



Cassandra Vieten, PhD

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 Mental Health 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

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

Spirituality, Astrophysics and Space Exploration, 2019, Institute of Noetic Sciences (lead organizer, invitational conference and public evening event)

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, 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

10/2019	"Mental Wellness: From Public Health to Private Lives" Panel Global Wellness Summit, Singapore
5/2019	"Mindfulness Practices for Reducing Stress, Improving Focus, and Staying on Purpose" Breakout, 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 and the Association for Transpersonal Psychology, 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 - 5/2010 **"Mindful Motherhood: A Mindfulness and Yoga Retreat for Pregnant Women"** Workshops
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.
- 1/2007-1/2010 **"Living Deeply: The Art and Science of Transformation"**
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"**

- 6/2004 Parliament of World Religions, Barcelona, Spain
“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 (ORCID ID: <https://orcid.org/0000-0003-3081-5174>)

- Parikh, N.I., Laraia, B., Nah G., Singhal M., Vittinghoff, E., **Vieten, C.**, Stotland, N., Coleman-Phox, K., Adler, N., Albert, M.A., Epel, E. (In press, Journal of Women’s Health). Cardiovascular disease-related pregnancy complications are associated with increased maternal levels and trajectories of cardiovascular disease biomarkers during and after pregnancy.
- Oxhandler, H. K., Pargament, K., Pearce, M., & **Vieten, C.**, Moffatt, K. M. (Under review, Journal of Mental Health). The relevance of religion/spirituality to mental health: Scale development and a national survey of current clients’ views.
- Pearce, M. J., Pargament, K. I., Oxhandler, H. K., **Vieten, C.**, & Wong, S. (In press, Spirituality in Clinical Practice) Novel Online Training Program Improves Spiritual Competencies in Mental Health Care Spirituality in Clinical Practice.
- Wahbeh, H., Yount, G., Vieten, C., Radin, D., & Delorme, A. (2019). The noetic experience and belief scale: a validation and reliability study. *F1000Research*, 8, 1741. <https://doi.org/10.12688/f1000research.20409>.

- 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. <http://dx.doi.org/10.1037/scp0000195>
- Epel E, Laraia B, Coleman-Phox K, Leung C, **Vieten C**, Mellin L, Kristeller J, Thomas M, Stotland N, Bush N (2019). 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*, 1-13. <https://doi.org/10.1007/s12529-019-09779-2>
- 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*. <https://doi.org/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*, 27(1), pp 166-173. <https://doi.org/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*. 14(5), 329-341. <https://doi.org/10.1016/j.explore.2018.05.002>
- 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*. 53, pp. 82-83. <https://doi.org/10.1016/j.genhosppsych.2018.01.001>
- 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*. 74(7) pp. 1117-1125. <https://doi.org/10.1002/jclp.22592>
- 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. <https://doi.org/10.1007/s12529-019-09779-2>
- 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), 92-114. <http://dx.doi.org/10.1037/scp0000078>
- 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. <https://doi.org/10.1007/s10648-014-9265-3>
- 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. <https://doi.org/10.1016/j.whi.2014.02.004>
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