

Jeffrey M. Greeson, Ph.D.

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Current Academic Appointment: Associate Professor (with tenure)

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
Predoctoral 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	2016-2022	Clinical Psychology
Associate Professor	Rowan University	2022-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) = 46
- *h* index (Web of Science) = 34

- 16,800 citations (Google Scholar)
- *i10* index (Google Scholar) = 55
- *i100* index (Google Scholar) = 30

EXTERNAL SUPPORT – GRANTS AND CONTRACTS

<u>PI</u>	<u>% Effort</u>	<u>Source</u>	<u>Total Award</u>	<u>Duration</u>
1) Past: Raja-Khan	5%	NIDDK R01	\$3,256,120	4/15/19-12/31/25
		<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		
2) Past: Cox	10%	NCCIH R01	\$4,347,897	9/1/18-8/31/25
		<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> R01 AT009974		
3) Past Mitrev & Greeson	10%	Rowan Camden HRI	\$53,219	3/15/21-6/30/24
		<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		
4) Awarded [declined]: Greeson	10%	NJHF	\$25,000	2/15/23-2/14/24
		<i>Promoting Mental Health and Kidney Function for Patients on Dialysis: Bridging Mindfulness and Medicine</i> The major goal of this pilot randomized controlled trial (RCT), funded by the New Jersey Health Foundation (NJHF), was to evaluate the feasibility, acceptability, and clinical effectiveness of a simple, accessible, 2-week mindfulness training program delivered via iPad during hemodialysis for adults with end-stage kidney disease. Award was declined due to other commitments. <u>Role:</u> PI <u>Grant:</u> PC 80-23		
5) Past: Fresco	25%	NHLBI R01	\$3,750,342	9/1/14-5/31/21
		<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		

6) **Past:** Fresco N/A NHLBI R01 \$136,490 9/15/17-5/31/21

Mindfulness-Based Stress Reduction for High Blood Pressure: A Two-Site RCT (Diversity Supplement)

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 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

7) **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

8) **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 (NF κ B, CTRA) and other stress-related biomarkers following an 8-week Mindfulness-Based Stress Reduction (MBSR) program.

Role: PI

Grant: Contract awarded by The Institute for Integrative Health

9) **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 (NF κ B) 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: Contract awarded by The Institute for Integrative Health

10) **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

11) **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

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

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

13) 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

14) 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 (third and final).

Role: PI

Grant: L30 HL090242

15) 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

16) 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

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

Mindfulness Based Weight Loss Maintenance

The 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.

Role: Collaborator/Study Therapist, 9/30/06-9/30/08 Grant: U01 AT004159

18) **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

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

PUBLICATIONS *denotes mentored 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) **Geeson, 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.

13) **Geeson, 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.

14) Brainard, G.C., Sliney, D., Hanifin, J.P., Glickman, G., Byrne, B., **Geeson, 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) **Geeson, 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) **Geeson, J.M.** (2009). Mindfulness research update: 2008. *Complementary Health Practice Review*, 14, 10-18.

17) Rosenzweig, S., **Geeson, 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., & **Geeson, 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., **Geeson, 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) **Geeson, J.**, Krucoff, C., Moon, S., Moon, T., & Shaffer, J. (2010). A "whole-person" approach. *Alternative and Complementary Therapies*, 16, 359.

21) Wolever, R.Q., Webber, D.M., Meunier, J.P., **Geeson, 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.

22) Caldwell, K., Emery, L., Harrison, M., & **Geeson, 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.

23) Feldman G., **Geeson, 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.

24) **Geeson, 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.

25) Froeliger, B., Garland, E., Kozink, R., Modlin, L., Chen, N-K., McClernon, F., **Geeson, J.**, & Sabin, P. (2012). Meditation-state functional connectivity (msFC): Strengthening of the dorsal attention network and beyond. *Evidence-Based Complement Altern Medicine*. Article 680407.

26) Paul, N.A., Stanton, S.J., **Geeson, 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) *Khanna, S., & **Geeson, J.M.** (2013). A narrative review of yoga and mindfulness as complementary therapies for addiction. *Complementary Therapies in Medicine*, 21, 244-252.

28) Wang, L., Paul, N., Stanton, S., **Geeson, 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.

29) Caldwell, K., Adams, M., Harrison, M., Quin, R., & **Geeson, 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) **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.

35) **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.

36) **Greeson, J.M.** (2015). Transtherapeutic mindfulness. *Alternative and Complementary Therapies*, 21, 145.

37) 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.

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*, 13, 124-128.

42) **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 4505191.

43) Gawrysiak, M.J., Grassetti, 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.

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., *Anyano, 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., McKeehan, 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 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) Phan, M.L., Renshaw, T.L., Caramanico, J., **Greeson, J.M.**, MacKenzie, E., Dopplet, N., Tai, H., Mandell, D.S., & Nuske, H.J. (2022). Mindfulness-based school interventions: A systematic review of outcome evidence quality by study design. *Mindfulness*, 13, 1591-1613.

52) *McBride, E.E., *Chin, G.R., *Clauser, K.S., & **Greeson, J.M.** (2022). Perceived stress mediates the relationship between trait mindfulness and physical symptoms of stress: A replication study using structural equation modeling. *Mindfulness*, 13, 1923-1930.

53) Prescott, S.L., **Greeson, J.M.**, & El-Sherbini, M.S. (2022). No health without mental health: Taking action to heal a world in distress – with people, places, and planet ‘in mind.’ *Challenges*, 13(2), 37.

54) *Clauser, K.S., *McBride, E.E., & **Greeson, J.M.** (2023). Is trait mindfulness in college students related to yoga and meditation experience? *Alternative Therapies in Health and Medicine*, 29(4), 120-127.

55) *McBride, E., & **Greeson, J.** (2023). Mindfulness, cognitive functioning, and academic achievement in college students: The mediating role of stress. *Current Psychology*, 42, 10924-10934.

56) **Greeson, J.M.**, *McBride, E.E., *Chin, G.R., *Lee, H.H., & *Colangelo, A.P. (2024). Trait mindfulness and mind-body health in students: The role of gender, race, and ethnicity. *Journal of American College Health*, 72(8), 2844-2855.

57) Cox, C.E. Gallis, J.A., Olsen, M.K., Porter, L.S., Gremore, T.M., Iwashyna, T.J., Caldwell, E.S., **Greeson, J.M.**, Moss, M., & Hough, C.L. (2024). Mobile app-based mindfulness intervention for addressing psychological distress among survivors of hospitalization for COVID-19 infection: A randomized clinical trial. *CHEST Critical Care*, 2(2), Article 100063.

58) Cox, C.E., Gallis, J.A., Olsen, M.K., Porter, L.S., Gremore, T.M., **Greeson, J.M.**, Moss, M., & Hough, C.L. (2024). Mobile mindfulness intervention for psychological distress among intensive care unit survivors: A randomized clinical trial. *JAMA Internal Medicine*, 184(7), 749-759.

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1) **Greeson, J.M.**, & *Schumacher, M. (2025). Are trait mindfulness, self-compassion, and decentering related to sleep impairment in college students? A moderated mediation analysis by gender and race. PsyArXiv. https://osf.io/preprints/psyarxiv/txc68_v1

- 2) **Greeson, J.M.**, *Pulavarthi, T., *Wittenburg, L.S., *Dabral, M., Feldman, G.C., & Greeson, J.K.P. (2025). *From me to we: Pathways linking perfectionism, mindfulness, self-compassion and mental health*. PsyArXiv. https://osf.io/preprints/psyarxiv/2dq9r_v1
- 3) **Greeson, J.M.**, & Greeson, J.K.P. (2025). *Do you belong in honors? Links between social connection and grit in college students*. PsyArXiv. https://osf.io/preprints/psyarxiv/wb84q_v1
- 4) *Travers, L., **Greeson, J.M.**, Angelone, D.J., & Arigo, D. (under revision). Relations between PTSD symptoms after a natural disaster and pain interference among older adults.

