



Cassandra Vieten, PhD

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Current Positions

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

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

1999–2003 Department of Neurology, University of California, San Francisco
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

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 Internship Supervisor 2010-2011
Peter Lewis	The Wright Institute Research Internship Supervisor, 2008–2010
Mary Daly	John F. Kennedy University Research Internship 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 Internship Supervisor, 2007–2008
Katherine Coder	Institute for Transpersonal Psychology Research Supervisor, 2008
Michael Reding	Stanford University Research Internship 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 Internship 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

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)

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
- "Spiritual Competencies Training in Mental Health"
Templeton Foundation, subcontract from Bowling Green State University, \$250,000 total,
\$65,000 subaward, 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

“Concienia 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 - 2019 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
 7/2019 **“The Ecosystem of Change: Creating Our Future, Now”** Keynote
 Institute of Noetic Sciences 18th International Conference, Mountain View, CA
 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 - **"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-
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”**
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 (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.
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- 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>
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- 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>
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- 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)
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