

Jeffrey M. Greeson, Ph.D.

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Current Academic Appointment: Assistant Professor
Primary Academic Department: Psychology
Psychology Licensure: PA #PS017603 (06/20/2014 – present)
NC #3566 (05/16/2008 – 12/1/2016)

<u>EDUCATION</u>	<u>Institution</u>	<u>Date</u>	<u>Degree</u>
College	Swarthmore College Swarthmore, PA	1997	BA in psychology
Masters	Thomas Jefferson University Philadelphia, PA	2001	MS in biomedical chemistry
Doctorate	University of Miami Coral Gables, FL	2006	PhD in clinical psychology

Professional Training and Academic Career:

<u>Position/Title</u>	<u>Institution</u>	<u>Dates</u>	<u>Major Field</u>
T32 Scholar	University of Miami	2002-2005	Behavioral Medicine
Predocctoral Intern	Duke University Medical Center	2005-2006	Medical Psychology
Postdoctoral Fellow	Duke University Medical Center	2006-2008	Health Psychology
Clinical Associate	Duke University Medical Center	2006-2008	Medical Psychology
K99/R00 Scholar	Duke Univ./Univ. of Pennsylvania	2008-2016	Integrative Medicine
Assistant Professor	Duke University Medical Center	2008-2014	Medical Psychology
Adjunct Asst. Prof.	Duke University Medical Center	2014-2016	Medical Psychology
Assistant Professor	University of Pennsylvania	2014-2016	Clinical Psychology
Adjunct Asst. Prof.	University of Pennsylvania	2016-2021	Clinical Psychology
Adjunct Asst. Prof.	Rowan School of Osteopathic Med	2016-present	Family Medicine
Assistant Professor	Cooper Medical School of Rowan	2017-present	Biomedical Sciences
Assistant Professor	Rowan University	2016-present	Clinical Psychology

RESEARCH INTERESTS

- Health psychology: biobehavioral mechanisms linking stress, emotions, sleep & health
- Mindfulness: outcomes and mechanisms using psychophysiology, neuroscience & omics
- Transdiagnostic processes: stress reactivity, emotion regulation, cognitive function & sleep
- Integrative medicine: whole-person approaches to health, wellness & disease prevention

SCHOLARLY IMPACT

- *h* index (Google Scholar) = 38
- *h* index (Web of Science) = 25
- *i10* index (Google Scholar) = 46
- *m_q* index (Web of Science) = 1.14

EXTERNAL SUPPORT – GRANTS AND CONTRACTS

	<u>PI</u>	<u>% Effort</u>	<u>Source</u>	<u>Total Award</u>	<u>Duration</u>
1) Present:	Raja-Khan	5%	NIDDK R01	\$3,256,120	4/15/19-3/31/24
<p><i>Randomized Controlled Trial of a Six-Month Mindfulness-Based Intervention for Type 2 Diabetes</i> The major goal of this definitive, phase-III trial is to determine the effects of a 6-month MBSR intervention compared to health education on glucose control in 290 patients with uncontrolled T2DM. <u>Role:</u> Co-I (Consortium PI at Rowan University) <u>Grant:</u> R01 DK119379</p>					
2) Present:	Cox	10%	NCCIH U01	\$3,774,838	9/1/18-8/31/23
<p><i>Optimizing a Self-Directed Mobile Mindfulness Intervention for Improving Cardiorespiratory Failure Survivors' Psychological Distress</i> The major goal of this optimization-phase study is to further develop a stepped-care, mobile mindfulness intervention fully optimized for usability, efficiency, scalability, and clinical impact that will be off-the-shelf ready for a next-step definitive RCT, as well as a model for distance-based mind and body interventions. <u>Role:</u> Co-I (Consortium PI at Rowan University) <u>Grant:</u> U01 AT009974</p>					
3) Present:	Mitrev & Greeson	10%	Rowan Camden HRI	\$53,219	3/15/21-6/30/23
<p><i>Association of Physician Compassion with Post-Operative Pain in Same-Day Surgical Patients: A Prospective Cohort Study at Cooper University Hospital</i> The major goal of this university-funded pilot study is to test whether patients' perception of physician compassion is significantly associated with post-operative pain levels and opioid use, perioperative anxiety, and patient satisfaction. <u>Role:</u> Co-PI <u>Grant:</u> Camden Health Research Initiative (CHRI) award through Rowan University</p>					
4) Under Review:	Greeson	10%	Rowan Catalyst	\$29,711	2/15/22-2/15/23
<p><i>Cooper COMPASS: Reconnecting Physicians to Promote Community, Meaning, and Wellbeing</i> The major goal of this project, submitted to the Rowan Catalyst program, is to replicate a social support intervention for physicians called COMPASS (COlleagues Meeting to Promote and Sustain Satisfaction). First designed and implemented at Mayo Clinic, this program aims to restore a sense of community among physicians, and thereby restore meaning at work and help reduce burnout. <u>Role:</u> PI <u>Grant:</u> N/A</p>					
11) Past:	Fresco	10%	NHLBI R01	\$3,750,342	9/1/14-5/31/21
<p><i>Mindfulness-Based Stress Reduction for High Blood Pressure: A Two-Site RCT</i> The major goal of this multisite randomized clinical trial is to evaluate the effectiveness of an 8-week Mindfulness-Based Stress Reduction (MBSR) program on lowering high blood pressure in adults with prehypertension who are at high risk of developing hypertension and cardiovascular disease. <u>Role:</u> Site PI at University of Pennsylvania <u>Grant:</u> R01 HL119977</p>					
12) Past:	Fresco	N/A	NHLBI R01	\$136,490	9/15/17-5/31/21
<p><i>Mindfulness-Based Stress Reduction for High Blood Pressure: A Two-Site RCT (Diversity Supplement)</i> This Administrative Supplement to Promote Diversity in Health-Related Research is for Gabrielle (Abby) Chin, a Graduate Student in the Clinical Psychology PhD program at Rowan University, under the mentorship of Dr. Greeson. The award supports mentored clinical research experience on the</p>					

parent R01 grant, and will test three unique aims that complement the primary aims of the multi-site efficacy trial.

Role: Supplement PI and Site PI at University of Pennsylvania

Grant: R01 HL119977-04S1

13) **Past:** Greeson 10% NJHF \$31,591 2/15/19-2/15/21

Mindfulness to Promote Healthy Aging in Older Adults with Mild Cognitive Impairment

The major goal of this pilot study, funded by the New Jersey Health Foundation (NJHF), is to evaluate the feasibility, acceptability, and clinical effectiveness of an adapted 6-week, group-based mindfulness training program for older adults with MCI and their partners (caregivers) offered at the New Jersey Institute for Successful Aging (NJISA) at the Rowan University School of Osteopathic Medicine (RowanSOM).

Role: PI

Grant: PC 48-19

14) **Past:** Greeson 10% TIIH Fellow \$23,640 6/30/18-9/30/19

Mindfulomics: Statistical Analysis and Bioinformatics Extension

The major goal of this project extension, supported by The Institute for Integrative Health (TIIH), is to conduct more advanced biostatistics and bioinformatics to further investigate changes in stress-related gene expression (NFκB, CTRA) and other stress-related biomarkers following an 8-week Mindfulness-Based Stress Reduction (MBSR) program.

Role: PI

Grant: N/A

15) **Past:** Greeson 20% TIIH Fellow \$103,718 7/1/15-6/30/18

Mindfulomics: Pioneering the Field of Mindfulness, Stress & Health through the 'Omics' Sciences

The major goal of this open trial, supported by a Fellowship from The Institute for Integrative Health (TIIH), is to investigate changes in stress-related gene expression (NFκB) and other stress-related biomarkers following an 8-week Mindfulness-Based Stress Reduction (MBSR) program. We also aim to determine the functional genomic 'signatures' of mindfulness, when mindfulness is defined as a state, a trait, and a skill one can develop with training.

Role: PI

Grant: N/A

16) **Past:** Cox 10% NCCIH R34 \$740,170 9/1/15-6/30/17

Improving Psychological Distress in Critical Illness through Mindfulness Training

The goal of this pilot randomized controlled trial is to evaluate the feasibility, acceptability, and initial effectiveness of a new, 6-session mindfulness-based therapy to reduce psychological distress and increase mindful coping skills in ICU survivors and their primary caregivers.

Role: Co-I (Consortium PI at University of Pennsylvania)

Grant: R34 AT008819-02

17) **Past:** Greeson 75% NCCAM K99/R00 \$925,000 9/30/08-6/30/16

Mechanisms of Mindfulness: Effects on Sleep Quality, Stress Physiology & CVD Risk

The goal of this Pathway to Independence award is to understand how mindfulness training impacts a cluster of biobehavioral factors implicated in cardiovascular disease risk. The project incorporates behavioral sleep assessment, stress psychophysiology, immunology, multivariable modeling, and treatment development in the context of clinical trials on mindfulness-based interventions.

Role: PI

Grant: R00 AT004945

18) **Past:** Greeson 10% NIMH P30 \$25,000 6/1/15-5/31/16

Stress Reduction Training to Target Psychological and Pathophysiological Mechanisms Implicated in HIV, Depression, and Co-Morbid Inflammatory Conditions

The goal of this open trial, supported by a pilot grant from the Penn Mental Health AIDS Research Center (PMHARC), is to examine the feasibility, acceptability, and initial effectiveness of Mindfulness-Based Stress Reduction (MBSR) training for depressed adults living with HIV who are taking combination antiretroviral therapy and who have at least one cardiovascular risk factor.

Role: PI of pilot project (Dwight L. Evans, MD, PI of P30 Center grant)

Grant: P30 MH097488

19) **Past:** Schneiderman 100% NIH T32 \$57,000 7/1/02-6/30/05

Behavioral Medicine Research in Cardiovascular Disease

The major goal of this institutional training grant is to train highly promising young investigators in the field of cardiovascular behavioral medicine under the supervision of interdisciplinary research faculty at the University of Miami Behavioral Medicine Research Center.

Role: Predoctoral Fellow

Grant: T32 HL007426

20) **Past:** Greeson n/a NIH LRP \$20,642 7/1/07-6/30/09

Integrative Medicine: Personalized Approaches to Risk Reduction and Optimal Health

This Clinical Research Loan Repayment Program award supported my research examining the effectiveness of whole-person approaches to medical care, risk reduction, and optimal health at Duke Integrative Medicine.

Role: PI

Grant: L30 HL090242

21) **Past:** Greeson n/a NIH LRP \$15,679 7/1/09-6/30/11

Mechanisms of Mindfulness: Effects on Sleep Quality, Stress Physiology & CVD Risk

This Clinical Research Loan Repayment Program renewal award supported my early career mentored research on the outcomes and mechanisms of mindfulness, as applied to cardiovascular risk reduction.

Role: PI

Grant: L30 HL090242

22) **Past:** Greeson n/a NIH LRP \$7,083 7/1/11-6/30/12

Mechanisms of Mindfulness: Effects on Sleep Quality, Stress Physiology & CVD Risk

This Clinical Research Loan Repayment Program renewal award supported my early career independent research on the outcomes and mechanisms of mindfulness, as applied to cardiovascular risk reduction.

Role: PI

Grant: L30 HL090242

23) **Past:** Hurwitz 25% NIDA R01 \$4,028,424 8/1/00-6/30/05

Drug Abuse, HIV, Selenium Supplementation, and CVD Risk

The major goal of this project was to test the efficacy of selenium supplementation on HIV-1 viral load, immune reconstitution, inflammation, cardiovascular function, and cardiovascular disease risk in HIV-infected men and women, with and without a history substance abuse.

Role: Graduate Research Assistant, 7/1/2002-6/30/2005

Grant: R01 DA013138

24) **Past:** Suarez 12.5% NHLBI R01 \$3,737,469 9/1/09-2/28/15

Depression & CHD: Cellular-Molecular Mechanisms

The goal of this Phase III randomized controlled trial is to evaluate the efficacy of a 6-month Mindfulness-Based Personalized Health Plan (MB-PHP) intervention in reducing insulin resistance and psychological risk factors (depressive symptom severity, hostility and anger) that predict 20-year incidence of coronary heart disease.

Role: Co-I

Grant: R01 HL067459

25) **Past:** Wolever 25% NCCAM U01 \$649,000 9/30/06-6/30/09

Mindfulness Based Weight Loss Maintenance

The major goal of this multi-site randomized clinical trial was to test the efficacy of a 15-month mindfulness-based weight loss maintenance intervention on weight regain in overweight/obese adults. Secondary outcomes included: eating behavior, dietary intake, physical activity, psychosocial status, appetite regulation, metabolic function, and systemic inflammation.

