**Cassandra Vieten**

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**Current Positions**

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

**Education**

1991–1998 Ph.D., Clinical Psychology

 California Institute of Integral Studies

 Dissertation: “Revisiting the Alcoholic Personality: Object Relations, Affect Regulation, and Defense Styles in Alcoholic Sibling Pairs”

1987–1991 B.A., with honors, Psychology,

 California State University, San Bernardino

**Positions Held**

2016-2019 **President and Senior Scientist**

Institute of Noetic Sciences

2013-2016 **President and CEO**

Institute of Noetic Sciences

2003–2018 **Scientist**

California Pacific Medical Center Research Institute

2003–2008 **Research Faculty**

 Institute for Transpersonal Psychology

1999–2005 **Adjunct Faculty**

 The 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, University of California, San Francisco

1999–2003 **Co-Investigator/Clinical Director**

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

1999–2001 **Adjunct Instructor**

 Department of Neurology, University of California, San Francisco

1998–1999 **Postdoctoral Fellow**

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

1996–1998 **Psychotherapy Intern**

 Center for Special Problems, San Francisco, CA

1994–1998 **Clinical Research Assistant**

 Gallo Clinic and Research Center, University of California, 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 Project

 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 – 2018 **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, 4140 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

2009-2010 **Research Psychologist,** Baumann Institute, Nondual Awareness and Well-Being.

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

**Teaching**

*Adjunct Appointments*

2016 – present Instructor, San Francisco Theological Seminary

2006–2008 Adjunct Research Faculty, Institute for Transpersonal Psychology, Palo Alto, CA

1999–2005 Adjunct Faculty, The Wright Institute, Berkeley 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

*Graduate Students*

Jill Borman Sonoma State University

 Internship Supervisor, 2019

Michael Constantino Sonoma State University

 Internship Supervisor, 2019

Michelle Fowler Sonoma State University

 Internship Supervisor, 2019

Serena Cyr Sofia University

 Dissertation External Reader 2016-2017

Manuel Manotas California Institute of Integral Studies

 Dissertation Committee Member 2010-2011

Ingrid Ammonson Institute of Transpersonal Psychology

 Postdoctoral Advisor 2009-2012

Mollie Lyddane University of Santa Monica

 Research Supervisor 2010-2011

Peter Lewis The Wright Institute

 Research Supervisor, 2008–2010

Mary Daly John F. Kennedy University

 Research Supervisor, 2008–2009

Sharifa Karen Krongold California Institute of Integral Studies Research Supervisor, 2007–2013

Deborah Quevedo Institute for Transpersonal Psychology Dissertation Committee Member, 2007–2008

Sally Broder The Wright Institute

 Clinical Supervisor, 2007–2008

Katherine Coder Institute for Transpersonal Psychology

 Research Supervisor, 2008

Michael Reding Stanford University Research Supervisor, 2007–2008

Ashley Lyman California Institute of Integral Studies

 Clinical Supervisor, 2007–2008

Mary Costello California Institute of Integral Studies

 Clinical Supervisor, 2006–2008

Raymond Buscemi The Wright Institute

 Clinical Supervisor, 2005–2008

Celia Doss California Institute of Integral Studies

 Clinical Supervisor, 2005–2006

Lisa Bialy California Institute of Integral Studies Research Supervisor, 2005–2006

Russel Kayser The Wright Institute Dissertation Committee Chair, 9/06, Psy.D.

Noel Nabeshima The Wright Institute Dissertation Committee Member, 11/05, Psy. D.

Simone Taylor The Wright Institute Dissertation Committee Chair, 06/05, Psy. D.

Tima Smith The Wright Institute Dissertation Committee Chair, 06/05, Psy. D.

Mary Larenas The Wright Institute Dissertation Committee Member, 03/04, Psy.D.

Ron Pilato The Wright Institute Dissertation Committee Member, 12/01, Psy.D.

