**Cassandra Vieten**

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**Education**

1991–1998 Ph.D., Clinical Psychology, California Institute of Integral Studies

1987–1991 B.A., with honors, Psychology, California State University, San Bernardino

**Positions Held**

2019-present **Executive Director**, John W. Brick Foundation

2019-present **Scholar in Residence,** Arthur C. Clarke Center for Human Imagination

University of California, San Diego

2019–present **Senior Fellow,** Institute of Noetic Sciences

2018-present **Visiting Scholar**, Department of Family Medicine and Public Health

University of California, San Diego

2016-2019 **President and Senior Scientist,** Institute of Noetic Sciences

2003–2017 **Scientist,** California Pacific Medical Center Research Institute

2013-2016 **President and CEO,** Institute of Noetic Sciences

2003–2008 **Research Faculty,** Institute for Transpersonal Psychology

1999–2005 **Adjunct Faculty,** Wright Institute, Berkeley, CA

2009–2013 **Director of Research,** Institute of Noetic Sciences

2008–2009 **Associate Director of Research,** Institute of Noetic Sciences

2000–2008 **Research Psychologist,** Institute of Noetic Sciences, Petaluma, CA

2003–2004 **Psychologist,** University of California, San Francisco

2001–2003 **Adjunct Assistant Professor,** Department of Neurology, UC San Francisco

1999–2003 **Co-Investigator/Clinical Director,** Gallo Clinic and Research Center, UC San Francisco

1999–2001 **Adjunct Instructor,** Department of Neurology, UC San Francisco

1998–1999 **Postdoctoral Fellow,** Gallo Clinic and Research Center, UC San Francisco

1996–1998 **Psychotherapy Intern,** Center for Special Problems, San Francisco, CA

1994–1998 **Clinical Research Assistant,** Gallo Clinic and Research Center, UC San Francisco

1994–1995 **Psychotherapy Intern,** Haight Ashbury Psychological Services, San Francisco, CA

1991–1994 **Substance Abuse Counselor/Research Assistant,** Center Point, Inc., San Rafael, CA

1988–1991 **Substance Abuse Counselor,** MFI Recovery Center, Riverside, CA

1987–1988 **Research Interviewer,** UCLA Alcohol Education Project, West Covina, CA

1987–1988 **Group Home Counselor,** Chapparral Treatment Centers, Colton, CA

**Research Experience**

2019-present **Principal Investigator** – Effects of Virtual Reality Awe Induction

This project develops a virtual reality program that mimics the “Overview Effect” experienced by astronauts, and tests the effects on participants’ well-being, sense of identity, worldview, and prosociality

2017–present **Principal Investigator** – C3 Consciousness, Communication, & Change, Private Funding

Bringing together a multidisciplinary team of researchers and scholars to apply the best findings from neuroscience, cognitive science, social science, and the science of transformation to making change-agents more effective in their work toward a more just and sustainable society and planet

2017-present **Co-Principal Investigator –** Extraordinary Experiences During Meditation, Bial Foundation

A project to examine experiences people have during or as a result of meditation practice that may mediate beneficial outcomes of meditation practice

2012-present **Principal Investigator** – Spiritual Competencies for Psychologists and Mental Health Professionals

A project to develop a basic set of provisional religious and spiritual competencies for the general population of psychology and mental health professionals.

2012 – present **Principal Investigator** – The Future of Meditation Research

This project is a series of scholarly meetings, a broad-based survey, development of best practices, recommendations and tools for expanding the field of meditation research.

2010–2016 **Co-Principal Investigator** – The MAMAS Study: Novel Interventions to Reduce

Non-homeostatic Eating in Pregnant Women, NIH/UCSF

Five-year NIH-funded project to adapt and test a mindfulness-based intervention for stress reduction, healthy eating, and active lifestyle in low income pregnant women.

