



About Ari Cowan

Background

Ari Cowan is a writer, theorist, and artist living in the Pacific Northwest. He is the Founder, Executive Director Emeritus, and was a member of the Board of Advisors of the former Family Health Institute, a nonprofit public health organization which provided research, education, and information to individuals and organizations working to improve the health and well-being of children and families. The Institute was a four-year project established in early 1996 by Mr. Cowan under the auspices of the Physicians for Social Responsibility (PSR), the US affiliate of the International Physicians for the Prevention of Nuclear War — recipients of the 1985 Nobel Prize for Peace. Mr. Cowan is a past member of the Board of Directors of the Washington chapter of PSR.

He is the recipient of the Physicians for Social Responsibility's national public health award, in honor of his socially responsible work in public health on behalf of children and families and in recognition of his "outstanding activism, steadfast commitment, and passion for a better world." He also received the Association for Human Resource Professionals' *Award for Excellence in Human Resources* — the highest award granted by that organization. Mr. Cowan was cited — along with Nobel Prize recipient and former President Jimmy Carter, 1980 Nobel Prize recipient Adolfo Pérez Esquivel, and others — for his assistance in bringing the first edition of *The International Bill of Human Rights* to publication.

During his tenure with the Family Health Institute, Mr. Cowan created Project MAVRIC: The Men Against Violence Response Initiative Campaign, a public health educational program directed toward reducing violence by and against men and boys. MAVRIC has had wide exposure in the Pacific Northwest. This project was endorsed by a diverse number

of groups including the Seattle Seahawks professional football team (linebacker Chard Brown served as television spokesperson), the US Public Health Service, Physicians for a Violence-Free Society, the University of Washington, Seattle Police Department, Mothers Against Violence in America, Washington Ceasefire, Washington State Association of Counties, and the YWCA – Imagine Life Without Violence Campaign.

He spent seven years working in a group setting with many adults in treatment for severe violence in childhood.

Mr. Cowan was a member of the adjunct faculty of the University of California, Irvine Graduate School of Management (Irvine, California). He served as a member of the Workplace Violence Task Force of the University of Washington Graduate School of Public Affairs, Institute for Public Policy and Management.

He displayed his photographic work at the 1974 World's Fair; served as a film reviewer for *The Daily Journal-American* newspaper in Bellevue, Washington; and spent two years as the film reviewer on the Seattle PBS television affiliate. The late science-fiction author Philip K. Dick (*Blade Runner*) acknowledged Mr. Cowan as "a new and original thinker."

Mr. Cowan has published eight professional books in the legal and human resources field (see following). He is a practiced, motivating, and well-received public speaker. He is experienced in speaking on television, radio, and before live audiences. Since 1994, he has made more than 50 public presentations on the subject of violence (refer to the partial listing on the following pages), its spiritual aspects, the role males play in the cycle of violence, male needs for belonging, and strategies to end to violent behavior. These have been made to universi-



ties, professional conferences, national organizations, state schools, professional organizations, and medical societies.

Partnerships

During his tenure as Executive Director of the Family Health Institute, the author established partnerships, cosponsorships, and endorsement for his work to end family violence. They include:

American Cancer Society
American Diabetes Association
American Holistic Nurses Association
American Society on Aging
Association of Washington Cities
Bastyr University
Boeing Company
City of Seattle
Corbis Corporation
Corporate Alliance to End Partner Violence
Employee Assistance Professionals Association
Family Policy Council
Franciscan Health System
Governor's Interagency Committee of State Employed Women (Washington)
Ernest Becker Foundation
Governor's Office of Indian Affairs (Washington)
Group Health Cooperative of Puget Sound
Interfaith Council of Washington
KCTS Public Television 9
League of Women Voters of Seattle
Love Shouldn't Hurt Campaign
Mary Bridge Children's Hospital & Health Center
Microsoft Corporation
Mothers Against Violence In America
Northwest Aids Foundation
Overlake Hospital Medical Center
Physicians for a Violence-Free Society
Physicians for Social Responsibility
Providence Health System
Sacred Heart Medical Center
SAFECO Corporation
Seattle Police Department
Seattle Seahawks
Seattle University
Society for Human Resource Management
Swedish Medical Center
University of Washington – Institute for Public Policy and Management Community-Based Violence Prevention Program
Washington State Association of Counties
University of Washington School of Nursing
US Public Health Service
Valley Medical Center
Washington Ceasefire
Washington Chapter of the American Academy of Pediatrics
Washington State Association of Counties
Washington State Department of Corrections
Washington State Department of Health
Washington State Department of Social and Health Services
Washington State Hospital Association
Washington State Labor Council
Washington State Medical Association
Washington State Nurses Association
Washington State Psychiatric Association

