

## Judson A. Brewer MD, PhD

### *Curriculum Vitae*

Mindfulness Center  
Brown University  
judson\_brewer@brown.edu

#### **Education**

---

- A.B. 1992-1996 Chemistry, *cum laude* Princeton University  
Certificate in Music Performance. Princeton University
- M.D. 1996-2004 Medical Scientist Training Program, Washington University  
School of Medicine, St. Louis, MO
- Ph.D. 1998-2002 Graduate Program in Immunology, Washington University  
School of Medicine, St. Louis, MO  
Dissertation: *Discerning Glucocorticoid Action in the Immune System*, Laboratory of Louis J. Muglia M.D. Ph.D., Committee Chair: Robert Schreiber
- Residency 2004-2008 Psychiatry, Yale University School of Medicine, New Haven, CT
- Chief Residency 2007 Clinical Neuroscience Research Unit, Connecticut Mental Health Center, Yale University School of Medicine, New Haven, CT.
- Post-doctoral 2005-2007 Neuroscience Research Training Program, Yale University School of Medicine, New Haven, CT.
- Fellowship 2007-2008 Research Training Fellowship in Substance Abuse, Yale University School of Medicine, New Haven, CT.
- Board Certification 2009 Psychiatry, American Board of Psychiatry and Neurology, Inc.

#### **Professional Positions**

---

- 2008-13 Assistant Professor of Psychiatry, Yale University School of Medicine
- 2008-13 Medical Director, Yale Therapeutic Neuroscience Clinic
- 2008-13 Staff Psychiatrist, Substance Abuse firm, VA Connecticut Healthcare system, West Haven
- 2012-15 Founding Board Member, Contemplative Development Mapping Project
- 2013-23 Research Affiliate, Department of Brain and Cognitive Sciences, Massachusetts Institute of Technology
- 2014-17 Adjunct Assistant Professor, Yale University School of Medicine
- 2014-18 Associate Professor, Departments of Medicine and Psychiatry, University of Massachusetts Medical School
- 2014-18 Director of Research, Center for Mindfulness, University of Massachusetts Medical School
- 2017-18 Chief, Division of Mindfulness, Department of Medicine, University of Massachusetts Medical School
- 2017-18 Executive Director (interim), Center for Mindfulness, Department of Medicine, University of Massachusetts Medical School
- 2018- Director of Research and Innovation, Mindfulness Center, Brown University School of Public Health
- 2018-23 Associate professor, Department of Psychiatry, Warren Alpert School of Medicine at Brown University

- 2018-23 Associate professor, Department of Behavioral and Social Sciences,  
Brown University School of Public Health
- 2023- Full professor, Department of Behavioral and Social Sciences, Brown  
University School of Public Health

### **Honors and Awards**

---

- 1992 Elks National Foundation Scholarship
- 1992 Eugene Pullian Scharship, Indianapolis News
- 1992-4 Kappa Kappa Kappa Scholarship (three-time winner)
- 1999 Teaching Assistant of the Year, Washington University School of Medicine
- 1999 David Silbert Outstanding Teaching Assistant Award
- 1999 AAAAI Student Scholar and Chrysalis Project Travel Award
- 2002 Endocrine Society Travel Grant Award
- 2002 Spencer T. and Ann W. Olin Fellow for excellence in research
- 2006-8 American Psychiatric Institute for Research and Education Fellowship
- 2006 Mind and Life Institute Varela Grant Award
- 2008 American Psychiatric Association Research Colloquium for Junior  
Investigators
- 2008 College on Problems of Drug Dependence Early Career Investigator  
Award
- 2008 Seymour L. Lustman Research Award for distinction in research during  
residency
- 2008 Yale Center for Clinical Investigation Scholar
- 2012 National Institute on Drug Abuse Early Career Travel Award
- 2012- Mind and Life Institute Fellow
- 2015 BrainMaster Technologies Joe Kamiya First-Person Science Award,  
Foundation for Neuroscience and Neuromodulation Research
- 2016 Top 10 most popular TED.com talks of the year (4<sup>th</sup> most viewed of all  
talks)
- 2018 Winner, Ohio Opioid Technology Challenge – Idea Phase

### **Professional Activities:**

---

**Board Memberships:** Advisory board member, Mindfulness Advisory Group, Canadian Members of Parliament (2018- ), Advisory board member, Aspen City of Wellbeing (2016- ), Board member, Barre Center for Buddhist Studies (2016- ), Board member, The Center for Mindful Eating (2016-17), Advisory board member, Cochrane Complementary Medicine (2018-23), Advisory board member, Inspiring Children Foundation (2021- )

**Planning Committees:** Mind and Life Summer Research Institute: Craving and Desire (2014), Program Committee for the International Research Congress in Complementary and Integrative Medicine and Health (2016), Mind and Life International Symposium for Contemplative Studies (2016), Mindfulness Mechanisms and Methods Meeting (NCCIH R13, 2022-23).

**Grant Reviewer:** The Netherlands Organisation for Health Research and Development (ZonMW)2008, NIH SBIR: Biobehavioral and Behavioral Processes, ZRG1 BBBP-V (10)B, 2012; NIH SBIR: Education, Psychology, and Biology in Health Behavior SBIR/STTR Special Emphasis Panel, RPHB-R (12), 2013; National Science

Foundation: Merit Review, NSF 09-563, 2013; Human Frontier Science Program Organization (EU), Research Grant Awards, 2013; NIH NCCAM: Non-pharmacological approaches to manage pain and co-morbid conditions in military personnel, veterans and their families, ZAT1 HS-15, 2014; NIH NIA: Plasticity and Mechanisms of Cognitive Remediation in Older Adults (R01), 2014; NIH NCCIH: Training and Research grants, ZAT1VS (01), 2016; NIH NIDA: Exploratory Studies of Smoking Cessation Interventions for People with Schizophrenia (R21/R33; R33), ZDA1 JXB-N, 2017; National Institute for Health Research (UK), research fellowship program, 2018; NIH NCCIH: "Mechanisms of Mind and Body Interventions" (ZAT1 PJ (02)), 2018; NIH NCCIH: "Center of Excellence for Research on Complementary and Integrative Health" (2019/01 ZAT1 AJT (09)), 2018; NIH: Special Emphasis Panel ZRG1 BBBP-S (50) R, 2020; NIH NIMH: Special Emphasis Panel ZMH1 ERB-D (02) R, 2021; Tiny Blue Dot Foundation Perceptual Box 2022; NIH SBIR/STTR Study Section ZRG1 RPHB-Z(10), 2022. Tiny Blue Dot Foundation Grant Cycle 2023. NIH Interventions to Prevent and Treat Addictions Study Section, 2024.

**Editorial Boards:** Associate Editor, *Frontiers in Psychology* (2019-)

**Reviewer:** Archives of General Psychiatry, Journal of the American Medical Association, American Journal of Psychiatry, JAMA Psychiatry, JAMA Internal Medicine, Biological Psychiatry, Neuropsychopharmacology, NeuroImage, Human Brain Mapping, Emotion, Social Cognitive Affective Neuroscience, Brain and Cognition, Consciousness and Cognition, Frontiers in Human Neuroscience, Addiction, Brain and Cognition, Appetite, Obesity, Clinical Psychological Science, Cognitive Affective and Behavioral Neuroscience, Journal of Alzheimer's Disease, Human Brain Mapping, Scientific Reports, JMIR, Consciousness and Cognition, Psychological Review, Behavioral Sleep Medicine, Translational Psychiatry, BMC Psychology, BMJ Open, PLOS ONE, Mindfulness, Drug and Alcohol Dependence, Psychiatry Research: Neuroimaging, New York Academy of Sciences, Journal of Clinical Psychopharmacology, Perspectives on Psychological Science, Appetite, Journal of Addiction Medicine, Journal of Behavioral and Cognitive Therapy, Journal of Personalized Medicine, Clinical Psychological Science, Nutrition and Health, Journal of Substance Abuse Treatment, Eating and Weight Disorders, Journal of Studies on Alcohol and Drugs, Computers in Human Behavior, Journal of Gambling Studies, and others.

**Data Safety Monitoring Boards:** R34 AT008819 (Cox) "Mobile mindfulness to improve psychological distress after critical illness"; K23 AT00 (Ali) "Mindfulness Interventions and Chronic Symptoms"

## **Publications**

---

### **Peer Reviewed Manuscripts:**

1. Antico, L and **Brewer, JA** (2024) "Digital Mindfulness Training for Burnout Reduction in Physicians: A Clinician-Driven Approach" *JMIR Formative Research*. In Press
2. Mace RA, Law ME, Cohen JE, Ritchie C, Okereke OI, Hoepfner BB, **Brewer JA**, Bartels S, The My Healthy Brain Team, Vranceanu A. Mindfulness-Based