Principal Investigators: Elissa Epel, Barbara Laraia, Nancy Adler, University of California, San Francisco

California Pacific Medical Center Research Institute, San Francisco

Institute of Noetic Sciences, Petaluma, CA

2011–2013 **Principal Investigator** – Psychophysiological Correlates of Spiritual Transmission, Bial Foundation

One year foundation-funded study to examine what is occurring in the mind and body of those delivering and receiving “spiritual transmission,” or the perception of a spiritual experience being transmitted from one person to another.

Institute of Noetic Sciences, Petaluma, CA

2012-2013 **Principal Investigator** – Conscientia Maternidad: A Mindfulness-Based Intervention for Spanish-speaking Pregnant Women, Aetna Foundation

To support translating the Mindful Motherhood program into Spanish.

2011-2013 **Principal Investigator** – Mindful Motherhood: An Online Course, Mental Insight Foundation

A one-year foundation funded project to translate the Mindful Motherhood intervention into an online course for pregnant women.

2011-2013 **Principal Investigator** – At Home Within, Nathan Cummings Foundation

To support At Home Within, a personal growth program for homeless adults. After several years of development and testing, the Institute plans to replicate and expand the program at other homeless shelters.

2010–2013 **Co-Principal Investigator** – The Worldview Literacy Project, 1440 Foundation

A two-year foundation-funded project to develop and test the effects of a experiential educational program based on worldview and consciousness for high school students.

2008–2011 **Co-Principal Investigator** – A Longitudinal Study of Spiritual Engagement, Self-Transcendence, and Human Flourishing, Templeton Foundation/Duke University

Two-year project to explore the relationship between spiritual engagement and physiological/psychological well-being.

California Pacific Medical Center Research Institute, San Francisco

Institute of Noetic Sciences, Petaluma, CA

2007–2010 **Principal Investigator** – Evaluating the Effects of Transformative Practice Programs.

Eighteen-month Fetzer Institute funded project to develop and pilot test an instrument for evaluating psychological effects of lay spiritual practice programs.

Institute of Noetic Sciences, Petaluma, CA

2009–2011 **Principal Investigator** – Psychophysiological Correlates of Non–Dual States of Awareness.

One-year Bial Foundation funded project to examine EEG and task performance correlates of nondual meditation.

Institute of Noetic Sciences, Petaluma, CA

2002–2010 **Co-Principal Investigator** – Transformational Practices Project

Privately funded project to determine predictors, mediators, and outcomes of transformative experiences and practices.

Institute of Noetic Sciences, Petaluma, CA

2006–2009 **Principal Investigator** – A Mindfulness-based Intervention for Relapse Prevention

Two-year NIAAA funded study to develop and pilot test a mindfulness-based intervention for preventing relapse in those who have been treated for alcohol dependence.

California Pacific Medical Center Research Institute, San Francisco

2005–2008 **Principal Investigator** – Mindfulness-Based Relapse Prevention for Nicotine Dependence

Two year California State funded study to develop and pilot test a mindfulness-based intervention for preventing relapse in those who have quit smoking.

California Pacific Medical Center Research Institute, San Francisco

2004-2008 **Principal Investigator** -At Home Within: A Personal Growth Program for Homeless Adults

Privately funded project to test an integrative mind-body health program in a local homeless shelter.

Institute of Noetic Sciences, Petaluma, CA

2004–2007 **Principal Investigator** -Mindful Motherhood: A Mindfulness-Based Intervention for Pregnant Women with a History of Depression

Development and pilot testing of a mindfulness-based intervention for pregnant women with a history of mood disorders.

California Pacific Medical Center Research Institute, San Francisco

Institute of Noetic Sciences, Petaluma, CA

2003–2006 **Research Psychologist** - Placebo Effects in Distant Healing of Wounds

California Pacific Medical Center Research Institute, San Francisco

PIs – Marilyn Schlitz, Ph.D. and Harriet Hopf, M.D.

2003–2004 **Psychologist/Project Director** - Cultivating Emotional Balance

Health Psychology Program, University of California, San Francisco

PIs – Margaret Kemeny, Ph.D. and Paul Ekman, Ph.D.

2000–2003 **Principal Investigator** – Emotion Regulation and Alcoholism

Gallo Clinic and Research Center, University of California, San Francisco

1999–2003 **Co– Principal Investigator** – UCSF Family Alcoholism Study

PI – Kirk Wilhelmsen, M.D., Ph.D.