Role: Collaborator/Study Therapist, 8/21/06-9/30/08

Grant: U01 AT004159

PUBLICATIONS *denotes student/trainee

Refereed Journals:

- 1) Monti, D.A., Sinnott, J., Marchese, M., Kunkel, E.J.S., & **Greeson, J.M.** (1999). Muscle test comparisons of congruent and incongruent self-referential statements. *Perceptual & Motor Skills*, 88, 1019-1028.
- 2) Field, H.F., Monti, D.A., **Greeson, J.M.**, & Kunkel, E.J.S. (2000). St. John's wort. *International Journal of Psychiatry in Medicine*, 30, 203-219.
- 3) **Greeson, J.M.**, Sanford, B., & Monti, D.A. (2001). St. John's wort (*Hypericum perforatum*): A review of the current pharmacological, toxicological and clinical literature. *Psychopharmacology*, 153, 402-414.
- 4) Brainard, G.C., Hanifin, J.P., Rollag, M.D., **Greeson, J.**, Byrne, B., Glickman, G., Gerner, E., & Sanford, B. (2001). Human melatonin regulation is not mediated by the three-cone photopic visual system. *Journal of Clinical Endocrinology and Metabolism*, 86, 433-436.
- 5) Brainard, G.C., Hanifin, J.P., **Greeson, J.M.**, Byrne, B., Glickman, G., Sanford, B., Gerner, E., & Rollag, M.D. (2001). Action spectrum for melatonin regulation in humans: Evidence for a novel circadian photoreceptor. *The Journal of Neuroscience*, 21, 6405-6412.
- 6) Reibel, D.K., **Greeson, J.M.**, Brainard, G.C., & Rosenzweig, S. (2001). Mindfulness-based stress reduction and health-related quality of life in a heterogeneous patient population. *General Hospital Psychiatry*, 23, 183-192.
- 7) Rosenzweig, S.R., Reibel, D.K., **Greeson, J.M.**, & Brainard, G.C. (2003). Mindfulness-based stress reduction lowers psychological distress in medical students. *Teaching and Learning in Medicine*, 15, 88-92.
- 8) Hurwitz, B.E., Klimas, N.G., Llabre, M.M., Maher, K.J., Skyler, J.S., Bilsker, M.S., McPherson-Baker, S., Lawrence, P.J., LaPerriere, A.R., **Greeson, J.M.**, Klaus, J.R., Lawrence, R., & Schneiderman, N. (2004). HIV, metabolic syndrome X, inflammation, oxidative stress, and coronary heart disease risk: Role of protease inhibitor exposure. *Cardiovascular Toxicology*, 4, 303-316.
- 9) Hurwitz, B.E., Klaus, J.R., Llabre, M.M., Gonzalez, A., Lawrence, P.J., Maher, K.J., **Greeson, J.M.**, Baum, M.K., Shor-Posner, G., Skyler, J.S., & Schneiderman, N. (2007). Suppression of

Human Immunodeficiency Virus Type 1 viral load with selenium supplementation: A randomized controlled trial. *Archives of Internal Medicine*, 167, 148-154.

- 10) Feldman, G., Hayes, A., Kumar, S., **Greeson, J.**, & Laurenceau, J-P. (2007). Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R). *Journal of Psychopathology and Behavioral Assessment*, 29, 177-190.
- 11) Rosenzweig, S., Reibel, D., **Greeson, J.**, Edman, J.S., Jasser, S.A., McMearty, K.D., & Goldstein, B.J. (2007). Mindfulness-based stress reduction is associated with improved glycemic control in type 2 diabetes mellitus: A pilot study. *Alternative Therapies in Health and Medicine*, 13, 36-38.
- 12) **Greeson, J.M.**, Hurwitz, B.E., Llabre, M.M., Schneiderman, N, Penedo, F.J., & Klimas, N.G. (2008). Psychological distress, killer lymphocytes, and disease severity in HIV/AIDS. *Brain, Behavior, and Immunity*, 22, 901-911.
- 13) **Greeson, J.M.**, Rosenzweig, S., Halbert, S.C., Cantor, I.S., Keener, M.T., & Brainard, G.C. (2008). Integrative medicine research at an academic medical center: Patient characteristics and health-related quality of life outcomes. *Journal of Alternative and Complementary Medicine*, 14, 763-767.
- 14) Brainard, G.C., Sliney, D., Hanifin, J.P., Glickman, G., Byrne, B., **Greeson, J.M.**, Jasser, S., Gerner, E., & Rollag, M.D. (2008). Sensitivity of the human circadian system to short wavelength (420 nm) light. *Journal of Biological Rhythms*, 23, 379-386.
- 15) **Greeson, J.M.**, Lewis, J.G., Kuhn, C.M., Achanzar, K., Zimmerman, E., Young, K.H., & Suarez, E.C. (2009). Stress-induced changes in the expression of monocytic β -2 integrins: The impact of arousal of negative affect and adrenergic responses to the Anger Recall Task. *Brain, Behavior, and Immunity*, 23, 251-256.
- 16) **Greeson, J.M.** (2009). Mindfulness research update: 2008. *Complementary Health Practice Review*, 14, 10-18.
- 17) Rosenzweig, S., **Greeson, J.M.**, Reibel, D.K., Green, J.S., Jasser, S.A., & Beasley, D. (2010). Mindfulness-based stress reduction for chronic pain conditions: Variation in treatment outcomes and role of home meditation practice. *Journal of Psychosomatic Research*, 68, 29-36.
- 18) Caldwell, K., Harrison, M., Adams, M., Quin, R., & **Greeson, J.** (2010). Developing mindfulness in college students through movement based classes: Effects on mood, self-regulatory self-efficacy, stress, and sleep quality. *Journal of American College Health*, 58, 433-442.
- 19) Feldman, G., **Greeson, J.**, Senville, J. (2010). Differential effects of mindful breathing, progressive muscle relaxation, and loving kindness meditation on decentering and negative reactions to repetitive thoughts. *Behaviour Research and Therapy*, 48, 1002-1011.
- 20) **Greeson, J.**, Krucoff, C., Moon, S., Moon, T., & Shaffer, J. (2010). A “whole-person” approach. *Alternative and Complementary Therapies*, 16, 359.
- 21) Caldwell, K., Emery, L., Harrison, M., & **Greeson, J.M.** (2011). Changes in mindfulness, well-being, and sleep quality in college students through taijiquan courses: A cohort control study. *Journal of Alternative and Complementary Medicine*, 17, 931-938.
- 22) Wolever, R.Q., Webber, D.M*, Meunier, J.P.* , **Greeson, J.M.**, Lausier, E.R., & Gaudet, T.W. (2011). Modifiable disease risk, readiness to change, and psychosocial functioning improve with integrative medicine immersion model. *Alternative Therapies in Health and Medicine*, 17, 38-47.
- 23) **Greeson, J.M.**, Webber, D.M.*, Smoski, M.J., Brantley, J.G., Ekblad, A.G., Suarez, E.C., & Wolever, R.Q. (2011). Changes in spirituality partly explain health-related quality of life outcomes after Mindfulness-Based Stress Reduction. *Journal of Behavioral Medicine*, 34, 508-518.

- 24) Feldman G., **Greeson, J.**, Renna, M., & Robbins-Monteith, K. (2011). Mindfulness predicts less texting while driving among young adults: Examining attention- and emotion-regulation motives as potential mediators. *Personality and Individual Differences*, *51*, 856-861.
- 25) Froeliger, B., Garland, E., Kozink, R., Modlin, L., Chen, N-K., McClernon, F., **Greeson, J.**, & Sobin, P. (2012). Meditation-state functional connectivity (msFC): Strengthening of the dorsal attention network and beyond. *Evidence-Based Complement Altern Medicine*. Article ID: 680407.
- 26) Paul, N.A., Stanton, S.J., **Greeson, J.M.**, Smoski, M.J., & Wang, L. (2013). Psychological and neural mechanisms of trait mindfulness in reducing depression vulnerability. *Social Cognitive and Affective Neuroscience*, *8*, 56-64.
- 27) Wang, L., Paul, N., Stanton, S., **Greeson, J.**, & Smoski, M. (2013). Loss of sustained activity in the ventromedial prefrontal cortex in response to repeated stress in individuals with early-life emotional abuse: Implications for depression vulnerability. *Frontiers in Psychology*, *4*:320.
- 28) Khanna, S.* & **Greeson, J.M.** (2013). A narrative review of yoga and mindfulness as complementary therapies for addiction. *Complementary Therapies in Medicine*, *21*, 244-252.
- 29) Caldwell, K., Adams, M., Harrison, M., Quin, R., & **Greeson, J.** (2013). Pilates, mindfulness, and somatic education. *Journal of Dance and Somatic Practices*, *5*, 141-153.
- 30) Feldman, G., Dunn, E., Stemke, C., Bell, K., & **Greeson, J.** (2014) Mindfulness and rumination and as predictors of persistence with a distress tolerance task. *Personality and Individual Differences*, *56*, 154-158.
- 31) Cox, C.E., Porter, L.S., Buck, P.J., Hoffa, M., Jones, D., Walton, B., Hough, C.L., & **Greeson, J.M.** (2014). Development and preliminary evaluation of a telephone-based mindfulness training intervention for survivors of critical illness. *Annals of the American Thoracic Society*, *11*, 173-181.
- 32) **Greeson, J.M.**, Juberg, M.* , Maytan, M., James, K.* , & Rogers, H. (2014). A randomized controlled trial of Koru: A mindfulness training program for college students and other emerging adults. *Journal of American College Health*, *62*, 222-233.
- 33) Goldberg, S.B., Manley, A.R., Smith, S.S., **Greeson, J.M.**, Russell, E., Van Uum, S., Koren, G., & Davis, J.M. (2014). Hair cortisol as a biomarker of stress in mindfulness training for smokers. *Journal of Alternative and Complementary Medicine*, *20*, 630-634.
- 34) Moss, A.S., Reibel, D.K., **Greeson, J.M.**, Thapar, A., Bubb, R., Salmon, J., & Newberg, A.B. (2015). An adapted mindfulness-based stress reduction program for elders in a continuing care retirement community: Quantitative & qualitative results from a pilot randomized controlled trial. *Journal of Applied Gerontology*, *34*, 518-538.
- 35) **Greeson, J.M.**, Brantley, J.G., Smoski, M.J., Suarez, E.C., Ekblad, A.G., Lynch, T.R., & Wolever, R.Q. (2015). Decreased symptoms of depression after mindfulness-based stress reduction: Potential moderating effects of religiosity, spirituality, trait mindfulness, gender, and age. *Journal of Alternative and Complementary Medicine*, *21*, 166-174.
- 36) **Greeson, J.M.**, Toohey, M.J., & Pearce, M.J. (2015). An adapted, four-week mind-body skills group for medical students: Reducing stress, increasing mindfulness, and enhancing self-care. *Explore*, *11*, 186-192.
- 37) **Greeson, J.M.** (2015). Transtherapeutic mindfulness. *Alternative and Complementary Therapies*, *21*, 145.
- 38) **Greeson, J.M.** (2015). Integrating mindfulness into psychology and medicine: Growing evidence and emerging mechanisms for how to better treat stress-related conditions. *The Pennsylvania Psychologist*, *75*, 16-17.

- 39) Feldman, G., LaVelle, J., Gildawie, K., & **Greeson, J.** (2016) Dispositional mindfulness uncouples physiological and emotional reactivity to a laboratory stressor and emotional reactivity to executive functioning lapses in daily life. *Mindfulness*, *7*, 527-541.
- 40) **Greeson, J.M.**, Gettes, D.R., Spitsin S., Dubé, B., Benton T.D., Lynch K.D., Douglas, S.D., & Evans, D.L. (2016). The selective serotonin reuptake inhibitor citalopram decreases HIV receptor and coreceptor expression in immune cells. *Biological Psychiatry*, *80*, 33-39.
- 41) Edman, J.S., **Greeson, J.M.**, Roberts, R.S., Kaufman, A.B., Abrams, D.I., Dolor, R.J. & Wolever, R.Q. (2017). Perceived stress in patients with common gastrointestinal disorders: Associations with quality of life and disease management. *Explore (NY)*, *13*, 124-128.
- 42) Gawrysiak, M.J., Grasseti, S.N., **Greeson, J.M.**, Shorey, R.C., Pohlig, R.P., & Baime, M.J. (2018). The many facets of mindfulness and the prediction of change following mindfulness-based stress reduction (MBSR). *Journal of Clinical Psychology*, *74*(4), 523-535.
- 43) **Greeson, J.M.**, Zarrin, H.*, Smoski, M.J., Brantley, J.G., Lynch, T.L., Webber, D.M.*, Hall, M.H., Suarez, E.C., & Wolever, R.Q. (2018). Mindfulness meditation targets transdiagnostic symptoms implicated in stress-related disorders: Understanding relationships between changes in mindfulness, sleep quality, and physical symptoms. *Evidence-Based Complementary and Alternative Medicine*, Article ID: 4505191.
- 44) Cox, C.E., Hough, C.L., Jones, D.M., Ungar, A., Reagan, W., Key, M.D., Gremore, T., Olsen, M.K., Sanders, L., **Greeson, J.M.**[†], & Porter, L.M.[†] (2019). Effects of mindfulness training programmes delivered by a self-directed mobile app and by telephone compared with an education program for survivors of critical illness: a pilot randomized clinical trial. *Thorax*, *74*, 33-42. [†]Co-senior authors.
- 45) Edman, J.S., Galantino, M.L., Hutchinson, J., & **Greeson, J.M.** (2019). Health coaching for healthcare employees with chronic disease: A pilot study. *WORK*, *63*, 49-56.
- 46) Chin, G.R.*, Anyanso, V.E.*, & **Greeson, J.M.** (2019). Addressing diversity in mindfulness research on health: A narrative review using the ADDRESSING framework. *Cooper Rowan Medical Journal*, *1*(1), 10-26.
- 47) **Greeson, J.M.**, & Chin, G.R.* (2019). Mindfulness and physical disease: A concise review. *Current Opinion in Psychology*, *28*, 204-210.
- 48) Cox, C.E., Olsen, M.K., Gallis, J.A., Porter, L.S., **Greeson, J.M.**, Gremore, T., Frear, A., Ungar, A., McKeenan, J., McDowell, B., McDaniel, H., Moss, M., & Hough, C.L (2020). Optimizing a self-directed mobile mindfulness intervention for improving cardiorespiratory failure survivors' psychological distress (LIFT2): Design and rationale of a randomized factorial experimental clinical trial. *Contemporary Clinical Trials*, Article ID: 106119.
- 49) Brown, M.M.*, Arigo, D., Wolever, R.W., Smoski, M.J., Hall, M.H., Brantley, J.G., & **Greeson, J.M.** (2021). Do gender, anxiety, or sleep quality predict mindfulness-based stress reduction outcomes? *Journal of Health Psychology*, *26* (13), 2656-2662.
- 50) Chin, G.R.* , **Greeson, J.M.**, Hughes, J.W., & Fresco, D.M. (2021). Does dispositional mindfulness predict cardiovascular reactivity to emotional stress in prehypertension? Latent growth curve analyses from the Serenity Study. *Mindfulness*, *12*, 2624-2634.
- 51) McBride, E.* , & **Greeson, J.** (2021). Mindfulness, cognitive functioning, and academic achievement in college students: The mediating role of stress. *Current Psychology*. Published online first: <https://doi.org/10.1007/s12144-021-02340-z>