- Lifestyle Intervention for Dementia Risk Reduction: Protocol for the My Healthy Brain Feasibility Trial. *JMIR Res. Protoc.* In Press.
3. Hecht, F. M., Crane, R. S., Moran, P., Kuyken, W., Hartogenesis, W., **Brewer, J.A.** (2024) "A Validation Study of the MBI:TAC for Assessing Mindfulness-based Intervention Teacher Skill: Inter-rater Reliability and Predictive Validity." *Global Advances in Integrative Medicine*, In Press.
  4. Mace RA, Lyons C, Cohen E, Ritchie C, Bartels S, Okereke OI, Hoepfner BB, **Brewer, J.A.**, Vranceanu AM. (2024) "Optimizing the implementation of a lifestyle dementia prevention intervention for older patients in an academic healthcare system." *J Alzheimers Dis.* In Press.
  5. Horvath, M., Pittman, B., O'Malley, S. S., Grutman, A., Khan, N., Gueorguieva, R., **Brewer, J.A.**, Garrison, K. A. (2024). Smartband-based smoking detection and real-time brief mindfulness intervention: findings from a feasibility clinical trial. *Annals of Medicine*, 56(1).
  6. **Brewer, J. A.**, (2024) "Bested by the Buddha: Does Ancient Theory Outperform Modern-Day Psychology for Habit Change and Addiction Treatment?" *Mindfulness* (in press).
  7. Ganesan, S., ... **Brewer, J. A.** ... King, A. P, ENIGMA-Meditation: Worldwide consortium for neuroscientific investigations of meditation practices (preprint).
  8. Nardi, W. R., Kelly, P., Roy, A., Becker, S., **Brewer, J. A.**, Sun, S., (2024) "A Systematic Review and Meta-Analysis of Psychosocial Interventions for Persons with Comorbid Anxiety and Substance Use Disorders" *J. Substance Use and Addiction Treatment* (in press).
  9. **Brewer, J. A.**, (2024) "The Staying Power of Mental Health Apps." *Psychiatric Services* (in press).
  10. Addiction Cue-Reactivity Initiative Network (2024) "Parameter Space and Potential for Biomarker Development in 25 Years of fMRI Drug Cue Reactivity: a Systematic Review." *JAMA Psychiatry* (in press).
  11. Sun, S., Nardi, W., Murphy, M. J., Scott, T., Saadeh, F., Roy, A., **Brewer, J. A.**, (2023) "Mindfulness-based Mobile Health to Address Unhealthy Eating among Mid-age Sexual Minority Women with Early Life Adversity: A Feasibility Trial." *JMIR*.
  12. Cioe, P. A., Sokolovsky, A., **Brewer, J. A.**, Kahler, C. W., (2023) "App-delivered Mindfulness Training to Reduce Anxiety in People with HIV Who Smoke: A one-armed feasibility trial." *IJERPH* (in press).
  13. Taylor, V., Roy, A., **Brewer, J. A.**, (2023) "Cluster-Based Psychological Phenotype Predicts Differences in Anxiety Treatment Outcomes." *Scientific Reports* 13, Article number: 3055 (2023).
  14. Floyd, E. G., Adler, S. R., Crane, R. S., **Brewer, J. A.**, Moran, P., Richler, R., Hartogenesis, W., Kuyken, W., Hecht, F. M., (2022) "The Reliability of Rating via Audio- Recording Using the Mindfulness-Based Interventions: Teaching Assessment Criteria (MBI:TAC)." *Global Advances in Health and Medicine* (in press).
  15. Sanchez, T., Santamaria, E., K., Rubenstein, D., **Brewer, J. A.**, Operario, D., (2022) "A Systematic Review to Identify Targets of Mindfulness-Based Interventions for Cardiovascular Risk to Enhance Engagement with Racial/Ethnic Minorities." *Mindfulness* (in press).

16. Asfar, T., Alcaide, M. L., Jones, D. L., McClure, L. A., **Brewer, J. A.**, Lee, D. J., Carrico, A., (2022) "HIV patients' perceptions of a potential multi-component mindfulness-based smoking cessation smartphone application intervention." ***PLOS ONE***. (In Press).
17. Taylor, V., Smith, R., **Brewer, J. A.**, (2022) "App-based mindfulness training predicts reductions in smoking behavior by engaging reinforcement learning mechanisms: a preliminary naturalistic single-arm study." ***Sensors***. 22: 5131. <https://doi.org/10.3390/s22145131>
18. Nardi, W. R., Roy, A., Dunsiger, S., **Brewer, J.A.** (2022). "Analyzing the Impact of Mobile App Engagement on Mental Health Outcomes: A Secondary Analysis of the Unwinding Anxiety Program." ***JMIR*** 2022;24(8):e33696.
19. Kraines, M.A., Peterson, S.K., Tremont, G.N., Beard, C., **Brewer, J.A.**, & Uebelacker, L.A. (2022). "Mindfulness-based stress reduction and mindfulness-based cognitive therapy for depression: A systematic review of cognitive outcomes." ***Mindfulness*** (in press).
20. Gao, M., Roy, A., Deluty, A., Sharkey, K. M., Hoge, E. A., Liu, T., **Brewer, J. A.**, (2022), "Targeting anxiety to improve sleep disturbance: a randomized clinical trial of app-based mindfulness training." ***Psychosomatic Medicine*** 10-1097.
21. Asfar, T., Sengul, T., Annane, D., McClure, L. A., Perez, A., Antoni, M. A., **Brewer, J. A.**, Lee, D. J., (2021), "Reach versus effectiveness: The design and protocol of randomized clinical trial testing a smartphone application versus in-person mindfulness-based smoking cessation intervention among young cancer survivors." ***Contemporary Clinical Trials Communications*** 22, 100784.
22. Loucks, E. B., Crane, R. S., Sanghvi, M. A., Montero-Marin, J., Proulx, J., **Brewer, J. A.**, Kuyken, W., (2022) "Mindfulness-Based Programs: Why, When, and How to Adapt?" ***Global Advances in Health and Medicine*** 11: 21649561211068805.
23. Ekhtiari, H., Zare-Bidoky, M., ... **Brewer, J. A.**, ... Zilverstand, A., (2022) "A Methodological Checklist for fMRI Drug Cue Reactivity Studies: Development and Expert Consensus". ***Nature Protocols*** 17(3), 567-595.
24. Roy, A. H., Hoge, E. A., Abrante, P., Druker, S., Liu, T., **Brewer, J. A.**, (2021) "Clinical efficacy and psychological mechanisms of an app-based digital therapeutic for generalized anxiety disorder." ***JMIR*** 23(12):e26987.
25. Horvath, M., Grutman, A., O'Malley, S. S., Gueorguieva, R., Khan, N., **Brewer, J. A.**, Garrison, K. M., (2021) "Smartband-Based Automatic Smoking Detection and Real-time Mindfulness Intervention: Protocol for a Feasibility Trial." ***JMIR Research Protocols*** 10(11): e32521.
26. Sagui-Henson, S. J., Radin, R. M., Jhaveri, N., **Brewer, J. A.**, Cohn, M., Hartogensis, W., & Mason, A. E., (2021) "Negative mood and food craving strength among women with overweight: Implications for targeting mechanisms using a mindful eating intervention." ***Mindfulness*** 12(12), 2997-3010.
27. Sala, M. Roos, C. R., **Brewer, J. A.**, Garrison, K. A., (2021) "Awareness, affect, and craving during smoking cessation: an experience sampling study." ***Health Psychology*** Sept 27.

28. Sun, S., Goldberg, S., Loucks, E., **Brewer, J. A.**, (2021) "Mindfulness-based Interventions among people of color: A Systematic Review and Meta-Analysis" *Psychotherapy Research* 32.3 (2022): 277-290.
29. Sun, S., Lin, D., Goldberg, S., Qiao, S., **Brewer, J. A.**, Loucks, E., Operario, D., (2021) "A mindfulness-based mHealth intervention among psychologically distressed university students in quarantine during the COVID-19 pandemic: A randomized controlled trial." *Journal of Counseling Psychology*.
30. Taylor, V., Moseley, I., Sun, S., Smith, R., Roy, A. H., Ludwig, V. U., **Brewer, J. A.**, (2021) "Awareness drives changes in reward value and predicts behavior change: probing reinforcement learning using experience sampling from mobile mindfulness training for maladaptive eating." *Journal of Behavioral Addictions* 10(3): 482-7.
31. **Brewer, J. A.**, Roy, A. H., (2021) "Can approaching anxiety like a habit lead to novel treatments?" *American Journal of Lifestyle Medicine* 15(5). <https://doi.org/10.1177/15598276211008144>.
32. Asfar, T., Perez, A., Shipman, P., Carrico, A., Lee, D. J., Alcaida, M., Jones-Weiss, D., **Brewer, J. A.**, Koru-Sengul, T., (2020), "National estimates of prevalence, time-trend, and correlates of smoking in U.S. HIV infected persons (NHANES 1999–2016)" *Nicotine & Tobacco Research* 23(8), 1308-1317.
33. Shuman-Olivier, Z., Trombka, M., Lovas, D. A., **Brewer, J. A.**, Vago, D. R., Gawande, R., Dunne, J. P., Lazar, S. W., Loucks, E. B., Fulwiler, C. (2020) "Mindfulness and Behavior Change," *Harvard Review of Psychiatry*.
34. Crane, R., Hecht, F. M., **Brewer, J. A.**, Griffith, G. M., Hartogensis, W., Koerbel, L., Moran, P., Sansom, S., Yiangou, A., Kuyken, W., (2020) "Can we agree what skilled mindfulness-based teaching looks like? Lessons from studying the MBI:TAC." *Global Advances in Health and Medicine*. 9: 2164956120964733.
35. Moseley, I., Roy, A. H., Deluty, A., **Brewer, J. A.**, (2020) "Evaluating the quality of smartphone apps for overeating, stress and craving-related eating using the Mobile Application Rating Scale" *Current Addiction Reports* 7: 260–267.
36. Beccia, A. L., Ruf, A., Druker, S., Ludwig, V. U., **Brewer, J. A.**, (2020) "Women's Experiences with a Mindful Eating Program for Binge and Emotional Eating: A Qualitative Investigation into the Process of Behavioral Change." *Journal of Alternative and Complementary Medicine* 26(10): 937–944
37. Kraines, M. A., Uebelacker, L. A., Gaudiano, B. A., Jones, R. N., Beard, C., Loucks, E. B., **Brewer, J. A.**, (2020) "An Adapted Delphi Approach: The Use of an Expert Panel to Operationally Define Non-Judgment of Internal Experiences as it Relates to Mindfulness" *Complementary Therapies in Medicine* 51: 102444.
38. Ludwig, V. U., Brown, K. W., **Brewer, J. A.**, (2020) "Self-regulation without force: can awareness leverage reward to drive behavior change?" *Perspectives on Psychological Science* 15(6):1382-99.
39. **Brewer, J. A.**, Roy, A. H., Deluty, A., Liu, T., Hoge, E. A., (2020) "Can Mindfulness Mechanistically Target Worry to Improve Sleep Disturbances? Theory and Study Protocol for App-Based Anxiety Program." *Health Psychology*. 39(9): 776-84.
40. Roy, A. H., Druker, S., Hoge, E. A., **Brewer, J. A.**, (2020) "Physician anxiety and burnout. Is mindfulness a solution? Symptom correlates and a pilot study of app-delivered mindfulness training," *JMIR mHealth uHealth* 8(4):e15608.