1998–1999 **Postdoctoral Fellow** - Genetics of Alcoholism/Emotion Regulation and Alcoholism

Gallo Clinic and Research Center, University of California, San Francisco

PI and Clinical Supervisor – Kirk Wilhelmsen, M.D. & David Wasserman, Ph.D.

1995–1998 **Clinical Research Assistant** - Human Genetics of Alcoholism

Gallo Clinic and Research Center, University of California, San Francisco

PIs – Kirk Wilhelmsen, M.D., Ph.D. & Cheryl Jay, M.D.

1994–1995 **Clinical Research Assistant** - Adenosine Uptake in Alcoholic Red Cells

Gallo Clinic and Research Center

University of California, San Francisco, PIs – Adrienne Gordon, Ph.D. & Ivan Diamond, M.D., Ph.D.

1993–1994 **Research Assistant** - Biofeedback Treatment of Drug Addiction

Center Point, Inc., San Rafael, CA, PI – Rod Taylor, Ph.D.

1991–1992 **Research Assistant** -Elementary School Substance Abuse Prevention

Office of Substance Abuse Prevention Research

University of California, Los Angeles, Pomona, CA

**Courses Taught**

2016-2018 Instructor, Spirituality and Mental Health

San Francisco Theological Seminary

2016 Instructor, Introduction to Consciousness Studies

California Institute of Integral Studies, San Francisco, CA

2005-2010 Instructor, Evaluating the Evidence: Assessing Scientific Journal Articles

California Pacific Medical Center, Department of Psychiatry

Winter 2004 Instructor, Biological Bases of Behavior (39 classroom hours)

The Wright Institute, Berkeley, CA

Winter 2003 Co-Instructor, Biological Bases of Behavior (9 classroom hours)

The Wright Institute, Berkeley, CA

Winter 2002 Co-Instructor, Biological Bases of Behavior (9 classroom hours)

The Wright Institute, Berkeley, CA

Fall 2000 Instructor, Human Development (39 classroom hours)

The Wright Institute, Berkeley, CA

Winter 2000 Instructor, Biological Bases of Behavior (39 classroom hours)

The Wright Institute, Berkeley, CA

Summer 1999 Extension Instructor, Genetics for Chemical Dependency Counseling (8 classroom hours), University of California, Berkeley

Fall 1998 Instructor (teaching internship), Transpersonal Psychology (45 classroom hours) Sonoma State University, CA

**Professional Activities**

*Scientific and Professional Meetings Convened/Organized*

The Science of Collective Consciousness, 2018, Institute of Noetic Sciences (lead organizer, invitational conference)

The Future of Meditation Research IV, 2016, Institute of Noetic Sciences (lead organizer, invitational conference)

The Future of Meditation Research III, 2015, Institute of Noetic Sciences (lead organizer, invitational conference)

Frontiers of Consciousness Research, 2014, Beckman Center of the National Academy of Sciences (co-organizer)

The Future of Meditation Research II, 2013, Institute of Noetic Sciences (lead organizer, invitational conference)

The Future of Meditation Research, 2013, The Esalen Institute, Big Sur, CA (lead organizer, invitational conference)

The Esalen Dialogues on Humanizing Healthcare, 2010, The Esalen Institute, Big Sur, CA, (co-convener, invitational conference)

Spiritual Competencies, Institute for Spirituality and Psychology/IONS, 2010, Petaluma, CA, (convener)

The Esalen Dialogues on Humanizing Healthcare, 2009, The Esalen Institute, Big Sur, CA, (co-convener, invitational conference)

How Do We Get There From Here? Strategies for the Integration of Consciousness into Healthcare, 2008, The Esalen Institute, Big Sur, CA (co-convener, invitational conference)

Compassion: Conceptualization and Measurement, 2004, UC San Francisco (co-organizer)

