Dr. Liz Cara, OTR/L, MFCC, has a varied academic background in history and clinical psychology, higher education and clinical work primarily in adult and infant mental health. She is the co-editor and co-author of the popular mental health text, *Psychosocial Occupational Therapy: An Evolving Practice* (4th edition in process) and is currently writing a psychobiography of Dr. Dian Fossey, the SJSU OT alumni and occupational therapist/primatologist. She has followed and incorporated the mindfulness movement for most of 40-year career, training at Stanford University’s Center for Compassion and Altruism Education and Research Center and Spirit Rock Center. In addition to a meditation practice, she is a long-time practitioner of Iyengar Yoga.