41. Pbert, L., Druker, S., Crawford, S., Frisard, C., Trivedi, M., Osganian, S. K., **Brewer, J. A.**, (2020) "Feasibility of a Smartphone App with Mindfulness Training for Adolescent Smoking Cessation: Craving to Quit (C2Q)-Teen" *Mindfulness* **11**: 720–733.
42. Richey, J. A., **Brewer, J. A.**, Sullivan-Toole, B. S., Strega, M. V., Kim-Spoon, J., White, S. W., Ollendick, T. H., (2019) "Sensitivity shift theory: A developmental model of positive affect and motivational deficits in social anxiety disorder" *Clinical Psychology Review* **72**:101756.
43. Roos, C. R., **Brewer, J. A.**, O'Malley, S. S., Garrison, K. A., (2019) "Baseline craving strength as a prognostic predictor of benefit from smartphone app-based mindfulness training for smoking cessation." *Mindfulness* **10(10)**: 2165-2171.
44. Janes, A.C., Datko, M., Roy, A., Barton, B., Druker, S., Neal, C., Ohashi, K., Benoit, H., van Lutterveld, R., **Brewer, J. A.**, (2019) "Quitting starts in the brain: a randomized controlled trial of app-based mindfulness shows decreases in neural responses to smoking cues that predict reductions in smoking." *Neuropsychopharmacology* **44**:1631–1638.
45. **Brewer, J. A.**, (2019) "Mindfulness training for addictions: has neuroscience revealed a brain hack by which awareness subverts the addictive process?" *Current Opinions in Psychology* **28**: 198–203.
46. Pal, P., Theisen, D. L., van Lutterveld, R., Roy, A., Ruf, A., **Brewer, J. A.**, (2019) "From research to clinic: a sensor-based dimensionality reduction method for high-density EEG neurofeedback systems" *Clinical Neurophysiology* **130**: 352-8.
47. Roy, A., Colpitts, J., Becker, K., **Brewer, J. A.**, van Lutterveld, R., (2018) "Improving efficiency in neuroimaging research through application of Lean principles." *PloS one*, **13(11)**, e0205232.
48. **Brewer, J. A.**, Ruf, A., Beccia, A. L., Essien, G. I., Finn, L., van Lutterveld, R., and Mason, A. E., (2018) "Can Mindfulness Address Maladaptive Eating Behaviors? Why Traditional Diet Plans Fail and How New Mechanistic Insights May Lead to Novel Interventions." *Frontiers in Psychology* **9**:1418.
49. Garrison, K. A., Pal, P., O'Malley, S. S., Pittman, B. P., Gueorguieva, R., **Brewer, J. A.**, (2018) "Craving to Quit: A randomized controlled trial of smartphone app-based mindfulness training for smoking cessation" *Nicotine and Tobacco Research* **22.3**: 324-331.
50. **Brewer, J. A.**, (2018) "Feeling is Believing: The Convergence of Buddhist Theory and Modern Scientific Evidence Supporting How Self is Formed and Perpetuated Through Feeling Tone (Vedanā)" *Contemporary Buddhism* **19.1**: 113-126.
51. Mason, A. E., Jhaveri, K., Cohn, M., **Brewer, J. A.**, (2018), "Testing a Mobile Mindful Eating Intervention Targeting Craving-Related Eating: Feasibility and Proof of Concept" *Journal of Behavioral Medicine* **41(2)**: 160-73.
52. Schoenberg, P. L. A., Ruf, A., Churchill, J., Brown, D. P., **Brewer, J. A.**, (2018) "Mapping complex mind states: EEG neural substrates of meditative unified compassionate awareness." *Consciousness and Cognition* **57**: 41-53.
53. van Lutterveld, R., van Dellen, E., Pal, P., Yang, H., Jan Stam, C., **Brewer, J. A.**, (2017) "Meditation is associated with increased brain network integration" *NeuroImage* **158**: 18-25.

54. Crane, R.S., **Brewer, J. A.**, Feldman, C., Kabat-Zinn, J., Santorelli, S., Williams, J. M. G., Kuyken, W., (2017) What Defines Mindfulness-Based Programs? The Warp and the Weft." *Psychol Medicine* 47: 990-999.
55. Levoy, E., Lazaridou, A., **Brewer, J. A.**, Fulwiler, C., (2016) "An Exploratory Study of Mindfulness Based Stress Reduction for Emotional Eating" *Appetite* 109: 124-30.
56. van Lutterveld, R., Houlihan, S. D., Pal, P., Sacchet, M. D., McFarlane-Blake, C., Patel, P. R., Sullivan, J. S., Ossadtchi, A., Druker, S., Bauer, C., **Brewer, J. A.**, (2017) "Source-space EEG neurofeedback links subjective experience with brain activity during effortless awareness meditation" *NeuroImage* 151(1): 117-27.
57. Kober, H., **Brewer, J. A.**, Height, K. L., Sinha, R. (2017) "Neural Stress Reactivity Relates to Smoking Outcomes and Differentiates between Mindfulness and Cognitive-Behavioral Treatments" *NeuroImage* 151: 4-13.
58. Fulwiler, C., Siegel, J. A., Allison, J., Rosal, M., **Brewer, J. A.**, King, J. A., (2016) "Keeping Weight Off: study protocol of an RCT to investigate brain changes associated with mindfulness-based stress reduction." *BMJ Open* 6: e012573. doi:10.1136/ bmjopen-2016-012573
59. Good, D., Lyddy, C., Glomb, T., Bono, J., Brown, K. W., Duffy, M., Baer, R., **Brewer, J. A.**, Lazar, S. (2016) "Contemplating Mindfulness at Work: An Integrative Review." *Journal of Management* 42(1):114-142.
60. Chung, T., Noronha, A., Carroll, K. M., Potenza, M. N., Hutchison, K., Calhoun, V. D., Gabrieli, J. D. E., Morgenstern, J., Nixon, S., Wexler, B. E., **Brewer, J. A.**, Ray L., Filbey, F., Strauman, T. J., Kober, H., Feldstein Ewing, S. W., (2016) "Brain Mechanisms of Change in Addiction Treatment: Models, Methods, and Emerging Findings." *Curr Addict Rep* 3(3): 332-42.
61. Loucks, E. B., Britton, W. B., Howe, C. J., Gutman, R., Gilman, S. E., **Brewer, J. A.**, Eaton, C. B., Buka, S. L. (2016) "Associations of dispositional mindfulness with obesity and adiposity: the New England family study" *Int J Behav Med* 23(2):224-33.
62. van Lutterveld, R., **Brewer, J. A.**, (2015) "Neurofeedback from the Posterior Cingulate Cortex as a Mental Mirror for Meditation" *Biofeedback* 43(3):117-120.
63. **Brewer, J. A.** and Pbert, L., (2015) "Mindfulness: An emerging treatment for smoking and other addictions?" *J. Fam. Med.* 2(4): 1035.
64. Fulwiler, C., **Brewer, J. A.**, Sinnott, S., Loucks, E. B., (2015) "Mindfulness-Based Interventions for Weight Loss and CVD Risk Management" *Current Cardiovascular Risk Reports* 9(10):1-8.
65. Loucks, E. B., Schuman-Olivier, Z., Britton, W. B., Fresco, D. M., Debordes, G., **Brewer, J. A.**, Fulwiler, C. (2015) "Mindfulness and Cardiovascular Disease Risk: State of the Evidence, Plausible Mechanisms, and Theoretical Framework" *Current Cardiology Reports* 17:112.
66. Van Dam, N. T., Brown, A., Mole, T. B., Davis, J. H., Britton, W. B. and **Brewer, J. A.** (2015) "Development and Validation of the Behavioral Tendencies Questionnaire." *PLoS ONE* 10(11): e0140867. doi:10.1371/journal.pone.0140867.
67. Garrison, K. M., Zeffiro, T. A., Scheinost, D., Constable, R. T., and **Brewer, J. A.** (2015) "Meditation leads to reduced default mode network activity beyond