**Service**

2019–present Board of Directors, Partners for Youth Empowerment

2019–present Board of Directors, Consciousness and Healing Initiative

2017-present Board of Trustees, The Marin School

2012-present Board of Advisors, TEDx Marin

2009-present Peer Reviewer, Journal of Consulting and Clinical Psychology, Explore Journal, Journal of Complementary and Alternative Medicine, Spirituality in Clinical Practice

2017 Grant Reviewer, Clinical Research Loan Repayment Program, NIH

2017 Grant Reviewer, Clinical Research Loan Repayment Program, NIH

2016 Grant Reviewer, Biomedical Computing and Health Informatics Study Section and Healthcare Delivery and Methodologies (HDM) IRG, National Institutes of Health

2015 Grant Reviewer, Health and Medical Research Fund (HMRF) administered by the Food and Health Bureau (FHB), The Government of the Hong Kong Special Administrative Region (HKSAR).

2011-2013 Grant Reviewer, RPIA Committee, National Institutes of Health

2008-2012 President, Board of Directors: Institute for Spirituality and Psychology

2011 Grant Reviewer, British National Health Service

2010 NIH Challenge Grant Reviewer

2009 Grant Reviewer, NIH, STTR/SBIR, San Diego

2008 Grant Reviewer, Department of Defense

2006–2008 Peer Reviewer, Journal of Complementary and Alternative Medicine

2006–2008 Vice-President: Institute for Spirituality and Psychotherapy

2005 Scientific Merit Reviewer, California Pacific Medical Center Institutional Review Board

2002 Grant Reviewer, National Institute of Allergy and Infectious Diseases

Specialized Centers of Research on Women’s Health

1995–2000 Member (Gallo Center Representative), Committee on Human Research (IRB), University of California, San Francisco

**Invited Lectures, Papers and Presentations**

5/2019 “**Mindfulness Practices for Reducing Stress, Improving Focus, and Staying on Purpose**”

Financial Planners Association Northern California, San Francisco, CA

5/2019 **“Unlocking Latent Potentials by Inducing Awe and Wonder”** Keynote

Awakened Futures Summit, Consciousness Hacking, San Francisco, CA

11/2018 “**Consciousness, Communication and Change**” Keynote

Global Purpose Summit, Golden Gate Theological Seminary, San Francisco

5/2018 “**Religious and Spiritual Competencies in Clinical Practice**” Panel

American Psychiatric Association, New York, NY

1/2018 “**Consciousness, Communication and Change**” Breakout

Nexus USA, Institute for Peace, Washington DC

8/2017 **“Spiritual Competencies for Psychologists”** Continuing Education Workshop

American Psychological Association Convention, Washington, DC

7/2017 **“Awe, Aha! Moments, and Flow”** Panel and Breakout

Institute of Noetic Sciences International Conference, Oakland, CA

5/2017 **“Redefining Well-Being”**

University of Arizona Science of Consciousness Conference, San Diego, CA

9/2016 **“Spiritual Competencies in Medical Education”**

MedicineX Conference, Stanford University, Palo Alto, CA

7/2016 **“The Art and Science of Flow”**

Nexus Global Youth Summit, United Nations, New York, NY

6/2016 **“Science of Consciousness and Healing**” Keynote

American Holistic Nurses Association, Annual Meeting, Bonita Springs, FL

11/2015 **“The Science of Consciousness: How Our Minds Affect Ourselves, One Another, and the World”** Keynote, Leadership Energy Summit, Kuala Lumpur, Malaysia

7/2015 **“The Science of What’s Next: The Future of Consciousness Research”** Keynote, Theosophical Society of America, Chicago, IL

5/2014 **“Beyond Words: Exploring the Science of Interconnectedness”** Keynote

Association for Comprehensive Energy Psychology, Phoenix, AZ

3/2014 **“Psychophysiology of Spiritual Transmission”**

10th Symposium Behind and Beyond the Brain, Bial Foundation, Porto, Portugal

4/2012 **“Contemplative Science and the Relational Dimension: From Stress Regulation to Empathy and Compassion”** (Panel with Andrew Dreitcer, PhD, Brent Field, PhD, Tania Singer, PhD, and Michael Spezio, PhD)