**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)

*Scientific and Professional Meetings Attended*

American Psychiatric Association, New York City, 2018

American Psychological Association, Washington DC, 2017

Academy of Integrative and Holistic Medicine, San Diego, CA 2016

International Symposium for Contemplative Studies, San Diego, CA, 2016

Bial Foundation Bursary Conference, Beyond the Brain, Porto, Portugal, 2014

Society for Experimental and Social Psychology, Washington DC, 2011

Center for Engaged Compassion, Claremont School of Theology Project Meeting, 2011, St. Benedict’s Monastery, Snowmass, CO

Mindfulness Clinical Research Meeting, 2010, Madison, WI

Toronto Mindfulness Clinical Research Meeting, 2008, Toronto, Ontario

Meeting of the Minds – Invitational Workshop on Anomalous Cognition, 2007, Vancouver, BC

Meditation and Spirituality: Scientific, Conceptual, & Applied Perspectives, 2007, Terre Haute, IN

Association for Behavior and Cognitive Therapy, 2007, Philadelphia, PA

Tobacco Related Disease Research Program, 2007, Sacramento, CA

Optimal Healing Environments, 2007, Big Sur, CA (invitational)

American Psychological Association, 2007, San Francisco, CA

Mind and Life Summer Research Institute, 2006, Garrison, NY (invitational)

Metanexus Annual Conference, 2006, Philadelphia, PA

Metanexus Spiritual Transformation Research Program, 2006, UC Berkeley (panelist)

Tobacco Related Disease Research Program, 2005, Los Angeles (presentation)

Metanexus Annual Conference, 2005, Philadelphia, PA

Mind and Life: Investigating the Mind, 2003, MIT

College on Problems of Drug Dependence, 2001 (poster)

Research Society on Alcoholism, 1997 (poster), 1998, 1999 (2 posters), 2000

*Postgraduate and Continuing Education Courses Attended*

2007 Clinical Supervision, Zur Education

2006 “Mindfulness-Based Cognitive Therapy” Five-day Training, Zindel Segal, Sona Dimidjian, Steven Hickman, Steven Alper, UC San Diego

2005 “Myths and Realities of Growing Old” Gil Mansergh, FTX

2005 “Spousal and Partner Abuse” Gil Mansergh, FTX

2005 “Law and Ethics: Post 9-11” Gil Mansergh, FTX

2005 “Parenting from the Inside Out” Daniel Siegel, RC Seminars

2005 “The Mindful Practice” Roger Walsh, RC Seminars

2005 “Art and Practice of Clinical Supervision” Linda Chapman, RC Seminars

2003 “Clinical Supervision” Antonette Zeiss and Jeanette Hsu, UCSF-VA Medical Center

2003 “Law and Ethics in Psychotherapy” Daniel Taube, RC Seminars

2002 “Implicit Memory and Attachment in the Development of the Self” UC Berkeley Ext.

2002 “Transformations in O: The Work of Wilfred Bion” James Grotstein, NCSPP

2002 “An Intersubjective View of Gender” Jessica Benjamin, Marin CAMFT

2002 “Attachment and Intersubjectivity in the Healing Relationship” David Wallin, RC Seminars

2001 “The Developing Mind” Daniel Siegel, RC Seminars

*Membership in Professional Organizations*

1998–2018 Member: American Psychological Association

2003–2010 Member: Mind and Life Research Network

2007–2010 Member: Association for Behavior and Cognitive Therapies

2005–2008 Member: Metanexus Institute

2003–2007 Member: Emotion, Personality and Altruism Research Group

 Wright Institute

**Honors and Awards**

1999 Recipient, Junior Investigator Award, Research Society on Alcoholism

**Grants**

“Virtual Reality Induction of Awe: Effects on Compassion and Interconnectedness”

 Private Donors, $75,000, 2019 – present

“C3 Consciousness, Communication & Change Project”

 Private Donor, $50,000, 2016 - present

“Extraordinary Experiences in Meditation”

 Bial Foundation, subcontract from University of Virginia, ~$40,000, 2017 - present

“The MAMAS Study: Novel Interventions to Reduce Non-homeostatic Eating in Pregnant Women” Subcontract from University of California San Francisco, National Institutes of Health (overall project $1.7M, subcontract ~$150,000/annually) 2010 - 2015