- an active task" *Cognitive Affective Behavioral Neuroscience* 15(3): 712-720.
68. Garrison, K. M., Pal, P., Rojiani, R., Dallery, J., O'Malley, S. S., and **Brewer, J. A.** (2015) "A randomized controlled trial of smartphone-based mindfulness training for smoking cessation: a study protocol" *BMC Psychiatry*, 15:83.
  69. Steinfeld, M. and **Brewer, J. A.** (2015) "The psychological benefits from reconceptualizing music making as mindfulness practice." *Medical Problems of Performing Artists*, 30(2): 84-89.
  70. **Brewer, J. A.**, (2014) "Mindfulness in the Military." *Am. J. Psychiatry* 171: 803-6.
  71. Stoeckel, L., Garrison, K. A., Ghosh, S., Wighton, P., Hanlon, C.A., Gilman, J. M., Greer, S., Turk-Browne, N. B., deBettencourt, M. T., Scheinost, D., Craddock, C., Thompson, T., Calderon, V., Bauer, C. C., George, M., Breiter, H. C., Whitfield-Gabrieli, S., Gabrieli, J. D., LaConte, S. M., Hirshberg, L. M., **Brewer, J. A.**, Hampson, M., Van Der Kouwe, A., Mackey, S., Evins, A., E. (2014) "Optimizing Real Time fMRI for Neurotherapeutic Discovery and Development" *NeuroImage: Clinical* 5: 245-55.
  72. Fineberg, S. K., Steinfeld, M., Corlett, P. R.\* **Brewer, J. A.\*** (2014) "A computational account of borderline personality disorder: impaired predictive learning about self and others through bodily simulation." *Frontiers in Psychiatry* 5: 111.
  73. Schuman-Olivier, Z., Hoepfner, B., Evins, A. E., **Brewer, J. A.** (2014) "Finding the right match: Mindfulness training may potentiate the therapeutic effect of non-judgment of inner experience on smoking cessation. *Substance Use and Misuse* 49(5): 586-94.
  74. Garrison, K. M., Scheinost, D., Constable, R. T., **Brewer, J. A.** (2014) "Neural activity and functional connectivity of loving kindness meditation." *Brain and Behavior* 4(3): 337-47.
  75. **Brewer, J. A.** Garrison, K. M., and Whitfield-Gabrieli, S. (2013) "What about the "self" is processed in the posterior cingulate cortex?" *Frontiers in Human Neuroscience* 7: 647.
  76. Garrison, K. M., Santoyo, J. F., Davis, J. H., Thornhill IV, T. A., Thompson, Kerr, C. E., **Brewer, J. A.** (2013) "Effortless awareness: using real-time neurofeedback to probe correlates of posterior cingulate cortex activity in meditators' self-report." *Frontiers in Human Neuroscience* 7: 440.
  77. **Brewer, J. A.** and Garrison, K. M. (2014) "The posterior cingulate cortex as a plausible mechanistic target of meditation: Findings from neuroimaging." *Annals of NYAS* 1307(1): 19-27.
  78. Garrison, K. M., Scheinost, D., Worhunsky, P. D., Elwafi, H. M., Thornhill IV, T. A., Thompson, E., Saron, C., Desbordes, G., Kober, H., Hampson, M., Gray, J. R., Constable, R. T., Papademetris, X., **Brewer, J. A.** (2013) "Real-time fMRI links subjective experience with brain activity during focused attention" *NeuroImage* 81:110-118.
  79. **Brewer, J. A.**, Davis, J. H., Goldstein, J. (2013) "Why is it so hard to pay attention, or is it? Mindfulness, the factors of awakening and reward-based learning." *Mindfulness* 4: 75-80.
  80. Elwafi, H. M., Witkiewitz, K., Mallik, S., Thornhill, T. A., **Brewer, J. A.**, (2013) "Mechanisms of mindfulness training in smoking cessation: moderation of

- the relationship between craving and cigarette use." *Drug and Alcohol Dependence* **130**(1-3): 222-29.
81. **Brewer, J. A.**, Elwafi, H. M., Davis, J. H. (2013) "Craving to Quit: psychological models and neurobiological mechanisms of mindfulness training as treatment for addictions." *Psychology of Addictive Behaviors* **27**(2): 366-79.
  82. Libby, D. J., Worhunsky, P. D., Pilver, C. E., **J. A. Brewer.** (2012) "Meditation-induced changes in high-frequency heart rate variability predict smoking outcomes." *Frontiers in Human Neuroscience* **6**:54.
  83. **Brewer, J. A.**, P. D. Worhunsky, J. R. Gray, YY Tang, J. Weber, H. Kober. (2011) "Meditation experience is associated with differences in default mode network activity and connectivity." *PNAS* **108**(50): 20254-9.
  84. **Brewer, J. A.**, S. Mallik, T. A. Babuscio, C. Nich, H. E. Johnson, C. M. Deleone, C. A. Minnix-Cotton, S. Byrne, H. Kober, A. Weinstein, K. M. Carroll, B. J. Rounsaville. (2011) "Mindfulness Training for smoking cessation: results from a randomized controlled trial." *Drug and Alcohol Dependence* **119**: 72-80.
  85. Carroll, K. M., B. D. Kiluk, C. Nich, T. A. Babuscio, **J.A. Brewer**, M. N. Potenza, S. A. Ball, S. Martino, B. J. Rounsaville, C. W. Lejuez (2011) "Cognitive function and treatment response in a randomized clinical trial of Computer-Based Training in Cognitive-Behavioral Therapy." *Substance Use and Misuse* **46**(1): 23-34.
  86. **Brewer, J. A.**, Potenza, M. N. Desai, R. A., (2010) "Differential Associations Between Problem and Pathological Gambling and Psychiatric Disorders in Individuals with and without Alcohol Abuse or Dependence." *CNS Spectrums* **15**(1): 33-44.
  87. **Brewer, J. A.**, S. Bowen, J. T. Smith, G. A. Marlatt, M. N. Potenza, (2010) "Applying Mindfulness-Based Treatments to Co-Occurring Disorders: What Can We Learn From the Brain?" *Addiction* **105**: 1698-1706.
  88. **Brewer, J. A.**, R. Sinha, J. A. Chen, R. N. Michalsen, T. A. Babuscio, C. Nich, A. Grier, K. L. Bergquist, D. L. Reis, M. N. Potenza, K. M. Carroll, B. J. Rounsaville (2009), "Mindfulness Training and Stress Reactivity in Substance Abuse: Results from A Randomized, Controlled Stage I Pilot Study." *Substance Abuse* **30** (4): 306-17.
  89. **Brewer, J. A.**, P. D. Worhunsky, K. M. Carroll, B. J. Rounsaville, M. N. Potenza (2008) "Pre-Treatment Brain Activation During Stroop Task is Associated with Treatment Outcomes in Cocaine Dependent Patients." *Biological Psychiatry* **64** (11): 998-1004.
  90. Ghaznavi, S., M. Nakic, P. Rao, **J. A. Brewer**, J. Hannestad, Z. Bhagwagar (2008) "Treatment options for patients with refractory schizophrenia following clozapine-induced neutropenia." *Am. J. Psychiatry* **165**(7): 813-8.
  91. **Brewer, J. A.** and M. N. Potenza. (2008) "The neurobiology and genetics of impulse control disorders: Relationships to drug addictions." *Biochemical Pharmacology* **75**: 63-75.
  92. **Brewer, J. A.**, J. E. Grant, and M. N. Potenza. (2008) "The Treatment of Pathological Gambling." *Addictive Disorders and Their Treatment* **7**(1): 1-13.
  93. Bhattacharyya, S., D. E. Brown, **J. A. Brewer**, S. K. Vogt, and L. J. Muglia. (2007) "Glucocorticoid receptor regulates Toll-like receptor-4-mediated

- inflammatory responses by inhibition of p38 MAP kinase." *Blood* **109**(10): 4313-9.
94. Grant, J., E., **J. A. Brewer**, M. N. Potenza, (2006) "Neurobiology of Substance and Behavioral Addictions." *CNS Spectrums* **11**(12):924-30.
  95. Kim, H.-J., H. Zhao, H. Kitaura, S. Bhattacharyya, **J. A. Brewer**, L. J. Muglia, F. P. Ross and S. L. Teitelbaum (2006). "Glucocorticoids suppress bone formation via the osteoclast." *J. Clinical Investigation* **116**(8): 2152-60.
  96. Usuku, T., M. Nishi, M. Morimoto, **J. A. Brewer**, L. J. Muglia, T. Sugimoto and M. Kawata (2005). "Visualization of glucocorticoid receptor in the brain of green fluorescent protein-glucocorticoid receptor knockin mice." *Neuroscience* **135**(4): 1119-28.
  97. Boyle, M. P., **J. A. Brewer**, M. Funatsu, D. F. Wozniak, J. Z. Tsien, Y. Izumi and L. J. Muglia (2005). "Acquired deficit of forebrain glucocorticoid receptor produces depression-like changes in adrenal axis regulation and behavior." *PNAS* **102**(2): 473-8.
  98. Boyle, M. P., **J. A. Brewer**, S. K. Vogt, D. F. Wozniak and L. J. Muglia (2004). "Genetic dissection of stress response pathways in vivo." *Endocrine Research* **30**(4): 859-63.
  99. Kaplan, F., J. Comber, R. Sladek, T. J. Hudson, L. J. Muglia, T. Macrae, S. Gagnon, M. Asada, **J. A. Brewer** and N. B. Swezey (2003). "The growth factor midkine is modulated by both glucocorticoid and retinoid in fetal lung development." *American Journal of Respiratory Cell & Molecular Biology* **28**(1): 33-41.
  100. **Brewer, J. A.**, B. Khor, S. K. Vogt, L. M. Muglia, H. Fujiwara, K. E. Haegle, B. P. Sleckman and L. J. Muglia (2003). "T-cell glucocorticoid receptor is required to suppress COX-2-mediated lethal immune activation." *Nature Medicine* **9**(10): 1318-22.
  101. **Brewer, J. A.**, K. E. Bethin, M. L. Schaefer, L. M. Muglia, S. K. Vogt, S. C. Weninger, J. A. Majzoub and L. J. Muglia (2003). "Dissecting adrenal and behavioral responses to stress by targeted gene inactivation in mice." *Stress* **6**(2): 121-5.
  102. Frank, D. U., L. K. Fotheringham, **J. A. Brewer**, L. J. Muglia, M. Tristani-Firouzi, M. R. Capecchi and A. M. Moon (2002). "An Fgf8 mouse mutant phenocopies human 22q11 deletion syndrome." *Development* **129**(19): 4591-603.
  103. **Brewer, J. A.**, S. K. Vogt, B. P. Sleckman, W. Swat, O. Kanagawa and L. J. Muglia (2002). "Knock-ins and conditional knockouts: in vivo analysis of glucocorticoid receptor regulation and function." *Endocrine Research* **28**(4): 545-50.
  104. **Brewer, J. A.**, B. P. Sleckman, W. Swat and L. J. Muglia (2002). "Green fluorescent protein-glucocorticoid receptor knockin mice reveal dynamic receptor modulation during thymocyte development." *Journal of Immunology* **169**(3): 1309-18.
  105. **Brewer, J. A.**, O. Kanagawa, B. P. Sleckman and L. J. Muglia (2002). "Thymocyte apoptosis induced by T cell activation is mediated by glucocorticoids in vivo." *Journal of Immunology* **169**(4): 1837-43.
  106. Ho, D, Cunningham, R, **J. A. Brewer**, Bian, N, M Jones Jr., "Reactions of 1,2-Dehydro-o-carborane with Acetylenes." Synthesis and structure of a carborane analogue of benzocyclobutadiene. *Inorganic Chemistry*, (1995) **34**: 5274-83.