Chapters in Books

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

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- 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.
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- 10) Ezzibdeh, R. (2014). An interview with Dr. Jeffrey Greeson. *PennScience*, 13, 16-17.
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- 2) **Greeson, J.M.**, Reibel, D., Rosenzweig, S., Hanifin, J.P., & Brainard, G.C. (1999). *Meditation-based stress reduction and physical and mental symptom alleviation in a heterogeneous patient population*. Poster presented at Sigma Xi/Thomas Jefferson University Student Research Day, Philadelphia, PA.
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- 4) Brainard, G., Rollag, M., Hanifin, J., **Greeson, J.**, Byrne, B., & Gerner, E. (1999, July). *Action spectrum for melatonin regulation in humans*. Paper presented at the Colloquium of the European Pineal Society, Tours, France.
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- 19) Reibel, D., Green, J., **Geeson, J.**, Beasley, D., & Rosenzweig, S. (2004, March). *The effects of mindfulness-based stress reduction on health-related quality of life in chronic pain patients*. Poster session presented at the annual conference Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society, Worcester, MA.
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- 21) **Geeson, J.M.**, Siegel, S.D., Llabre, M.M., Maher, K.J., Schneiderman, N., & Hurwitz, B. (2004). Mechanism of stress-induced immunocellular reactivity in HIV+ men and women: A latent growth modeling approach [Abstract]. *International Journal of Behavioral Medicine*, 11(Suppl):212.
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30) **Geeson, J.** (2008, April). *A path model linking home meditation practice with changes in eating awareness, self-regulation skills, binge eating behavior, and insulin resistance* [Abstract]. Oral paper presentation at Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society, 6th Annual Conference for Clinicians, Researchers, and Educators, Worcester, MA.

31) **Geeson, J.**, Brantley, J., Smoski, M., Ekblad, A., Fikkan, J., Lynch, T., & Wolever, R. (2009, March). *Mindfulness and stress-related physical symptoms: The mediating roles of sleep quality, self-compassion, and cognitive-emotional regulation*. Poster presented at the 7th annual conference Investigating and Integrating Mindfulness into Medicine, Health Care, and Society, Worcester, MA.

32) **Geeson, J.**, Brantley, J., Smoski, M., Ekblad, A., Fikkan, J., Lynch, T., & Wolever, R. (2009, May). Mechanisms linking mindfulness, emotional experience, and sleep quality [Abstract]. *Alternative Therapies in Health and Medicine*, 15, S101.

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34) Fikkan, J., **Geeson, J.**, Kristeller, J., Sheets, V., & Wolever, R. (2009, September). *Mindfulness vs. psychoeducation treatment of binge eating: Differential outcomes associated with baseline dietary restraint and disinhibition*. Poster presented at the annual meeting of the Eating Disorders Research Society, New York, NY.

35) Cuper, P., Smoski, M., **Geeson, J.**, Brantley, J., Lynch, T. (2009, November). Can you be a mindful daydreamer? Change in mindfulness during MBSR correlates with changes in some, but not all, types of daydreaming. In C. Robins (Chair), *Mindfulness, Emotion Regulation, and Psychological Symptoms*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

36) McGillicuddy, M., Feldman, G., Dalton, L., Swanson, K., Chakoian, K. & **Geeson, J.** (2009, November). *Effects of Big Five personality traits on changes in positive affect and compassion following brief practice of metta meditation, mindful breathing, and progressive muscle relaxation*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

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39) Feldman, G., & **Geeson, J.** (2009, November). Differential effects of mindful breathing, progressive muscle relaxation, and loving kindness meditation on reperceiving ruminative thoughts and decentering. In G. Feldman & J. **Geeson** (Chairs), *How Does Mindfulness Training Reduce Rumination? An Examination of Potential Mechanisms*. Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, NY, NY.

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41) Chapman, L.M., **Geeson, J.M.**, Webber, D.M., Baime, M.J., Sanders, L., & 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 annual New England Science Symposium, Boston, MA.

42) **Geeson, 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.

43) Webber, D.M.*, **Geeson, 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.

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45) **Geeson, 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.

46) Chapman, L.M.*, **Geeson, 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.

47) **Geeson, 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.

48) Fikkan, J.*, Baime, M., Sanders, L., **Geeson, J.**, Webb, J., Wakefield, J., Ladden, L., Gresko, J., Wai, M., Stoney, 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.

49) **Geeson, 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.

50) Ekblad, A.G., **Geeson, 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.

51) **Geeson, J.** (2011, March). Psychosocial mechanisms of Mindfulness-Based Stress Reduction: The role of perseverative cognition [Abstract]. *Psychosomatic Medicine*, 73(3), A33.

52) **Geeson, 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.

53) **Geeson, 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.

54) Garland, E.L., **Geeson, J.M.**, Howard, M.O. (2011, November). Salutary 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.

55) **Geeson, 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.

56) Kristeller, J., Goldin, P., Salmon, P., **Geeson, 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.

57) Wolever, R.Q., Caldwell, K., Fikkan, J.*., **Geeson, 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.

58) **Geeson, 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.

59) **Geeson, 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.

60) Cox, C.E., Hoffa, M., **Geeson, J.**, Porter, L., & Hough, C.L. (2013). A telephone-delivered, mindfulness-based training intervention for survivors of acute respiratory failure: Development and preliminary testing. *American Journal of Respiratory and Critical Care Medicine*, 187, A2809.

61) **Geeson, J.**, Suarez, E., Brantley, J., Carmody, D.*., Juberg, M.*., & Wolever, R. (2013). Can Mindfulness-Based Stress Reduction (MBSR) buffer stress reactivity and facilitate physiological recovery in healthy adults? [Abstract] *Psychosomatic Medicine*, 75 (3), A-2.

62) **Geeson, 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.

63) Brantley, J., & **Geeson, 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.

64) **Geeson, 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.

65) Juberg, M.*, Rogers, H., Maytan, M., James, K.* & **Geeson, 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.

66) **Geeson, 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.

67) **Geeson, 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.

68) **Geeson, 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.

69) **Geeson, 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.

70) **Geeson, 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. Geeson (Chair), *Mind-Body Interventions: Physiological, Molecular, and Genetic Mechanisms*. Symposium presented at the International Research Congress on Integrative Medicine and Health, Miami, FL.

71) **Geeson, 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.

72) Smoski, M. J., Suarez, E. C., Brantley, J., Wolever, R. Q., & **Geeson, J. M.** (2015). Effects of Mindfulness-Based Stress Reduction across the Adult Lifespan. [Abstract] *The American Journal of Geriatric Psychiatry*, 23(3), S168.

73) **Geeson, 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 Society for Biological Psychiatry meeting, Toronto, Ontario, Canada.

74) Feldman, G., Gildawie, K., Potter, M., & **Geeson, 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.

75) **Geeson, J.M.** (2016, March). Mindfulness-Based Stress Reduction: Correlates, predictors, and moderators of positive emotional outcomes. [Abstract] *Psychosomatic Medicine*, 78, A-9.

76) Edman, J., **Geeson, 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.

77) **Geeson, 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.