“The Future of Meditation Research”

 Mental Insight Foundation ($5000) 2013

“Integration of Subjective Knowledge into Healthcare”

 Social Relations of Knowledge Institute ($30,000) 2013

“Concientia Maternidad: A Stress-Reduction Training for Spanish-speaking Pregnant Women”

 Aetna Foundation ($20,000) 2011-2012

“At Home Within: Dissemination” ($15,000), 2011 – 2012, Nathan B Cummings Foundation

“Consciousness and Healing”

 The Carl and Roberta Deutsch Foundation, ($20,000) 2011

“Mindful Motherhood: An Online Course” Mental Insight Foundation ($20,000) 1/11–12/11

“Psychophysiological Correlates of Spiritual Transmission” Bial Foundation ($55,000) 1/11–12/11

“The Worldview Literacy Project” Kriens Family Foundation, Silicon Valley Community Foundation ($300,000) 2010–2012

“Nondual Awareness and Well-Being” Baumann Institute ($25,000) 2009–2010

“Psychophysiological Correlates of Nondual States of Awareness” Bial Foundation ($55,000) 4/09–4/10

“A Longitudinal Study of Spiritual Engagement, Self-Transcendence, and Human Flourishing” Duke University/Templeton Foundation ($200,000) 2/08–2/10

“The Mindful Motherhood Educational Program” Mental Insight Foundation ($17,000), Doyle Family Fund ($20,000) 1/07–1/09

“At Home Within: A Personal Growth Program for Homeless Adults” Kalliopeia Foundation ($14,400), Mental Insight Foundation ($18,625), Meyer Family Fund ($10,000), Clements Foundation ($12,500) 1/05–12/08

 “Evaluating the Effects of Transformative Practice Programs” Fetzer Institute ($48,500) 1/07–6/08

 “A Mindfulness-Based Intervention for Relapse Prevention” NIH (NIAAA) – R21 ($275,000) 5/06–5/08

“Local Societies Initiative: Bay Area Science and Spirit Dialogues” Metanexus Institute ($15,000) 1/06–1/08

National Institutes of Health Student Loan Repayment Program for Clinical Researchers 9/03–9/07 (~$100,000)

 “Mindfulness-Based Relapse Prevention for Nicotine Dependence” IDEA mechanism, Tobacco Related Disease Research Program, University of California 7/05–7/07 ($100,000)

“A Mindfulness-Based Intervention for Pregnant Women with a History of Depression” Bella Vista Foundation, 1/05–1/06, $54,000, Extended 1/06–1/07 Doyle Foundation ($50,000)

“The Role of Affect Regulation in Alcoholism” NIH (NIAAA) – Behavioral Science Track Awards for Rapid Transition (B-START) R03, 7/00–12/02 ($100,000)

**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, Frontiers in Psychology, PLOS One, Journal of Consulting and Clinical Psychology, Explore Journal, Journal of Complementary and Alternative Medicine, Spirituality in Clinical Practice

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**

May 2019 “Mindfulness Practices for Reducing Stress, Improving Focus, and Staying on Purpose”

Financial Planners Association Northern California, San Francisco, CA

May 2019 “Unlocking Latent Potentials by Inducing Awe and Wonder”

 Awakened Futures Summit, Consciousness Hacking, San Francisco, CA

November 2018 “Consciousness, Communication and Change”

 Global Purpose Summit, Golden Gate Theological Seminary, San Francisco, CA

May 2018 “Religious and Spiritual Competencies in Clinical Practice”

 American Psychiatric Association, New York, NY

January 2018 “Consciousness, Communication and Change”

 Nexus USA, Institute for Peace, Washington DC

August 2017 “Spiritual Competencies in Clinical Training”

 American Psychological Association, Washington, DC

May 2017 “Redefining Well-Being”

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

September 2016 “Spiritual Competencies in Medical Education”

 MedicineX Conference, Stanford University, Palo Alto, CA

July 2016 “The Art and Science of Flow”

