447). (Final evaluation of a training and advocacy program, directed by Dr. Richards.)

## ARTICLES, CHAPTERS, REVIEWS

- Richards, R. (1976). Comparison of selected Guilford and Wallach-Kogan tests of creative thinking in conjunction with measures of intelligence. *Journal of Creative Behavior, 10*, 151-164. (Reply by J.P. Guilford in the same issue.)
- Matthysse, S.M., Kinney, D.K., Richards, R., & Adler, S. (1978). High density families: A new strategy in schizophrenia research. *McLean Hospital Journal, 3*, 178-191.
- Morton, L.A., Kidd, K.K., Matthysse, S.W., & Richards, R. (1979). Recurrence risks in schizophrenia: Are they model-dependent? *Behavior Genetics, 9*, 389-406.
- Richards, R., & Casey, M.B. (1979). Predictors of achievement in a model two-year college. *Community and Junior College Research Quarterly, 4*, 205-214.
- Richards, R. (1981). Priorities of the beginning student in educational measurement. *Education, 101*, 285-291.
- Kinney, D.K., & Richards, R. (1986). Creativity and manic-depressive illness. *Science, 234*, 529. (Letter in response to coverage of our research by C. Holden (1986, August 15). Manic-depression and creativity. *Science*.)
- Richards, R., Kinney, D.K., Benet, M., & Merzel, A. (1988). Assessing everyday creativity: Characteristics of The Lifetime Creativity Scales and validation with three large samples. *Journal of Personality and Social Psychology, 54*, 476-485.
- Richards, R., Kinney, D.K., Lunde, I., & Benet, M. (1988). Creativity in manic-depressives, cyclothymes, their normal relatives, and control subjects. *Journal of Abnormal Psychology, 97*, 281-288. Reprinted in M. Runco & R. Richards, (Eds.). (1997). *Eminent creativity, everyday creativity, and health* (pp. 119-136). Greenwich, CT: Ablex .
- Richards, R., & Kinney, D.K. (1989). Creativity and manic-depressive illness (letter). *Comprehensive Psychiatry, 30*, 272-273.
- Richards, R. (1990). (Review of *Great men with sick minds and other essays*.) *American Journal of Psychiatry, 147*, 1683-1684.
- Richards, R., & Kinney, D.K. (1990). Mood swings and creativity. *Creativity Research Journal, 3*, 203-218. Reprinted in M. Runco and R. Richards (Eds.). (1997). *Eminent creativity, everyday creativity and health* (pp.137-156). Stamford, CT: Ablex Publ. Corp.
- Richards, R. (1990). Everyday creativity, eminent creativity, and health: "Afterview" for two special issues on creativity and health. *Creativity Research Journal, 3*, 300-326.



- Richards, R. (1991). (Review of *The creative process: A functional model based on empirical studies from early childhood to middle age*, by G. J.W. Smith & I.M. Carlsson). *American Journal of Psychiatry*.
- Richards, R. (1992, April). Mood swings and everyday creativity. *The Harvard Mental Health Letter*, pp. 4-6.
- Richards, R. (1992, December). Everyday -- A work of art? (German). *Psychologie Heute*, pp. 58-64.
- Richards, R., Kinney, D.K., Daniels, H., & Linkins, K. (1992). Everyday creativity and bipolar and unipolar affective disorder: Preliminary study of personal and family history. *European Psychiatry*, 7, 49-52.
- Richards, R. (1993). Seeing beyond: Issues of creative awareness and social responsibility. *Creativity Research Journal*, 6, 165-183.
- Richards, R. (1993). Everyday creativity, eminent creativity, and psychopathology: Commentary on "Creativity and personality" by Hans Eysenck. *Psychological Inquiry*, 4, 212-217.
- Richards, R. (1994). Creativity and bipolar mood disorders: Why the association? In, M. Shaw, & M. Runco (Eds.), *Creativity and affect* (pp. 44-72). Stamford, CT: Ablex Publ. Corp.
- Richards, R. (1994). Comments on "Acceptable" and "Unacceptable" Research. *Creativity Research Journal*, 7, 87-90.
- Richards, R. (1996). Does the Lone Genius ride again?: Chaos, creativity, and community. *Journal of Humanistic Psychology*, 36(2), 44-60.
- Richards, R. (1996). Beyond Piaget: Accepting divergent, chaotic, and creative thought. In M. Runco (Ed.), *Creativity from childhood through adulthood: The developmental issues* (Special issue). *New Directions in Child Development*, 72, 67-86.
- Richards, R. (1997). When illness yields creativity. In M. Runco & R. Richards (Eds.). *Eminent creativity, everyday creativity, and health* (pp. 485-540). Stamford, CT: Ablex Publ. Corp.
- Richards, R. (1998). Everyday creativity. In H.S. Friedman (Ed.). *The Encyclopedia of Mental Health, Vol. I* (pp. 619-633). San Diego: Academic Press.
- Richards, R. (1999). The subtle attraction: Beauty as a force in awareness, creativity, and survival. In S. Russ (ed.), *Affect, creative experience, and psychological adjustment* (pp. 195-219). Philadelphia, PA: Brunner/Mazel.
- Richards, R. (1999). We are all creative... In D. Nissen (Ed.). *What good is art?: 57 artists respond to the questions: What is art for? What are museums for? What are you for?* (&