Manuscripts Submitted and in Preparation

- 1) Chin, G.R.* , **Greeson, J.M.**, Hughes, J.W., & Fresco, D.M. Testing demographic differences in the relationship between trait mindfulness and blood pressure: Baseline analyses from the Serenity Study. Under review.
- 2) Clauser, K.S.* , McBride, E.E.* , & **Greeson, J.M.** Is trait mindfulness in college students related to yoga and meditation experience? Under review.
- 3) **Greeson, J.M.**, McBride, E.E.* , Chin, G.R.* , Lee, H.H.* , & Colangelo, A.* Trait mindfulness and mind-body health in college students: Do gender, race, and ethnicity matter? Under review.
- 4) **Greeson, J.M.**, Stiles, E.* , Tseng, Y.W.* , Radossi, A.* Mindfulomics: Pioneering the field linking mindfulness, stress & health through the omics sciences. Under revision.
- 5) **Greeson, J.M.**, Chin, G.R.* , McBride, E.* , Anyanso, V.* , & Reda, J.* Mindfulness research update. In preparation.
- 6) **Greeson, J.M.**, Hutchings, J.J., Keenan, M.E.* , Reda, J.K.* , & Barney, D.E.* A four-session mindfulness program for university employees is feasible and effective: Changes in perceived stress, mindfulness, relational well-being, and workplace productivity. In preparation.
- 7) **Greeson, J.M.**, Juberg, M.* , Brantley, J.G., Smoski, M.J., Ekblad, A.G., Lynch, T.L., Webber, D.M.* , Suarez, E.C., & Wolever, R.Q. Changes in positive emotions after Mindfulness-Based Stress Reduction training: Associations with changes in mindfulness and moderation by baseline characteristics. In preparation.
- 8) McBride, E.E.* , Chin, G.R.* , Clauser, K.S.* , & **Greeson, J.M.** Perceived stress mediates the relationship between trait mindfulness and physical symptoms of stress: A replication study using structural equation modeling. Under review.
- 9) Phan, M.L.* , Renshaw, T., Caramanico, J., **Greeson, J.M.**, MacKenzie, E., Dopplet, N., Tai, H., Mandell, D.S., & Nuske, H.J. Mindfulness-based school interventions: A systematic review of outcome evidence quality by study design. Under revision. Preprint available on PsyArXiv: <https://psyarxiv.com/bfkjn/>

Chapters in Books:

- 1) Brainard, G.C., **Greeson, J.M.**, & Hanifin, J.P. (1999). Action spectra for circadian and neuroendocrine regulation in mammals. In R. Matthes, D. Sliney, S. DiDomenico, P. Murray, R. Phillips & S. Wengraitis (Eds.), *Measurements of Optical Radiation Hazards* (pp. 131-142). Munich, Germany: International Commission on Non-Ionizing Radiation Protection.
- 2) **Greeson, J.**, & Brantley, J. (2009). Mindfulness and anxiety disorders: Developing a wise relationship with the inner experience of fear. In F. Didonna (Ed.), *Clinical Handbook of Mindfulness* (pp. 171-188). New York, NY: Springer.
- 3) **Greeson, J.**, Garland, E., & Black, D. (2014). Mindfulness: A transtherapeutic approach for transdiagnostic mental processes. In A. Le, C.T. Ngnoumen, & E.J. Langer (eds.), *The Wiley Blackwell Handbook of Mindfulness* (pp. 533-562). Chichester, UK: John Wiley & Sons, Ltd.
- 4) **Greeson, J.M.**, & Eisenlohr-Moul, T. (2014). Mindfulness-Based Stress Reduction for chronic pain. In R. Baer (ed.), *Mindfulness-Based Treatment Approaches: Clinician's Guide to Evidence Based and Applications*, 2nd edition (pp. 269-292). Burlington, MA: Academic Press.
- 5) Feldman, G., & **Greeson, J.** (2016). Meditation and relaxation. In H.L. Miller (ed.), *The SAGE Encyclopedia of Theory in Psychology* (pp. 543-545). Thousand Oaks, CA: SAGE Publishing.
- 6) Hall, M., **Greeson, J.**, Pantesco, E. (2022). Sleep as a biobehavioral risk factor for cardiovascular

disease. In S.R. Waldstein, W.J. Kop, E.C. Suarez, W.R. Lovallo, & L.I. Katzel (eds.), *Handbook of Cardiovascular Behavioral Medicine, 1st Edition*. New York, NY: Springer.

- 7) Hurwitz, B.E., McIntosh, R.C., & **Greeson, J.M.** (2022). HIV-1 spectrum disease, psychological distress, and cardiometabolic risk. In S.R. Waldstein, W.J. Kop, E.C. Suarez, W.R. Lovallo, & L.I. Katzel (eds.), *Handbook of Cardiovascular Behavioral Medicine, 1st Edition*. Springer.
- 8) Feldman, G., Westine, M., Edelman, A., Higgs, M., Renna, M., & **Greeson, J.** (in press). The Cognitive and Affective Mindfulness Scale (CAMS-R). In: N.N. Singh, O.N. Medvedev, C.U. Krageloh, & R.J. Siebert (Eds.), *Handbook of Assessment in Mindfulness Research*. Springer.

Non-Authored Publications: (formally acknowledged in publication for contribution)

- 1) Monti, D.A., Herring, C.L., Schwartzman, R.J., & Marchese, M. (1998). Personality assessment of patients with complex regional pain syndrome type I. *The Clinical Journal of Pain, 14*, 295- 302.
- 2) Byrne, B., Rollag, M.D., Hanifin, J.P., Reed, C., & Brainard, G.C. (1999). Bright light imagery does not suppress melatonin. *Journal of Pineal Research, 29*, 62-64.
- 3) Shakin Kunkel, E.J., Worley, L.L.M., Monti, D.A., Hilty, D.H., Hansen-Grant, S., & Goldberg, R.J. (1999). Follow-up consultation billing and documentation. *General Hospital Psychiatry, 21*, 197-208.
- 4) Glickman, G., Hanifin, J.P., Rollag, M.D., Wang, J., Cooper, H., & Brainard, G.C. (2003). Inferior retinal light exposure is more effective than superior retinal exposure in suppressing melatonin in humans. *Journal of Biological Rhythms, 18*, 71-79.
- 5) Jasser, S.A., Hanifin, J.P., Rollag, M.D., & Brainard, G.C. (2006). Dim light adaptation attenuates acute melatonin suppression in humans. *Journal of Biological Rhythms, 21*, 394-404.
- 6) Kumar, S., Feldman, G., & Hayes, A. (2008). Changes in mindfulness and emotion regulation in an exposure-based cognitive therapy for depression. *Cognitive Therapy & Research, 32*, 734-744.
- 7) Black, D.S. (2014). Mindfulness-based interventions: An antidote to suffering in the context of substance use, misuse, and addiction. *Substance Use & Misuse, 49*, 487-491.
- 8) Erogul, M., Singer, G., McIntyre, T., & Stefanov, D.G. (2014). Abridged mindfulness intervention to support wellness in first-year medical students. *Teaching and Learning in Medicine, 26*, 350-356.
- 9) National Center for Complementary and Integrative Health (NCCIH), National Institutes of Health, U.S. Department of Health and Human Services (2014). *Meditation: What you need to know*. D308. Available at: <https://nccih.nih.gov/health/meditation-in-depth>
- 10) Ezzibdeh, R. (2014). An interview with Dr. Jeffrey Greeson. *PennScience, 13*, 16-17.
- 11) Pfrommer, M.E., McConnell, E.S., Diepold, J.H., Siegert, E.A., & Thompson, A.A. (2015). Heart assisted therapy – self-regulation (HAT-SR) for caregivers of persons with dementia. *Gerontology & Geriatrics Research, S4*:005.
- 12) Wolever, R.Q., Price, R., Hazelton, A.G., Dmitrieva, N.O., Bechard, E.M., Shaffer, J.K., & Tucci, D.L. (2015). Complementary therapies for significant dysfunction from tinnitus: Treatment review and potential for integrative medicine. *Evidence-Based Complementary and Alternative Medicine*, Article ID: 931418.
- 13) Wolever, R.Q., Reardon, B., & Hannan, T. (2015). *The Mindful Diet: How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health*. Scribner: New York, NY.
- 14) Witt, C.M., Chiaramonte, D., Berman, S., Chesney, M.A., Kaplan, G.A., Stange, K.C., Woolf, S.H., & Berman, B.M. (2017). Defining health in a comprehensive context: A new definition of integrative

health. *American Journal of Preventive Medicine*, 53(1), 134-137.

- 15) Fife, D.A. (2020). The eight steps of data analysis: A graphical framework to promote sound statistical analysis. *Perspectives on Psychological Science*, 15(4), 1054-1075.

Published Abstracts (since 2010):

- 1) Chapman, L.M.* , **Greeson, J.M.**, Webber, D.M.*...& Wolever, R.Q. (2010, February). *Determining the effect of Mindfulness-Based Weight Loss Maintenance (MBWLM) on a key inflammatory biomarker, interleukin-6*. Poster presented at the New England Science Symposium, Boston, MA.
- 2) **Greeson, J.M.**, Webber, D.M.* , Baime, M.J., Sanders, L., Wolever, R.Q. (2010, March). Is mindfulness related to lower psychological distress, inflammation, and insulin resistance following successful weight loss? [Abstract] *Psychosomatic Medicine*, 72(3), A102.
- 3) Webber, D.M.* , **Greeson, J.M.**, Meunier, J.P., Gaudet, T.W., Wolever, R.Q. (2010, March). Stress management skills, stress reduction, and changes in inflammatory and metabolic markers of disease risk [Abstract]. *Psychosomatic Medicine*, 72(3), A70.
- 4) **Greeson, J.**, Brantley, J., Smoski, M., Ekblad, A., Fikkan, J.* , Lynch, T., Webber, D.* , Llabre, M., Suarez, E., & Wolever, R. (2010, April). *Building psychological wealth: Alternative theoretical models may explain increased mindfulness, self-compassion and well-being following MBSR*. Paper presented at the 8th annual conference Investigating and Integrating Mindfulness into Medicine, Health Care, and Society, Worcester, MA.
- 5) **Greeson, J.**, Brantley, J., Smoski, M., Ekblad, A., Fikkan, J.* , Lynch, T., Webber, D.* , Llabre, M., Suarez, E., & Wolever, R. (2010, May). *Transdiagnostic risk factor reduction during mindfulness meditation training: How changes in positive emotional experience explain reduced symptoms of anxiety and depression*. Paper presented at the 5th International Congress of Complementary Medicine Research, Tromsø, Norway.
- 6) Chapman, L.M.* , **Greeson, J.M.**, Webber, D.M.* , Baime, M.J., Sanders, L., & Wolever, R.Q. (2010, May). *Determining the effect of Mindfulness-Based Weight Loss Maintenance (MBWLM) on a key inflammatory biomarker, interleukin-6*. Poster presented at the 5th International Congress of Complementary Medicine Research, Tromsø, Norway.
- 7) **Greeson, J.**, Smoski, M., Ekblad, A., Brantley, J., Suarez, E., & Wolever, R. (2010, May). *Psychological mechanisms linking mindfulness and enhanced sleep quality*. Paper presented at the 2nd annual Research Career Day, Duke University Medical Center, Durham, NC.
- 8) Fikkan, J.* , Baime, M., Sanders, L., **Greeson, J.**, Webb, J., Wakefield, J., Ladden, L., Gresko, J., Wai, M., Stony, C., & Wolever, R. (2010). Mindfulness in the maintenance of weight loss: A randomized controlled trial of the EMPOWER program [Abstract]. *International Journal of Behavioral Medicine*, 17 (Suppl 1), S215.
- 9) **Greeson, J.**, Smoski, M., Ekblad, A., Brantley, J., Suarez, E., & Wolever, R. (2010, November). How does Mindfulness-Based Stress Reduction ease sleep disturbance? The mediating role of cognitive and emotional processes. In P. Goldin (Chair), *Psychological and Neural Mechanisms of Mindfulness*. Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- 10) Ekblad, A.G., **Greeson, J.M.**, Robbins, C.J., Keng, S.L., Brantley, J., Smoski, M.J., & Lynch, T.R. (2010, November). The mediating roles of mindfulness & emotion regulation on responses to a laboratory based assessment of Mindfulness-Based Stress Reduction. In P. Goldin (Chair), *Psychological and Neural Mechanisms of Mindfulness*. Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- 11) **Greeson, J.** (2011, March). Psychosocial mechanisms of Mindfulness-Based Stress Reduction:

- The role of perseverative cognition [Abstract]. *Psychosomatic Medicine*, 73(3), A33.
- 12) **Greeson, J.**, Smoski, M., Brantley, J., Suarez, E., & Wolever, R. (2011, April). *Mediation, moderation, and mindfulness: An integrative model of healthy emotion regulation*. Paper presented at the 9th annual conference Investigating and Integrating Mindfulness into Medicine, Health Care, and Society, Boston, MA.
 - 13) **Greeson, J.** (2011, May). *Psychosocial mechanisms of Mindfulness-Based Stress Reduction: The role of perseverative cognition*. Paper presented at the 3rd annual Research Career Day, Duke University Medical Center, Durham, NC.
 - 14) Garland, E.L., **Greeson, J.M.**, Howard, M.O. (2011, November). Salutory effects of mindfulness training on alcohol attentional bias moderated by trauma history. In M. Smoski (Chair), *Moderators of Success of Mindfulness-Based Interventions*. Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
 - 15) **Greeson, J.**, Smoski, M., Brantley, J., Wolever, R., & Suarez, E. (2011, November). Does prior meditation experience moderate psychological mechanisms of Mindfulness-Based Stress Reduction? In M. Smoski (Chair), *Moderators of Success of Mindfulness-Based Interventions*. Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
 - 16) Kristeller, J., Goldin, P., Salmon, P., **Greeson, J.**, Cole, M., Hazlett-Stevens, H. (Chair), & Monschau, L. (2012, March). *Integrating mindfulness into clinical training and research within the clinical psychology profession*. Roundtable discussion presented at the 10th annual conference Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Boston, MA.
 - 17) Wolever, R.Q., Caldwell, K., Fikkan, J.*, **Greeson, J.**, Sanders, L., Webb, J., & Baime, M. (2012, April). *Enhancing mindfulness for the prevention of weight regain: Impact of the EMPOWER program*. Paper presented at the annual meeting of the Society for Behavioral Medicine, New Orleans, LA.
 - 18) **Greeson, J.** (2012, May). Changes in mindfulness, psychological symptoms, and transdiagnostic risk factors following Mindfulness-Based Stress Reduction (MBSR). In E. Hoge (Chair), *Mechanisms of Stress Reduction & Resilience during Mindfulness-Based Interventions*. Symposium presented at the International Research Congress on Integrative Medicine and Health, Portland, OR.
 - 19) **Greeson, J.** (2012, June). *Psychosocial mechanisms of Mindfulness-Based Stress Reduction: The role of perseverative cognition*. Poster presented at the 9th annual Mind & Life Summer Research Institute, Garrison Institute, Garrison, NY.
 - 20) **Greeson, J.**, Suarez, E., Brantley, J., Carmody, D*., Juberg, M*., & Wolever, R. (2013, March). Can Mindfulness-Based Stress Reduction (MBSR) buffer stress reactivity and facilitate physiological recovery in healthy adults? [Abstract] *Psychosomatic Medicine*, 75 (3), A-2.
 - 21) **Greeson, J.** (2013, April). *So you want a career in mindfulness research?* Breakfast roundtable discussion presented at the 11th annual conference Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Boston, MA.
 - 22) Brantley, J., & **Greeson, J.** (2013, April). *Building a healing community based in mindfulness: Our 14 years of experience at Duke Integrative Medicine*. Presentation dialogue at the 11th annual conference Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Boston, MA.
 - 23) **Greeson, J.** (2013, August). How to get research funding and transition to independence. In: A. Shahane (Chair), *A Guide to Navigating Career Success for the Early Career Health Psychologist*. Symposium presented at the annual convention of the American Psychological Association, Honolulu, HI.

- 24) Juberg, M.*, Rogers, H., Maytan, M., James, K.*, & **Greeson, J.M.** (2013, August). *Effectiveness of a 4-week mindfulness meditation class developed for college students*. Poster session presented at the annual convention of the American Psychological Association, Honolulu, HI.
- 25) **Greeson, J.**, Suarez, E., Hall, M., Brantley, J., Carmody, D.*, Juberg, M.*, & Wolever, R. (2013, November). Changes in sleep quality and stress physiology following Mindfulness-Based Stress Reduction. In S. Garland (Chair), *The Use of Mindfulness Meditation, Singly or in Combination with Behavioral Interventions, for the Treatment of Insomnia and Stress-Related Sleep Disturbance*. Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- 26) **Greeson, J.**, Carmody, D.*, Juberg, M.*, Brantley, J., Suarez, E., & Wolever, R. (2013, November). Does amount or type of home meditation practice during Mindfulness-Based Stress Reduction (MBSR) explain variation in psychological outcomes. In L. Hawley (Chair), *The Role of Mindfulness Practice in Mindfulness-Based Treatment*. Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- 27) **Greeson, J.**, Muehlbauer, M., Bain, J., Carmody, D.*, Juberg, M.*, Brantley, J., Hall, M., Wolever, R., & Suarez, E. (2014). Rest assured: Changes in sleep and metabolism following Mindfulness-Based Stress Reduction (MBSR). [Abstract] *Psychosomatic Medicine*, 76 (3), A-41.
- 28) **Greeson, J.**, Black, D., & Garland, E. (2014, April). *Mindfulness as a transtherapeutic approach to transdiagnostic mental processes*. Research forum presented at the annual conference Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Boston, MA.
- 29) **Greeson, J.**, Suarez, E., Brantley, J., Carmody, D.*, Juberg, M.*, & Wolever, R. (2014, May). Changes in stress-induced cardiovascular reactivity and recovery following an 8-week Mindfulness-Based Stress Reduction (MBSR) program. In: J. Greeson (Chair), *Mind-Body Interventions: Physiological, Molecular, and Genetic Mechanisms*. Symposium presented at the International Research Congress on Integrative Medicine and Health, Miami, FL.
- 30) **Greeson, J.** (2014, November). *NIH Career Award Funding for Your Early Career in Contemplative Science*. Concurrent session presented at the Mind & Life International Symposium for Contemplative Studies, Boston, MA.
- 31) Smoski, M. J., Suarez, E. C., Brantley, J., Wolever, R. Q., & **Greeson, J. M.** (2015). Effects of Mindfulness-Based Stress Reduction across the Adult Lifespan. [Abstract] *The American Journal of Geriatric Psychiatry*, 23(3), S168.
- 32) **Greeson, J.M.**, Gettes, D.R., Spitsin, S.V., Dubé, B., Benton, T.D., Lynch, K.G., Douglas, S.D., & Evans, D.L. (2015, May). *Effect of SSRI on HIV receptor and coreceptor expression ex vivo*. Poster presented at the the Society for Biological Psychiatry meeting, Toronto, Ontario, Canada.
- 33) Feldman, G., Gildawie, K., Potter, M., & **Greeson, J.M.** (2015, November). *Dispositional mindfulness buffers emotional reactivity to physiological arousal*. Poster session presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- 34) **Greeson, J.M.** (2016, March). Mindfulness-Based Stress Reduction: Correlates, predictors, and moderators of positive emotional outcomes. [Abstract] *Psychosomatic Medicine*, 78, A-9.
- 35) Edman, J., **Greeson, J.**, Wolever, R., Roberts, R., Kaufman, A., Abrams, D., & Dolor, R. (2016). Perceived stress in patients with common gastrointestinal disorders: Associations with quality of life and symptom management. [Abstract] *Journal of Alternative and Complementary Medicine*. Online ahead of print: May 20, 2016. doi:10.1089/acm.2016.29003.abstracts.
- 36) **Greeson, J.**, Reda, J.*, Windish, M., & Hutchings, J. (2016, May). *A four-session workplace mindfulness program is feasible and effective*. Poster presented at the annual convention of the Association for Psychological Science, Chicago, IL.
- 37) Cox, C.E., Jones, D., Reagan, W., Walton, B., Ungar, A., Hough, C.L., **Greeson, J.M.**, & Porter,

- L.S. (2016, May). *LIFT: A novel, scalable digital mindfulness app intervention for ICU survivors*. Presented at the American Thoracic Society International Conference, San Francisco, CA.
- 38) Marks, D., Block-Lerner, J., Marino, P., **Greeson, J.**, Hickman, S., & Seltzer, J. (2017, November). *Exploring the fullness of time: Delivering mindfulness- and acceptance-based interventions and programs for older adults*. Clinical Round Table presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- 39) **Greeson, J.**, Anyanso, V.*, Reda, J.*, Keenan, M.*, Barney, D.*, Heryak, R., Strowger, M., Fallon, M., Hughes, J., & Fresco, D. (2017, November). *Do facets of trait mindfulness correlate with blood pressure? Baseline data from the Serenity Study*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- 40) **Greeson, J.**, Zarrin, H.*, Smoski, M.J., Brantley, J.G., Lynch, T.R., Webber, D.M.*, Hall, M.H., Suarez, E.C., & Wolever, R.Q. (2017, November). *Mindfulness meditation targets transdiagnostic symptoms implicated in stress-related disorders: Understanding relationships between changes in mindfulness, sleep quality, and physical symptoms*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- 41) **Greeson, J.**, Keenan, M.*, Barney, D.*, Reda, J.*, Anyanso, V.*, Ren, X., & Schug, J. (2018, March). *Mindfulomics: Searching for the signature of mindfulness and resilience to stress*. Oral presentation at the annual meeting of the American Psychosomatic Society, Louisville, KY.
- 42) Chin, G.*, **Greeson, J.**, Anyanso, V.*, Reda, J.*, Keenan, M.*, Barney, D.*, Heryak, R., Strowger, M., Fallon, M., Hughes, J., & Fresco, D. (2018, March). *Does dispositional mindfulness correlate with blood pressure consistently across demographics? Baseline analyses from the Serenity Study*. Poster presentation at American Psychosomatic Society annual meeting, Louisville, KY.
- 43) Chin, G.*, **Greeson, J.**, Anyanso, V.*, Reda, J.*, Keenan, M.*, Barney, D.*, Heryak, R., Strowger, M., Fallon, M., Hughes, J., & Fresco, D. (2018, March). *Does dispositional mindfulness correlate with blood pressure consistently across demographics? Baseline analyses from the Serenity Study*. Oral presentation at the 44th Annual Psychology Research Conference at Rowan University, Glassboro, NJ.
- 44) **Greeson, J.**, Keenan, M.*, Barney, D.*, Reda, J.*, Anyanso, V.*, Ren, X., & Schug, J. (2018, May). *Mindfulomics: Searching for the molecular “signature” of mindfulness*. Citation poster presented at the International Congress on Integrative Medicine & Health, Baltimore, MD.
- 45) Chin, G.*, **Greeson, J.**, Anyanso, V.*, Reda, J.*, Keenan, M.*, Barney, D.*, Heryak, R., Strowger, M., Fallon, M., Hughes, J., & Fresco, D. (2018, May). *Does dispositional mindfulness correlate with blood pressure consistently across demographics? Baseline analyses from the Serenity Study*. Poster presented at the International Congress on Integrative Medicine & Health, Baltimore, MD.
- 46) Cox, C.E., Hough, C.T., Jones, D., Ungar, A., Reagan, W., Key, M.D., Gremore, T., Olsen, M.K., Sanders, L., **Greeson, J.M.**, & Porter, L.S. (2018). Effect of a Self-Directed Mobile App Mindfulness Program for ICU Survivors: A Pilot RCT. [Abstract] *American Journal of Respiratory and Critical Care Medicine*, 197, A6185.
- 47) Edman, J.S., Galantino, M.L., Hutchinson, J., & **Greeson, J.M.** (2018, May). *Self-reported benefits of a health coaching program in healthcare system employees with chronic disease: A pilot study of health status and outcomes*. Citation poster presented at the International Congress on Integrative Medicine & Health, Baltimore, MD.
- 48) **Greeson, J.**, Keenan, M.*, Barney, D.*, Reda, J.*, Ren, X., & Schug, J. (2018, July). *Mindfulomics: Searching for the molecular “signature” of mindfulness*. Symposium presented at the International Conference on Mindfulness, Amsterdam, Netherlands.