78) Cox, C.E., **Geeson, J.M.**, Porter, L.S., Jones, D., Olsen, M.K., Reagan, W., Walton, B., Ungar, A., Hough, C.L., & (2016). Development of a novel, scalable digital psychosocial intervention platform for intensive care unit survivors and their family members [Abstract]. *American Journal of Respiratory and Critical Care Medicine*, 93, A4736.

79) Marks, D., Block-Lerner, J., Marino, P., **Geeson, 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.

80) **Geeson, 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.

81) **Geeson, 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.

82) **Geeson, 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.

83) Chin, G.*, **Geeson, 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.

84) Chin, G.*, **Geeson, 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.

85) **Geeson, 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.

86) Chin, G.*, **Geeson, 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.

87) Cox, C.E., Hough, C.T., Jones, D., Ungar, A., Reagan, W., Key, M.D., Gremore, T., Olsen, M.K., Sanders, L., **Geeson, 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.

88) Edman, J.S., Galantino, M.L., Hutchinson, J., & **Geeson, 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.

89) **Geeson, 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.

90) **Geeson, 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.

91) Chin, G.*, **Geeson, 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.

92) Chin, G.*, **Geeson, 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.

93) McBride, E.*, Chin, G.*, Anyanso, V.*, Suarez, E., Brantley, J., Carmody, D.*, Wolever, R., &

Geeson, 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.

94) Anyanso, V.*, Suarez, E., Brantley, J., Carmody, D.*, Juberg, M.*, Hall, M., Wolever, R., & **Geeson, 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.

95) Reda, J.*, Keenan, M.*, Barney, D.*., & **Geeson, 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.

96) **Geeson, J.** (2019, March). Moderating effects trait mindfulness & compassion on biological responses to emotional stress: Implications for CVD risk. In: J. Geeson (Chair), *Mindfulness and Cardiovascular Health: Outcomes, Mechanisms & Individual Differences*. Symposium presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.

97) Chin, G.*, **Geeson, 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. Geeson (Chair), *Mindfulness and Cardiovascular Health: Outcomes, Mechanisms & Individual Differences*. Symposium presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.

98) McBride, E.*., Chin, G.*., Suarez, E., Brantley, J., Carmody, D., Wolever, R., & **Geeson, 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.

99) Richards, J.*., & **Geeson, 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.

100) Brown, M.*., Arigo, D., & **Geeson, 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.

101) Richards, J.*., Chin, G.*., Colangelo, A.*., Kloster, V.*., McBride, E.*., & **Geeson, 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.

102) Colangelo, A.*., Kloster, V.*., Richards, J.*., Chin, G.*., McBride, E.*., & **Geeson, 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.

103) Chin, G.*., McBride, E.*., **Geeson, 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.

104) Colangelo, A.*., May, S.*., Richards, J.*., Kloster, V.*., Rydzewski, M.*., McBride, E.*., Chin, G.*., & **Geeson, 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.

105) Singh, U.*., Chin, G.*., & **Geeson, 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.

106) **Geeson, 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.

107) Lee, H.*., & **Geeson, 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.

108) Lee, H.* & **Geeson, 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.

109) McBride, E.*, Chin, G.*, Richards, J.*, Singh, U.* & **Geeson, 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.

110) Singh, U.*, Chin, G.* & **Geeson, J.** (2020). Are there gender differences between mindfulness and stress? [Abstract] *Global Advances in Health and Medicine*, 9, 104.

111) **Geeson, 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.

112) McBride, E.*, Bodenheimer, L., Radossi, A.*, Lee, H.* Sestito, N., Libon, D., White, C., McBride, S., & **Geeson, 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.

113) McBride, E.*, Bodenheimer, L., Radossi, A.*, Lee, H.* Sestito, N., Libon, D., White, C., McBride, S., & **Geeson, 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.

114) Lee, H.H.*, McBride, E.E.*, Chin, G.*, Colangelo, A.P.* & **Geeson, 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.

115) Colangelo, A.P.*, McBride, E.E.*, Chin, G.*, Lee, H.H.* & **Geeson, 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.

116) Chin, G.*, **Geeson, 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.

117) McBride, E.* & **Geeson, 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.

118) Phan, M.L.*, Renshaw, T.L., Caramanico, J., **Geeson, 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, Salt Lake City, UT.

119) McBride, E.* & **Geeson, J.** (2021, April). *Cardiovascular recovery from emotional stress: Operationalizing equanimity following Mindfulness-Based Stress Reduction.* Virtual oral presentation at the annual Psychology Research Conference, Rowan University, Glassboro, NJ.

120) Chin, G.R.*, **Geeson, J.M.**, Hughes, J.W., & Fresco, D.M. (2021, April). *Does dispositional mindfulness predict cardiovascular reactivity to emotional stress in prehypertension? Latent growth curve analyses from the Serenity Study.* Virtual oral presentation at the annual Psychology Research Conference, Rowan University, Glassboro, NJ.

121) Claurer, K.*, McBride, E.* & **Geeson J.** (2021, April). *Addressing gender and sexual minorities in mindfulness research: A narrative review.* Virtual poster presentation at the annual Psychology Research Conference, Rowan University, Glassboro, NJ.

122) Lee, H., & Geeson, J. (2021, April). *Does decentering mediate the relationship between mindfulness and stress and anxiety.* Virtual poster presentation at the annual Psychology Research Conference, Rowan University, Glassboro, NJ.

123) **Geeson, 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.

124) **Geeson, 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. Geeson (Chair), *Mindfulness and Cardiovascular Health*. Virtual symposium presentation at the International Conference on Mindfulness.

125) Chin, G.*, **Geeson, J.**, & Fresco, D. (2021, July). Does dispositional mindfulness predict cardiovascular reactivity to stress in prehypertension? Baseline analyses from the Serenity Study. In J. Geeson (Chair), *Mindfulness and Cardiovascular Health*. Virtual symposium presentation at the International Conference on Mindfulness.

126) McBride, E.*, & **Geeson, J.** (2021, July). Cardiovascular recovery from emotional stress: Operationalizing equanimity following Mindfulness-Based Stress Reduction. In J. Geeson (Chair), *Mindfulness and Cardiovascular Health*. Virtual symposium presentation at the International Conference on Mindfulness.

127) Phan, M.L.*, Renshaw, T.L., Caramanico, J., **Geeson, 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 [virtual].

128) **Geeson, 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].

129) Lee, H.H.* , & **Geeson, 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].

130) Chin, G.*, McBride, E.* , & **Geeson, 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].

131) McBride, E.*, Chin, G.* , Lee, H.* , & **Geeson, 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].

132) Clouser, K.* , McBride, E.* , & **Geeson, J.** (2021, November). *Do yoga and meditation experience relate to dispositional mindfulness in college students?* Special Interest Group (SIG) Poster at the annual convention of the Association for Behavioral and Cognitive Therapies [virtual].

133) **Geeson, 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].

134) McBride, E.*, Bodenheimer, L., Radossi, A.* , Lee, H.* , Sestito, N., Libon, D., White, C., McBride, S., & **Geeson, J.** (2022, April). *Mindfulness to promote healthy aging in older adults with mild cognitive impairment: A mixed methods feasibility and acceptability study.* Poster presentation at the annual Psychology Research Conference, Rowan University, Glassboro, NJ.

135) Clouser, K.* , McBride, E.* , & **Geeson, J.** (2022, April). *Do yoga and meditation experience relate to dispositional mindfulness in college students?* Poster presentation at the annual Psychology Research Conference, Rowan University, Glassboro, NJ.