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

June 2016 “Science of Consciousness and Healing” Keynote

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

November 2015 “The Science of Consciousness: How Our Minds Affect Ourselves, One Another, and the World” Keynote

 Leadership Energy Summit, Kuala Lumpur, Malaysia

July 2015 “The Science of What’s Next: The Future of Consciousness Research” Keynote

 Theosophical Society of America, Chicago, IL

May 2014 “Beyond Words: Exploring the Science of Interconnectedness” Keynote

 Association for Comprehensive Energy Psychology, Phoenix, AZ

March 2014 “Psychophysiology of Spiritual Transmission,”

9th Symposium Behind and Beyond the Brain,

Bial Foundation, Porto, Portugal

April 2012 “Contemplative Science and the Relational Dimension: From Stress Regulation to Empathy and Compassion.”

 (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

March 2012 “Experimental tests of the role of consciousness in the physical world,”

9th Symposium Behind and Beyond the Brain,

Bial Foundation, Porto, Portugal

March 2012 The "We" in Wellness: Self-Transcendence and Well-Being

 The Shift Network Winter of Wellness Summit

February 2012 “Spiritual Competencies for Psychologists and Mental Health Professionals,” (with Ron Pilato, PsyD, Shelley Scammell, PsyD, and Ingrid Ammondson, PhD) Spirituality and Psychology: A Biannual Scholarly Conference 2012

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

January 2012 “Noetic Sciences: Practice for Personal and Collective Transformation” (with Daniel Ellenberg)

Esalen Institute, Big Sur, CA

November 2011 Mindful Mothering: Practical Tools for Staying Awake and Aware During the Biggest Adventure of All

Museum of Motherhood, New York City

October 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

October 2011 “Mindfulness Training During Pregnancy for Stress, Affective, and Behavioral Outcomes”

 *Within Our Reach: Comprehensive Care for Perinatal Depression*

Mid-Coastal California Perinatal Outreach Program with Santa Clara County Public Health

O’Connor Hospital, San Jose, CA

October 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

September 2011 “Noetic Sciences: Practices for Personal and Collective Transformation,”

Workshop, La Villa Rinascimento, Lucca, Italy

August 2011 “Spiritual Competencies for Psychologists and Mental Health Professionals”

 Ronald W. Pilato, David Lukoff, Shelley Scammell, Cassandra Vieten

 Paper for Clinical Concerns and Applied Research Presentation

*APA 119th Conference*, Washington, DC

July 2011 Center for Engaged Compassion, Claremont School of Theology

Invited Participant, Project Meeting, St. Benedict’s Monastery, Snowmass, CO

June 2011 “Mindful Motherhood”

Workshop, Ghost Ranch, Abiquiu New Mexico

May 2011 “Living Deeply: The Art & Science of Transformation”

 Workshop, Esalen Institute, Big Sur, CA

Jan-Mar 2011 “Mindful Motherhood”

9 week class, St. Luke’s Hospital, San Francisco

February 2011 Circle of Wise Women

Invited Speaker, Brahma Kumaris Ashram

November 2010 “Research on Mindfulness Training During Pregnancy and Post Partum”

Keynote Address: The Association for Prenatal & Perinatal & Health XV International Conference, Embracing the Science of Prenatal & Birth Psychology, Pacific Grove, CA

October 2010 “Nondual Awareness Practices: Theory and Research”

Semi-Plenary Address: Science & Nonduality Conference,

San Rafael, CA

October 2010 Madison Mindfulness Meeting

Invited Participant, University of Wisconsin, Madison

October 2010 “The Future of Science and Research in CAM”

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

October 2010 “Consciousness: the Missing Link in the Sustainability Puzzle”

 Bioneers Conference

 San Rafael, CA

July-Aug 2010 “Transformational Practices”

 Integral Transformative Practices Workshop

 Workshop, Institute of Noetic Sciences, Petaluma, CA

July-Aug 2010 “Worldview Literacy: Training the Trainers”

Workshop, Institute of Noetic Sciences, Petaluma, CA.