*sometimes) What is art?* (p. 42). A collaborative project for the Oakland Museum Show, *What is Art For? Wm. T. Wiley & Mary Hull Webster & 100 Artists* (March 6-July 25, 1999). Oakland, CA: Oakland Museum.

Reprinted with original graphics as part of Arons, M., & Richards, R. (2001). Two noble insurgencies: Creativity and Humanistic Psychology. In, K.J. Schneider, J.F.T. Bugental, & J. F. Pierson (Eds.), *Handbook of Humanistic Psychology*. Thousand Oaks, CA: Sage Publications.

Richards, R. (1999). Affective disorders. In M. Runco and S. Pritzker (Eds.). *The Encyclopedia of Creativity, Vol. 1* (pp. 31-43). San Diego: Academic Press.

Richards, R. (1999). Everyday creativity. In M. Runco and S. Pritzker (Eds.). *The Encyclopedia of Creativity, Vol. 1* (pp. 683-687). San Diego: Academic Press.

Richards, R. (1999). Five-part typology (creativity and psychological problems). In M. Runco and S. Pritzker (Eds.). *The Encyclopedia of Creativity, Vol. 1* (pp. 717-723). San Diego: Academic Press.

Richards, R. (1999). Four P's of creativity. In M. Runco and S. Pritzker (Eds.). *The Encyclopedia of Creativity, Vol. 1* (pp. 733-741). San Diego: Academic Press.

Richards, R., & Kerr, C. (1999, July & August). The fractal forms of nature: A resonant aesthetic? Presented at the Annual Meeting of the Society for Chaos Theory in Psychology and the Life Sciences, Berkeley, CA, and at the 107<sup>th</sup> Annual Meeting of the American Psychological Association, Boston, MA, with key features included in Richards (2001)..

Richards, R., & Kinney, D.K. (2000). "Creative advantage," mood disorders, and what we all can learn. *Bulletin of Psychology and the Arts, 1*(2), 44-47.

Kinney, D.K., Ralevski, E., & Richards, R. (2000). Creativity and liability for schizophrenia. *Bulletin of Psychology and the Arts, 1*(2), 43-44.

Kinney, D.K., Richards, R., Lowing, P.A., LeBlanc, D., Zimbalist, M.E., & Harlan, P. (2000-2001). Creativity in offspring of schizophrenics and controls (for special issue, "Creativity and the schizophrenia spectrum," edited by Louis Sass and David Schulberg). *Creativity Research Journal, 13*(1), 17-26.

Richards, R. (2000-2001). Creativity and the schizophrenia spectrum?: More and more interesting. (Concluding commentary for special issue, "Creativity and the schizophrenia spectrum," edited by Louis Sass and David Schulberg). *Creativity Research Journal, 13*(1), 111-131.

Richards, R. (2000-2001). Millennium as opportunity: Chaos, creativity, and J.P. Guilford's Structure-of-Intellect Model. *Creativity Research Journal, 13*(3&4), 249-265. (The



lead theoretical article in this special millennial issue, honoring J.P. Guilford and 50 years of creativity research.)

Arons, M., & Richards, R. (2001). Two noble insurgencies: Creativity and Humanistic Psychology. In K.J. Schneider, J.F.T. Bugental, & J. F. *Handbook of Humanistic Psychology: Leading edges in theory, research, and practice*, 1<sup>st</sup> Ed. (pp. 127-142). Thousand Oaks, CA: Sage Publications

Reprinted in Schneider, K., Pierson, J.F., & Bugental J. (2014) *Handbook of Humanistic Psychology*, 2<sup>nd</sup> Ed. (pp. 161-176). Thousand Oaks, CA: Sage Publications.