136) Phan, M. L., Renshaw, T. L., Caramanico, J., **Geeson, J. M.**, MacKenzie, E., Atkinson-Diaz, Z., Dopplet, N., Hungtzu, T., Mandell, D. S., & Nuske, H. J. (2023, February). *Mindfulness-Based School Interventions: A Systematic Review of Outcome Evidence.* Paper presented at the annual convention of the National Association of School Psychologists, Denver, CO.

137) **Geeson, J.**, Mitrev, L., Roberts, B., Trzeciak, S., van Helmond, N., McEniry, B., Chin, G.* , Trivedi, K., & Solina, A. (2023, March). *Does physician compassion predict post-operative pain and opioid use in surgery patients? A prospective cohort study.* Symposium presentation at the annual meeting of the American Psychosomatic Society, San Juan, Puerto Rico.

138) Warner, A.* & **Geeson, J.** (2023, March). *Investigating rumination and self-compassion as predictors of change in salivary α -amylase after mindfulness training*. Citation poster presentation at the annual meeting of the American Psychosomatic Society, San Juan, Puerto Rico.

139) Warner, A.* & **Geeson, J.** (2023, April). *Investigating rumination and self-compassion as predictors of change in salivary α -amylase after mindfulness training*. Poster presentation at the 49th annual Rowan University, Psychology Department Research Conference, Glassboro, NJ.

140) Warner, A.* & **Geeson, J.** (2023, April). *Investigating rumination and self-compassion as predictors of change in salivary α -amylase after mindfulness training*. Poster presentation at the annual Rowan University, College of Science and Mathematics, Student Research Day, Glassboro, NJ.

141) Warner, A.*, Pulavarthi, T.*., Coraggio, S.*., Dabral, M.*., & **Geeson, J.** (2023, April). *Mindfulness, compassion, and perfectionism: Links to college student well-being*. Poster presentation at the 49th annual Rowan University, Psychology Department Research Conference, Glassboro, NJ.

142) Warner, A.*., Pulavarthi, T.*., Coraggio, S.*., Dabral, M.*., & **Geeson, J.** (2023, April). *Mindfulness, compassion, and perfectionism: Links to college student well-being*. Poster presentation at the annual Rowan University, College of Science and Mathematics, Student Research Day, Glassboro, NJ.

143) Tenison, E., Muzzafar, H., Patterson, J., Ehrmann, J., Sorkin, D., Wind, D., **Geeson, J.**, McDonald, C., Cribbs, C., Gibb, J., Zambriczi, D. (2023, July). The acceptability and efficacy of a virtual vs hybrid wellness program on health outcomes among faculty and staff post COVID. [Abstract] *Journal of Nutrition Education and Behavior*, 55 (7S), 30.

144) **Geeson, J.**, Mitrev, L., Roberts, B., Trzeciak, S., van Helmond, N., McEniry, B., Chin, G.*., Trivedi, K., & Solina, A. (2023, December). *Does physician compassion predict post-operative pain and opioid use in surgery patients? A prospective cohort study*. Focused Talk presentation at the 2023 Nova Institute for Health Annual Conference [virtual].

145) **Geeson, J.**, Cox, C., Gallis, J., Olsen, M., Porter, L., Gremore, T., Moss, M., & Hough, C. (2024, March). *Optimizing a mobile mindfulness intervention for improving critical illness survivors' psychological distress: The Lift 2 factorial trial*. Symposium presentation at the American Psychosomatic Society 81st annual scientific meeting, Brighton, U.K.

146) Cox, C.E., Gallis, J., Olsen, M., Porter, L., Gremore, T., **Geeson, J.**, McDougal, M., Martinez, E.C., Mantelli, R., Dempsey, K., Maxcy, C., Morris, C., Moss, M., & Hough, C.T. (2024, May). *Optimizing a self-directed mobile mindfulness intervention for improving cardiorespiratory failure survivors' psychological distress: A randomized factorial trial*. American Thoracic Society annual meeting, San Diego, CA.

Editorials, Commentaries, Reports, and Treatment Manuals

- 1) Wakefield, J., Wai, M., LeVan, A., **Geeson, J.**, Best, J., Davis, J., Baime, M., & Wolever, R.Q. (2007). *EMPOWER: Maintenance for Life Therapist Manual*. Unpublished treatment manual for NIH funded grants 5U01AT004159 and 5U01AT004158. Duke University and University of Pennsylvania.
- 2) Wolever, R.Q., Ladden, L., Best, J., **Geeson, J.**, & Baime, M. (2007). *EMPOWER: Mindful Maintenance Therapist Manual*. Unpublished treatment manual for NIH funded grants 5U01AT004159 and 5U01AT004158. Duke University and University of Pennsylvania.
- 3) **Geeson, J.M.**, & Pearce, M.J. (2007). *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.
- 4) Pearce, M.J., & **Geeson, J.M.** (2009). *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.
- 5) Black, D.S., & **Geeson, J.M.** (2014). Mindfulness-based interventions in routine clinical care for stress related ailments: Comment. *JAMA Internal Medicine*, 174(3).
- 6) **Geeson, J.M.** (2017). *Mindfulomics: Pioneering the Field of Mindfulness, Stress & Health through the 'Omics' Sciences*. Fellowship Final Report prepared for The Institute for Integrative Health.

- 7) **Geeson, J.M.** (2020). *Mindfulomics: Bioinformatics and Gene Expression Analysis Extension*. Final Report prepared for The Institute for Integrative Health.
- 8) **Geeson, J.**, Goodie, J., & Wilfong, K. (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).

PRESENTATIONS

Invited presentations: Excluding peer-reviewed presentations in Published Abstracts

- 1) *Psychological Distress and HIV Disease Progression: Role of Natural Killer Cell Immunity*. Data Blitz presentation at 63rd Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, British Columbia, Canada, March 2, 2005.
- 2) *Psychoneuroimmunology: The Science Linking Soma and Psyche*. Continuing education workshop presented at the Miami Veterans Affairs Medical Center, Miami, FL, April 26, 2005.
- 3) *Psychoneuroimmunology: The Science Linking Soma and Psyche*. Presentation to faculty and staff at the Duke Diet and Fitness Center, Durham, NC, March 22, 2006.
- 4) *Psychoneuroimmunology I: The Basic Science Linking Soma and Psyche*. Part 1 of a two-part series presented to faculty and staff at the Duke Pain and Palliative Care Center, Durham, NC, March 22, 2006.
- 5) *Psychoneuroimmunology II: Clinical Applications*. Part 2 of a two-part series presented to faculty and staff at the Duke Pain and Palliative Care Center, Durham, NC, March 29, 2006.
- 6) *Stress Management: Fundamentals of Meditation*. Workshop presented for Duke University staff and general community members at Teer House, Durham, NC, September 27, 2006.
- 7) *Psychoneuroimmunology: The Science Linking Soma and Psyche*. Journal club presentation to faculty and staff in the Division of Occupational Medicine at Duke University Medical Center, Durham, NC, February 13, 2007.
- 8) *Positive Psychology: Finding Happiness in Integrative Medicine*. Presentation to faculty and staff at Duke Integrative Medicine, Durham, NC, March 15, 2007.
- 9) *Mindfulness-Based Treatment Approaches for Medical and Mental Disorders*. Seminar presented to advanced undergraduate students at Simmons College, Boston, MA, March 29, 2007.
- 10) *Mindfulness and Medicine: Science & Practice*. Lecture presented to first-year Physician Assistant class at Duke University School of Medicine, Durham, NC, April 26, 2007.
- 11) *Mindfulness: Theoretical and Empirical Perspectives on the Self-Regulation of Brain and Body*. Presentation to faculty and staff at Duke Integrative Medicine, Durham, NC, November 19, 2007.
- 12) *Mindfulness and Medicine: Science & Practice*. Lecture presented to first-year Physician Assistant class at Duke University School of Medicine, Durham, NC, May 16, 2008.
- 13) *Integrative Medicine Research: What We Live & Breathe*. Presentation to faculty and staff of the Program in Integrative Medicine at the University of North Carolina – Chapel Hill, Chapel Hill, NC, June 13, 2008.
- 14) *Eating Disorders & Mindfulness*. Seminar presented to gifted high school students attending the Duke Talent Identification Program (TIP), Durham, NC, June 26, 2008.
- 15) *Reaching a New State of Consciousness: The Benefits of Clinical Hypnosis and Self Hypnosis*. Public presentation for Duke Prospective Health lecture series, Durham, NC, August 21, 2008.
- 16) *Mind-Body Therapies for Coping with Pain*. Presentation at the 3rd Annual Pain Symposium for Non-Pain Specialists, Durham, NC, November 1, 2008.
- 17) *Preparing for Surgery Success: An Integrative Approach*. Presentation to the Pre-Operative Screening Unit staff of Duke University Medical Center, Durham, NC, November 19, 2008.
- 18) *Preparing for Surgery Success: An Integrative Approach*. Presentation to the Ambulatory Surgery Center nursing staff of Duke University Medical Center, Durham, NC, February 18, 2009.
- 19) *Using Your Brain to Feel Less Pain*. Presentation to community participants in the Healing Strategies for Chronic Pain program at Duke Integrative Medicine, Durham, NC, February 21, 2009.
- 20) *Mindfulness for Professionals: Half-Day Research Seminar*. Presentation to participants in a professional training program at Duke Integrative Medicine, Durham, NC, March 26, 2009.
- 21) *How does mindfulness help you sleep better? Mechanisms linking self-awareness, cognition,*