July 2010 ”Development of Social Consciousness through Worldview Transformation: An Integral Model”

Panel: Marilyn Schlitz, Cassi Vieten & Elizabeth Miller,

2nd Biennial Integral Theory Conference: Enacting an Integral Future, John F. Kennedy University, Pleasant Hill, CA.

June 2010 “A Longitudinal Study of Spiritual Engagement, Self-Transcendence, and Human Flourishing”

Invited Presenter with John Astin, 2010 Annual Meeting Religion & Health: Interdisciplinary Engagement & Interpretation, Duke University Center for Theology, Spirituality and Health, Durham, NC.

April 2010 “Mindfulness”

 Grand Rounds, Alta Bates Hospital, Berkeley, CA.

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

April 2010 Lecture, Tucson Psychic Explorers Group, Tucson, AZ.

February 2010 “The Drive to Overeat: Stress and Reward Pathways”

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

February 2010 “The Love Study”

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

November 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.

November 2009 “Living Deeply: The Art and Science of Transformation in Everyday Life”, Lecture, Diablo IONS Community Group, Lafayette, CA.

Aug 2009-May 2010 “Mindful Motherhood: A Mindfulness and Yoga Retreat for Pregnant Women”

1-5 day workshops,The Esalen Institute, Big Sur, CA, IONS campus, Petaluma, CA, San Francisco Zen Center, San Francisco, CA.

October 2009 “Mindfulness and Well-Being”

Panel with Agnessens, Shapiro, Marcy, Brennan, 2009 Science and Nonduality Conference, San Rafael, CA.

July 2009 “Mindful Motherhood: Mindfulness Practices for Pregnant Women Moms”

Upaya Institute and Zen Center, Santa Fe, NM

June 2009 “Mindful Motherhood”

 Invited Speaker with Shauna Shapiro, Spirit Rock Meditation Center, Woodacre, CA.

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

 Plenary, Toward a Global Shift: Seeding the Field of Collective Change, 13th International IONS Conference, Tucson, Arizona

June 2009 “Transformative Practice and Well-Being”

 Integral Transformative Practices Conference, Mill Valley, CA

June 2009 Aspen Snowmass conference on Interspiritual Dialogue

 convened by Father Thomas Keating,

 Invited participant, Aspen, CO.

Jan 2008–Jan 2010 “Living Deeply: The Art and Science of Transformation”

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

April 2008 “Toward a Theory of Consciousness Transformation”

 Center for Consciousness Studies Conference

 University of Arizona, Tucson, AZ

December 2007 “Mindfulness-Based Relapse Prevention and the Mindful Motherhood Project”

 Osher Center for Integrative Medicine, University of California San Francisco

November 2007 “Mindfulness, Affect Regulation, and Relapse Prevention”

 Association for Behavior and Cognitive Therapies, Philadelphia, PA

October 2007 “Mindfulness and Transformation”

 Indiana State University, Terre Haute, IN

September 2007 “Living Deeply: Transformation and Healing”

 Esalen Institute, Big Sur, CA

August 2007 “Mindfulness and Relapse Prevention”

 Henry Ohlhoff Programs, San Francisco, CA

August 2007 “Mindfulness and Relapse Prevention”

 Kaiser Chemical Dependency Program, San Francisco, CA

August 2007 “Mindfulness-Based Relapse Prevention”

 Summer Symposium – Mind Body Medicine Research Group

 California Pacific Medical Center Research Institute

August 2007 “Transformation and Healing”

 Institute of Noetic Sciences International Conference, Palm Springs, CA

June 2006 “The Art and Science of Transformation”

 A Glimpse of Our Future: Pathways to Healing Conference

 UC Davis Medical Center, Sacramento, CA

March 2006 “Initiating, Supporting, and Sustaining Transformation”

 Breakthrough Time: Individual, Social and Global Transformation

 Institute of Noetic Sciences, Petaluma, CA

October 2005 “Mind-body Approaches to Smoking Cessation and Relapse Prevention”

 Tobacco Related Disease Research Program Conference, Los Angeles, CA

September 2005 “Many Paths, One Mountain: A Cross-Traditional Model of Spiritual Transformation.”