- 49) **Greeson, J.**, Keenan, M.* , Barney, D.* , Reda, J.* , Anyanso, V.* , Ren, X., & Schug, J. (2018, October). *Mindfulomics: Searching for the molecular “signature” of mindfulness*. Poster presented at Cooper Medical School of Rowan University Research Day, Camden, NJ.
- 50) Chin, G.* , **Greeson, J.**, Anyanso, V.* , Reda, J.* , Keenan, M.* , Barney, D.* , Heryak, R., Strowger, M., Fallon, M., Hughes, J., & Fresco, D. (2018, October). *Does dispositional mindfulness correlate with blood pressure consistently across demographics? Baseline analyses from the Serenity Study*. Poster presented at Cooper Medical School of Rowan University Research Day, Camden, NJ.
- 51) Chin, G.* , **Greeson, J.**, Anyanso, V.* , Reda, J.* , Keenan, M.* , Barney, D.* , Heryak, R., Strowger, M., Fallon, M., Hughes, J., & Fresco, D. (2018, November). *Does trait mindfulness buffer cardiovascular risk? Baseline analyses from the Serenity Study*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- 52) McBride, E.* , Chin, G.* , Anyanso, V.* , Suarez, E., Brantley, J., Carmody, D.* , Wolever, R., & **Greeson, J.** (2018, November). *Mindfulness training uncouples physiological and emotional responses to stress: Implications for psychopathology and physical illness?* Poster presented at annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- 53) Anyanso, V.* , Suarez, E., Brantley, J., Carmody, D.* , Juberg, M.* , Hall, M., Wolever, R., & **Greeson, J.** (2018, November). *Does normal or poor sleep predict Mindfulness-Based Stress Reduction (MBSR) program outcomes?* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- 54) Reda, J.* , Keenan, M.* , Barney, D.* , & **Greeson, J.** (2018, November). *Mindfulness homework: Much ado about nothing?* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- 55) **Greeson, J.** (2019, March). Moderating effects trait mindfulness & compassion on biological responses to emotional stress: Implications for CVD risk. In: J. Greeson (Chair), *Mindfulness and Cardiovascular Health: Outcomes, Mechanisms & Individual Differences*. Symposium presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.
- 56) Chin, G.* , **Greeson, J.**, Anyanso, V.* , Reda, J.* , Keenan, M.* , Barney, D.* , Strowger, M., Fallon, M., Hughes, J., & Fresco, D. (2019, March). Does trait mindfulness buffer cardiovascular risk? Baseline analyses from the Serenity Study. In: J. Greeson (Chair), *Mindfulness and Cardiovascular Health: Outcomes, Mechanisms & Individual Differences*. Symposium presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.
- 57) McBride, E.* , Chin, G.* , Suarez, E., Brantley, J., Carmody, D., Wolever, R., & **Greeson, J.** (2019, March). *“Uncoupling” physiological and emotional responses to stress with mindfulness: Relevance to psychosomatic medicine*. Poster presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.
- 58) Richards, J.* , & **Greeson, J.** (2019, March). *Do participant characteristics predict BP outcomes following mindfulness training?* Poster presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.
- 59) Brown, M.* , Arigo, D., & **Greeson, J.** (2019, March). *Do gender, anxiety, or sleep quality predict Mindfulness-Based Stress Reduction outcomes?* Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- 60) Richards, J.* , Chin, G.* , Colangelo, A.* , Kloster, V.* , McBride, E.* , & **Greeson, J.** (2019, April). *Do social support or decentering moderate the relationship between mindfulness and psychological distress?* Oral presentation at the 45th Annual Psychology Research Conference, Rowan University, Glassboro, NJ.

- 61) Colangelo, A.*, Kloster, V.*, Richards, J.*, Chin, G.*, McBride, E.*, & **Greeson, J.** (2019, April). *RU Mindful: Are religious students more mindful, with greater psychological well-being?* Poster presentation at the annual Psychology Research Conference, Rowan University, Glassboro, NJ.
- 62) Chin, G.*, McBride, E.*, **Greeson, J.**, Richards, J.*, Colangelo, A.*, & Kloster, V.* (2019, April). *RU Mindful: Trait mindfulness and better mind-body health in Rowan students - An interim analysis.* Poster presentation at the annual Psychology Research Conference, Rowan University, Glassboro, NJ.
- 63) Colangelo, A.*, May, S.*, Richards, J.*, Kloster, V.*, Rydzewski, M.*, McBride, E.*, Chin, G.*, & **Greeson, J.** (2019, July). *RU Mindful 2: A Laboratory Study on Mindfulness, Stress, Cognitive Functioning, and Health.* Poster presented at Rowan University COURI Summer Research Symposium, Glassboro, NJ.
- 64) Singh, U.*, Chin, G.*, & **Greeson, J.** (2019, October). *Are there gender differences between mindfulness and stress?* Poster presented at the annual West Chester University Fall Research Day, West Chester, PA.
- 65) **Greeson, J.**, Regan, W., Ungar, A., McKeehan, J., Guy, M., Key, M., Manyara, R., Frear, A., Olsen, M., Sanders, L., Gremore, T., Porter, L., Moss, M., Hough, C., & Cox, C. (2019, November). Optimizing a mobile self-directed mindfulness application for improving psychological distress in ICU survivors: The LIFT program. In C. Conley (Chair), *Technology-Based Mindfulness Interventions: Development, Patterns of Use, and Clinical Impact.* Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- 66) Lee, H.*, & **Greeson, J.** (2019, November). *Do race, sex, and socioeconomic status moderate the relationship between mindfulness and emotion regulation, sleep, and psychological distress in college students?* Special Interest Group (SIG) poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- 67) Lee, H.*, & **Greeson, J.** (2019, November). *Does emotion regulation partly explain the relationship between mindfulness and health behaviors in college students?* Special Interest Group (SIG) poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- 68) McBride, E.*, Chin, G.*, Richards, J.*, Singh, U.*, & **Greeson, J.** (2019, November). *RU Mindful: Does perceived stress partly explain the association between trait mindfulness and cognitive functioning in college students?* Special Interest Group (SIG) poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- 69) Singh, U.*, Chin, G.*, & **Greeson, J.** (2020). *Are there gender differences between mindfulness and stress?* [Abstract] *Global Advances in Health and Medicine*, 9, 104.
- 70) **Greeson, J.** (2020). State mindfulness, trait mindfulness, and response to mindfulness training: Is there a genomic signature? [Abstract] *Global Advances in Health and Medicine*, 9, 119.
- 71) McBride, E.*, Bodenheimer, L., Radossi, A.*, Lee, H.*, Sestito, N., Libon, D., White, C., McBride, S., & **Greeson, J.** (2020, June). *Mindfulness to promote healthy aging in older adults with mild cognitive impairment: A mixed methods feasibility and acceptability study.* Virtual poster presentation at the Mind & Life 2020 Summer Research Institute.
- 72) McBride, E.*, Bodenheimer, L., Radossi, A.*, Lee, H.*, Sestito, N., Libon, D., White, C., McBride, S., & **Greeson, J.** (2020, November). *Mindfulness to promote healthy aging in older adults with mild cognitive impairment: A mixed methods feasibility and acceptability study.* Virtual poster presentation at the Mind & Life 2020 Contemplative Research Conference.
- 73) Lee, H.H.*, McBride, E.E.*, Chin, G.*, Colangelo, A.P.*, & **Greeson, J.** (2020, November). *Does a brief mindfulness exercise facilitate emotional recovery from stress in college students?* Virtual poster presentation at the Association for Behavioral and Cognitive Therapies.

- 74) Colangelo, A.P.*, McBride, E.E.*, Chin, G.*, Lee, H.H.*, & **Greeson, J.** (2020, November). *Are more mindful students less reactive to acute emotional stress?* Virtual poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies.
- 75) Chin, G.*, **Greeson, J.**, McBride, E.*, Lee, H.*, & Colangelo, A.* (2020, November). *Trait mindfulness predicts neurocognitive functioning in university students.* Virtual poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies.
- 76) McBride, E.*, & **Greeson, J.** (2020, November). *Cardiovascular recovery from emotional stress: Operationalizing equanimity following Mindfulness-Based Stress Reduction.* Virtual poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies.
- 77) Phan, M.L.*, Renshaw, T.L., Caramanico, J., **Greeson, J.M.**, MacKenzie, E., Atkinson-Diaz, Z., Dopplet, N., Hungtzu, T., Mandell, D.S., & Nuske, H.J. (2021, February). *School-based Mindfulness Interventions: Assessing Current Studies with Evidence-based Guidelines.* Virtual paper presentation at the National Association of School Psychologists Annual Conference, Salt Lake City, UT, United States.
- 78) **Greeson, J.**, & McBride, E.* (2021, April). *Mindfulness to promote healthy aging in older adults with mild cognitive impairment: A mixed methods feasibility and acceptability study.* Virtual poster presentation at the Integrative Medicine & Health Symposium online.
- 79) **Greeson, J.**, Hughes, J., Potter, V., Fallon, M., Kiken, L., Lavanty, B., Heryak, R., Strowger, M., Keenan, M.*, Barney, D.*, Anyanso, A.*, Reda, J.*, Erkanli, A., & Fresco, D. (2021, July). The Serenity Study: A two-site RCT of Mindfulness-Based Stress Reduction to lower blood pressure. In J. Greeson (Chair), *Mindfulness and Cardiovascular Health*. Virtual symposium presentation at the International Conference on Mindfulness.
- 80) Chin, G.*, **Greeson, J.**, & Fresco, D. (2021, July). Does dispositional mindfulness predict cardiovascular reactivity to stress in prehypertension? Baseline analyses from the Serenity Study. In J. Greeson (Chair), *Mindfulness and Cardiovascular Health*. Virtual symposium presentation at the International Conference on Mindfulness.
- 81) McBride, E.*, & **Greeson, J.** (2021, July). Cardiovascular recovery from emotional stress: Operationalizing equanimity following Mindfulness-Based Stress Reduction. In J. Greeson (Chair), *Mindfulness and Cardiovascular Health*. Virtual symposium presentation at the International Conference on Mindfulness.
- 82) Phan, M.L.*, Renshaw, T.L., Caramanico, J., **Greeson, J.M.**, MacKenzie, E., Atkinson-Diaz, Z., Dopplet, N., Hungtzu, T., Mandell, D.S., & Nuske, H.J. (2021, November). *School-based Mindfulness Interventions: Assessing School-Based Mindfulness Interventions with Evidence-based Guidelines.* Poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA, United States.
- 83) **Greeson, J.** (2021, November). *State mindfulness, trait mindfulness, and response to mindfulness training: Is there a genomic signature?* Poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies [virtual].
- 84) Lee, H.H.*, & **Greeson, J.M.** (2021, November). *Does decentering mediate the relationship between mindfulness and stress and anxiety?* Poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies [virtual].
- 85) Chin, G.*, McBride, E.*, & **Greeson, J.** (2021, November). *In support of the mindfulness stress buffering account: Perceived stress mediates the relationship between trait mindfulness and perceived physical health.* Poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies [virtual].
- 86) McBride, E.*, Chin, G.*, Lee, H.*, & **Greeson, J.** (2021, November). *Trait mindfulness and mind-body health in college students: Do gender, race, and ethnicity matter?* Poster presentation at the

annual convention of the Association for Behavioral and Cognitive Therapies [virtual].

- 87) Clauser, K.*, McBride, E.*, & **Greeson, J.** (2021, November). *Do yoga and meditation experience relate to dispositional mindfulness in college students?* Special Interest Group (SIG) Poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA, United States.
- 88) **Greeson, J.** (2021, December). *State mindfulness, trait mindfulness, and response to mindfulness training: Is there a genomic signature?* Focused Talk presentation at the annual inVIVO Planetary Health conference [virtual].

Editorials, Commentaries, Position, and Background Papers:

- 1) **Greeson, J.M.**, & Pearce, M.J. (2007, November). *Mind/Body Medicine: A Skill-Building and Self-Care Workshop for Duke Medical Students*. Summary Report prepared for Advisory Dean and Director of Student Affairs, Dr. Caroline Haynes.
- 2) Pearce, M.J., & **Greeson, J.M.** (2009, August). *Mind/Body Medicine: A Skill-Building and Self-Care Workshop for Duke Medical Students*. Summary Report prepared for Advisory Dean and Director of Student Affairs, Dr. Caroline Haynes.
- 3) Black, D.S., & **Greeson, J.M.** (2014). Mindfulness-based interventions in routine clinical care for stress related ailments: Comment. *JAMA Internal Medicine*, 174(3).
- 4) Goodie, J., **Greeson, J.**, Wilfong, K., & Satyanarayana, S. (2020). Hypertension. Fact sheet produced by the Behavioral Medicine and Integrated Primary Care Special Interest Group (SIG) for the Association for Behavioral and Cognitive Therapies (ABCT). Available at: https://www.abct.org/Information/index.cfm?m=mlInformation&fa=fs_HYPERTENSION

PRESENTATIONS

Invited presentations (since 2010): Excluding peer-reviewed presentations in Published Abstracts

- 1) *Improving Sleep with Meditation*. Workshop presented for Duke University staff and general community members at Teer House, Durham, NC, February 25, 2010.
- 2) *Stress Management: Fundamentals of Meditation*. Workshop presented for Osher Lifelong Learning Institute, Durham, NC, March 3, 2010.
- 3) *Mindfulness for Professionals: Half-Day Research Seminar*. Presentation to participants in a professional training program at Duke Integrative Medicine, Durham, NC, March 18, 2010.
- 4) *Improving Sleep with Meditation*. Workshop presented for Duke University staff and general community members at Teer House, Durham, NC, April 19, 2010.
- 5) *Mind-Body Therapies for Treating Pain: Evidence and Mechanisms*. Journal club presentation to faculty and residents in the Division of Occupational and Environmental Medicine at Duke University Medical Center, Durham, NC, April 20, 2010.
- 6) *Mechanisms of Mindfulness: Effects on Sleep Quality, Stress Physiology & CVD Risk*. Sleep Grand Rounds presented for faculty and staff at the University of Pittsburgh Medical Center, Pittsburgh, PA, April 29, 2010.
- 7) *NIH K99/R00 Award Panel*. Panel presentation to postdoctoral fellows at Duke University, Durham, NC, May 27, 2010.
- 8) *How to Get a Pathway to Independence Award (K99/R00) at NIH/NCCAM*. Presentation to postdoctoral fellows and faculty at the University of North Carolina Program on Integrative Medicine, Chapel Hill, NC, May 27, 2010.
- 9) *Mindfulness and Medicine: Science & Practice*. Guest lecture presented to first-year Physician

Assistant class at Duke University School of Medicine, Durham, NC, June 18, 2010.