emotion, and sleep quality. Poster presented to congress and staff during a Congressional Exhibition and Reception, NIH: Improving the Nation's Health through Behavioral and Social Sciences Research, Washington, DC, April 28, 2009.

22) *The Science of Mindfulness in Medicine: Research Update and Clinical Applications.* Grand Rounds presentation to the Department of Pediatrics at Duke University School of Medicine, Durham, NC, June 9, 2009.

23) *The Science of Mindfulness in Medicine: Research Update and Clinical Applications.* Grand Rounds presentation to the Department of Obstetrics and Gynecology at Duke University School of Medicine, Durham, NC, June 10, 2009.

24) *Mindfulness and Medicine: Science & Practice.* Guest lecture presented to first-year Physician Assistant class at Duke University School of Medicine, Durham, NC, June 19, 2009.

25) *The Science of Mindfulness in Medicine: Research Update and Clinical Applications.* Grand Rounds presentation to the Department of Medicine at Duke University School of Medicine, Durham, NC, July 24, 2009.

26) *The Science of Mindfulness.* Duke Integrative Medicine Rounds & Reflection presentation to the faculty and staff of Duke Center for Living, Durham, NC, August 18, 2009.

27) *The Science of Mindfulness in Medicine: Research Update and Clinical Applications.* Presentation to faculty and trainees at the Duke Cognitive Behavioral Research and Treatment Program, Durham, NC, September 14, 2009.

28) *Improving Sleep with Meditation.* Workshop presented for Duke University staff and general community members at Teer House, Durham, NC, February 25, 2010.

29) *Stress Management: Fundamentals of Meditation.* Workshop presented for Osher Lifelong Learning Institute, Durham, NC, March 3, 2010.

30) *Mindfulness for Professionals: Half-Day Research Seminar.* Presentation to participants in a professional training program at Duke Integrative Medicine, Durham, NC, March 18, 2010.

31) *Improving Sleep with Meditation.* Workshop presented for Duke University staff and general community members at Teer House, Durham, NC, April 19, 2010.

32) *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.

33) *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.

34) *NIH K99/R00 Award Panel.* Panel presentation to postdoctoral fellows at Duke University, Durham, NC, May 27, 2010.

35) *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.

36) *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.

37) *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.

38) *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.

39) *Mindfulness for Professionals: Half-Day Research Seminar.* Presentation to participants in a professional training program at Duke Integrative Medicine, Durham, NC, April 20, 2011.

40) *Mindfulness: Translating Research into Practice.* Presentation at HIV Care 2011 symposium, Chapel Hill, NC, May 2, 2011.

41) *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.

42) *Improving Sleep with Meditation.* Workshop presented for Duke University staff and general

community members at Teer House, Durham, NC, May 24, 2011.

43) *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.

44) *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.

45) *Discovering the Health Benefits of Mindfulness*. Presentation to the Carolinas Chapter of the Chiari & Syringomyelia Foundation, Durham, NC, October 7, 2011.

46) *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.

47) *Improving Sleep with Meditation*. Workshop presented for Duke University staff and general community members at Teer House, Durham, NC, January 19, 2012.

48) *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.

49) *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.

50) *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.

51) *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.

52) *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.

53) *Integrative Medicine, Mindfulness & Mental Health*. Grand Rounds presentation to the Department of Psychiatry and Psychology, Cleveland Clinic, Cleveland, OH, May 24, 2012.

54) *Mindfulness in Medicine: Science & Practice*. Guest lecture presented to Bravewell Fellows, medical trainees, and staff at Duke Integrative Medicine, Durham, NC, June 6, 2012.

55) *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.

56) *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.

57) *Improving Sleep with Meditation*. Workshop presented for Duke University staff and general community members at Teer House, Durham, NC, September 6, 2012.

58) *Sleep Your Way to Better Health*. Public presentation for DukeWELL lecture series, Durham, NC, February 21, 2013.

59) *Contemplative Neuroscience: The Intersection of Mindfulness, Consciousness, and Health*. Lecture presented for Carolina Neuroscience Club, Chapel Hill, NC, March 25, 2013.

60) *Mindfulness for Professionals: Research Seminar*. Presentation to participants in a professional training program at Duke Integrative Medicine, Durham, NC, May 2-3, 2013.

61) *Integrative Medicine, Mindfulness & Mental Health*. Academic Half Day presentation to Department of Psychiatry residents, Duke University Medical Center, Durham, NC, June 6, 2013.

62) *Outcomes and Mechanisms of Mindfulness-Based Stress Reduction*. Presentation to Mindfulness Research Interest Group, Dept of Psychiatry, Duke University Medical Center, October 18, 2013.

63) *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.

64) *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.

65) *Mindfulness Meditation for Stress Management & Why You Need It.* Lecture presented to the Penn Forum for Women Faculty, Philadelphia, PA, March 27, 2015.

66) *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.

67) *Mindfulness-Based Stress Reduction (MBSR) for Chronic Pain.* Workshop presented for Mind-Body Week, DC 2015, Bethesda, MD, April 19, 2015.

68) *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.

69) *Mindfulness, Stress & Health: Research Update and Evidence Base.* Colloquium presented for the University of Calgary, Department of Psychology, Calgary, Alberta, CAN, September 1, 2015.

70) *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.

71) *Stress Mitigation through Mindfulness.* Presentation to Penn Faculty Pathways Program, Cohort #2, University of Pennsylvania, Philadelphia, PA, October 16, 2015.

72) *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.

73) *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.

74) *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.

75) *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.

76) *Integrating Mindfulness into Psychology and Medicine.* Invited lecture for the Department of Psychology, Rowan University, Glassboro, NJ, January 20, 2016.

77) *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.

78) *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.