 Yoko Civilization Research Institute, Fourth International Conference

 Awaji, Japan

June 2005 “Many Paths, One Mountain: A Cross-Traditional Model of Spiritual Transformation.”

 Metanexus Conference on Science and Religion, Philadelphia, PA

March 2005 “The Art and Science of Transformation”

 Mini–Medical School, Institute for Health and Healing

 California Pacific Medical Center, San Francisco, CA

August 2004 “Transformative Practice and Healing”

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

July 2004 “Affirmative Prayer: Scientific Perspectives”

 Parliament of World Religions, Barcelona

June 2004 ‘Living Practice: Transformation and Healing”

 Institute of Noetic Sciences, Integral Medicine Conference

 Western Conference of Unitarian Ministers, Menlo Park, CA

April 2004 “Transformation in Everyday Life”

 Western Conference of Unitarian Ministers, Menlo Park, CA

November 2003 “Redefining the Placebo Effect”

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

September 2003 “Transformation from a Research Perspective”

 Golden Gate Center for Spiritual Living, Corte Madera, CA

June 2003 “Emotion Regulation and Addiction”

 California Pacific Medical Center Research Institute, San Francisco, CA

April 2003 “Emotion Regulation in Psychotherapy”

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

May 2002 “Researching Spiritual Transformation”

 Marin Integrative Healing Network

 Dominican College, San Rafael, CA

January 2002 “Qualitative Research on Transformational Practices”

 Saybrook Institute, San Francisco, CA

April 2001, 2002 “Termination of Psychotherapy”

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

January 2001 “The Genetics of Addiction”

 Kaiser Permanente Education Symposium, Vallejo, CA

September 2000 “Genetics of Alcoholism and Addiction”

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

August 2000 “Genetics of Addiction”

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

March 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.

October 1999 “Genetics for Chemical Dependency Counselors”

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

March 1998 “The Psychodynamics of Addiction”

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

**Publications**

*Journal Articles*

Pearce, M. J., Pargament, K. I., Oxhandler, H. K., **Vieten, C**., & Wong, S. (2019). A novel training program for mental health providers in religious and spiritual competencies. *Spirituality in Clinical Practice*, *6*(2), 73.

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

Wahbeh, H.,  Radin, D., Mossbridge, J., **Vieten, C**., Delorme, A. (2018).  Exceptional experiences reported by scientists and engineers. *Explore: The journal of science and healing*.

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/pcd10.120096).

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.

Schiltz, M., Hopf, H., Eskenazi, L., **Vieten, C.**, & Radin, D. (2012). Distant Healing Of Surgical Wounds: An Exploratory Study. *EXPLORE: The Journal of Science and Healing*, July 2012, 8(4), 223-230.

Gizer I.R, Ehlers C.L., **Vieten, C.**, Feiler, Heidi S. Gilder, D. A., & Wilhelmsen, K.C. (2012). Genome-wide Linkage Scan of Antisocial Behavior, Depression and Impulsive Substance Use in the UCSF Family Alcoholism Study. *Psychiatric Genetics.* doi: 10.1097/YPG.0b013e328353fb77.

Radin, D.I., **Vieten, C.**, Michel, L., DeLorme, A. (2011). Electrocortical activity prior to unpredictable stimuli in meditators and non-meditators. *Explore,* 7(5): 286-299.

Schlitz, M., **Vieten, C.**, Miller, E., Homer, K., Petersen, K. & Erickson-Freeman, K. (2011). The Worldview Literacy Project: Exploring New Capacities for the 21st Century Student. *Johns Hopkins University School of Education New Horizons for Learning*, Winter 2011. Retrieved August 8, 2013 from http://education.jhu.edu/PD/newhorizons/Journals/Winter2011/Schlitz.