Washington State PTA
Youth Eastside Services
YWCA — Imagine Life Without Violence Campaign

Books by Ari Cowan

Mr. Cowan's current book projects include *Violence and the Alchemy of Being*; *Acts of Courage*, *Acts of Cowardice: Transcending the Culture of Violence*; and *Principia Americana: The Evolution of the American Spirit*. His prior works have been professional books directed to the legal and human resources field. They are:

Ari Cowan; *Health Care Cost Management*; American Somerset, Newport Beach, California, 1984

Ari Cowan and Lee T. Paterson, JD; *The COBRA Management Resource*; American Somerset, Newport Beach, California, 1987

Ari Cowan and Lee T. Paterson, JD; *Managing Section 89: The Complete Compliance Guide*; American Somerset, Newport Beach, California, 1989

Ari Cowan and Lee T. Paterson, JD; *The Section 89 Companion*; American Somerset, Newport Beach, California, 1989

Ari Cowan and Lee T. Paterson, JD; *Managing COBRA: The Complete Compliance Guide*; John Wiley & Sons, New York, 1989

Ari Cowan; *The Executive's Guide to Health Benefits Cost Management*; Parker & Sons, Carlsbad, California, 1990

Ari Cowan with Monroe and Paterson; *Injury and Illness Prevention Program: The Complete Compliance Guide*; American Somerset, Everett, Washington, 1991

Robert Naeve, JD and Ari Cowan, *Managing ADA: The Complete Compliance Guide*; John Wiley & Sons, New York, 1992

Past Presentation History

The following is a representative listing and includes most of the presentations related to violence made by Mr. Cowan over the last decade. Presentations to middle and high schools as well as to service groups and faith groups are not listed. This listing is presented in a declining chronological order.

“Rethinking Violence: A Short Survival Course for Educators and Parents” and “When the Inmates Take Over the Asylum : Power Management in the Classroom.” Washington Association for

- Learning Alternatives: Spring Conference, Long Beach, WA; Fall Conference, Chelan, WA, 2006.
- “Shaping the Heart: Violence and the Spiritual Path.” United Methodist Churches: Five Day Academy for Spiritual Formation; Federal Way, WA, 2006.
- “Violence and the Classroom: Innovative Strategies, Effective Actions.” Roman Catholic School Board of Curaçao: Annual Conference; Curaçao, Netherlands Antilles: 2004
- “Violence & Powerful Learning: Social Values Across the Curriculum.” 59th Annual Association for Supervision & Curriculum Development Conference, New Orleans, LA, 2004.
- “Implementing a Culture of Tolerance: An Innovative Model.” 16th Annual At-Risk Youth Forum, Myrtle Beach, SC, 2004.
- “Implementing a Culture of Tolerance: An Innovative Model for Schools.” The Coalition for Essential Schools, Columbus, Ohio, 2003.
- “Intervention in School Violence: A Basis for Character Education.” Character Education Partnership 10th National Forum, Arlington, VA, 2003.
- “Violence, Learning, and Society.” Spring Street School and the Community of Friday Harbor, Washington, 2003.
- “Violence, Learning, and Society.” Richland, Washington, School District, 2003.
- “Violence and Youth: An Innovative Curricular Model.” 58th Annual Association for Supervision & Curriculum Development Conference, San Francisco, CA 2003.
- “Violence, Learning, and Society: A New Curricular Model.” The Washington Association for Learning Alternatives Conference, Ocean Shores, WA, 2003.
- “Addressing Violence as Service Providers;” Citizens Against Domestic and Sexual Abuse; Oak Harbor, Washington; 2002
- “In the Shadow of 9/11 — Rethinking the Road to Peace;” Partners in Peace Conference (keynote); San Diego, California; 2002
- “Acts of Courage, Acts of Cowardice: Healing the Violence;” Partners in Peace Conference (keynote); San Diego, California; 2002
- “Violence, Learning & Society: An Innovative Curricular Model;” Washington Association for Learning Alternatives: Fall Conference (workshop); Spokane, Washington; 2002
- “Acts of Courage, Acts of Cowardice: Boys, Men & Violence;” Sharp Healthcare Grand Rounds, San Diego, California, 2001.
- “Becoming an Instrument of Peace;” Mothers Against Violence in America: Solutions to Violence in Our Lives conference (workshop); Everett, Washington, 2000.
- “The Culture of Violence;” Family Health Institute: 1999 Summit Conference on Safe and Caring Families and Communities (keynote); Tacoma, Washington 1999.
- “Waging Relentless Compassion” Childcare Action Council (keynote); Tumwater, Washington, 1999.
- “Males and Violence;” The Washington State PTA: 4th Annual Parent Involvement Summit (workshop); Seattle, Washington, 1999.
- “Broken Bodies, Broken Hearts: Spirituality, death, and violence;” Seattle University and the Family Health Institute: 1999 Spirituality and Health Conference (workshop); Seattle, 1999.
- “The Violent Expectations of Manhood;” Mothers Against Violence in America: Solutions to Violence in Our Lives conference (workshop); Seattle, 1999.
- “Out of the Belly of Beast: A remembrance;” The Ernest Becker Foundation and the University of Washington: The Love of Violence conference (keynote); Seattle, 1998.
- “Men and Violence: Rethinking what it is to be a ‘man’;” Family Health Institute: 1998 Summit Conference on Violence and the Family (workshop); Tacoma, Washington 1998.
- “Men, Children and the Epidemic of Violence;” Washington State University: 4th Annual Northwest Regional Parenting Conference (workshop); Edmonds, Washington, 1998.
- “The Expanding Role of the Physician;” The University of Washington School of Public Health and Community Medicine: HUBIO 555: Medicine, Health, and Society (second year medical students class); Seattle, Washington, 1998.
- “Spirituality and the New Millennium in Healthcare;” The Family Health Institute and Bastyr University: First Annual Spirituality, Health & Medicine Conference (workshop); Kenmore, Washington, 1997.
- “Project MAVRIC: Rethinking what it is to be a ‘man’;” Family Health Institute: 1997 Summit Conference on Violence and the Family (workshop); Bellevue, Washington, 1997.