Richards, R. (2001). A new aesthetic for environmental awareness: Chaos theory, the natural world, and our broader humanistic identity. (Special ecopsychology issue, *Humanistic Psychology and the Environment*). *Journal of Humanistic Psychology*, 41(2), 59-95.

Shansis, F., Fleck, M., Richards, R., Kinney, D., Izquierdo, I., Mattevi, B., Maldonado, G., & Berlim, M. (2003). Desenvolvimento da versao para o portugues das Escalas de Criatividade ao Longo da Vida (ECLV). (Development of the Portuguese language version of the Lifetime Creativity Scales). *Rev. Psiquiatr. Rio Grande do Sul*, 25(2), 284-296.

Richards, R. (2003). "Creativity, talents, and skills" (section contributor). In F. Bloom, M.F. Beal, & D.J. Kupfer, *The Dana guide to brain health* (pp. 236-244). New York: Free Press.

Montuori, M., Combs, A., & Richards, R. (2004). Creativity, consciousness, and the direction for human development. In D. Loye (Ed.). *The great adventure: Toward a fully human theory of evolution* (pp. 197-236). Albany, NY: SUNY Press.

Richards, R. (2005). The arts and self-expression in mental health. *Elites* (Italian). Adaptation of an invited address given as part of the "Conversation" Series, at the Carter Presidential Center, Atlanta, GA, March, 2004.

Richards, R. (2006). Frank Barron and the study of creativity: A voice that lives on. *Journal of Humanistic Psychology*. 46(3), 352-370.

Richards, R. (2007). Relational creativity and healing potential: Power of Eastern thought in Western clinical settings. In J. Pappas, B. Smythe, & A. Baydala (Eds.), *Cultural healing and belief systems* (pp. 286-308). Calgary, Alberta: Detselig Enterprises.

Richards, R. (2007). Observing the remarkable Stanley Krippner. *Dream Network*, 26(1&2), 12-13.

Kinney, D.K., & Richards, R. (2007). Creativity and affective disorders: Are they related? .

- In C. Martindale, P. Locher, & V.M. Petrov (Eds.), *Evolutionary and neurocognitive approaches to aesthetics, creativity, and the arts* (pp. 225-237). Amityville, NY: Baywood.
- Richards, R. (2007). Everyday creativity and the arts. *World Futures*, 63, 500-525.
- Richards, R. (2007). Everyday creativity: Our hidden potential. In R. Richards (Ed.), *Everyday creativity and new views of human nature* (pp. 25-53). American Psychological Association.
- Richards, R. (2007). Twelve potential benefits of living more creatively. In R. Richards (Ed.), *Everyday creativity and new views of human nature* (pp. 289-319). American Psychological Association.
- Richards, R., & Whitehouse, H. (2008). Subtle mind, open heart: Mike Arons remembered (1929-2008). *Psychology of Aesthetics, Creativity, and the Arts*, 2(4), 264-270.
- Richards, R. (2009). Commentary: Everyday creativity and gestalt learning: Ansel Woldt's message in terms of 7 suggestions for creativity education. *Gestalt Review*, 12(2), 153-162. (Special issue on creativity, S. Fischer, Ed., for Summer 2009).
- Richards, R. (2009, May). Who is gifted and talented, and what should we do about it? *Creativity Network Update*, 3, 6-11. Retrieved from [http://www.nagc.org/uploadedFiles/About\\_NAGC/Division\\_Pages/CreativityMay2009Newsletter.pdf](http://www.nagc.org/uploadedFiles/About_NAGC/Division_Pages/CreativityMay2009Newsletter.pdf)
- Krippner, S., Richards, R., & Abraham, F.D. (2010). Creativity and chaos while waking and dreaming. *Lumina*, 21(2), 17pp. ISSN 2094-1188. <http://ejournals.ph/index.php?journal=LUMINA&page=article&op=view&path%5B%5D=1443&path%5B%5D=1534>
- Richards, R. (2010). Everyday creativity in the classroom: A trip through time with seven suggestions. In R.A. Beghetto & J.C. Kaufman (Eds.), *Nurturing creativity in the classroom* (pp 206-234). New York: Cambridge University Press.
- Richards, R. (2010). Everyday creativity as process and way of life: Four key issues. In J.C. Kaufman & R.J. Sternberg (Eds.), *Cambridge Handbook of Creativity* (pp 189-215). New York: Cambridge University Press.
- Richards, R. (2010). Pondering extraordinary human possibilities. Foreword to S, Krippner, & H. Friedman (Eds.). *Debating psychic experience: Human potential or human illusion?* (pp. ix-xiv). Santa Barbara, CA: Praeger/ABC-CLIO.