- 10) *Mindfulness, Substance Abuse & HIV: Translating Research into Practice*. Presentation at quarterly staff meeting of Carolina Alcohol and Drug Expansion Team (CADET), Durham, NC, January 5, 2011.
- 11) *Mindfulness and Medicine: Science & Practice*. Guest lecture presented to first-year Physician Assistant class at Duke University School of Medicine, Durham, NC, April 12, 2011.
- 12) *Mindfulness for Professionals: Half-Day Research Seminar*. Presentation to participants in a professional training program at Duke Integrative Medicine, Durham, NC, April 20, 2011.
- 13) *Mindfulness: Translating Research into Practice*. Presentation at HIV Care 2011 symposium, Chapel Hill, NC, May 2, 2011.
- 14) *Mindfulness Concepts for Psychiatric Mental Health Care: Evidence and Practice Implications for the Management of Stress, Anxiety, and Mood Disorders*. Presentation at the Psychiatric Mental Health Nursing Continuing Education Symposium on Mindfulness-Based Stress Reduction: Implications for Practice and Self-Care, Chapel Hill, NC, May 6, 2011.
- 15) *Improving Sleep with Meditation*. Workshop presented for Duke University staff and general community members at Teer House, Durham, NC, May 24, 2011.
- 16) *Mindfulness in Medicine: Science & Practice*. Lecture for Principles and Practices of Alternative and Complementary Medicine course at UNC-Chapel Hill School of Medicine, Chapel Hill, NC, August 29, 2011.
- 17) *Early Career Issues & Strategies in Clinical Psychology*. Brown bag lunch seminar presented to clinical psychology PhD program students at Duke University, Durham, NC, September 8, 2011.
- 18) *Discovering the Health Benefits of Mindfulness*. Presentation to the Carolinas Chapter of the Chiari & Syringomyelia Foundation, Durham, NC, October 7, 2011.
- 19) *Structural Equation Modeling in Integrative Medicine Research*. Presentation to NIH/NCCAM-funded training grant fellows at University of North Carolina—Chapel Hill Program on Integrative Medicine, Chapel Hill, NC, October 27, 2011.
- 20) *Improving Sleep with Meditation*. Workshop presented for Duke University staff and general community members at Teer House, Durham, NC, January 19, 2012.
- 21) *The Role of Health Psychology & Mindfulness in Integrative Medicine*. Guest lecture for undergraduate Health Psychology course (PSY431) at North Carolina State University, Raleigh, NC, January 26, 2012.
- 22) *Health Psychology in Integrative Medicine*. Small group presentations provided for 4th-year Duke medical students as part of Capstone Integrative Medicine module, Durham, NC, March 9, 2012.
- 23) *Mindfulness and Medicine: Science & Practice*. Guest lecture presented to first-year Physician Assistant class at Duke University School of Medicine, Durham, NC, March 15, 2012.
- 24) *The Biology of Stress and Stress Management Interventions*. Module presented as part of the Integrative Medicine in Professional Practice program at Duke Integrative Medicine, Durham, NC, March 23, 2012.
- 25) *Mindfulness and Mental Health: Enhancing Well-Being, One Moment at a Time*. Continuing education workshop presented at the 2012 annual Eastern Area Health Education Center (AHEC), Greenville, NC, April 18, 2012.
- 26) *Integrative Medicine, Mindfulness & Mental Health*. Grand Rounds presentation to the Department of Psychiatry and Psychology, Cleveland Clinic, Cleveland, OH, May 24, 2012.
- 27) *Mindfulness in Medicine: Science & Practice*. Guest lecture presented to Bravewell Fellows, medical trainees, and staff at Duke Integrative Medicine, Durham, NC, June 6, 2012.

- 28) *Mindfulness Meditation Training, Spirituality & Religion: Individual Differences in Mental Health Outcomes*. Spirituality & Health Research Seminar presented for the Duke Center for Spirituality, Theology & Health, Durham, NC, July 25, 2012.
- 29) *Mindfulness in Medicine: Science & Practice*. Lecture for Principles and Practices of Alternative and Complementary Medicine course at UNC-Chapel Hill School of Medicine, Chapel Hill, NC, August 27, 2012.
- 30) *Improving Sleep with Meditation*. Workshop presented for Duke University staff and general community members at Teer House, Durham, NC, September 6, 2012.
- 31) *Sleep Your Way to Better Health*. Public presentation for DukeWELL lecture series, Durham, NC, February 21, 2013.
- 32) *Contemplative Neuroscience: The Intersection of Mindfulness, Consciousness, and Health*. Lecture presented for Carolina Neuroscience Club, Chapel Hill, NC, March 25, 2013.
- 33) *Mindfulness for Professionals: Research Seminar*. Presentation to participants in a professional training program at Duke Integrative Medicine, Durham, NC, May 2-3, 2013.
- 34) *Integrative Medicine, Mindfulness & Mental Health*. Academic Half Day presentation to Department of Psychiatry residents, Duke University Medical Center, Durham, NC, June 6, 2013.
- 35) *Outcomes and Mechanisms of Mindfulness-Based Stress Reduction*. Presentation to Mindfulness Research Interest Group, Dept of Psychiatry, Duke University Medical Center, October 18, 2013.
- 36) *Using Core Laboratories at Duke to Support Your Early Career Research: The Mindfulness, Stress & Health Study*. dCRUE lecture to undergraduate researchers, Duke Clinical Research Unit, Durham, NC, November 19, 2013.
- 37) *Cognitive, Behavioral, and Mindfulness-Based Therapies for Mood Disorders*. Lecture presented as part of a continuing education symposium on Evidence-Based Practice for Mood Disorders: An Update on Pharmacological and Psychotherapeutic Treatments, Philadelphia, PA, November 14, 2014.
- 38) *Mindfulness Meditation for Stress Management & Why You Need It*. Lecture presented to the Penn Forum for Women Faculty, Philadelphia, PA, March 27, 2015.
- 39) *Why is Mindfulness Training Helpful Across so Many Psychological Disorders? A Transdiagnostic view, and Mindfulness as a Transtherapeutic Process*. Presentation to the Philadelphia Behavior Therapy Association, Glenside, PA, April 14, 2015.
- 40) *Mindfulness-Based Stress Reduction (MBSR) for Chronic Pain*. Workshop presented for Mind-Body Week, DC 2015, Bethesda, MD, April 19, 2015.
- 41) *Mindfulness: Past, Present & Future for a New TIIH Fellow*. Presentation to Scholars and Fellows of The Institute for Integrative Health (TIIH), Baltimore, MD, August 4, 2015.
- 42) *Mindfulness, Stress & Health: Research Update and Evidence Base*. Colloquium presented for the University of Calgary, Department of Psychology, Calgary, Alberta, CAN, September 1, 2015.
- 43) *Mindfulness, Stress & Health: How to Apply Mindfulness-Based Interventions in Clinical Practice*. Clinical workshop presented for the University of Calgary, Department of Psychology, Calgary, Alberta, CAN, September 1, 2015.
- 44) *Stress Mitigation through Mindfulness*. Presentation to Penn Faculty Pathways Program, Cohort #2, University of Pennsylvania, Philadelphia, PA, October 16, 2015.
- 45) *Mindfulness, Stress & Health: State of the Science*. Presentation as part of the Meditation & Health: A Multidisciplinary Exploration, Penn State Abington, Abington, PA, November 6, 2015.

- 46) *Mindfulness, Stress and Mental Disorders: Psychological & Neural Mechanisms*. Invited lecture for Learning & Memory (PSYCH 452) class at Penn State Abington, Abington, PA, November 6, 2015.
- 47) *Sharing a Vision: Reflections on the Past, Present & Future of Integrative Medicine*. Invited lecture for faculty and staff of the Osher Center for Integrative Medicine at Vanderbilt University, Nashville, TN, December 14, 2015.
- 48) *Complementary Therapies for Treating Pain: Evidence and Mechanisms*. Invited lecture for Interprofessional Course on Pain Science and Practice, University of Pennsylvania, Philadelphia, PA, January 10, 2016.
- 49) *Integrating Mindfulness into Psychology and Medicine*. Invited lecture for the Department of Psychology, Rowan University, Glassboro, NJ, January 20, 2016.
- 50) *Mindfulomics: Progress and Challenges in the Search for a Biological “Signature” of Mindfulness*. Invited lecture for Scholars, Fellows, and staff at The Institute for Integrative Health, Baltimore, MD, February 2, 2016.
- 51) *The Science and Practice of Mindfulness*. Invited seminar for Dept. of Religious Studies undergraduate course From Miracles to Mindfulness (RELS-244), University of Pennsylvania, Philadelphia, PA, March 29, 2016.
- 52) *Mindfulness at Penn Behavioral Health*. Invited presentation to Human Resources (H.R.) Council meeting, University of Pennsylvania, Philadelphia, PA, April 7, 2016.
- 53) *Who Might Benefit Most from Mindfulness Meditation and Why?* Invited lecture for MindfulnessTN symposium, Knoxville, TN, April 8, 2016.
- 54) *Mindfulomics: One Year of Progress, One Step at a Time*. Invited lecture for Scholars, Fellows, and staff at The Institute for Integrative Health, Baltimore, MD, August 1, 2016.
- 55) *Mindfulness and Acceptance Special Interest Group (SIG) Annual Meeting*. SIG President and Session Chair, Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, October 29, 2016.
- 56) *Mindfulness in Psychology and Medicine: Research Linking Theory & Practice*. Invited CARBBs (Current Areas of Research Brown Bag series) lecture for the Department of Psychology, Rowan University, Glassboro, NJ, November 18, 2016.
- 57) *Mindfulness, Stress & Health: Outcomes & Mechanisms Pertinent to Cancer Care and Immunology*. Invited presentation at inaugural Research Showcase, Cooper Medical School of Rowan University, Camden, NJ, January 10, 2017.
- 58) *Mindfulomics: Searching for the “Signature” of Mindfulness*. Invited presentation for Scholars, Fellows, and staff at The Institute for Integrative Health, Baltimore, MD, February 7, 2017.
- 59) *Serenity N.O.W. (New Opportunities for Wellness). Stress Reduction Training to Target Psychological and Pathophysiological Mechanisms Implicated in HIV, Depression, and Co-Morbid Inflammatory Conditions*. Invited Journal Club presentation for faculty and staff at the Penn Mental Health AIDS Research Center, University of Pennsylvania Perelman School of Medicine, Philadelphia, PA, March 9, 2017.
- 60) *Mindfulness as a Foundation for Optimal Health & Performance*. Invited opening lecture for student-athletes selected for PROF Academy, an NCAA-funded grant to Rowan University, Glassboro, NJ, April 9, 2017.
- 61) *Mindfulomics: Is There a “Signature” of Mindfulness?* Invited presentation for Scholars, Fellows, and staff at The Institute for Integrative Health, Baltimore, MD, July 31, 2017.
- 62) *Stress: Epidemiology, Impact, and Mitigation Strategies*. Invited opening lecture for 5th Annual

Wellness Summit hosted by the Greater Philadelphia Business Coalition for Health, Philadelphia, PA, September 12, 2017.