“MAVRIC Dads: How Project MAVRIC helps fathers counter male violence;” Washington State University: 3rd Annual Northwest Regional Parenting Conference (workshop); Lynnwood, Washington, 1997.

“Responding to Domestic Violence;” Yakima County Medical Society (keynote); Yakima, Washington, 1997.

“Violence and Minority Health;” Washington State Department of Social and Health Services: Minority Health Summit: Social Challenges in Health Care (keynote); Seattle, 1997.

“Acts of Courage, Acts of Cowardice: Men and Violence in America;” Mothers Against Violence in America: Solutions to Violence in Our Lives Conference (workshop); Seattle, Washington, 1997.

“Introduction to Domestic Violence;” Northwest Hospital (training, with Roy G. Farrell, MD); Seattle, Washington, 1996.

“Violence, the Elderly, and Advocacy;” Washington Protection and Advocacy System: Adult Abuse Conference (keynote); Spokane, Washington, 1996.

“Family violence and the workplace;” Society for Human Resource Management (keynote); Bellevue, Washington; 1996.

“Men and Violence;” Mothers Against Violence in America: Solutions to Violence in Our Lives Conference (workshop); Seattle, Washington, 1996.

“Family Violence and World Peace;” World Peace Through Law Section, Washington State Bar Association (keynote); Seattle, 1996.

“Family Violence and the Workplace: The emerging challenge for human resource and employee assistance professionals;” Employee Assistance Professionals Association (keynote); San Diego, 1996.

“Domestic Violence and the Healthcare Practitioner;” University of Washington School of Medicine: Student Briefing (keynote); Seattle, 1996.

“The Challenge of Family Violence;” Washington State Department of Social and Health Services: 3rd Annual Minority Health Month and Inaugural Summit (keynote); Seattle, 1996.

“The Violence Epidemic;” The Family Health Institute: Family Violence & the Workplace Conference (keynote with Kara Laverde); Bellevue, Washington, 1996.

“Broken Bodies, Broken Hearts: A remembrance;” Washington State Medical Association: 1995 Annual Conference (panel); Spokane, Washington, 1995.

“Violence: A short course in understanding;” Washington Alliance Concerned With School Age Parents: 1994 Annual Adolescent Pregnancy Professionals Fall Conference (workshop); Bellevue, Washington, 1994.

“Violence and Children: The scope of the problem in the United States;” Seattle University: EDCN 561: Child and Adolescent Counseling (graduate class); Seattle, 1994.

Comments From Others

Comments illustrating Mr. Cowan’s speaking ability, knowledge of violence, and his ability to involve and motivate his audience are listed below.

“A new and original thinker.”

— **Phillip K. Dick**
Author, *Blade Runner and Vals*

“An audience of students, parents, and teachers [at the Mothers Against Violence in America conference] sat mesmerized by [Mr. Cowan’s] invitation to investigate the relationship between boys and violence. His questions about men and boys challenged us to rethink the nature of masculinity; his statements provoked meaningful and intense discussions about boys growing up in our culture. I knew this was a man who my husband, my son, and my daughters should hear. This was a message that students and parents should hear. When Ari spoke of what it is to be a boy in America, he spoke to what it is to be human. He captivated all of us with his message of compassion and hope.”