- Kinney, D.K., & Richards, R. (2011). Bipolar mood disorders. *Encyclopedia of Creativity, 2<sup>nd</sup> Edition*. Academic Press.
- Richards, R (2011). Everyday creativity. *Ency. of Creativity, 2<sup>nd</sup> Ed.* Academic Press.
- Richards, R., Kolva, J., Atkin, M., Cheatham, H., Crocker, R., Ockuly, M.D., Goslin-Jones, T., Jones, C., Kasian, S.J., Kenny, R.M., & Smith, G. (2011). Creativity revalued: How professors, students, and an innovative university are turning the tide. *NeuroQuantology, 9*(3), 468-493.
- Algaze, D., Kinney, D., & Richards, R. (2011). Creativity, mental health, and the potential for "compensatory advantage" in selected psychiatric disorders. *Encyclopedia of Mental Health Issues in America*. Santa Barbara, CA: Praeger/ABC-CLIO.
- Richards, R. (2001/2012, January, illustrated reprint). A new aesthetic for environmental awareness: Chaos theory, the natural world, and our broader humanistic identity. <http://www.theosophyforward.net/special.html> (*J. Humanistic Psychology* paper in e-book format, as a special electronic edition, for *Theosophy Forward* online magazine).
- Richards, R. (2011, December 13). Everyday creativity (excerpt from book-in-progress) published with an added audio version, as the weekly selection on [www.awakin.org/?tid=778](http://www.awakin.org/?tid=778) (with 8,400 views as of July 2013)
- Kinney, D.K., Richards, R., & Southam, M. (2012). Everyday creativity, its assessment, and *The Lifetime Creativity Scales*. In M. Runco (Ed.), *The creativity research handbook, Vol 3* (pp. 285-319). Creskill, NJ: Hampton Press.
- Krippner, S., Richards, R., & Abraham, F.D. (2012). Creativity and chaos in waking and dreaming states. *NeuroQuantology, 10*(2), 164-176.
- Abraham, F.D., Krippner, S., & Richards, R. (2012). Dynamical concepts used in creativity and chaos. *NeuroQuantology, 10*(2), 177-182.
- Hoffman, L., Richards, R., & Pritzker, R. (2012). Creativity and the evolution of humanistic psychology. *Self and Society, 40*, 10-15.
- Ockuly, M., & Richards, R. (2013). Loving or Fearing Creativity? It's All in the Definition. *NeuroQuantology, 11*(2).
- Kinney, D.K., Richards, R.L., & Southam, M. (2012). Everyday creativity, its assessment, and *The Lifetime Creativity Scales*. In M.A. Runco (Ed.), *The creativity research handbook, Vol. 3* (pp. 285-319). New York: Hampton Press.

- Hoffman, L., Richards, R., & Pritzker, S. (2013; 2<sup>nd</sup> Ed. 2017 ). Creativity in the evolution of Humanistic Psychology. In R. House, D. Kalisch, & J. Maidman (Eds.), *The future of Humanistic Psychology* (pp. 8-16). Ross-on-Wye, Herefordshire, UK: PCCS Books, Ltd.
- Kinney, D., & Richards, R. (2014). Creativity as “Compensatory Advantage”: bipolar and schizophrenic liability and the Inverted-U Hypothesis. In J. Kaufman (Ed.), *Creativity and mental illness* (pp. 295-317). New York: Cambridge University Press.
- Richards, R. (2014). A creative alchemy. In S. Moran, D. Cropley, and J. Kaufman (Eds.), *The ethics of creativity* (pp. 119-136). London, UK: Palgrave Macmillan
- Richards, R. (2015). Tribute for festschrift in honor of Dr. Stanley Krippner. University Professors Press.
- Richards, R. (2015, print publication, 2014 online prepublication). Will the Real Scientists please stand up?: Taboo topics, creative risk, and paradigm shift. *J of Humanistic Psychology* <http://jhp.sagepub.com/content/early/2014/05/21/0022167814533725>
- Richards, R. (2015). Review of The creative artist: Mental disturbance and mental health, by Elliot Benjamin, Ph.D. *Journal of Transpersonal Psychology* 47(1), reprinted in *Integral World*, [www.integralworld.net/benjamin73.html](http://www.integralworld.net/benjamin73.html)
- Richards, R. (2016, February). On Female Military Pilots. Response to two Op-Ed pieces, *New York Times*, February 21st. Unpublished manuscript.
- Hoffman, L., Richards, R., & Pritzker, S. (2017). Creativity in the evolution of Humanistic Psychology. In R. House, D. Kalisch, & J. Maidman (Eds.), *The future of Humanistic Psychology*, 2<sup>nd</sup> Ed. Ross-on-Wye, Herefordshire, UK: PCCS Books, Ltd.
- Kinney, DK., & Richards, R. (2017). Bipolar mood disorders. *Neuroscience and Biobehavioral Psychology*, Reference Module, 1-11.
- Goslin-Jones, & Richards, R. (2018). Mysteries of creative process: Explorations at work and in daily life. In L. Martin & N. Wilson (Eds), *International handbook of creativity at work*. London, UK: Palgrave Macmillan.
- Richards, R., & Goslin-Jones, T. (2018). Everyday creativity: Challenges for self and world—Six questions. In, R. Sternberg, and J. Kaufman (Eds.), *The nature of human creativity* (pp. 224-245). New York, NY: Cambridge University Press.
- Richards, R. (in press). Paula Jeanine Bennett and Collaborators: Drums and Music Bridging Worlds. *Psychology of Aesthetics, Creativity, and the Arts*.
- Richards, R. (in press). Chaos, creativity, complexity, and healthy change. In, Schuldberg,

