



ALEXANDER M. SPRADLING, Ph.D.

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PROFESSIONAL EXPERIENCE

- 2003-2008 Founder and Director of the "Centro Argentino de Mindfulness", Buenos Aires -Argentina -www.alespra.com
- 1995-2001 Senior Consultant at The Levinson Institute (an Executive and Organizational Development consulting firm), Boston, Massachusetts - USA
- 1990-1994 Organizational Development Consultant at Pacific Telesis Group (a telecommunications company), San Francisco, California -USA
- 1980-1989 Human Resources Consultant at McKay & Associates (a Human Resources consulting firm), San Francisco, California -USA.

EDUCATION AND TRAINING

Ph.D. (Doctor of Philosophy) in "Human Science" from Saybrook Institute (now known as Saybrook Graduate School and Research Center), San Francisco, California -USA (1990) - www.saybrook.edu/

M.A. (Master of Arts) in "Clinical Holistic Health Education" with specialization in Counseling Psychology from John F. Kennedy University, Orinda, California -USA (1986) - www.jfku.edu/

French Baccalaurat in "Economics and Social Sciences" from Institut Le Rosey, Rolle -

Switzerland (1974)

Completed the “Mindfulness-based Stress Reduction” professional training program (directed by Jon Kabat-Zinn) at the Center for Mindfulness at the University of Massachusetts Medical School, Worcester, Massachusetts USA (2002) -

www.umassmed.edu/cfm/

Studied and practiced vipassana meditation at the “Cambridge Insight Meditation Center” (Cambridge, Massachusetts -USA) (www.cimc.info), and at “Spirit Rock” (Woodacre, California -USA) (www.spiritrock.org), and participated in meditation retreats organized by those institutions (1992-2000).

Participated in several extensive meditation retreats at Springwater Center for Meditative Inquiry (directed by Toni Packer) -Springwater, New York USA (1997-1998) -

www.springwatercenter.org/

Completed the workshop “Dealing with Difficult People and Difficult Situations” (directed by Prof. William Ury) at Harvard University, Cambridge, Massachusetts -USA (1996).

Completed the seminars “On Leadership”, “Essential Organization” and “Beyond Teams” (directed by Drs. Gerald Kraines and Harry Levinson) at The Levinson Institute, Boston, Massachusetts -USA (1995-1996) www.levinsoninst.com/

Completed the “Organizational Learning Competency Course” (directed by Peter Singe) at The Organizational Learning Center (OLC) from M.I.T. Cambridge, Massachusetts -USA (1991-1992). Note: The center is now called Society for Organizational Learning (SOL) -

www.solonline.org/

Studied and practiced Soto Zen at the “San Francisco Zen Center” and participated in several retreats organized by that institution -San Francisco, California -USA (1976-1991) -

www.sfzc.org/

Completed the Professional Biofeedback Training Program at the “Biofeedback Institute of San Francisco” (directed by George Fuller von Bozzay, Ph.D.) in San Francisco, California - USA (1985).

Completed an intensive thirty week training and retreat in Yoga and Meditation, at the “Academy of Yoga and Meditation” (directed by Evangelos Alexandrou), in San Jose, California -USA (1975-1976).

PUBLICATIONS

- “How accountability helps the workplace”, 1997. Boston Business Journal, v. 17 #24.

“Evolutionary dynamics in societal development”, 1993. World Futures, vol. 36. New York: Gordon Breach Science Publishers.

“Design, the missing discipline in development: An evolutionary systems perspective”, 1990. Unpublished doctoral dissertation.

LANGUAGES

Fluent in english, Spanish and French, and intermediate in Italian.