## Publications

---

### Manuscripts under review:

#### Books:

*The Hunger Habit: Why We Eat When We're Not Hungry and How to Stop..* By Judson Brewer. (Avery/Penguin Random House, 2024)

*Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind.* By Judson Brewer. (Avery/Penguin Random House, 2021)

- New York Times Best Seller (non-fiction, 2021)
- Wall Street Journal Best Seller (eBook non-fiction, 2021, 2022)
- Top 10 Best Personal Growth Books of 2021 (Barnes & Noble)
- Top 8 Favorite Books in 2021 for Healthy Living (New York Times)
- The Best Mindfulness Books of 2021 (Mindful Magazine)
- #4 on Amazon Best Sellers list (2021)
- #1 on Movers and Shakers list (Amazon.com, 2021)
- #1 Best Seller in Emotional Mental Health (Amazon.com, 2021)
- #1 Best Seller in Anxiety Disorders (Amazon.com, 2021)
- #1 Best Seller in Anxieties and Phobias (Amazon.com, 2021)
- #1 Best Seller in Obsessive Compulsive Disorder (Amazon.com, 2021)
- #1 New Release in Popular Psychology Pathologies (Amazon.com, 2021)
- Translated into 28 languages

*The Craving Mind: From Cigarettes to Smartphones to Love – Why We Get Hooked and How We Can Break Bad Habits.* By Judson Brewer. Foreword by Jon Kabat-Zinn (Yale University Press, 2017).

- #1 Best Seller in Smoking Recovery (Amazon.com, 2017)
- #1 New Release in Drug Dependency Recovery (Amazon.com, 2017)
- #1 New Release in Psychopathology (Amazon.com, 2017)
- Top 10 mindfulness books of the year (2017)
- Translated into 15 languages

#### Book Chapters:

1. **Brewer, J. A.** et al. "Interventions and Implications," (2021). In: *Intrusive Thinking: From Molecules to Free Will*, edited by P. W. Kalivas and M. P. Paulus. Strüngmann Forum Reports, vol. 30, J. R. Lupp, series editor. Cambridge, MA: MIT Press.
2. **Brewer, J. A.**, "Learning to Be a Self," (2020). In: *Mind, Consciousness, and the Cultivation of Well Being*. Siegel, D., and Solomon, M., (Eds). New York, NY: W. W. Norton & Company, Inc.
3. Garrison, K.A., O'Malley, S.S., **Brewer, J. A.**, Potenza, M.N., (2020). Smartphone applications for mindfulness training for substance abuse treatment. *The Oxford Handbook of Digital Technologies and Mental Health*.

- Potenza MN, Faust K. & Faust D. (Eds.) New York, NY: Oxford University Press.
4. Houlihan, S. D. and **Brewer, J. A.** (2015) "The emerging science of mindfulness as a treatment for addiction." in Shonin, E., Van Gordon, W., Griffiths, M., D., (Eds), Mindfulness and Buddhist-Derived Approaches in Mental Health and Addictions. New York: Springer. pp. TBA
  5. **Brewer, J. A.**, "Mindfulness." In: Howard S. Friedman (Editor in Chief), Encyclopedia of Mental Health, 2nd edition, Vol 3, Waltham, MA: Academic Press, 2016, pp. 144-147.
  6. **Brewer, J. A.**, Van Dam, N. T., Davis, J. H. (2015) "Mindfulness and the Addictive Process: psychological models and neurobiological mechanisms." in Ostafin, B. D., Robinson, M. D., Meier, B. P. (Eds), Handbook of mindfulness and self-regulation. New York: Springer. pp. TBA
  7. **Brewer, J. A.**, (2013). "Breaking the Addictive Loop." in Germer, C. K., Siegel, R. D., and Fulton, P. R. (Eds) Mindfulness and Psychotherapy, 2<sup>nd</sup> Edition, New York: Guilford Press. pp. TBA.
  8. **Brewer, J. A.**, M. N. Potenza, (2009). "Substance Abuse and Dependence." in Squire, L. R. (Ed) Encyclopedia of Neuroscience, Oxford: Academic Press. pp. 591-597.
  9. Kim, H-J., H. Zhao, H. Kitaura, S. Bhattacharyya, **J. A. Brewer**, L. J. Muglia, F. P. Ross, S. L.
  10. Teitelbaum (2007) "Dexamethasone Suppresses Bone Formation Via the Osteoclast." in Y. Choi (Ed), Advances in Experimental Medicine and Biology New York: Springer. pp. 43-464.
  11. **Brewer, J. A.**, J. E. Grant, M. N. Potenza, (2007). "The Neurobiology of Pathological Gambling." in G. Smith, Hodgins, D., Williams, R. (Eds) Research and Measurement Issues in Gambling Studies. San Diego: Elsevier, pp.345-69.
  12. **Brewer, J. A.**, (1999). "Mind/Body Medicine." In **J. A. Brewer** and K. Y. King (Eds) Complementary/Alternative Medicine: A Physician's Guide. St. Louis: Washington University School of Medicine.

### **Book Reviews:**

1. **Brewer, J. A.**, (2018). "How Your Smartphone was Engineered to Outsmart You." *American Journal of Psychology* **131(4)**: 506-510.

### **Patents**

---

Brewer, JA and Muglia, LM, Methods and Compositions for Treating T Cell Mediated Inflammatory/Autoimmune Diseases and Disorders in Subjects Having a Glucocorticoid Regulation Deficiency. Application No. US0313548 US.

Brewer, JA and Scheinost, D, Method of Correlating Brain Activity. US Patent No. 9,764,109.

Brewer, JA, Mitchnick, M, Roman, J. Application with behavior change user interface responses. U.S. Patent Application Serial No.: 16/831,996. Filed March 27, 2020

### **Presentations**

---

- 2008**Grand Rounds**, Department of Psychiatry, Yale University School of Medicine, “Toward understanding brain-based predictors of treatment response for substance use disorders.”
- 2008**Oral Presentation**, North American Society for Psychotherapy Research, New Haven, CT, USA, “Neurocognitive Function and Treatment Response in Computer-Based Cognitive-Behavioral Therapy.”
- 2008**Oral Presentation**, Association for Behavioral and Cognitive Therapy Annual Convention, Orlando, FL, USA, “Implementation and Efficacy of Mindfulness-Based Relapse Prevention Treatments for Substance Use.”
- 2009**Allen Edwards Lecture**, Department of Psychology, University of Washington, Seattle, WA, USA, “Mindfulness Training as Treatment and Mechanistic Probe for Addiction.”
- 2010**Oral Presentation**, Center for Mindfulness conference, Worcester, MA, USA, “Mindfulness Training as Treatment and Mechanistic Probe for Addiction.”
- 2010**Invited Presentation**, New York State Psychiatric Institute Seminar Series, New York City, NY, USA, “Mindfulness Training as Treatment and Mechanistic Probe for Addiction.”
- 2010**Oral Presentation**, Society for Psychophysiological Research Annual Meeting, Portland, OR, USA, “Mindfulness Training as Treatment and Mechanistic Probe for Addiction.”
- 2010**Invited Presentation**, Johns Hopkins Department of Psychiatry Seminar Series, Baltimore, MD, USA, “Mindfulness Training as Treatment and Mechanistic Probe for Addiction.”
- 2010 **Oral Presentation**, Association for Behavioral and Cognitive Therapy Annual Convention, San Francisco, CA, USA, “Please pay attention now (it might change your brain): Insights from fMRI studies of experienced meditators.”
- 2011 **Grand Rounds**, Massachusetts General Hospital, Center for Addiction Medicine, Boston, MA, USA “Craving to quit: insights from studies of mindfulness training for alcohol, cocaine and nicotine dependence.”
- 2011**Oral Presentation** Organization of Human Brain Mapping Annual Conference, Quebec City, ON, CA, “Experienced Meditators reveal state and trait differences in default mode activity and connectivity.”
- 2011**Oral Presentation** College on Problems of Drug Dependence Annual Conference, Hollywood, FL, “Mindfulness Training for smoking cessation: Results from a randomized controlled trial.”
- 2011 **Oral Presentation**, Association for Behavioral and Cognitive Therapy Annual Convention, Toronto, ON, CA, “The Relation Between Home Practice and Smoking Outcomes in a Randomized Trial of Mindfulness Training for Smoking Cessation.”
- 2011**Invited Presentation**, Middlebury College Psychology Seminar Series, Middlebury, VT, USA, “From addictions to Alzheimer’s: neurobiological mechanisms of mindfulness meditation.”
- 2012**Invited Presentation**, Brown University Center for Alcohol and Addiction Studies Seminar Series, Providence, RI, USA, “Craving to Quit: Efficacy and Mechanisms of Mindfulness Training for Addictions.”
- 2012**Oral Presentation**, International Symposia for Contemplative Studies, Denver, CO, USA, “Bringing Mindfulness to Difficult Populations: Considering Clinical and Research Challenges, Sharing Solutions.”