D, Richards, R., & Guisinger, S., Eds., *Nonlinear psychology: Keys to chaos and creativity in mind and life*. New York, NY: Oxford University Press.

Schuldberg, D., Richards, R., & Guisinger, S. (in press). Introduction, and Conclusions. In, Schuldberg, D, Richards, R., & Guisinger, S., Eds., *Nonlinear psychology: Keys to chaos and creativity in mind and life*. New York, NY: Oxford University Press.

Richards, R. & Goslin-Jones, T. (in preparation). Everyday creativity: When process is product—Health, well-being, and path to greater meaning. *Encyclopedia of Creativity, 3<sup>rd</sup> Edition*. Academic Press.

Kinney, D.K., & Richards, R. (in preparation). Bipolar mood disorders and a creative compensatory advantage. *Encyclopedia of Creativity, 3<sup>rd</sup> Edition*. Academic Press.

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## PRESENTATIONS (2004 TO PRESENT)

Richards, R. (2004, March). The arts and self-expression in mental health. Invited presentation, Carter Presidential Center, Atlanta, GA, for President and Mrs. Carter’s “Conversations” series, also including performances and displays from artists, writers, and musicians. Hosted by Former First Lady Rosalynn Carter and broadcast on Georgia Public Radio.

Richards, R. (2004, August). Everyday creativity: Our hidden potential. In R. Richards (Chair), *Everyday creativity and new views of human nature*. Symposium conducted at the Annual Meeting of the American Psychological Association. Honolulu, Hawai’i.

Richards, R. (2004, August). Gender and spirituality: What creativity studies tell us. In L. Sundararajan (Chair), *Creativity and spirituality: Two sides, one coin?* Symposium conducted at the annual meeting of the American Psychological Association. Honolulu, Hawai’i.

Richards, R. (2005, September). Everyday creativity: Our hidden potential. Paper presented at the Saybrook Society, Saybrook Graduate School, San Francisco, CA.

Richards, R. (2005, October). Relational Healing and the Creative Spirit. Paper presented at the AHIMSA/Institute of World Religions Annual Conference, *Who We Are: Reaching for Empathy and the Roots of Peace*. Pacific School of Religion, Berkeley, CA.

Richards, R. (2006, August). Relational creativity from the clinic to everyday life. In R. Richards (Chair), *Empathy and the creative spirit: Toward individual and social healing*. (Symposium approved for continuing education credit.) Symposium conducted at the annual meeting of the American Psychological Association. New Orleans, LA.