- 63) *Searching for the 'Signature' of Mindfulness: Neuroscience, Omics & Clinical Trials*. Invited presentation presented for the Neuroscience Research Showcase at Rowan School of Osteopathic Medicine, Stratford, NJ, November 30, 2017.
- 64) *Neurobiology of Mindfulness, Stress & Health*. Invited lecture presented for faculty, postdocs, and staff as part of the Stress Neurobiology Lecture Series at The Children's Hospital of Philadelphia, Philadelphia, PA, December 1, 2017.
- 65) *Mindfulness, Stress & Health Lab: Investigating the Outcomes and Mechanisms of Mindfulness*. Invited presenter at 1st Annual Faculty Research Day, Rowan University, Glassboro, NJ, March 28, 2018.
- 66) *20 Years of Mindfulness Research: From Self-Report Surveys to Cell Signaling Pathways*. Integrative Medicine Grand Rounds presented for faculty and staff at Sidney Kimmel Medical College at Thomas Jefferson University, Philadelphia, PA, April 3, 2018.
- 67) *Mindfulness in Medicine: Science & Practice*. Invited lecture for Medical Humanities series for 4th-year medical students at Rowan School of Osteopathic Medicine, Stratford, NJ, April 12, 2018.
- 68) *Exploring Predictors of Change in a Stress Reduction Program: Threshold Effects for Psychological and Biological Outcomes*. Summer Undergraduate Research Program (SURP) poster presented with Jared Richards at Rowan University, Glassboro, NJ, July 19, 2018.
- 69) *Managing Stress with Mindfulness*. Didactic workshop to be presented for Psych Alliance student club at Rowan University, Glassboro, NJ, November 2, 2018.
- 70) *Mindfulness in Medicine: Science & Practice*. Medical Education Grand Rounds presented at Cooper Medical School of Rowan University, Camden, NJ, November 13, 2018.
- 71) *Mindfulness-Based Clinical Interventions*. Didactic workshop presented for Clinical Psychology predoctoral students and interns at West Chester University, West Chester, PA, November 30, 2018.
- 72) *Biological Mechanisms of Mindfulness: From Basic Science to Clinical Applications*. Integrative Medicine Club presentation for students at Rowan University School of Osteopathic Medicine, Stratford, NJ, March 14, 2019.
- 73) *Sleep Your Way to Better Health*. Invited lecture for student employees and staff as part of ongoing Wellness Series at Rowan University Campus Recreation Center, Glassboro, NJ, March 29, 2019.
- 74) *Mindfulness*. Invited lecture for Positive Psychology Seminar at Rowan University, Glassboro, NJ, April 10, 2019.
- 75) *Are You Mindful? The Science Linking Mindfulness, Stress & Health*. Seminar presented for the Center for Contemplative Studies at West Chester University, West Chester, PA, April 13, 2019.
- 76) *Mindfulness: Working and Living Mindfully*. Invited workshop presented to staff at Campbell Library for Rowan Universities Workshop Week, Glassboro, NJ, July 30, 2019.
- 77) *Mindfulomics: Mindfulness Practice, Gene Expression & Inflammation*. Invited presentation for Scholars Meeting at The Institute for Integrative Health, Baltimore, MD, August 5, 2019.
- 78) *Self-Care and Isolation During COVID-19*. Invited speaker for Mental Health Panel as part of annual Nicky Green Foundation 5K Run, June 13, 2020.
- 79) *The Science & Practice of Mindfulness*. Invited guest for weekly subscription-based Mindfulness Webinar, led by Dr. Michael de Vibe and Psychologist Even Halland, Oslo, Norway. January 21, 2021.

- 80) *Association of Physician Compassion with Postoperative Pain in Same-Day Surgical Patients: A Prospective Cohort Study at Cooper University Hospital*. Invited breakout room presenter on Camden Health Research Initiative awards at virtual Faculty Research Day, Rowan University, Glassboro, NJ, March 31, 2021.
- 81) *Mindfulness, Stress & Health Lab: Coming Full Circle*. Invited CARBBs (Current Areas of Research Brown Bag series) lecture for the Department of Psychology, Rowan University, Glassboro, NJ, April 23, 2021.
- 82) *Mindfulness*. Invited Wellness Series webinar for NJ chapter of the American College of Physicians (ACP), September 9, 2021.
- 83) *Mindfulness-Based Stress Reduction, Depression, and Co-Morbid Cardiovascular Disorders*. Invited Grand Rounds lecture for Cooper Hospital Department of Psychiatry, Camden, NJ, September 21, 2021.
- 84) *Mindfulness: Everyday Tips for How to Relax, Reduce Stress, and Live 'In the Moment*. Invited all-staff presentation for Information Resources and Technology (IRT) annual meeting, Rowan University, Glassboro, NJ, November 19, 2021.
- 85) *Mindfulness in Medicine: Science & Practice*. Invited Grand Rounds lecture for Cooper Hospital Department of Medicine, Camden, NJ, February 3, 2022.

CONSULTANT APPOINTMENTS

eMindful Inc., Grant writing consultant for Fast-Track SBIR grant application.	2008
Moodtraining, Inc., Scientific advisor and blogger for moodtraining.com	2011-2012

PROFESSIONAL AWARDS AND SPECIAL RECOGNITION

Summer Research Training Award, Howard Hughes Medical Institute	1996
Elected to Sigma Xi, Swarthmore College Chapter	1997
Award to support extramural research, O.N.E. Research Foundation	1997-1999
Distinguished Graduate Student, Pennsylvania Association of Graduate Schools	2001
Citation Poster, Society of Behavioral Medicine	2001
Research Assistant Full Scholarship, University of Miami	2001-2002
Ruth L. Kirschstein Predoctoral NRSA, NHLBI Institutional Training Grant	2002-2005
Departmental letters of commendation, University of Miami	2003-2004
Scholar Award, American Psychosomatic Society	2003 & 2006
Award of Academic Merit, University of Miami	2006
George Fellow in Mind-Body Medicine, George Family Foundation	2007-2008
Selected presenter for Capitol Hill poster session sponsored by NIH/OBSSR	2009
Distinguished Fellow, NIH/OBSSR Summer Institute on Behavioral RCTs	2010
SAGE Most Downloaded article for 2009-2010 ("Mindfulness Research Update")	2011
Mind & Life Summer Research Institute (MLSRI) Senior Investigator	2012
NIH Center for Scientific Review Early Career Reviewer	2013
Taylor & Francis Most Downloaded article for 2014 ("Randomized Trial of Koru")	2015
Elsevier Top 5 Highly Cited article for 2014-2015 ("A Narrative Review of Yoga & Mindfulness")	2016
Fellow, The Institute for Integrative Health (TIIH)	2015-present
Francis R. Lax Professional Development Award, Rowan University	2017-2018
Junior Faculty Travel Fund, Rowan University Office of the Provost	2019
Selected as Gonfalon Carrier for College of Science & Math commencement	2019
Honorable Mention, Best Poster, Rowan COURI Summer Research Symposium	2019

PROFESSIONAL SERVICE**Organizations, Membership & Participation:**

<i>Academic Consortium for Integrative Medicine & Health</i>	
Steering Committee, member	2015-2016
Research Working Group, member	2008-present
Conference abstract reviewer	2011-present
<i>Agency for Healthcare Research and Quality (AHRQ)</i>	
Key Informant on Technical Expert Panel for Evidence Report on Meditation Programs for Stress and Well-being	2011
<i>American Mindfulness Research Association (AMRA)</i>	2013-present
Member and Research Committee Appointee	
<i>American Psychological Association (APA)</i>	
Member	2008-present
Div. 38 (Health Psychology), member	1997-present
Div. 38 (Health Psychology), Early Career Professionals Council	2010-2013
<i>American Psychosomatic Society (APS)</i>	
Member	2001-present
Conference abstract reviewer	2010-present
Program Committee	2012-2016
<i>Association for Behavioral and Cognitive Therapies (ABCT)</i>	
Member	2009-present
Program Committee, member	2019-2021
Special Interest Group on Behavioral Med. & Integrated Care, member	2017-present
Special Interest Group on Mindfulness & Acceptance, member	2009-present
Special Interest Group on Mindfulness & Acceptance, Co-Chair	2013-2014
Special Interest Group on Mindfulness & Acceptance, Chair	2014-2016
<i>Association for Psychological Science (APS)</i> , member	2012-present
<i>Center for Mindfulness, University of Massachusetts Medical School</i>	
Annual conference Research Review Committee, abstract reviewer	2012-2014
<i>Cooper Medical School of Rowan University (CMSRU), Center for Humanism</i>	
Wellness/Burnout Working Group, member	2019-present
<i>Duke Epigenetics & Epigenomics Program (DEEP)</i>	
Founding faculty member	2011-2014
<i>Duke Integrative Medicine</i> , Financial Aid Committee member	2008-2009
<i>Institute for Translational Medicine and Therapeutics (ITMAT)</i> at Penn, member	2015-present
<i>National Institutes of Health Loan Repayment Program</i> , ambassador	2011-present
<i>Rowan University, Department of Psychology</i>	
Bantivoglio Honors College, Admissions Committee, member	2019-
Current Areas of Research Brown Bag series (CARBBs), member	2021-
Clinical Psychology Doctoral Committee, member	2016-
Criteria and Standards for Workload Adjustment Subcommittee, member	2017
CSM/SHP Academic Dismissal Appeals Committee, member	2019
Doctoral Dissertation Committee for Gabrielle Chin, Chair	2020-2022
Doctoral Dissertation Committee for Emma McBride, Chair	2021-2022
Doctoral Dissertation Committee for Nicole Cantor, member	2019-2021
Doctoral Dissertation Committee for Krista Herbert, member	2019-2021
Doctoral Dissertation Committee for Juliana D'Onofrio, member	2021-2022
Doctoral Dissertation Committee for Kristen Pasko, member	2021-2022
Long-Range Planning Committee, member	2018-
Master's Thesis Committee for Gabrielle Chin, Chair	2017-2019
Master's Thesis Committee for Emma McBride, Chair	2018-2020
Master's Thesis Committee for Hana Lee, Chair	2020-2021
Master's Thesis Committee for Krista Herbert, member	2017-2018

Master's Thesis Committee for Pierre Leon, member	2017-2018
Master's Thesis Committee for Danika Charles, member	2019-2020
Master's Thesis Committee for Laura Travers, member	2020-2021
Master's Thesis Committee for Megan Brown, member	2021
Master's Thesis Committee for Kinaat Anwar, member	2021-2022
Psychology Alliance Student Club, faculty co-advisor	2019-
Psychology Dept. Research Conference, planning committee	2020-
Rowan Thrive, Activator for campus-wide wellness initiative	2021-
Search Committee, Assistant Professor (Tenure Track), member	2019-2020
University Senate, member representing Dept. of Psychology	2017-2019
University Well-Being Committee, member	2021-
University Well-Being Committee, Employee Well-Being subcmte, Chair	2021-

Editorial Service:

Associate Editor

BioMed Central (BMC) Complementary and Alternative Medicine 2013-2014

Ad hoc Reviewer

<i>Alternative Therapies in Health and Medicine</i>	2006-present
<i>Archives of Pediatrics & Adolescent Medicine</i>	2012
<i>Behavioural and Cognitive Psychotherapy</i>	2012-present
<i>BioMed Central (BMC) Complementary and Alternative Medicine</i>	2011-present
<i>BioMed Central (BMC) Public Health</i>	2015
<i>Brain, Behavior, and Immunity</i>	2008-present
<i>Brain, Behavior, and Immunity – Health</i>	2021
<i>Clinical Psychology: Science and Practice</i>	2015-present
<i>Cognitive Therapy and Research</i>	2010-present
<i>Complementary Health Practice Review/Journal of Evidence-Based CAM</i>	2006-present
<i>Complementary Therapies in Medicine</i>	2012-present
<i>Contemporary Clinical Trials</i>	2021
<i>Depression Research and Treatment</i>	2012
<i>Frontiers in Psychology</i>	2021
<i>Europe's Journal of Psychology</i>	2012
<i>General Hospital Psychiatry</i>	2011-present
<i>Health Psychology</i>	2012-present
<i>Integrative Cancer Therapies</i>	2014
<i>International Journal of Behavioral Medicine</i>	2012-present
<i>Journal of American College Health</i>	2021
<i>Journal of Attention Disorders</i>	2013
<i>Journal of Behavioral Medicine</i>	2017-present
<i>Journal of Clinical Oncology</i>	2012-present
<i>Journal of Clinical Psychology in Medical Settings</i>	2008-present
<i>Journal of Consulting and Clinical Psychology</i>	2011-present
<i>Journal of Nervous and Mental Disease</i>	2012-present
<i>Journal of Positive Psychology</i>	2015-present
<i>Journal of Psychiatric Research</i>	2002
<i>Journal of Psychosomatic Research</i>	2003-present
<i>Medical Education</i>	2016
<i>Military Medicine</i>	2014-present
<i>Mindfulness</i>	2010-present
<i>Neuroscience & Biobehavioral Reviews</i>	2015
<i>Obesity</i>	2011-present
<i>PLOS One</i>	2014-present
<i>Physiology & Behavior</i>	2017-present

<i>Psychology of Religion and Spirituality</i>	2010
<i>Psychosomatic Medicine</i>	2012-present
<i>Social Cognitive and Affective Neuroscience</i>	2013-present
<i>Stress & Health</i>	2013-present
<i>Teaching and Learning in Medicine</i>	2013-present

Grant Review Service:

<i>American Mindfulness Research Association (AMRA)</i>	2015
Professional Development Award reviewer <i>Brown University, The Mindfulness Center</i>	2018
Pilot grant invited reviewer <i>Dept. of Veterans Affairs (Washington, DC)</i>	2011
Invited member of Special Emphasis Panel (SPLE 1) – Clinical Trials of Meditation Practices for Treating PTSD <i>Duke University School of Medicine (Durham, NC)</i>	2013
Invited reviewer for K Club internal review of NIH K-award applications <i>Health Research Board (Dublin, Ireland)</i>	2007
Invited reviewer for Health Services R&D Research Awards <i>Marsden Fund (Wellington, New Zealand)</i>	2018
Full Proposal invited referee <i>National Institutes of Health (Bethesda, MD)</i>	
Invited member of Special Emphasis Panel (ZRG1 BBBP-R) – Member Conflicts: Biobehavioral Mechanisms of Emotion, Stress and Health	2012
Invited member of Special Emphasis Panel (ZAT1 HS-12) – NCCAM Loan Repayment Program	2013
Invited member of Special Emphasis Panel (ZAT1 HS-17) – NCCAM Loan Repayment Program	2014
Invited Member of Special Emphasis Panel (ZAT1 HS-20) – NCCIH Loan Repayment Program	2015
Invited member of Special Emphasis Panel (ZRG1 BBBP-J-03) – NCCIH Loan Repayment Program	2017
Invited member of Special Emphasis Panel (ZAT1 AJT-03-1) – NCCIH Training and Education Review Panel	2017
Invited member of Special Emphasis Panel (ZAT1 VS-06-1) – NCCIH Fellowship, Career Development, and Research Grant Programs Panel	2017
Invited member of Special Emphasis Panel (ZAT1 PJ-02-1) – Mechanistic Studies to Optimize Mind and Body Interventions in NCCIH High Priority Research Topics (R33/R61)	2018
Invited member of Special Emphasis Panel (ZAT1 JM-01-1) – Member Conflicts: Stress and Psychopathology	2019
Invited Member of Special Emphasis Panel (ZAT1 SM-56-1) – NCCIH Loan Repayment Program	2020
Invited Member of Special Emphasis Panel (ZAT1 SM-55-2) – NCCIH Training and Education Review Panel	2020
<i>REWIRE Fellowship Programme, University of Vienna, Austria</i>	2020
Invited expert reviewer for postdoctoral fellowship in REinforcing Women In REsearch. <i>Rowan University, Office of Research</i>	
Rowan SEED Grant Reviewer	2018-
<i>University of Pennsylvania, Center for AIDS Research (Philadelphia, PA)</i>	
Invited reviewer for Penn CFAR Developmental Pilot Grant Program	2015

Data Safety & Monitoring Board (DSMB) Service on Mindfulness Clinical Trials:

Amanda Shallcross, PI, NYU School of Medicine (5K23AT009208-03) <i>A Telephone-Delivered Mindfulness Intervention for Patients with Depression and Comorbid Chronic Disease</i>	2018
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Fadel Zeidan, PI, University of California – San Diego (1R01AT009693-01) <i>Brain Mechanisms Supporting Mindfulness Meditation-Based Chronic Pain Relief</i>	2018
Emily Lindsay, PI, University of Pittsburgh (NIH K01) <i>A Just-In-Time Smartphone Delivered Mindfulness Intervention for Young Adults with Early Life Adversity</i>	2021

TEACHING/MENTORING

Teaching:

Duke Integrative Medicine

Public classes on stress management, pain, sleep, spirituality & health	2006-2008
Mindfulness Training for Professionals program, half-day research seminar	2008-2013
Peak Performance Golf program, experiential guided imagery workshop	2008
Healing Strategies for Chronic Pain program, faculty organizer and presenter	2009
<i>Duke Physician Assistant Program</i>	
1 st -year student lecture on mindfulness in medicine	2007-2013
<i>Duke University</i>	
Dept. of Clinical Education & Professional Development, Teer House lecturer	2007-2013
<i>Duke University School of Medicine</i>	
4 th -year student Capstone course, Integrative medicine day faculty instructor	2007-2013
4 th -year student Integrative Medicine elective, mind-body skills workshop leader	2008-2012
4-session mind-body skills group leader for Duke medical students	2008-2012

Grand Rounds

Duke University Medical Center, Dept. of Medicine	2009
Duke University Medical Center, Dept. of OB/GYN	2009
Duke University Medical Center, Dept. of Pediatrics	2009
University of Pittsburgh Medical Center, Division of Sleep Medicine	2010
Cleveland Clinic, Dept. of Psychiatry & Psychology	2012
Thomas Jefferson University, Marcus Institute for Integrative Medicine	2018
Cooper Medical School of Rowan University, Medical Education	2018
Cooper Health System, Dept. of Psychiatry	2021
Cooper Health System, Dept. of Medicine	2022

Rowan University

Undergraduate course instructor for Health Psychology (PSY01329)	2016-
Graduate course instructor for Health Care Models & Service Delivery (PSY03838)	2017-
Medical school selective course instructor for Mindfulness Meditation (MED01632)	2021-
Honors Independent Study for Jared Richards (Psychology & Neuroscience)	2018-2019

Rowan University School of Osteopathic Medicine

4-week medical humanities series on mental health and integrated primary care	2017
6-week mindfulness course (taught for Mindfulness and Healthy Aging in MCI study)	2019-2020

University of Miami

Undergraduate course instructor for Biological Psychology	2005
8-week Mindfulness-Based Stress Management course (taught twice)	2003-2004

University of North Carolina at Chapel Hill School of Medicine

Principles and Practices of Alternative and Complementary Medicine, lecturer	2011-2012
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University of Pennsylvania

Graduate Independent Study (BIOT599) supervisor, Ya-Wei (Valerie) Tseng	2015-2016
Undergraduate Independent Study (PSYC399) supervisor, Alejandro Rodriguez	2015
Undergraduate Independent Study (PSYC399) supervisor, Lauren Church	2015
Undergraduate Independent Study (PSYC399) supervisor, Leslie Robledo	2016
Undergraduate Drexel University Co-Op faculty supervisor, Jonathan Reda	2015-2016
Undergraduate Drexel University Co-Op faculty supervisor, Tucker Collins	2016
Undergraduate Drexel University Co-Op faculty supervisor, S. Adam Slawek	2016
Undergraduate Drexel University Co-Op faculty supervisor, Luke Miller	2016-2017

Undergraduate Drexel University Co-Op faculty supervisor, Anna Savage	2017
4-week Mindfulness Skills Course for Penn Employees (recurring)	2015-2016
8-week Mindfulness-Based Stress Reduction (MBSR) course (taught for 2 studies)	2016
<i>Other</i>	
Osher Lifelong Learning Institute (Durham, NC), invited lecture on mindfulness	2010
PsykologTjenesten AS (Oslo, Norway), full-day seminar on mindfulness	2010
Mentoring:	
<i>Association for Behavioral and Cognitive Therapies (ABCT), BMed/IPC SIG</i>	
Mentor, Cecelia Nelson, West Virginia University, PhD student	2020-present
Mentor, Jasper Lee, University of Miami, PhD student	2021-present
Mentor, Jacob Tempchin, City University of New York, PhD student	2020-present
<i>Duke Integrative Medicine</i>	
NIH Diversity Supplement Award for post-bacc. Lesley Chapman, co-mentor	2009-2010
Postdoctoral fellowship for Janna Fikkan, clinical supervisor	2008-2009
Research assistantship for medical student Justin Meunier, co-mentor	2008-2009
Research assistant, Daniel Webber, mentor and supervisor	2008-2010
Research assistant, Dennis Carmody, mentor and supervisor	2011-2013
Research project for medical student Mark Dreusicke, co-mentor	2009-2010
Volunteer research assistantship for foreign medical graduate, Surbhi Khanna	2012-2013
Volunteer research internship for post-baccalaureate Michael Juberg, mentor	2012-2013
Volunteer research internship for post-baccalaureate Jennifer Kuo, mentor	2013-2014
<i>Duke University</i>	
Dissertation and Master's thesis committee for Jennifer Guadagno, member	2010-2012
<i>North Carolina School of Science and Math</i>	
Mini-Term independent study project for Maili Lim, mentor	2011
<i>Rowan University</i>	
Doctoral research advisor & NIH Diversity Supplement mentor for Gabrielle Chin	2017-
Doctoral research advisor for Emma McBride	2018-
Doctoral research advisor for Hana Lee	2019-
Medical student research mentor for Andrea Radossi and Aashna Patel	2018-
Masters student research mentor for Zahra Juma, Ariella Faitelson	2019-
Undergraduate research mentor for Emily Barbera, Annalise Barrett, Jonathan Barrios, Amanda Colangelo, Jessica Capasso, Kora Clauser, Marissa DeLuca, Tyler Henderson, Breanna Holloway, Mikela Janal, Carly Johnson, Victoria Kloster, Stephanie May, Adaeze Njoku, Jared Richards, Erin Ryan, Meghan Rydzewski, Ben Schnur, David Virok	2016-
High School summer volunteer research intern for Frank DiAntonio, mentor	2019
High School summer volunteer research intern for Karie Shen, mentor	2021
<i>Swarthmore College</i>	
Clinical and Translational Science Award summer internship at UPenn for Elizabeth Stiles, mentor	2018
Winter term research internship at UPenn for undergraduate, Jasmine Suh, mentor	2016
Summer research internship at Duke for undergraduate, Kiera James, mentor	2012
<i>University of Miami</i>	
Undergraduate research clerkship for Razvan Nicolescu, mentor	2005
Undergraduate research clerkship for Stephanie Glass, mentor	2005
<i>University of Pennsylvania</i>	
Volunteer research assistantship for post-baccalaureate, Haley Zarrin, mentor	2014-2016
<i>West Chester University</i>	
Summer research internship at Rowan for undergraduate, Upasna Singh, mentor	2019

PROFESSIONAL TRAININGS ATTENDED

Clinical Training:

Motivational Interviewing	2005
Using Acceptance and Commitment Therapy (ACT) with Your Most Difficult Clients	2007
Mind-Body Medicine: Professional Training Program	2007
Mind-Body Medicine: Advanced Training Program	2008
Applying Hypnotic Interventions in Strategic Psychotherapies	2009
Mindfulness-Based Stress Reduction in Mind-Body Medicine: 7-d Residential at Omega	2009
Mindfulness Training for Professionals: 8-day Training at Duke	2010
14th Annual Clinical Hypnosis Workshop for Health Care Professionals at Duke	2013

Research Training:

UCLA Short Course on Latent Variable Analysis using Mplus	2004
Duke Clinical Research Training Program (CRTP) coursework in clinical trials, biostats	2006-2008
NIH/OBSSR Summer Institute on RCTs Involving Behavioral Interventions	2010
UNC Odum Institute Summer Short Course on Latent Trajectory/Growth Curve Analysis	2010
Mind & Life Summer Research Institute	2012

Professional Development Training:

Duke LEADER Program: Course in Scientific Management & Leadership	2010
Penn Faculty Pathways Program	2015-2016
Self-Care for Educators: A Two-Day Mindfulness Retreat	2017
Finding a True Refuge: A Six-Day Silent Mindfulness Meditation Retreat at IMS	2019

CLINICAL EXPERIENCE

Clinical Health Psychologist

Outpatient Psychiatry Center, University of Pennsylvania Health System, Philadelphia, PA (2014 – 2016)

Integrated cognitive-behavioral therapy (CBT) with mindfulness-based treatment approaches for co-morbid mental and medical disorders, often affected by stress.

Clinical Health Psychologist

Duke Integrative Medicine, Duke University Medical Center, Durham, NC (2008 – 2014)

Served as a behavioral health provider in a multidisciplinary integrative care practice. Specialized in integrating cognitive-behavioral therapy (CBT) with mind-body skills like meditation and self-hypnosis to help patients treat and prevent stress-related health problems - from high blood pressure, chronic pain, and obesity, to depression, anxiety and insomnia. Also specialized in healthy lifestyle behavior change and surgery preparation. Collaborated closely with a diverse team of healthcare professionals.

Clinical Associate

Duke Integrative Medicine, Duke University Medical Center, Durham, NC (2006 – 2008)

Provided evidence-based psychotherapy and mind-body skills training to patients with medical and/or mental disorders. Conducted stress management evaluations for Duke Executive Health. Provided mind-body, psychotherapy, and mindful eating consultations for Duke Healthy Escapes.

Predoctoral Internship, Pain/Biofeedback Rotation

Duke University Medical Center, Pain & Palliative Care Center, Durham, NC (2006)

Conducted comprehensive behavioral pain management evaluations. Provided pain management skills training, psychotherapy and protocol-based biofeedback training. Performed suitability evaluations for implantable pain control devices and long-term opioid management of chronic pain.

Predoctoral Internship, Behavioral Management of Obesity Rotation

Structure House Residential Weight Loss Center, Durham, NC (2005)

Conducted psychosocial intake assessments, individual psychotherapy, support groups, mind-body diabetes group, experiential and didactic theme seminars, motivational interviews, and weekly psychoeducational lectures.

Predoctoral Internship, Neuropsychology Rotation

Duke University Medical Center, Preston Robert Tisch Brain Tumor Center, Durham, NC, and John Umstead State Psychiatric Hospital, Butner, NC (2005)

Conducted neuropsychological assessments for adult outpatients with brain tumors and adult inpatients with severe psychopathology.

Advanced Clinical Practicum, Spinal Cord Injury Unit

Miami Veterans Affairs Medical Center, Miami, FL (August 2004 – May 2005)

Conducted assessments and provided brief and long-term individual, couples, and family therapy.

Advanced Clinical Practicum, Hospice and Extended Care Service

Miami Veterans Affairs Medical Center, Miami, FL (August 2003 – May 2004)

Provided short-term supportive, existential and cognitive-behavioral therapies.

Clinical Practicum, Psychological Services Center

University of Miami, Department of Psychology, Coral Gables, FL (August 2002 – May 2003)

Provided individual, couples, and family therapy using empirically-supported, cognitive-behavioral assessment and interventions. Conducted psychoeducational testing for learning disabilities, ADHD, emotional problems and personality style. Administered, scored and interpreted test batteries, synthesized test results, wrote comprehensive reports and provided feedback to clients and families.