- 2012 **Oral Presentation**, International Symposia for Contemplative Studies, Denver, CO, USA, “Impact of Mindfulness on Brain Resting State Connectivity.”
- 2012 **Oral Presentation**, Mind and Life Summer Research Institute, Garrison Institute, NY, USA, “Real-time fMRI links first and third person experience: subjective correspondence between meditation and PCC activity.”
- 2012 **Invited Presentation**, The Science of Compassion conference, Telluride, CO, USA “*Who* is doing the loving? Self-referential brain network activation during loving kindness meditation.
- 2012 **Oral Presentation**, Academy of Management conference, Boston, MA, USA “*Who* gets in the way of good business?”
- 2012 **Invited Presentation**, Road to Recovery conference, Johns Hopkins University, Baltimore, MD, USA “Craving to quit: Mindfulness training for addictions.”
- 2012 **Oral Presentation**, Association for Behavioral and Cognitive Therapy Annual Convention, Washington DC, USA “Please pay attention now (it could change your brain): Meditation and the Default Mode Network.”
- 2012 **Panel Discussion**, Association for Behavioral and Cognitive Therapy Annual Convention, Washington DC, USA “How much is enough? Designing “low-dose” Mindfulness-based stress reduction programs for crowded schedules and busy lives.”
- 2012 **Panel Discussion**, Association for Behavioral and Cognitive Therapy Annual Convention, Washington DC, USA “Meditation and Mindfulness-Based Interventions in Diverse Populations and Settings: Questioning Assumptions and Adapting Practices.”
- 2012 **Invited Presentation**, Contemplative Studies Initiative, Brown University, Providence, RI, USA “Please pay attention now (it could change your brain): Clinical efficacy and neural mechanisms of mindfulness meditation.”
- 2012 **Grand Rounds**, University of Vermont department of Psychiatry, Burlington, VT, USA “Please pay attention now (it could change your brain): Clinical efficacy and neural mechanisms of mindfulness meditation.”
- 2013 **Invited Presentation**, Center for Comparative Neuroimaging, UMass Medical School, Worcester, MA, USA “What is here now? Using real-time fMRI neurofeedback to track meditative states.”
- 2013 **Invited Presentation**, Advances in Meditation Research, New York Academy of Sciences, New York, NY USA “What is here now? Using real-time fMRI neurofeedback to track meditative states.”
- 2013 **Grand Rounds**, Yale University department of Psychiatry, New Haven, CT, USA “Please pay attention now (it could change your brain): Clinical efficacy and neural mechanisms of mindfulness meditation.”
- 2013 **Invited Presentation**, Princeton University Freshman Seminar “Science and Buddhism.”
- 2013 **Invited Panel discussion**, Yale University School of Management, “Mindful Leadership: A Conversation with the Venerable Tenzin Priyadarshi and Dr. Judson Brewer.”
- 2013 **Oral Presentation**, American Psychiatric Association Annual Convention, San Francisco, CA, USA “Please pay attention now (it could change your brain): psychological and neural mechanisms of mindfulness.”

- 2013 **Invited Presentation**, NIAC seminar series, Washington University, St. Louis, MO, USA “Train your mind, change your brain: probing neurobiological mechanisms of mindfulness meditation.”
- 2013 **Invited Presentation**, Office of National Drug Control Policy and SAMHSA, Technology Innovations for Substance Use and Mental Health Disorders, Washington DC, USA “Craving to quit: mobile and web-based mindfulness training for smoking cessation.”
- 2013 **Invited Keynote Lecture**, International Society for Neurofeedback Research annual conference, Dallas, TX, USA “Adventures in neurofeedback: progress and pitfalls from fMRI and EEG studies of meditation.”
- 2013 **Invited Presentation**, Center for Brain Health, Dallas, TX, USA “Train your mind, change your brain: adventures in meditation using neurofeedback.”
- 2013 **Invited Presentation**, Health 2.0 annual conference, Santa Clara, CA, USA “Craving to quit: mobile and web-based mindfulness training for smoking cessation.”
- 2013 **Invited Presentation**, National Alliance for the Mentally Ill (NAMI) Connecticut State Conference, CT, USA “Wellness, Smoking and Stress.”
- 2013 **Grand Rounds**, University of Connecticut department of Psychiatry, CT, USA “Please pay attention now (it could change your brain): Clinical efficacy and neural mechanisms of mindfulness meditation.”
- 2014 **Invited Presentation**, Massachusetts Institute of Technology, MA, USA “Pairing ancient wisdom with modern technology to optimize habit change: mindfulness and neurofeedback”
- 2014 **Carolyn Grant Endowed Lecture**, Vassar College, NY, USA “Why is it so Hard to Pay Attention, or is it? Neuroscience, Consciousness, and the Practice of Mindfulness.”
- 2014 **Invited Presentation**, American Psychosomatic Society Annual Meeting, CA, USA “Please pay attention now (it could change your brain): Clinical efficacy and neural mechanisms of mindfulness meditation.”
- 2014 **Invited Presentation**, The Battery Speaker Series, CA, USA “Emotion regulation through meditation: the science of self-mastery.”
- 2014 **Presidential Lecture**, Applied Psychophysiology and Biofeedback Annual Meeting, GA, USA “Adventures in neurofeedback: insights from fMRI and EEG studies of meditation.”
- 2014 **Invited Presentation**, Yale Neuroscience 2014, CT, USA “Mindfulness and Stress Management.”
- 2014 **Invited Presentation**, Rethinking Mindfulness conference at MIT, “I pay attention...to my phone.”
- 2014 **Invited Presentation**, Mind and Life Summer Research Institute, “From craving to quit: learning from ancient and modern views of habit formation to change behavior.”
- 2014 **Grand Rounds**, Zucker Hillside Hospital (Long Island Jewish), NY, USA “Please pay attention now (it could change your brain): mechanisms of mindfulness meditation.”
- 2014 **Master Lecture**, International Symposium for Contemplative Studies, MA, USA, “Buddhism, Behaviorism and the Brain: Towards a Better Understanding of the Mechanisms and Mitigation of Craving, Grasping, and Addiction”



- 2014**Invited Presentation**, Osher Center for Integrative Medicine at Harvard Medical School, MA, USA “Please pay attention now (it could change your brain): Clinical efficacy and neural mechanisms of mindfulness meditation.”
- 2014**Invited Presentation**, LeWeb, Paris, France “Your brain on meditation.”
- 2014**Invited Presentation**, Diplome Universitaire de Médecine Méditation et Neurosciences, Le Mont Sainte Odile, France “Psychological and neural mechanisms of mindfulness meditation.”
- 2015**Grand Rounds**, UMASS Medical School, Department of Psychiatry, MA, USA “Please pay attention now (it could change your brain): mechanisms of mindfulness meditation.”
- 2015**Invited Presentation**, Princeton University, NJ, USA “Science meets meditation.”
- 2015**Grand Rounds**, UMASS Medical School, Department of Family Medicine, MA, USA “Please pay attention now (it could change your brain): mechanisms of mindfulness meditation.”
- 2015**Invited Presentation**, Ramapo College of New Jersey, USA “Please pay attention now (it could change your brain): Clinical efficacy and neural mechanisms of mindfulness meditation.”
- 2015**Invited Presentation**, Buddhism and Science symposium, Dartmouth College, USA
- 2015**Invited Presentation**, Massachusetts Institute of Technology, USA “Why Facebook is like crack cocaine.”
- 2015**Invited Presentation**, Mindfulness Summit, UC Davis, USA “The past meets the future in the present.”
- 2015**Invited Presentation**, Science of Behavior Change, USA “Mindful mechanisms of behavior change.”
- 2015**Invited Presentation**, NCCIH symposium, College on Problems of Drug Dependence annual meeting, USA “Neurobiological mechanisms of mindfulness meditation.”
- 2015**Invited Presentation**, Penny George Institute, Allina Health, USA. “Mechanisms of Mindfulness.”
- 2015**Invited Presentation**, Mayo Clinic Complementary and Integrative Medicine, USA “Please pay attention now (it could change your brain).”
- 2015**Invited Presentation**, US Olympic Committee National Team Coach Leadership Education Program, USA “To choke or not to choke, that is the question: the neuroscience behind getting out of our own way.”
- 2015**Invited Presentation**, TEDMED, USA “Breaking through addictions with mindfulness.” (Video released by TED.com in February 2016 with ~1 Million views in the first week)
- 2015**Invited Presentation**, UMASS Medical School Leadership Series, USA “Mindfulness and resilience.”
- 2015**Grand Rounds**, Beth Israel Deaconess-Needham Hospital, MA, USA “Mindfulness for smoking cessation and behavioral modification”
- 2016**Interspecialty Grand Rounds**, UMASS Memorial Hospital, MA, USA “From Craving to Quit: How we get hooked on habits from Facebook to food and how mindfulness can help us unhook”
- 2016**Karlovitz Lecture**, Georgia Tech Honors Program, GA, USA “Neural Mechanisms of Mindfulness for Habit Change”

- 2016**Grand Rounds**, Osher Center (UCSF), CA, USA “Are we all addicted? Why we get hooked on habits and how mindfulness can help change our behaviors (and brains).”
- 2016**Invited Presentation**, John M. Oldham National Mental Health Symposium, TX, USA. “Mechanisms of Mindfulness.”
- 2016**Invited Presentation**, Friedman Brain Institute (FBI) Translational Neuroscience Seminar Series, NY, USA. “How can paying attention help us treat addictions (and even change our brain)? Potential mechanisms of mindfulness.”
- 2016**Invited Presentation**, Wisconsin Symposium on Emotion, WI, USA. “From craving to quit: mechanisms of mindfulness for addictions.”
- 2016**Invited Presentation**, Mindful Life Conference, DC, USA. “Mechanisms of Mindfulness.”
- 2016**Plenary Address**, Institute of Functional Medicine Annual Conference, CA, USA. “Mechanisms of Mindfulness.”
- 2016**Symposium speaker**, International Congress on Integrative Medicine and Health, USA “Modifiable Mechanisms of Mindfulness?”
- 2016**Grand Rounds**, Heywood Hospital, MA, USA “Mindfulness for Habit change.”
- 2016**Special Guest Lecture, Murdock Mind, Body, Spirit Series**, Aspen Institute, USA “From Smartphones to Smoking: What Neuroscience Reveals About How We Get Hooked.”
- 2016**Plenary Address**, National Center for Responsible Gambling annual conference, USA “Mindfulness, Addiction and Gambling.”
- 2016**Invited Panel**, Partners Connected Health Symposium, USA “Digital Therapies Can Offer a Breakthrough for Treating Addictions.”
- 2016**Master Lecture**, International Symposium for Contemplative Studies, USA, “Neurobiological Underpinnings of Contemplative Practices: Is There Common Ground (and who cares)?”
- 2016**Special Topics Round Table**, International Symposium for Contemplative Studies, USA, “Contemplating the Science of Contemplation: Square Pegs and Round Holes?”
- 2016**Grand Rounds**, Walden Behavioral Health, MA, USA “Are we all addicted? Why we get hooked on habits and how mindfulness can help change our behaviors (and brains)”
- 2016**Invited Presentation**, SharpBrains Virtual Summit: Master the digital toolkit to harness lifelong neuroplasticity.
- 2017**Invited Presentation**, USA Archery Coach Symposium, UT, USA, “Neuroscience and the art of archery.”
- 2017**Invited Brainwave Series**, Rubin Museum of Art, NY, USA, “Buddhist Advice for the broken hearted.”
- 2017**Grand Rounds**, Stanford Medical School, CA, USA “The Craving Mind: From Cigarettes to Cupcakes to Smartphones, the Mechanisms Underlying How Mindfulness Helps Change Habits.”
- 2017**Grand Rounds**, Middlesex Hospital, CT, USA “The Craving Mind: From Cigarettes to Cupcakes to Smartphones, the Mechanisms Underlying How Mindfulness Helps Change Habits.”
- 2017**Invited Presentation**, Mind, Consciousness and the Cultivation of Well Being UCLA, CA, USA “Learning to Be a Self, from Reward to Habit, and How Conscious Awareness Can Tap Into this