- Richards, R. (2005, August). Everyday creativity: Challenge for lifelong learning. In S. Pritzker (Chair), *Learning and healing through creativity*. Symposium conducted at the annual meeting of the American Psychological Association. New Orleans, LA.
- Richards, R. (2006). What brings us alive in the moment? One of three presenters for Presidio Dialogues, a public series offered by Saybrook Graduate School and Research Center, San Francisco, CA.
- Richards, R. (2007, August). Everyday creativity and mental health: Comparing “c” with “C” creativity. In J.C. Kaufman (Chair), *New ideas on exploring everyday creativity*. Symposium conducted at the annual meeting of the American Psychological Association. San Francisco, CA.
- Richards, R. (2007, August). Chair, *Everyday creativity and new views of human nature*. Symposium conducted at the annual meeting of the American Psychological Association. San Francisco, CA.
- Richards, R. (2007, November). Creativity and spirituality in everyday life. Sunday Dharma Talk Series, Nyingma Tibetan Buddhist Institute, Berkeley, CA.
- Richards, R. (2007, December). What is Everyday Creativity? Paper presented at a Saybrook Society featured author event. San Francisco, CA.
- Richards, R. (2008, January). What is Everyday Creativity? Psychological and Spiritual Perspectives. Paper presented at the AHIMSA Spring Lecture Series. Berkeley Buddhist Monastery-Institute of World Religions. Berkeley, CA.
- Richards, R. (2008, April). Moderator, afternoon panel, AHIMSA Conference on Nonviolent Communication. Pacific School of Religion, Berkeley, CA.
- Richards, R., & Kinney, D.K. (2008, August). Creative choices: Patterns of everyday creativity at work and leisure. In J.C. Kaufman (Chair), *New thoughts in creativity assessment*. Symposium conducted at the annual meeting of the American Psychological Association, Boston, MA
- Richards, R. (2008, August). Panelist for J. Smith (Chair), *Walking Backward into the Future: Distinguished scholars reflect on aesthetics, creativity, and the arts*. Symposium conducted at the annual meeting of the American Psychological Association, Boston, MA
- Richards, R. (2008, August). Fractals, nature, new ways to see: Lessons from chaos theory. In C. Charyton (Chair), *Aesthetics of chaos—Art, music, humor, and nature*. Symposium conducted at the annual meeting of the American Psychological Association, Boston, MA
- Pritzker, S., & Richards, R. (2009, February). Maximizing your creativity: Seven keys to writing your best ever. Presented at the San Francisco Writers Conference, San Francisco, CA.
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- Richards, R., & Elliott, D. (2009, March). Sacred Songs, Sacred Stories. Presented at the AHIMSA Spring Lecture Series. Berkeley Buddhist Monastery-Institute of World Religions. Berkeley, CA.
- Krippner, S., Richards, R., & Abraham, F. (July, 2009). Chaos, creativity, dreaming and waking states: Honoring our healthy divergence. Society for Chaos Theory in Psychology and the Life Sciences. Milwaukee, Wisconsin. (Stanley Krippner presented the paper.)
- Richards, R. (2009, August). Dreams of perfection: A tribute to Del Morrison. In S. Russ & R. Richards (Co-Chairs), symposium honoring the late Del Morrison, conducted at the Annual Meeting of the American Psychological Association, Toronto, Canada.
- Richards, R. (2009, August). What is art for?—Response in images and 140 words. Poster session/"Division 10 Art Exhibition" to be presented at the annual meeting of The American Psychological Association, Toronto, Ontario, Canada.
- Richards, R. (2009, August). Discussant for L. Sundararajan (Chair), A process model of creativity: Theory, research, and live demonstration. To be conducted at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Richards, R. (2009, August). Discussant for S. Pritzker (Chair), New ideas for creativity in education, from K-Ph.D. To be conducted at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Richards, R. (2009, August). Paradoxes of Creativity: Measuring Novelty; Healthy/Unhealthy?; Beauty/Chaos? Arnheim Award for Outstanding Lifetime Achievement in Psychology and the Arts. Annual Meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Krippner, S., Richards, R., & Abraham, F. (2009, September). Chaos theory and creativity in wakefulness and dreaming. Presentation by Stanley Krippner. (Teoria do Caos e criatividade no estado de vigília e de sonho). Roundtable symposium conducted at the 5th Psi Meeting: The Varieties of Human Experiences, Instituto Pernambucano de Pesquisas Psicobiofísicas, Recife, Brazil.
- Krippner, S., Richards, R., & Abraham, F.D. (2009, October). Chaos theory and creativity in wakefulness and dreaming. Paper presented by Stanley Krippner at the Eighth Annual PsiberDreaming Conference of the International Association for the Study of Dreams, October 5-9, 2009.
- Richards, R. (2009, September). Presenter and facilitator, afternoon breakout group on new approaches to research, AHIMSA Conference, Networking Together: Toward Nonviolent and Caring Communities. Berkeley Buddhist Monastery, Berkeley, CA.
- Richards, R. (2010, March). Panelist for symposium, Organized Religion, Atheism, Spirituality. AHIMSA Spring Series, Berkeley Buddhist Monastery, Berkeley, CA