International Symposia for Contemplative Science, Mind and Life Institute, Denver, CO

3/2012 **“Experimental tests of the role of consciousness in the physical world”**

9th Symposium Behind and Beyond the Brain, Bial Foundation, Porto, Portugal

2/2012 **“Spiritual Competencies for Psychologists and Mental Health Professionals”** Panel

[Institute of Transpersonal Psychology](http://www.itp.edu/) and the [Association for Transpersonal Psychology](http://www.atpweb.org/), Menlo College, Atherton, CA

1/2012 **“Noetic Sciences: Practice for Personal and Collective Transformation”** Workshop

Esalen Institute, Big Sur, CA

11/2011 **“Mindful Mothering: Practical Tools for Staying Awake and Aware During the Biggest Adventure of All”** Museum of Motherhood, New York City

10/2011 **“Confronting the controversy: Recent evidence for precognition”** Forum with Jonathan Schooler, Daryl Bem and Michael Franklin

**“About Time: Exploring the Evidence for Mind at Large”**

Society of Experimental Social Psychology Conference, Washington, DC

10/2011 **“Mindfulness Training During Pregnancy for Stress, Affective, and Behavioral Outcomes”** Mid-Coastal California Perinatal Outreach Program with Santa Clara County Public Health, O’Connor Hospital, San Jose, CA

10/2011 **“Neuroscientific Approaches to Centering Prayer: What can the brain teach us about this practice?”** with Michael Spezio Contemplative Outreach Annual Conference: ReAwakening to the Contemplative Dimension of Life, Marriott Waterfront Hotel, San Francisco, CA

10/2011 **“Noetic Sciences: Practices for Personal and Collective Transformation”** Workshop

La Villa Rinascimento, Lucca, Italy

8/2011 **“Spiritual Competencies for Psychologists and Mental Health Professionals”** Panel

American Psychological Association Convention, Washington, DC

7/2011 Invited Participant, Center for Engaged Compassion, Claremont School of Theology

5/2011 **“Living Deeply: The Art & Science of Transformation”** Workshop

Esalen Institute, Big Sur, CA

11/2010 **“Research on Mindfulness Training During Pregnancy and Post Partum”**

Keynote, The Association for Prenatal & Perinatal & Health XV International Conference, Pacific Grove, CA

10/2010 **“Nondual Awareness Practices: Theory and Research”**

Semi-Plenary, Science & Nonduality Conference, San Rafael, CA

10/2010 Invited Participant, Madison Mindfulness Meeting, University of Wisconsin, Madison

10/2010 **“The Future of Science and Research in CAM”**

` Plenary Address: Freedom for Family Wellness: Celebrating the Shift to Conscious Choice, Washington, DC

10/2010 **“Consciousness: the Missing Link in the Sustainability Puzzle”**

Bioneers Conference, San Rafael, CA

10/2010 **”Development of Social Consciousness through Worldview Transformation: An Integral Model”** 2nd Biennial Integral Theory Conference: Enacting an Integral Future, John F. Kennedy University, Pleasant Hill, CA.

6/2010  **“A Longitudinal Study of Spiritual Engagement, Self-Transcendence, and Human Flourishing”** Duke University Center for Theology, Spirituality and Health, Durham, NC.

4/2010 **“Mindfulness”** Grand Rounds, Alta Bates Hospital, Berkeley, CA.

4/2010 **“Transformations in Consciousness Through Spiritual Engagement”** Plenary, Toward a Science of Consciousness Conference, University of Arizona, Tucson, AZ.

2/2010 **“The Drive to Overeat: Stress and Reward Pathways”**

Panelist, 3rd Annual Mary Dallman Symposium, UCSF, San Francisco, CA.

2/2010 **“The Love Study”**

Lecture, First Unitarian Universalist Church, San Francisco, CA.

11/2009 **"Mindfulness-Based Approaches to Stress Reduction During Pregnancy: Potential Implications for Perinatal Obesity Interventions”,**

UCSF COAST (Center for Obesity Assessment Study and Treatment) Seminar Series, UCSF, Laurel Heights Campus, San Francisco, CA.