- Process for Self-Transcendence.”
- 2017**Panel speaker**, Society of Behavioral Medicine Annual Conference, USA  
“Mindfulness training and cardiovascular disease prevention: facts and myths.”
- 2017**Symposium speaker**, Society of Behavioral Medicine Annual Conference, USA  
“Targeting health behavior change and clinical outcomes with mindfulness-based mobile interventions”
- 2017**Keynote speaker**, Discovery Conference, Toronto, Canada “Mindfulness for habit change”
- 2017**Keynote speaker**, Mindful Society Conference, Toronto, Canada “Mapping my mind”
- 2017**Invited Speaker**, Annual mHealth and Social Media Conference, UMass Medical School, “Eat Right Now.”
- 2017**Symposium speaker**, Association for Psychological Science Annual Meeting, “What’s happening in my brain when I meditate?”
- 2017**Grand Rounds**, Massachusetts General Hospital, USA “The Craving Mind: From Cigarettes to Cupcakes to Smartphones, the Mechanisms Underlying How Mindfulness Helps Change Habits.”
- 2017**Invited Presentation**, Brown University, “The Craving Mind.”
- 2017**Invited Presentation**, US Olympic Committee National Team Coach Leadership Education Program, USA “What is the speed of awareness, and how can we tap into it to optimize our potential?”
- 2017**Francisco Varela Lecture**, Naropa University, “The Craving Mind.”
- 2017**Invited Seminar Series Speaker**, University of Colorado, Boulder, “The Craving Mind and how Mindfulness Taps Into Its Mechanisms”
- 2017**Keynote Speaker**, New York Council on Problem Gambling Annual Conference “Mindfulness and Gambling.”
- 2017**Invited Presentation**, US Olympic Committee National Team Coach Leadership Education Program, USA “How To Work With Olympic-Level Anxiety”
- 2018**Invited Speaker**, Harvard Addictions CME Course, “The Craving Mind: Why We Get Hooked and How to Break the Cycle”
- 2018**Keynote Speaker**, VAIS Health & Wellness Summit “Mechanisms of Mindfulness.”
- 2018**Invited Speaker**, Members of Parliament, Ottawa, Canada, “How awareness can help us run a country.”
- 2018**Plenary Speaker**, Executive Office of the Trial Court Judicial Institute, Commonwealth of Massachusetts, “Awareness Builds Resilience: The Science and Benefits of Mindfulness.”
- 2018**Invited Speaker**, International Trauma Conference, Boston MA, “The Craving Mind: Why We Get Stuck in Habits & How Mindfulness Helps Us Get Unstuck”
- 2018**Keynote Speaker**, National Wellness Conference, Minneapolis, MN, “The Craving Mind: How We Can Hack Our Brains to Live Healthier Lives.”
- 2018**Keynote Speaker**, International Mindfulness Conference, Amsterdam, “The craving mind: why we get hooked, and how mindfulness helps us break free from addictive habits”
- 2018**Keynote Speaker**, Mindfulness in Law Society Conference, Chicago, “The Science: Recognizing & Breaking Bad Habits.”

- 2018 **Invited Speaker**, Symposium on Tech-assisted Meditation at Harvard, “Mechanism matters: developing brain-based neurofeedback for meditation from the bottom up.”
- 2018 **Grand Rounds**, Institute of Living, Hartford Hospital System “The Craving Mind: From Cigarettes to Cupcakes to Smartphones, the Mechanisms Underlying How Mindfulness Helps Change Habits.”
- 2018 **Keynote Speaker**, Harvard Mind Body Medicine conference, “The craving mind.”
- 2018 **Keynote Speaker**, Mindful Leadership Summit, Washington DC, “The neuroscience underlying mindfulness in habit change.”
- 2018 **Invited Speaker**, American University, “From cigarettes to smartphones to cupcakes: how mindfulness can hack the mind to move from craving to curiosity.”
- 2018 **Invited Presentation**, US Olympic Committee National Team Coach Leadership Education Program, USA “Performance Neuroscience.”
- 2018 **Grand Rounds**, Penn State Medical School Internal Medicine, “The Mechanisms Underlying How Mindfulness Helps Change Habits.”
- 2019 **Invited Speaker**, The Brain: An Owner’s Guide | 2019 Lecture Series, UT Dallas
- 2019 **Invited Speaker**, The Friedman Speaker Series, Tufts University, “The Craving Mind.”
- 2019 **DPHS Distinguished Lecture**, University of Miami School of Medicine, “The Mechanisms Underlying How Mindfulness Helps Change Habits.”
- 2019 **Invited Lecture Series**, Child Mind Institute, NYC, “The Craving Mind.”
- 2019 **Invited Mainstage Talk**, Fortune Brainstorm Health Conference, San Diego, “How to hack our minds for better health.”
- 2019 **Keynote Speaker**, Integrative Mental Health Conference, San Francisco, “The Craving Mind”
- 2019 **Keynote Speaker**, National Council on Alcoholism and Drug Dependence, Rochester area, “The Craving Mind”
- 2019 **Invited Speaker**, French Ministry of Health, Paris, “Interventions basees sur la pleine conscience, sciences, sante et societe”
- 2019 **Invited Speaker**, Neuroscience of Mindfulness Conference, Madrid, Spain
- 2019 **Keynote Speaker**, CORE conference, Amelia Island, FL, “How insights from the intersection of tech and neuroscience inform habit change and addiction treatment”
- 2019 **Keynote Speaker**, Anxiety Tech conference, New York City, “Leveraging tech to hack anxiety using awareness”
- 2019 **Keynote Speaker**, Mindfulness in Society conference, New Hampshire, “How Mindfulness Helps Us Work with Our Craving Minds”
- 2019 **Invited Speaker**, Mt. Sinai Department of Surgery, New York, NY “Mindfulness and physician burnout”
- 2019 **Keynote Speaker**, MANOVA Health Summit, Minneapolis, “Hacking our Minds for Better Health”
- 2019 **Keynote Speaker**, Connected Health/HIMSS Annual Conference, Boston, “Hacking our Minds for Better Health”
- 2019 **Keynote Speaker**, China Mindfulness Summit, Beijing, “How to break a habit”
- 2019 **Invited Speaker**, UC Santa Barbara, “The Craving Mind.”

- 2020 **Grand Rounds**, Bay State Medical Center, “Mindfulness for Treating Addiction.”
- 2020 **Invited Speaker**, College of the Holy Cross, “Mindfulness and Anxiety.”
- 2020 **Keynote Speaker**, Agents of Change Summit, “Using Your Brain To Break Bad Habits: Know Yourself And Change Public Health At Scale.”
- 2020 **Invited Speaker**, Psychological and Brain Sciences Colloquium, Dartmouth College, “The Craving Mind”
- 2020 **Invited Speaker**, Psychological and Brain Sciences Seminar Series, UMass Amherst, “The Craving Mind: From Cigarettes to Cupcakes to Smartphones, the Mechanisms Underlying How Mindfulness Helps Change Habits”
- 2020 **Invited Speaker**, William Warren Jr. Frontiers in Neuroscience Conference Series, Laureate Institute for Brain Research, “One simple ingredient for habit change: awareness.”
- 2020 Psychosocial Oncology **Grand Rounds**, Dana Farber Cancer Institute, “Mindfulness in a Time of COVID-19: Cultivating Calm and Clarity.”
- 2020 **Invited Panelist**, American Telemedicine Association Virtual Conference “Digital and Telehealth Catalysts of Behavior Change.”
- 2020 **Invited Speaker**, International Society for Addiction Medicine, “In love with addiction neuroscience.”
- 2020 **Invited Speaker**, UPenn Program for Mindfulness, “Making lemonade out of lemons: working with anxiety and uncertainty during COVID-19”
- 2020 **Invited Panelist**, Milken Institute Global Conference, “Begin Within.”
- 2020 **Invited Speaker**, American College of Lifestyle Medicine Annual Conference, “Helping Patients Understand the “Why” Driving Addiction and “How” to Break Bad Habits.”
- 2020 **Panel Speaker**, American Psychosomatic Medicine Annual Conference, “Mechanisms of Mindful Behavior Change.”
- 2020 **Grand Rounds**, Department of Psychiatry, Georgetown University, “Mindfulness for Treating Anxiety and Addiction.”
- 2021 **Grand Rounds**, Department of Psychiatry, University of Minnesota, “From Anxiety to Addictions: The Mechanisms of Mindfulness Underlying Behavior Change.”
- 2021 **Opening Keynote**, Mental Flourishing seminar series, Centre for Bhutan and GNH Studies
- 2021 **Grand Rounds**, Department of Psychiatry, University of Southern California, “From Anxiety to Addictions: The Mechanisms of Mindfulness Underlying Behavior Change.”
- 2021 **Invited Speaker**, Early Childhood Education and Behavioral Health Summit, “How to work with our minds to decrease anxiety.”
- 2021 **Invited Speaker**, Nikkei Mindfulness Symposium, Tokyo, Japan, “How awareness can help us meet sustainable development goals.”
- 2021 **Opening Keynote**, Medical Psychotherapy Association of Canada annual conference, “Unwinding Anxiety: targeting anxiety at its source.”
- 2021 **Keynote**, A4M annual world conference, “Unwinding Anxiety: targeting anxiety at its source.”
- 2022 **Keynote**, Age of anxiety, “Mindfulness as a way to help break the anxiety loop.” Cambridge Health Alliance.