79) *Mindfulness at Penn Behavioral Health.* Invited presentation to Human Resources (H.R.) Council meeting, University of Pennsylvania, Philadelphia, PA, April 7, 2016.

80) *Who Might Benefit Most from Mindfulness Meditation and Why?* Invited lecture for MindfulnessTN symposium, Knoxville, TN, April 8, 2016.

81) *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.

82) *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.

83) *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.

84) *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.

85) *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.

86) *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.

87) *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.

88) *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.

89) *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.

90) *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.

91) *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.

92) *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.

93) *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.

94) *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.

95) *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.

96) *Managing Stress with Mindfulness.* Didactic workshop presented for Psych Alliance student club at Rowan University, Glassboro, NJ, November 2, 2018.

97) *Mindfulness in Medicine: Science & Practice.* Medical Education Grand Rounds presented at Cooper Medical School of Rowan University, Camden, NJ, November 13, 2018.

98) *Mindfulness-Based Clinical Interventions.* Didactic workshop presented for Clinical Psychology predoctoral students and interns at West Chester University, West Chester, PA, November 30, 2018.

99) *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.

100) *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.

101) *Mindfulness.* Invited lecture for Positive Psychology Seminar at Rowan University, Glassboro, NJ, April 10, 2019.

102) *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.

103) *Mindfulness: Working and Living Mindfully.* Invited workshop presented to staff at Campbell Library for Rowan Universities Workshop Week, Glassboro, NJ, July 30, 2019.

104) *Mindfulomics: Mindfulness Practice, Gene Expression & Inflammation.* Invited presentation for Scholars Meeting at The Institute for Integrative Health, Baltimore, MD, August 5, 2019.

105) *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.

106) *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.

- 107) *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.
- 108) *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.
- 109) *Mindfulness.* Invited Wellness Series webinar for NJ chapter of the American College of Physicians (ACP), September 9, 2021.
- 110) *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.
- 111) *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.
- 112) *Mindfulness in Medicine: Science & Practice.* Invited Grand Rounds lecture for Cooper Hospital Department of Medicine, Camden, NJ, February 3, 2022.
- 113) *Mindfulness and Compassion for Health and Wellbeing.* Virtual presentation at Faculty Research Day, Rowan University, Glassboro, NJ, March 30, 2022.
- 114) *From the Inside Out: Positive Mindsets for Personal Health Also Have Wider Social Implications.* Invited panelist presentation for virtual inVIVO Campfire Meeting on "No Health Without Mental Health: Actions to Heal a World in Distress." April 6, 2022.
- 115) *Does Physician Compassion Predict Post-Operative Pain and Opioid Used in Surgery Patients? A Prospective Cohort Study.* Oral presentation at Faculty Research Day, Rowan University, Glassboro, NJ, March 30, 2023.
- 116) *Mental Health, Loneliness & Well-Being.* Invited panelist presentation for Nova Institute for Health annual Scholars Meeting. Baltimore, MD, October 17, 2023.
- 117) *Mindfulness, Stress & Health: Translating Science to Practice.* Invited guest lecture for Haverford College course Neuroscience Senior Capstone (NEURH399), Mindfulness: Theory & Research, Haverford, PA, April 24, 2024.
- 118) *Mindfulness: Benefits, Modern Research, and Practical Techniques.* Invited seminar for Seabrook Buddhist Temple, Bridgeton, NJ, September 22, 2025.
- 119) *R.U. Mindful: Lessons Learned from 30-Years of Science & Practice.* Keynote Address for Rowan University's annual Student Mental Health Conference, Glassboro, NJ, November 10, 2025.

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 ("RCT of Koru Mindfulness")	2015
Elsevier Top 5 Highly Cited article for 2014-2015 ("A Narrative Review of Yoga & Mindfulness")	2016
Fellow, Nova Institute for Health (formerly The Institute for Integrative Health)	2015-present
Francis R. Lax Professional Development Award, Rowan University	2017-2018
Citation Poster, International Congress on Integrative Medicine & Health	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
Citation Poster, American Psychosomatic Society annual meeting	2023
Best Scientists for 2024, Psychology, Research.com (based on D-index ≥ 30)	2024
Top 2% Scientists for 2020-2024, Elsevier and Stanford University	2024
- Clinical Medicine: Clinical Psychology; Complementary & Alternative Medicine	
Top Scholar (0.5% worldwide, Lifetime), ScholarGPS	2024
- Mindfulness; Stress Management	

PROFESSIONAL SERVICE

Organizations, Membership & Participation:

Academic Consortium for Integrative Medicine & Health

Steering Committee, member	2015-2016
Research Working Group, member	2008-2021
Conference abstract reviewer	2011-2025

Agency for Healthcare Research and Quality (AHRQ)

Key Informant on Technical Expert Panel for Evidence Report on Meditation Programs for Stress and Well-being	2011
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American Mindfulness Research Association (AMRA)

Member and Research Committee Appointee	2013-present
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American Psychological Association (APA)

Member	2008-present
Div. 38 (Health Psychology), member	1997-present
Div. 38 (Health Psychology), Early Career Professionals Council	2010-2013

Association for Behavioral and Cognitive Therapies (ABCT)

Member	2009-present
Program Committee, member	2019-2023
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

Association for Psychological Science (APS), member

2012-2020

Center for Mindfulness, University of Massachusetts Medical School

Annual conference Research Review Committee, abstract reviewer	2012-2014
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Cooper Medical School of Rowan University (CMSRU), Center for Humanism

Co-Director of Research	2021-2023
Executive Committee, member	2021-2023
Wellness/Burnout Working Group, member	2019-2021

Duke Epigenetics & Epigenomics Program (DEEP)

Founding faculty member	2011-2014
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Duke Integrative Medicine, Financial Aid Committee member

2008-2009

<i>Institute for Translational Medicine and Therapeutics (ITMAT) at Penn, member Johns Hopkins University, Evidence-based Practice Center</i>	2015-2021 2011
Key Informant to help guide the scope of a systematic review, "Evidence Report on Meditation Programs for Stress and Well-Being"	
<i>National Institutes of Health Loan Repayment Program</i> , ambassador	2011-present
<i>Nova Institute for Health (formerly The Institute for Integrative Health)</i> , Fellow	2015-present
<i>Pennsylvania Psychological Association (PPA), Member</i>	2025-present
<i>Rowan University, Department of Psychology</i>	
Clinical Training Committee, PhD program, member	2016-present
Current Areas of Research Brown Bag series (CARBBs), member	2021-2024
Doctoral Dissertation Committee for Emma McBride, Chair	2021-2022
Doctoral Dissertation Committee for Gabrielle Chin, Chair	2020-2023
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
Doctoral Dissertation Committee for Kainaat Anwar, member	2024-present
Doctoral Dissertation Committee for Emmanuel Lapitan, member	2025-present
Long-Range Planning Committee, member	2018-2024
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 Kainaat Anwar, member	2021-2022
Master's Thesis Committee for Anisha Satish, member	2022-2023
Master's Thesis Committee for Alexis Khuu, member	2024-2025
Psychology Alliance Student Club, faculty co-advisor	2019-2022
Research Conference Committee, member & emcee	2020-present
Sabbatical committee, member	2023
Tenure, Recontracting & Promotion (TR&P) committee, member	2022, 2024-
Search Committee, Assistant Professor (Tenure Track), member	2019-2020
Workload Adjustment Subcommittee for Criteria and Standards, member	2017
<i>Rowan University, College of Science and Math (CSM) or University-Level</i>	
Academic Dismissal Appeals Committee, member	2019
Bantivoglio Honors College, Admissions Committee, member	2019-2021
Idea Challenge, Rowan Center for Innovation & Entrepreneurship, judge	2024-present
Research Adjusted Load Committee, member (Psych. Dept. rep)	2022
Rowan Thrive, Activator for campus-wide wellness initiative	2021-present
University Senate, member (Psych. Dept. rep)	2017-2019
University Well-Being Committee, member	2021-2024
University Well-Being Committee, Employee Well-Being subcmte, Chair	2021-2023
<i>Society for Biopsychosocial Science and Medicine (SBSM)</i>	
Member	2001-present
Conference abstract reviewer	2010-present
Program Committee	2012-2016