Gizer, I.R., Ehlers, C.L., **Vieten, C.**, Seaton-Smith, K.L., Feiler, H.S.,Lee, J.V., Segall, S.K., Gilder, D.A., & Wilhelmsen, K.C. (2011). Linkage Scan of Alcohol Dependence in the UCSF Family Alcoholism Study. *Drug and Alcohol Dependence,*113: 2-3, pp.125-132. PMCID: PMC3008755*.*

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**Vieten C.**, Astin J., Buscemi R., Galloway G. (2010). Development of an acceptance-based coping intervention for alcohol dependence relapse prevention. *Substance Abuse*, 31:2, pp. 108-116. PMID: 20408062

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Ehlers, C.L., Gizer I.R., **Vieten C.**, Gilder A., Gilder D.A., Stouffer G.M., Lau P., & Wilhelmsen K.C. (2010). Age at regular drinking, clinical course, and heritability of alcohol dependence in the San Francisco family study: A gender analysis. *The* *American Journal on Addictions*, 19:2, pp. 101-110. PMCID: PMC2835733

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**Vieten C.**, Astin J. (2008). Effects of a mindfulness-based intervention during pregnancy on prenatal stress and mood: Results of a pilot study. *Archives of Women’s Mental Health*, 11:1, 67-74. PMID: 18317710

Carmody T., **Vieten C.**, Astin J. (2008). Affect regulation, emotional acceptance, and nicotine dependence. *Journal of Psychoactive Drugs*, 39:4, 499-508. PMID:18303707

**Vieten C.**, Amorok T., Schlitz M. (2006). I to we: The role of consciousness transformation in compassion and altruism. *Zygon: Journal of Religion and Science*,41:4, 917-933.

**Vieten C**., Seaton K.L., Feiler H.S. & Wilhelmsen K. (2004). The UCSF family alcoholism study: I. Design, methods, and demographics. *Alcoholism: Clinical and Experimental Research*, 28:10, 1509-1516.PMID: 15597083

**Vieten C.**, (2004). The role of transformation and spiritual engagement in human brain activity and immunity. *San Francisco Medicine: Journal of the San Francisco Medical Society,* 77:7, 28-31.

Seaton K., Cornell J., Wilhelmsen K., **Vieten C.** (2004) Effective strategies for recruiting families ascertained through alcoholic probands. *Alcoholism: Clinical and Experimental Research*, 28:1, 78-84. PMID: 14745304

*Books*

**Vieten C.**& Scammell, S. (2015). *Spiritual Competencies in Clinical Practice: Guidelines for Psychologists and Mental Health Professionals.* Berkeley, CA: New Harbinger Publications.

**Vieten C**. (2009). *Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Baby’s First Year*. Berkeley, CA: New Harbinger Publications.

Schlitz M., **Vieten C.**, Amorok T. (2008). *Living Deeply: The Art and Science of Transformation*. Berkeley, CA: New Harbinger Publications.

*Chapters*

**Vieten C.**, Estrada M. (2018). Making Change: On How to be an Agent of Transformation. In Kuntzelman, E. & DiPerna, D. (Eds.) Purpose Rising: A Global Movement of Purpose and Meaning. Berkeley, CA: Bright Alliance.

Bowen S., **Vieten C.**, Witkiewitz, K. & Douglas, H. (2015). A mindfulness-based approach to addiction. In Brown, K.W., Creswell J.D., Ryan, R.M. (Eds.) Handbook of Mindfulness: Theory and Research. (pp 387 – 404)

**Vieten C.**, Amorok T., Schlitz M. (2008). **Many paths, one mountain: An integral approach to the science of transformation.** In D.H. Johnson (Ed.), *The meaning of life in the 21st century: Tensions among science, religion, and experience.* (pp.265) New York: iUniverse.

Schlitz M., **Vieten C.,** Amorok T. (2008). **The Art and Science of Transformation.** In *Measuring the Immeasurable: The Scientific Case for Spirituality.*  Boulder, CO: Sounds True Publications.

O’Connor L., Esherick M., **Vieten C.** (2001). **Drug and alcohol abusing women.** In S.L.A. Straussner & S. Brown (Eds.), *The handbook of addiction treatment for women: theory and practice.* New York: Jossey Bass.