- Richards, R. (2010, August). When the abnormal is exceptional: Creative insight and chaos theory. In T. Zausner & F. Abraham (Co-Chairs), for a symposium, Chaos theory—Creativity, waking and dreaming life, psychopathology, and art. Annual Meeting of the American Psychological Association, San Diego, California.
- Richards, R. (2011, May). Age of empathy? New views of health, human nature, and relational creativity. AHIMSA Spring Lecture Series. Berkeley Buddhist Monastery/ Institute of World Religions. Berkeley, CA. Available on video at <http://cultureofempathy.com/References/Experts/Ruth-Richards/>
- Richards, R. (2011, August). Creativity and Creators—Angels and Demons. Presented as one-half of the Annual Division 10 Debate (here representing the Angels), J. Kaufman (Chair): Is Creativity necessarily a good thing? Annual Meeting of the American Psychological Association, Washington, D.C.
- Richards, R. (2011, August). Creativity normalcy—What is normal, what is healthy? In S. Pritzker (Chair), for a symposium, Creativity and healing. Annual Meeting of the American Psychological Association, Washington, D.C.
- Richards, R. (2011, August). Will the real scientists please stand up? Final paper/discussion, in S. Krippner (Chair), for a symposium, Debating psychic experiences—human potential or human illusion? Annual Meeting of the American Psychological Association, Washington, D.C.
- Richards, R. (2011, August). Perfection of wisdom: Resonance between *The Voice of the Silence* and the *Prajnaparamita Sutra*. International Theosophy Conference. Julian, CA.
- Richards, R. (2012, March). Video interview with Nicole Hendrix on “Creativity and education” for a series edited by S. Pritzker, J. Kaufman, & R. Beghetto, to appear on the website of the American Psychological Association ([www.apa.org](http://www.apa.org); 160,000 members), for the APA Education Directorate, tentatively to be posted in June, 2012.
- Richards, R. (2012, August). Empathy in the Kaliyuga. International Theosophy Conference, Wheaton, IL.
- Richards, R. (2011, August). Healing power of arts (discussion), In T. Zausner, & S. Pritzker (Chairs), Creative expression and healing. Annual Meeting of the American Psychological Association, Orlando, FL.
- Ockuly, M.D., & Richards, R. (2012, August). How do you define creativity? Views from the general public. Paper presented (by M. Ockuly) for symposium, R. Richards (Chair), Healing and Growth: When Creative Process Changes Us and Our Lives. Annual Meeting of the American Psychological Association, Orlando, FL.
- Richards, R. (2012, December). KEYNOTE Address: Everyday creativity, eminent creativity,

and new views of human nature. Presented at the Tung-Hai University 7<sup>th</sup> Cross-Disciplinary Conference in Management Studies: In Quest of Creativity. Taichung, Taiwan.

Richards, R. (2012, December). Empathy and relational creativity: New creative challenges on a shrinking globe. Presented at the Tung-Hai University 7<sup>th</sup> Cross-Disciplinary Conference in Management Studies: In Quest of Creativity. Taichung, Taiwan.

Richards, R. (2012, December). When the abnormal is exceptional. Creative insight and chaos theory. Tung-Hai University, Dept. of Business Admin, MBA Graduate Seminar.

Richards, R. (2013, May). Perfection of wisdom. Golden Gate Atrium, Rosicrucian Society, San Francisco, CA.

Richards, R. (2013, July). KEYNOTE Address: Chaos Theory and Creativity. For the 23<sup>rd</sup> Annual International Conference, Society for Chaos Theory in Psychology and the Life Sciences. Portland, OR, USA.

Richards, R. (2013, July). Creating a better person. For a symposium, S. Moran (Chair), A systems perspective on the ethics of creativity. Annual Meeting of the American Psychological Association, Honolulu, HI

Richards, R. (2013, August ). Chair for a symposium, Art as healer—Preschoolers to seniors to society at large. Annual Meeting of the Amer. Psychological Assoc., Honolulu, HI

Richards, R. (2013, August ). Discussant: Creativity Blast: (Selection of new and varied Research findings in the psychology of creativity). Annual Meeting of the American Psychological Association, Honolulu, HI

Richards, R. (2013, August). Taboo topics and the third object of Theosophy. International Theosophical Conference, New York City, NY, USA.

Richards, R. (2014, April). Near-Death Experiences: Brief introduction with Moody's 15 key elements. Introductory talk as part of a symposium, Near Death Experiences and the awakening of compassion (with three personal accounts), AHIMSA, Berkeley, CA.

Richards, R. (2014, August). Discussant: Psychotherapy as a creative process. S.R. Pritzker (Chair), 122<sup>nd</sup> Annual Convention of the Amer. Psychol. Association, Washington, D.C.