Editorial Service:Associate Editor

<i>BioMed Central (BMC) Complementary and Alternative Medicine</i>	2013-2014
<i>Frontiers in Psychology, Mindfulness section</i>	2022-2023

Ad hoc Reviewer (64 journals)

<i>Alternative Therapies in Health and Medicine</i>	2006-present
<i>Annals of Behavioral Medicine</i>	2019-present
<i>Annals of the New York Academy of Sciences</i>	2025
<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) Medical Education</i>	2020
<i>BioMed Central (BMC) Primary Care</i>	2025
<i>BioMed Central (BMC) Public Health</i>	2015
<i>BMJ Open</i>	2024
<i>Brain, Behavior, and Immunity</i>	2008-present
<i>Brain, Behavior, and Immunity – Health Challenges</i>	2021
<i>Clinical Psychology: Science and Practice</i>	2023
<i>Cogent Psychology</i>	2015-present
<i>Cognitive Therapy and Research</i>	2024
<i>Complementary Health Practice Review/Journal of Evidence-Based CAM</i>	2010-present
<i>Complementary Therapies in Clinical Practice</i>	2006-present
<i>Complementary Therapies in Medicine</i>	2026
<i>Contemporary Clinical Trials</i>	2012-present
<i>Depression Research and Treatment</i>	2021
<i>European Journal of Education</i>	2012
<i>Europe's Journal of Psychology</i>	2025
<i>Family & Community Health</i>	2012
<i>Frontiers in Psychiatry</i>	2023
<i>Frontiers in Psychology</i>	2022-present
<i>General Hospital Psychiatry</i>	2011-present
<i>Health Psychology</i>	2012-present
<i>Health & Social Care in the Community</i>	2025
<i>Integrative Cancer Therapies</i>	2025
<i>International Journal of Behavioral Medicine</i>	2014
<i>International Journal of Sport and Exercise Psychology</i>	2012-present
<i>International Journal of Workplace Health Management</i>	2018
<i>Journal of American College Health</i>	2025
<i>Journal of Attention Disorders</i>	2025
<i>Journal of Behavioral Medicine</i>	2013
<i>Journal of Clinical Oncology</i>	2017-present
<i>Journal of Clinical Psychology in Medical Settings</i>	2012-present
<i>Journal of Consulting and Clinical Psychology</i>	2011-present
<i>Journal of General Internal Medicine</i>	2008-present
<i>Journal of Health Psychology</i>	2022
<i>Journal of Integrative and Complementary Medicine</i>	2019-present
<i>Journal of Mental Health</i>	2022
<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>Journal of the American Heart Association</i>	2022
<i>Medical Education</i>	2022
<i>Military Medicine</i>	2016
<i>Mindfulness</i>	2014-present
<i>Neuroscience & Biobehavioral Reviews</i>	2010-present
	2015

<i>Nursing Open</i>	2025
<i>Obesity</i>	2011-present
<i>PLoS ONE</i>	2014-present
<i>Physiology & Behavior</i>	2017-present
<i>Preventive Medicine</i>	2011
<i>Psychology of Religion and Spirituality</i>	2010
<i>Psychology, Health & Medicine</i>	2025
<i>Psycho-Oncology</i>	2023
<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:

Local/Institutional

<i>Duke University School of Medicine</i> (Durham, NC)	2013
Invited reviewer for K Club internal review of NIH K-award applications	
<i>Rowan University, Office of Research</i>	
Invited Reviewer for Rowan SEED Grants	2018
<i>University of Pennsylvania, Center for AIDS Research</i> (Philadelphia, PA)	
Invited reviewer for Penn CFAR Developmental Pilot Grant Program	2015

National

<i>American Mindfulness Research Association (AMRA)</i>	2015
Professional Development Award reviewer	
<i>Brown University, The Mindfulness Center</i>	2018, 2024
Pilot grant invited reviewer	
<i>Dept. of Veterans Affairs</i> (Washington, DC)	2011
Invited member of Special Emphasis Panel (SPLE 1) – Clinical Trials of Meditation Practices for Treating PTSD	
<i>National Institutes of Health</i> (Bethesda, MD)	
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
Invited member of Special Emphasis Panel (ZAT1 PS-09) –	2022

NCCIH Loan Repayment Program	
Invited member of Special Emphasis Panel (ZAT1 SUP-06) – Exploratory Clinical Trials of Mind and Body Interventions	2023
Invited member of Special Emphasis Panel (ZAT1 AM-11-1) – NCCIH Conference Grant (R13 Clinical Trial Not Allowed)	2024

International

<i>Health Research Board</i> (Dublin, Ireland)	2007
Invited reviewer for Health Services R&D Research Awards	
<i>Marsden Fund</i> (Wellington, New Zealand)	2018
Full Proposal invited referee	
<i>REWIRE Fellowship Programme</i> (University of Vienna, Austria)	2020
Invited expert reviewer for postdoctoral fellowship in REinforcing Women In REsearch.	
<i>Swiss National Science Foundation</i> (Bern, Switzerland)	2025
Invited international expert reviewer for a full-length research proposal.	

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

Amanda Shallcross, PI, NYU School of Medicine (K23 AT009208)	2018-2020
<i>A Telephone-Delivered Mindfulness Intervention for Patients with Depression and Comorbid Chronic Disease</i> . Member	
Fadel Zeidan, PI, University of California – San Diego (R01 AT009693)	2018-2023
<i>Brain Mechanisms Supporting Mindfulness Meditation-Based Chronic Pain Relief</i> . Member	
Emily Lindsay, PI, University of Pittsburgh (K01 AT011232)	2021-2024
<i>Smartphone-Based Mindfulness Training for Health Following Early Life Adversity</i> , Chair	

TEACHING/MENTORING**Teaching:**

<i>Cooper Medical School of Rowan University</i>	
Mindfulness (MED01632), medical humanities selective course instructor	2021-present
<i>Duke Integrative Medicine</i>	
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 for Duke medical students, co-developer & facilitator	2008-2012
<i>Grand Rounds</i>	
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 University Health Care, Dept. of Psychiatry	2021
Cooper University Health Care, Dept. of Medicine	2022
<i>Rowan University</i>	
Abnormal Psychology (PSY03200), undergraduate course instructor	2023-
Essentials of Psychology (PSY01107), undergraduate course instructor	2024-