*Training Manuals and Facilitator’s Guides*

**Vieten C.** (2013). *Mindful Motherhood: A Mindfulness-Based Stress-Reduction Program for Pregnant Women: Guidelines for Facilitators.* (Behavioral Intervention Manual). Petaluma, CA: Institute of Noetic Sciences.

**Vieten C.** (2012). *At Home Within: A Personal Growth Program for Homeless Shelters and other Social Service Agencies.* (Behavioral Intervention Manual). Petaluma, CA: Institute of Noetic Sciences.

**Vieten C., Astin J.** (2010). *Acceptance-Based Intervention for Alcohol Relapse Prevention.* (Behavioral Intervention Manual). San Francisco, California Pacific Medical Center.

*Popular Press Articles*

Lukoff, D & **Vieten, C.** (2017). Spiritual Competency for Mental Health Providers. Caring for the Human Spirit Magazine. Fall/Winter 2017, 19-21.

**Vieten, C.** (2012). Mindfulness for Moms. *Common Ground.* October 2012, 22*.*

**Vieten, C.** (2012). Mindful Mothering. *Nurture Magazine,* Winter 2012, 42-44.

**Vieten, C.** (2010).Mindful Motherhood. *Tikkun,* May/June 2010, 51-54.

**Vieten, C.** (2010). Making Motherhood Mindful. *Pathways to Family Wellness*, Spring 2010, 25, 38-39.

**Vieten, C.** (2009).Mindful Motherhood (excerpt). *Expecting* Magazine.Winter 2009/10.

**Vieten, C.** (2009).Crucial Practice: The Mindful Diaper Change. *Spirituality and Health*, September/October 2009, 25-27.

**Vieten C.**, Schlitz M., Amorok T. (2008).Seeing with new eyes. *Science of Mind: A Guide for Spiritual Living*, 81(11), 4-14.

*Abstracts/Poster Presentations*

**Vieten, C.,** DeLorme, A,, Wahbeh, H. (2018). Extraordinary Experiences in Meditation. (Presented at International Symposium for Contemplative Studies, Denver, CO)

**Vieten C.**, DeLorme, A, Radin, D, Michel, L (2014). Psychophysiology of Spiritual Transmission. (Presented at Bial Foundation, Porto, Portugal)

**Vieten C.**, Astin J. (2006). Effects of a mindfulness-based intervention during pregnancy on stress and mood outcomes. (Presented at Mind and Life Summer Research Institute, Garrison, NY)

Larenas M., **Vieten C.** (2001). Intergenerational differences in course of alcoholism in women. (Presented at College on Problems of Drug Dependence, annual scientific meeting, Tucson, AZ)

Pilato R.W., **Vieten C.**, Wilhelmsen K.C., Jay C.A. (1999). Personality correlates of alcoholism in siblings: An exploratory study (Abstract). *Alcoholism: Clinical and Experimental Research* 23(suppl 5):132A (1999). (Presented at the Research Society on Alcoholism, annual scientific meeting, Santa Barbara, CA)

**Vieten C.**, Pilato R.W., Wilhelmsen K.C., Jay C.A. (1999). Affect regulation and recovery from alcoholism (Abstract). *Alcoholism: Clinical and Experimental Research* 23(suppl 5): 83A (1999). (Presented at the Research Society on Alcoholism, annual scientific meeting, Santa Barbara, CA)

**Vieten C.**, Jay C.A., Wilhelmsen K.C., Wasserman D.A. (1999). Relationship of self-regulation to alcohol and nicotine dependence (Abstract). NIDA Research Monograph #180. (Presented at the College on Problems of Drug Dependence, annual scientific meeting, Acapulco, Mexico)

**Vieten C.**, Wilhelmsen K.C., Jay C.A. (1997). MMPI-2 substance abuse scales in a community-based research sample of alcoholics (Abstract). *Alcoholism: Clinical and Experimental Research* 21(suppl 2):128A. (Presented at the Research Society on Alcoholism, annual scientific meeting, San Francisco, CA)