Richards, R. (2014, August). Lucid dreaming and creativity: Opening new worlds. For a symposium, T. Zausner (Chair), Impossible creativity—Exploring the far reaches of human potential. 122<sup>nd</sup> Convention of the Amer. Psychological Assoc., Washington, DC

Richards, R. (2014, August ). Discussant: Creativity Blast: (New and varied research findings in the psychology of creativity). 122<sup>nd</sup> Annual Convention of the American Psychological Association, Washington, D.C.

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- Richards, R. (2015, April). Creativity and chaos: 4 steps 2 new creative powers. For NZ Creativity Challenge, The Learning Connection, Lower Hutt/Wellington, New Zealand, sponsored by the TLC Educational Trust.
- Richards, R. (2015, August). Subtleties of creative longing, perception, and power. For a symposium, R. Bargdill (Chair), Psychology for the artist: Reflection, nuance, and auto-ethnography. 123<sup>rd</sup> Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.
- Richards, R. (2015, August). Discussant: Embracing Interdisciplinarity. E Mendelowitz (Chair) 123<sup>rd</sup> Annual Meeting, American Psychological Association, Toronto, Ontario, Canada.
- Richards, R. (2015, October). Painting: Seeds of the Future (acrylic on paper, 13 x 18" matted and framed) in Face to Face: Fall Group Show, Brooklyn Waterfront Artists Coalition ([www.BWAC.org](http://www.BWAC.org)), October 3<sup>rd</sup> to 25<sup>th</sup>, and special event: Meet the Artists October 3<sup>rd</sup>
- Richards, R. (2016, March). Creative Process, Chaos and Complexity Theory: Implications for Worldview and View of Self-in-World. Address to New York Regional Group, Saybrook University Alumni Association.
- Richards, R. (2016, October 15). New Routes to Creative Ideas (with cameo presentations by six artists and later Q &A: Evan Cordes, Anna Hagen, Judith Hooper, Russell Mehlman, John Strohbeen, Tobi Zausner). Presentation as part of fall show, Brooklyn Waterfront Artists Coalition, Brooklyn, New York.
- Richards, R. (2017, March 18). Chaos and creativity: The world is emerging and so are we? Winter Chaos Conference, Mercy College, Dobbs Ferry, New York.
- Richards, R., & Lai, Ting Chuk (2017, June). Chaos, creativity, spirituality, and gender. Workshop and initial lecture. Sakyadhita International Conference on Buddhist Women, University of Hong Kong, Hong Kong S.A.R., China.
- Richards, R., & Lai, Ting Chuk (2017, June). Chaos Theory as Buddhadharma. Dialogue by Stephen Muho Proskauer, enacted by co-leaders followed by arts-based workshop. Sakyadhita International Conference on Buddhist Women, University of Hong Kong, Hong Kong S.A.R., China.
- Richards, R., (2017, August). Beauty, truth, complexity: Finding self and world through creative process. In a symposium, Pamela McCrory and Tobi Zausner (Co-Chairs), Beauty, aesthetics, design, and deeper truth: Clinical, personal, and cultural awareness. 125<sup>th</sup> Annual Convention of the American Psychological Association, Washington, D.C.
- Richards, R. (2018, May). Perfection of Wisdom: Resonance between Blavatsky's
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Voice of the Silence and the Prajnaparamita Sutra (Perfection of Wisdom). New York Theosophical Society, Spring Program.

Richards, R. (2018, August). Chaos, creativity, complexity, and healthy change. In a symposium, Ruth Richards and David Schuldberg (Co-Chairs), Creativity, chaos, and nonlinear psychology in mind and life. 126<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

Richards, R. (2018, August). Drums, Music, Dance—Bridging Worlds: Healing for Self and Society, Paula Jeanine Bennett and International Collaborators. Presentation for special event, Town Hall Art Blitz. 126<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

Richards, R. (2018, August). Discussant for Expressive Arts in Everyday Life, with Tobi Zausner, Pamela McCrory, and Terri Goslin-Jones. 126<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

Richards, R. (2018, August). Chair and Discussion Leader, Contemporary Neo-Shamanism as a Path for Multidimensional Healing through Expressive Arts. (Substituting for Dr. Goslin-Jones, with Anthony Williams and Karel Bouse, participants, Stanley Krippner, Discussant). 126<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

Richards, R. (2019, February). Intimacy with Everyday Creativity. Saybrook Salon, Manhattan Plaza Health Club Conference Room, New York City.

February 2019

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