8/2009 - **“Mindful Motherhood: A Mindfulness and Yoga Retreat for Pregnant Women”** Workshops

5/2010 The Esalen Institute, Big Sur, CA, IONS campus, Petaluma, CA, San Francisco Zen Center, San Francisco, CA.

10/2009 **“Mindfulness and Well-Being”** Science and Nonduality Conference, San Rafael, CA.

7/2009 **“Mindful Motherhood: Mindfulness Practices for Pregnant Women and Moms”**

Upaya Institute and Zen Center, Santa Fe, NM

6/2009  **“Mindful Motherhood”**

Spirit Rock Meditation Center, Woodacre, CA.

6/2009 **“The Science of Peace: How Emerging Evidence is Confirming Ancient Wisdom about Our Capacities for Inner, Relational, and Societal Nonviolence”**

Plenary, International IONS Conference, Tucson, Arizona

6/2009 Invited participant, Snowmass Conference on Interspiritual Dialogue, convened by Father Thomas Keating, Aspen, CO.

1/2007- **“Living Deeply: The Art and Science of Transformation”**

**1**/ 2010 Multiple day-long and weekend retreats, For Goodness Sake, Truckee, CA; Chicago, IL; Los Angeles, CA; Petaluma, CA; Tucson, AZ; Cleveland, OH; Big Sur, CA.

4/2008 **“Toward a Theory of Consciousness Transformation”**

Center for Consciousness Studies Conference, University of Arizona, Tucson, AZ

12/2007 **“Mindfulness-Based Relapse Prevention and the Mindful Motherhood Project”**

Osher Center for Integrative Medicine, University of California San Francisco

11/2007 **“Mindfulness, Affect Regulation, and Relapse Prevention”**

Association for Behavior and Cognitive Therapies, Philadelphia, PA

10/2007 **“Mindfulness and Transformation”**

Indiana State University, Terre Haute, IN

8/2007 **“Mindfulness and Relapse Prevention”**

Henry Ohlhoff Programs, San Francisco, CA

8/2007 **“Mindfulness and Relapse Prevention”**

Kaiser Chemical Dependency Program, San Francisco, CA

8/2007 **“Mindfulness-Based Relapse Prevention”**

Summer Symposium – Mind Body Medicine Research Group

California Pacific Medical Center Research Institute

8/2007 **“Transformation and Healing”**

Institute of Noetic Sciences International Conference, Palm Springs, CA

6/2006 **“The Art and Science of Transformation”**

A Glimpse of Our Future: Pathways to Healing Conference

UC Davis Medical Center, Sacramento, CA

3/2006 **“Initiating, Supporting, and Sustaining Transformation”**

Breakthrough Time: Individual, Social and Global Transformation

Institute of Noetic Sciences, Petaluma, CA

10/2005 **“Mind-body Approaches to Smoking Cessation and Relapse Prevention”**

Tobacco Related Disease Research Program Conference, Los Angeles, CA

9/2005 **“Many Paths, One Mountain: A Cross-Traditional Model of Spiritual Transformation”**

Yoko Civilization Research Institute, Fourth International Conference

Awaji, Japan

6/2005 **“Many Paths, One Mountain: A Cross-Traditional Model of Spiritual Transformation”**

