



**EXECUTIVE SPOTLIGHT**

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# **Jean Shinoda Bolen, MD**



**Psychiatrist & Jungian Analyst**

**Author**

**MILL VALLEY, CA UNITED STATES**

**W**ith over five decades of professional experience to her credit, Jean Shinoda Bolen, MD, has excelled in private practice psychiatry since 1967 and has worked in Jungian analysis since 1974. Furthermore, she also spent over 40 years with the University of California San Francisco Medical Center. First embarking on this tenure as a clinical instructor in 1967, she became an assistant clinical professor in 1969, an associate clinical professor in 1976 and a full clinical professor in 1984. She retired from the University of California San Francisco in 2010.

An internationally-known lecturer, keynote speaker and workshop leader, Dr. Bolen is a distinguished life member of the American Psychiatric Association, where she has held several important leadership roles. Between 1973 and 1986, she served on the Council on Psychiatric Services and the Council on National Affairs, where she held the post of chair from 1982 to 1983. Recognized as a fellow of the American Academy of Psychodynamic Psychiatry and Psychoanalysis, she is presently affiliated with the C.G. Jung Institute of San Francisco and the International Association for Analytical Psychology and has further contributed her skills to the Northern California Psychiatric Society and the American Orthopsychiatric Association.

Attributing much of her success to a genuine love of her work, Dr. Bolen also strives to keep learning things, because psychiatry is not simply a matter of making a diagnosis and fixing a problem. It is an ongoing relationship that requires very in-depth work, and you must care deeply about the people you work with and keep learning and developing your skills so you have the necessary experience. Dr. Bolen feels that continued learning is absolutely crucial to continued professional growth.

Standing out in her field due to her active world involvement, Dr. Bolen considers the biggest highlight of her career to be serving as a feminist spokesperson in the field of psychiatry. From 2016 to 2018, she served as a Women's World Summit Foundation representative to the United National Commission on the Status of Women, and was also a Pathways to Peace representative from 2000 to 2015. Earlier, she was a board member for the International Transpersonal Association, a board of trustees' member for the Ms. Foundation for Women, and a representative to the Parliament of the World's Religions. Looking towards the future, Dr. Bolen has plans to attend the Fifth World Conference on Women in India, which will take place in 2022.

Having authored 13 books, Dr. Bolen published "Artemis: The Indomitable Spirit in Everywoman," in 2014. In the last decade, she also published "Moving Toward the Millionth Circle: Energizing the Global Women's Movement" and "Like a Tree: How Trees, Women and Tree People Can Save the Planet." Many of her early books have also seen more recent publication in new editions, including "Goddesses in Everywoman: Powerful Archetypes in Women's Lives," "Goddesses in Older Women: Archetypes in Women Over Fifty," "Crones Don't Whine: Concentrated Wisdom For Juicy Women" and "Gods in Everyman: Archetypes That Shape Men's Lives," which was first published as "Gods in Everyman: A New Psychology of Men's Lives & Loves." Her books have been widely translated and appear in over 100 foreign language editions.

Upon the publication of "The Millionth Circle: How to Change Ourselves and the World" in 1999, Dr. Bolen became involved with the United Nations. The principles from this book led to the creation of Millionth Circle, a grassroots international volunteer organization, and Dr. Bolen was invited to the first organized women's conference at the United Nations in 2001. Other notable books of hers include "Urgent Message From Mother: Gather the Women, Save the World," "Close to the Bone: Life-Threatening Illness as a Soul Journey," "The Tao of Psychology: Synchronicity and the Self" and "Crossing to Avalon: A Woman's Midlife Quest for the Sacred Feminine." She has also published two books analyzing Richard Wagner's "The Ring of Nibelung," "Ring of Power: The Abandoned Child, the Authoritarian Father and the Disempowered Feminine" in 1993 and "Ring of Power: Symbols and Themes of Love vs. Power in Wagner's Ring Cycle" in 1999.

Knowing that she wanted to be a doctor from a young age, Dr. Bolen obtained a Bachelor of Arts from the University of California, Berkeley, in 1958. She then completed a Doctor of Medicine at the University of California, San Francisco, in 1962 and a rotating internship at the Los Angeles County General Hospital from 1962 to 1963. During this time, Dr. Bolen first became interested in psychiatry as a specialty, and she served her residency in psychiatry at the UCSF Department of Psychiatry and the Langley Porter Psychiatric Institute from 1963 to 1966. A diplomate of the American Board of Psychiatry and Neurology, she also completed training in Jungian analysis at the C.G. Jung Institute of San Francisco between 1966 and 1974. Her mentors throughout her career and education have included Dr. Joseph B. Wheelwright, founder of the



C.G. Jung Institute of San Francisco, as well as Drs. Harry Wilmer, John Talley, David Allen and Katherine Bradway.

The recipient of an honorary doctorate in 2018, Dr. Bolen was also presented with the Women of the Decade in Thought Leadership Award by the Women Economic Forum that same year. She was further recognized for her contributions to the empowerment of women by Alejandra Vigo, the then-secretary of equity and employment promotion in Córdoba, Argentina, in 2017. In 2014, she was presented with the Demeter Award for Leadership in Women's Spirituality by the Association for the Study of Women and Mythology, and, in 2012, she was honored with the Women's Human Rights Award from the Friends of the Commission on the Status of Women. She has also received a Woman of Vision and Action Award from the Women of Vision and Action, an award from the Friends of the Langley Porter Psychiatric Institute, a Distinguished Psychiatrist Award and a Pioneer in the Art, Science and Soul of Healing Award.

Born in Los Angeles to mother Megumi Yamaguchi Shinoda, MD, and father Joseph Shinoda, Dr. Bolen was greatly inspired by her parents. Her mother was a doctor who completed her undergraduate degree at just 16 and her father was an accomplished lawyer and activist. Dr. Bolen herself is the proud mother of two children, Melody Bolen and Andre Bolen. In her free time, she enjoys painting with oils and acrylics, writing poetry and going for walks in the Muir woods and beach. Looking to the future, Dr. Bolen would like to leave a legacy as someone who helped people through their psychological and life struggles.