Health Psychology (PSY01329), undergraduate course instructor	2016-
Health Care Models & Service Delivery (PSY03838), graduate course instructor	2017-
Research Methods in Psychology (PSY07303), undergraduate course instructor	2024-
Honors Alternative Course Experience (ACE) supervisor, Savana Coraggio	2022-2023
Honors Independent Study supervisor, Jared Richards	2018-2019
<i>Rowan University School of Osteopathic Medicine</i>	
4-week medical humanities series on mental health and integrated primary care	2017
6-week Mindfulness and Healthy Aging program for Mild Cognitive Impairment (MCI)	2019-2020
<i>University of Miami</i>	
Biological Psychology, undergraduate course instructor	2005
8-week Mindfulness-Based Stress Management, course instructor	2003-2004
<i>University of North Carolina at Chapel Hill School of Medicine</i>	
Principles and Practices of Alternative and Complementary Medicine, lecturer	2011-2012
<i>University of Pennsylvania</i>	
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, co-developer & facilitator	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), invited full-day seminar on mindfulness	2010
Mentoring:	
<i>American Psychosomatic Society (APS), Annual Mentor-Mentee Program</i>	2018-present
<i>Association for Behavioral and Cognitive Therapies (ABCT), BMed/Integrated Care SIG</i>	2020-2021
<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 project for Maili Lim, mentor	2011
<i>Rowan University</i>	
Doctoral research advisor & NIH Diversity Supplement mentor for Gabrielle Chin	2017-2023
Doctoral research advisor for Emma McBride	2018-2022
Doctoral research advisor for Allison Warner	2022-2023
Masters research advisor for Hana Lee	2019-2021
Medical student research mentor for Andrea Radossi	2018-2021
Masters student research mentor for Zahra Juma	2019-2020
Undergraduate research mentor for: Emily Barbera, Annalise Barrett,	2016-present

Jonathan Barrios, Marissa Breece, Jessica Capasso, Kora Clauser, Amanda Colangelo, Savana Coraggio, Medha Dabral, Marissa DeLuca, Daniela Giraldo, Tyler Henderson, Breanna Holloway, Mikela Janal, Carly Johnson, Aidan Kaminski, Victoria Kloster, Stephanie May, Adaeze Njoku, Rian Patel, Tanya Pulavarthi, Jared Richards, Erin Ryan, Meghan Rydzewski, Ben Schnur, Aayushka Upadhyay, David Virok, Mitchell Wiegand, Lucas Wittenberg	
Postbaccalaureate research mentor for Maeve Schumacher	2023-2024
High School summer volunteer research internship mentor for Frank DiAntonio	2019
High School summer volunteer research internship mentor for Karie Shen	2021
<i>Swarthmore College</i>	
Clinical and Translational Science Award summer internship mentor at UPenn for Elizabeth Stiles	2018
Winter term research internship mentor at UPenn for undergraduate, Jasmine Suh	2016
Summer research internship mentor at Duke for undergraduate, Kiera James	2012
<i>University of Miami</i>	
Undergraduate research clerkship mentor for Razvan Nicolescu	2005
Undergraduate research clerkship mentor for Stephanie Glass	2005
<i>University of Pennsylvania</i>	
Post-baccalaureate research mentor for Haley Zarrin	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

Leadership and 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 in Mullica Hill, NJ	2017
Finding a True Refuge: A Six-Day Silent Mindfulness Meditation Retreat in Barre, MA	2019
MAGNA Miniseries Certificate (5-parts), Rowan Faculty Center.	2019
Foundations of DEI Certificate. Four-module training through Rowan University.	2022
QPR Suicide Prevention Gatekeeper Certificate.	2022

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. Also specialized in pre-surgery.

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.

MEDIA APPEARANCES**Print Media****ARTHRITIS TODAY**

- Change Your Mind and Your Body Will Follow (Jan-Feb. 2011)

MEN'S HEALTH

- [7 Strategies to Satisfy Hunger and Lose Weight](#) (4/22/2015)
- [9 Sneaky Ways to Eat Less](#) (11/15/2011)

PHILADELPHIA INQUIRER

- [Election Anxiety is Real and Rising for Philadelphians](#) (11/1/2020)

RUNNER'S WORLD

- [Can Alternative Remedies Offer Runners a Better Route to Pain Relief?](#) (May, 2008)

U.S. NEWS & WORLD REPORT

- [Try Meditation to Lower Your Blood Pressure and Protect Your Heart](#) (11/18/2009)

WALL STREET JOURNAL

- [Putting an End to Mindless Munching](#) (5/13/2008)
- [Study Debunking Use of St. John's Wort is Criticized for Flaws](#) (4/27/2001)

WINSTON-SALEM JOURNAL

- [Savor Each Bite: 'Mindful Eating' Means Slowing Down, Ponder Your Food](#) (5/27/2008)

YOGA JOURNAL

- [Wise Up! 7 Ways to Keep Your Brain in Shape for a Lifetime](#) (August, 2011)
- [The Heart of Healing](#) (October, 2010)

Digital Media

ACTIVATIONPRODUCTS.COM

- [Paths to Wellness: How Seniors Can Reduce Their Stress Levels](#) (4/4/2017)

BROWN UNIVERSITY

- [Mindfulness and Cardiovascular Health Meeting Hosted by the Mindfulness Center](#) (1/18/2018)

CHICAGO TRIBUNE

- [RedEye's Guide to Surviving the Holidays](#) (12/11/2014)

DUKE TODAY

- [How to Sleep Your Way to Better Health](#) (3/11/2013)
- [Take Five: Tips for Controlling Cholesterol](#) (9/13/2011)

EVERYDAYHEALTH.COM

- [Dealing with Depression and Loneliness](#) (April, 2012)

GROWING MINDS

- [Science Meets Mindfulness](#), featuring Rowan University Mindfulness Lab (4/1/2021)

HAPPIFY

- [7 Really Good Reasons to Start a Mindfulness Meditation Practice](#)

HEALTHCENTRAL

- [Just Breathe: A Beginner's Guide to Meditative Breathing](#) (8/2/2022)

MEDICAL XPRESS

- [Can Intensive Mindfulness Training Improve Depression?](#) (3/10/2015)
- [Mindfulness Training Improves Sleep Quality; Decreases Need for Sleep Meds](#) (6/25/2009)

MEDIUM

- [Stress vs. Anxiety: How to Know Which is Bugging You](#) (1/14/2026)

MEN'S HEALTH

- [Tame Your Appetite](#) (9/1/2022)

NIH/NICCH

- [Meditation: What You Need to Know](#) (November, 2014)

PENN HUMAN RESOURCES

- [Can Mindfulness Really Help You?](#) (6/10/2015)

ROWAN TODAY

- [Better Health through Mindfulness](#) (8/23/2023)
- [Rowan Researchers with New Jersey Health Foundation Grants](#) (4/7/2023)
- [10 Ways to Cope with COVID](#) (4/21/2020)
- [All About Research](#) (7/17/2019)

SJ MAGAZINE

- [Ready for a Reset](#) (March 2022)

THE WHIT

- [Rowan hosts 8th annual student mental health conference](#) (11/12/2025)
- [Psychology Alliance holds “Paint and Cider” stress management event](#) (11/5/2018)

WRAL-NEWS.COM

- [Give Yourself the Gift of a Healthier Holiday](#) (12/6/2010)

Podcasts

Daulerious Podcast

- [Be Mindful](#) (8/23/2020)

Harvesting Happiness

- [Mindful Solutions to Chronic Pain](#) (11/26/2016)

Sinnstro (“Peace of Mind”)

- [Nærverforskning med dr. Jeffrey M. GReeson](#) (Mindfulness research with Dr. GReeson)

The Mindfulness Podcast (Episode 2)

- [Applying Mindfulness in Clinical Psychology](#) (8/16/2021)

The Wound-Dresser

- [Mindfulness Research in Medicine](#) (October, 2024)

Television

Duke University Office Hours (Livestream webcast)

- [Handling Holiday Stress](#) (12/3/2008)

NBC 10 Raleigh (WRAL-News)

- Meditation Can Improve Sleep (2008)

NBC NIGHTLY NEWS

- The Mind-Body Connection, filmed at Duke Integrative Medicine (5/5/2008)