Metanexus Conference on Science and Religion, Philadelphia, PA

3/2005 **“The Art and Science of Transformation”**

Mini–Medical School, Institute for Health and Healing

California Pacific Medical Center, San Francisco, CA

8/2004 **“Transformative Practice and Healing”**

Marin General Hospital, Institute for Health and Healing, Greenbrae, CA

7/2004 **“Affirmative Prayer: Scientific Perspectives”**

Parliament of World Religions, Barcelona, Spain

6/2004 **‘Living Practice: Transformation and Healing”**

Institute of Noetic Sciences, Integral Medicine Conference

Western Conference of Unitarian Ministers, Menlo Park, CA

4/2004 **“Transformation in Everyday Life”**

Western Conference of Unitarian Ministers, Menlo Park, CA

11/2003 **“Redefining the Placebo Effect”**

Compassionate Intent Conference, Institute of Noetic Sciences, Petaluma, CA

9/2003 **“Transformation from a Research Perspective”**

Golden Gate Center for Spiritual Living, Corte Madera, CA

6/2003 **“Emotion Regulation and Addiction”**

California Pacific Medical Center Research Institute, San Francisco, CA

4/2003 **“Emotion Regulation in Psychotherapy”**

Psychology Intern Training, Center for Special Problems, San Francisco, CA

5/2002 **“Researching Spiritual Transformation”**

Marin Integrative Healing Network, Dominican College, San Rafael, CA

1/2002 **“Qualitative Research on Transformational Practices”**

Saybrook Institute, San Francisco, CA

4/2001 & 2002 **“Termination of Psychotherapy”**

Psychology Intern Training, Center for Special Problems, San Francisco, CA

1/2001 **“The Genetics of Addiction”**

Kaiser Permanente Education Symposium, Vallejo, CA

9/2000 **“Genetics of Alcoholism and Addiction”**

Great Lakes Conference on Addictions and Behavioral Health, Indianapolis, IN

8/2000 **“Genetics of Addiction”**

24th Annual Summer Institute on the Addictions, Colorado Springs, CO

3/2000 **“Clinical and Epidemiological Aspects of Addiction”**

Center for the Neurobiology of Addiction, University of California, San Francisco

1999–2000 **“The Genetics of Alcoholism and Addiction”**

Presented at chemical dependency treatment programs including: St. Helena Health Center, Napa, CA; Bridge Counseling Associates, Las Vegas, NV; WestCare, Las Vegas, NV; Charter Behavioral Health, Las Vegas, NV; Veteran’s Administration Hospital, Las Vegas, NV; Chrysalis, Oakland, CA; East Bay Community Recovery, Oakland, CA.

10/1999 **“Genetics for Chemical Dependency Counselors”**

Hazelden Graduate Program and Staff Training, Hazelden, Minneapolis, MN.

3/1998 **“The Psychodynamics of Addiction”**

Psychology intern training, Center for Special Problems, San Francisco, CA

**Publications**

*Peer-Reviewed Journal Articles*

Pearce, M. J., Pargament, K. I., Oxhandler, H. K., **Vieten, C**., Wong, S. (in press). A Novel Training Program for Mental Health Providers in Religious and Spiritual Competencies Spirituality in Clinical Practice. *Spirituality in Clinical Practice.*

Epel E, Laraia B, Coleman-Phox K, Leung C, **Vieten C**, Mellin L, Kristeller J, Thomas M, Stotland N, Bush N(in press). Effects of a mindfulness-based intervention on distress, weight gain, and glucose control for pregnant low-income women: A quasi experimental trial using the ORBIT mode. International Journal of Behavioral Medicine.

**Vieten, C**,, Wahbeh, H., Cahn, B.R., MacLean, K., Estrada, M., Mills, P., Murphy, M., Shapiro, S., Radin, D., Josipovic, Z., Presti, D.E., Sapiro, M., Bays, J.C., Russell, P., Vago, D., Travis, F., Walsh, R. & Delorme, A. (2018).Future directions in meditation research: Recommendations for expanding the field of contemplative science. *PLOS ONE.*DOI: 10.1371/journal.pone.0205740

Headen, I., Laraia, B., Coleman-Phox, K., **Vieten, C**., Adler, N., Epel, E. (2018). Neighborhood Typology and Cardiometabolic Pregnancy Outcomes in the Maternal Adiposity Metabolism and Stress (MAMAS) Study.*Obesity*, DOI: 10.1002/oby.22356

Roubinov, D. S., Felder, J. N., **Vieten, C**., Coleman-Phox, K., Laraia, B., Adler, N., ... & Bush, N. R. (2018). Maternal depressive symptoms and infant healthcare utilization: The moderating role of prenatal mindfulness. *General Hospital Psychiatry*.