— **Barbara Padden**
Parent and Teacher
Kenmore Jr. High School, Kenmore, Washington

“Fabulous — focused, thoughtful, important and engaging” • “Extremely thought-provoking and stimulating. I felt inspired.” • “Mr. Cowan was phenomenal!” • “Very professional — incredibly valuable.” • “Outstanding material, presentation and very much needed today.” • “Very impressed — I wish the session could have been longer!” • “Very thought-provoking and interesting! Great stuff!” • “Clear, practical and stimulating.” • “Great speaker! Very thorough presentation.”

— *Evaluation Comments (Overall evaluation = “Excellent”)*
59th Annual Association for Supervision and Curriculum Development Conference, New Orleans, LA

“You have truly touched my life; you will be in my memory for a long time (and hopefully my friends’ minds to whom I’ve been telling about your presentation). Thank you again.”

— *High School Student*
Seattle, Washington in a letter to Mr. Cowan

“Wonderful! Great knowledge of subject matter. You should do this every day. Best workshop so far. Great presentation style. Terrific. Should keynote. Provocative and rejuvenating. Excellent. Powerful. Impressed with presenter’s commitment. Very motivational. Inspiring, very emotional stuff. One of the best workshops I’ve attended. Great humor. Impactive. Almost an experience from a ‘higher power.’ Great handouts, format.”

— *Evaluation Comments (Overall evaluation = “Excellent”)*
1994 Annual Adolescent Pregnancy Professionals
Fall Conference, Bellevue, Washington

“Mr. Cowan is the finest speaker I’ve ever heard. I give about twelve talks a year and I sure hope I never have to fill a hall when he’s across the street.”

— **David M. McCleary**
Consultant
Laguna Hills, California

“Ari Cowan’s extensive experience as a consultant to major healthcare organizations and his ability to institute positive change has earned him great respect throughout the healing community. In particular, Mr. Cowan’s immense passion and unique understanding of the issues of male violence makes him well qualified to write on the subject. He exhibits profound insight into the devastating effects of male violence and proposes clear, concise, success-oriented solutions to eliminating acts of aggression in our society. Mr. Cowan takes a fresh approach to understanding violence by highlighting the cultural influences that perpetuate and escalate violent behavior. His remarks will undoubtedly instill hope as well as challenge all of us to eradicate violence in our world.”

— **Daniel R. Valentine, PhD, MFT, DAC**
Chief Executive Officer
Sharp Vista Pacifica Chemical Dependency Recovery Hospital
San Diego, California
Treating Clinician
National Football League’s Program for Substances of Abuse

“Your speech moved me... I think people/teens would really listen to you and take into consideration what you have to say.”

— *High School Student*
Seattle, Washington in a letter to Mr. Cowan

“Ari Cowan is a knowledgeable and informed writer and speaker who has done his research and knows the topic of violence intimately. Having come from an abusive childhood and youth, Mr. Cowan is able to bring a personal perspective to the issue of boys, men, and violence. He is able to speak about a this personal and horrifying topic with deep understanding and compassion.”

— **Elaine Childs-Gowell, PhD**
Author, *Good Grief Rituals and Stages of Ages*
Founder, Institute for Developmental Education and Psychotherapy
Seattle, Washington

“After listening to your speech I couldn’t help but tell my friends and family what you had to say. This was the best presentation I have ever had the privilege [sic] of listening [sic].”

— *Student, Alternative High School*
Seattle, Washington in a letter to Mr. Cowan

“Author Ari Cowan offers a deeply thoughtful analysis of the problem of violence in America that goes beyond critique to offer compassionate, practical solutions toward healing the personal and societal wounds that violence has begotten. The beginning of the end of violence in America starts with this book.”

“[*Acts of Courage, Acts of Cowardice: Transcending the Culture of Violence* is a] must-read for any parent, teacher, counselor or doctor.”

— **Kathleen Ervin, MFCC**
Program Coordinator
Venture Adolescent Day Treatment Program
Nick Ervin, MFCC
Psychotherapist
San Diego, California

“Ari brings to the conversation on violence and family health a clear and realistic view of the core issues. I have sat with Ari in rooms full of people from all walks of life; among them judges, doctors, and counselors who deal with the issue of violence on a daily basis. Ari meets people where they are, acknowledges every person’s humanity and invites us to begin to make a difference.”

— **Howard Winkler**
Parent Educator
ParentEd, Olympia, Washington

“You provided us with a fun, educational experience. Your anecdotes were unforgettable and you really made a lasting impression on me as well as everyone.”

— *Student, Alternative High School*
Seattle, Washington in a letter to Mr. Cowan



2113 NE 65th St
Seattle, WA 98115-6935
USA

E-mail: contact@spiritridgeinstitute.net

Web: www.spiritridgeinstitute.net

Country code: 01

Phone: (206) 407-3199

©2010 by SpiritRidge Institute, LLC. ALL RIGHTS RESERVED