**Vieten, C.**, Laraia, B., Kristeller, J., Adler, N., Coleman-Phox, K., Bush, N., Wahbeh, H., Duncan, L.G., Epel, E. (2018).  The Mindful Moms Training: Development of a mindfulness-based intervention to reduce stress and overeating during pregnancy. *BMC Pregnancy and Childbirth,* (18), 201. <https://doi.org/10.1186/s12884-018-1757-6>

Felder, J.N.,Roubinov, D., Bush, N., Coleman-Phox, K., **Vieten, C**., Laraia, B., Adler, N., & Epel, E.(2018).  Effect of prenatal mindfulness training on depressive symptom severity through 18-months postpartum: A latent class analysis. *Journal of Clinical Psychology.*

Laraia, B. A., Adler, N. E., Coleman-Phox, K., **Vieten, C.**, Mellin, L., Kristeller, J. L., … Epel, E. (2018). Novel Interventions to Reduce Stress and Overeating in Overweight Pregnant Women: A Feasibility Study.*Maternal and Child Health Journal*. <https://doi.org/10.1007/s10995-018-2435-z>Epel E, Laraia B, Coleman-Phox K, Leung C, **Vieten C**, Mellin L, Kristeller J, Thomas M, Stotland N, Bush N(under review). Effects of a mindfulness-based intervention on distress, weight gain, and glucose control in pregnant low-income women: A controlled trial.

**Vieten, C.**, Scammell, S., Pierce, A., Pilato, R., Ammondson, I., Pargament, K. I., & Lukoff, D. (2016). Competencies for psychologists in the domains of religion and spirituality. *Spirituality in Clinical Practice*, *3*(2), 92.

Shapiro, S. L., Lyons, K. E., Miller, R. C., Butler, B., **Vieten, C.,** & Zelazo, P. D. (2015). Contemplation in the classroom: a new direction for improving childhood education. *Educational Psychology Review*, *27*(1), 1-30.

Thomas, M., **Vieten, C.,** Adler, N., Ammondson, I., Coleman-Phox, K., Epel, E., & Laraia, B. (2014). Potential for a stress reduction intervention to promote healthy gestational weight gain: Focus groups with low-income pregnant women. *Women's Health Issues*, *24*(3), e305-e311.

**Vieten, C.**, Estrada, M., Cohen, A., Radin, D., Schlitz, M., Delorme, A. (2014). [Engagement in a community-based integral practice program enhances well-being](http://www.transpersonalstudies.org/ImagesRepository/ijts/Downloads/IJTS_33-2-02_pp_1-15_Vieten_et_al_2014_Engagement_in_a_Community-Based_Integral_Practice_Program_Enhances_Well-being.pdf). *The International Journal of Transpersonal Studies*, 33(2).

**Vieten, C**., Scammell, S., Pilato, R., Ammondson, I., Pargament, K. I., & Lukoff, D. (2013). Spiritual and religious competencies for psychologists. *Psychology of Religion and Spirituality*, *5*(3), 129.

Coleman-Phox, K., Laraia, B., Adler, N., **Vieten C.**, Thomas, M., & Epel, E. (2013). Recruitment and Retention of Pregnant Women for a Behavioral Intervention: the Maternal Adiposity, Metabolism and Stress (MAMAS) Study. *Preventing Chronic Disease,*10:E31.PMCID: PMC3592785. Published online 2013 March 7. doi:  [10.5888/pcd10.120096](http://dx.doi.org/10.5888%2Fpcd10.120096).

Bobrow, J., Cook, E., Knowles, C. & **Vieten C.** (2013). Coming All the Way Home: Integrative Community Care for Those who Serve. *Psychological Services*, 10:2, 137-144. doi: [10.1037/a0031279](http://psycnet.apa.org/doi/10.1037/a0031279)

Bowen S.W & **Vieten, C.** (2012). A Compassionate Approach to the Treatment of Addictive Behaviors: The Contributions of Alan Marlatt to the Field of Mindfulness-Based Interventions, Addiction Research & Theory. *Addiction Therapy*. 20(3), Jun. 2012, 243-249,doi:10.3109/16066359.2011.647132.

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