- 2022 **Grand Rounds**, Department of Orthopedics, University of Massachusetts, “From Anxiety to Addictions: The Mechanisms of Mindfulness Underlying Behavior Change.”
- 2022 **Grand Rounds**, Department of Medicine, Lahey Clinic, “From Anxiety to Addictions: The Mechanisms of Mindfulness Underlying Behavior Change.”
- 2022 **Keynote “Impact talk”**, Improving Safety, Quality and Value Symposium, “Digital Therapeutics.” Stanford University.
- 2022 **Keynote speech**, Asia Pacific Mindfulness Conference, “Unwinding Anxiety.”
- 2022 **Invited talk**, Children’s Hospital of Pennsylvania, “Working with anxiety.”
- 2022 **Panelist**, HLTH Conference, “Digital Therapeutics.”
- 2023 **Invited talk**, Dartmouth University, “Digital therapeutics.”
- 2023 **Invited talk**, Symposium in Family Medicine, McGill University, “Changing habits in the outpatient clinic.”
- 2023 **Keynote talk**, Goodfellows symposium, New Zealand, “Unwinding Anxiety: Insights on How We View and Treat Anxiety.”
- 2023 **Grand Rounds**, Brown University Department of Anesthesia visiting professorship, “From Anxiety to Addictions: The Mechanisms of Mindfulness Underlying Behavior Change.”
- 2023 **Plenary Presentation**, New Jersey Prevention Network Addiction Conference, “Harnessing Mindfulness to Combat Cravings, Anxiety, Addiction, & Habits.”
- 2023 **Keynote talk**, Mindful Leader International Conference, “Unwinding Anxiety”
- 2023 **Keynote talk**, Brain Mind Summit, “Using our brain to change habits”
- 2023 **Grand Rounds**, Virginia Commonwealth University, Department of Psychiatry, “Unwinding anxiety: can insights from the science of habit change help how we view and work with anxiety?”
- 2023 **Faculty presenter**, Harvard Mind Body Medicine conference, “Taking the “Me” out of Empathy to Help Clinicians Move from Burnout to Compassion (and Build Resilience)”
- 2024 **Invited talk**, Independent Boarding School Wellness Summit, “The Anxiety Epidemic: New approaches to work with stress and anxiety for students (and adults)”
- 2024 **Invited talk**, Harvard Pilgrim Health Care and Tufts Health Plans CME event, “The Hunger Habit: Methods to Transform our Relationship with Eating.”
- 2024 **Invited Webinar**, Harbor Light CME training event, “Master Your Mind: Harnessing Neuroscience for Habit Transformation (from anxiety to addiction)”
- 2024 **Keynote Lecture**, Taiwan Clinical Society of Mindfulness-Based Approaches, “How mindfulness leads to personal and institutional change? Focusing on the change process and mechanism”
- 2024 **Grand Rounds**, Tulane University School of Medicine, Department of Psychiatry, “Unwinding anxiety: can insights from the science of habit change help how we view and work with anxiety”
- 2024 **Invited talk**, University of Wisconsin, “Unwinding Anxiety”
- 2024 **Keynote Lecture**, University of Northern Colorado Oasis Retreat, “From Anxiety to Addiction”
- 2024 **Invited talk**, Physician Wellbeing Symposium, Brown University School of Medicine “Taking the “Me” out of Empathy to Help Clinicians Move from Burnout to Compassion (and Build Resilience)”
- 2024 **People’s Choice Award Lecture**, University of Texas, Dallas, “Breaking Bad

(Eating Habits)”

2024 **Invited talk**, International Forum on Consciousness, “From Addiction to Agape, Our Brain in and on Love: A Neuroscience”

2024 **Invited Webinar**, Smoking Cessation Leadership Center National CME training event, “The curious science of cravings.”

2024 **Grand Rounds**, Yale University School of Medicine, Department of Psychiatry, “From Anxiety to Addiction.”

### **Academic Activities**

---

2008-12 Lecturer, medical student addictions course, Department of Psychiatry, Yale University School of Medicine.

2008-11 Interview tutor (medical and physician assistant students at the VA Connecticut Healthcare System), Department of Psychiatry, Yale University School of Medicine.

2010-11 Psychiatric and Substance Use Assessment Rounds (3<sup>rd</sup> year psychiatry residents at the VA Connecticut Healthcare System), Department of Psychiatry, Yale University School of Medicine.

2011-13 Human Studies Subcommittee, VA Connecticut Healthcare System.

2012-13 Medical Student Wellness Committee, Yale University Medical School of Medicine.

2016-8 Interviewer, UMass Graduate School of Biomedical Sciences (PhD)

2016-8 Interviewer, UMass Medical School Medical School Scientist Training Program (MD/PhD)

2016-8 Lecturer, “The Brain” course, UMass Medical School Medical School

2016-8 Outpatient Clerkship Instructor (psychiatry resident), UMass Medical School Medical School Psychiatry Residency Training Program

2017-8 Outpatient Clerkship Instructor (internal medicine resident), UMass Medical School Medical School Internal Medicine Residency Training Program

2017-8 Magnetic Resonance Imaging Safety Committee, UMass Medical School

2018 Outpatient Clerkship Instructor (medical student), UMass Medical School Medical School

2019- MPH Curriculum Committee, Brown University School of Public Health

2019- MPH Core Advisor, Brown University School of Public Health

2020 Created a Mindfulness Concentration that was incorporated into the Masters in Public Health Program (first of its kind in a MPH program)

2020-2 CTR/Dual Degree Admissions Committee, Brown University School of Public Health

2020-4 MPH Mindfulness Concentration Lead, Brown University School of Public Health

### **Mentorship Activities (Primary research mentorship)**

---

2009 Joseph Chen, MD Yale University School of Medicine Thesis

2010 Sarah Mallik, MD Yale University School of Medicine Thesis

2011 Hani Elwafi, MD Yale University School of Medicine Thesis

2010-12 Daniel Libby, PhD, Post-Doctoral Fellowship Mentor

2011-12 Reza Farajian, PhD, Post-Doctoral Fellowship Mentor

2012-14 Kathleen Garrison, PhD, Post-Doctoral Fellowship Mentor

2013-18 Prasanta Pal, PhD, Post-Doctoral Fellowship Mentor

2014-18 Remko van Lutterveld, PhD, Post-Doctoral Fellowship Mentor

2014-15 Sean Houlihan, PhD Mentor, Neurofeedback augmentation of MBSR  
 2016-17 Poppy Shoenberg, PhD, Post-Doctoral Fellowship Mentor  
 2017-18 Michael Datko, PhD, Post-Doctoral Fellowship Mentor  
 2017-18 Ariel Beccia, PhD Mentor, Behavioral mechanisms of emotional eating  
 2018-19 Pablo Abrante, PhD Mentor, Neural mechanisms of mindfulness training  
 for Anxiety  
 2018-19 Vera Ludwig, PhD, Post-Doctoral Fellowship Mentor  
 2018-20 Isabelle Moseley, undergraduate thesis Mentor  
 Winner of *The Francisco Varela Prize* for Outstanding Honors Thesis in  
 Contemplative Studies  
 2019 Shufang Sun, PhD, Post-Doctoral Fellowship Mentor  
 2019-21 Veronique Taylor, PhD, Post-Doctoral Fellowship Mentor  
 2019-21 Edith Bonnin, PhD, Post-Doctoral Fellowship Mentor  
 2019- Morganne Kraines, PhD, Post-Doctoral Fellowship Mentor, K award mentor  
 2019-20 Lindsey Krill, undergraduate Thesis Mentor  
 2020-1 May Gao, undergraduate Thesis Mentor  
 Winner of SPRINT award, Brown University 2020  
 Runner up, best poster, Public Health Research Day, Brown U. 2021  
 2020-1 Emily Oakes, undergraduate Thesis Mentor  
 2020-1 Hannah Ray, undergraduate Thesis Mentor  
 2020- William Nardi, PhD candidate Mentor  
 2020-21 Tonya Sanchez MPH Thesis Mentor  
 2021-2 Claire Myers, undergraduate Thesis Mentor  
 2021-2 Cole Exline, undergraduate Thesis Mentor (secondary)  
 2021-2 Kento Suzuki, undergraduate Thesis Mentor (secondary)  
 2021-2 Hannah Ray, MPH Thesis Mentor  
 2021-2 Lindsey Krill, MPH Thesis Mentor  
 2020- Shufang Sun, PhD, K award mentor  
 2022- Na Zhang, PhD, University of Connecticut, K award mentor  
 2022- Ryan Mace, PhD, Harvard University, K award mentor  
 2022-3 Kayla McLymont, independent study and MPH Thesis Mentor  
 Winner of Engaged Research Mini-Grant  
 2023-4 Isabella Van Wittenberghe, MPH Thesis Mentor  
 2023- Kashi Pedersen, PhD, New England Clinical & Translational Research  
 Network grant mentor  
 2022-3 Angelo Giannopoulos, undergraduate honors Thesis Mentor  
 2023-4 Giordana Serretta Fiorentino, undergraduate Thesis Mentor  
 2023- Tara White, PhD, Behavioral and Social Sciences career mentor  
 2023-4 Katie Yetter, MPH Thesis Mentor  
 2024-5 Denish Gunawan, MPH Thesis Mentor  
 2024-5 Aliza Kopans, undergraduate Thesis Mentor  
 2024-5 Lindsay Gould, undergraduate Thesis Mentor  
 2024- Michael Onu, PhD candidate Secondary Mentor

### **Mentorship Activities (Other)**

---

2013 Yoona Kang, PhD, Doctoral Dissertation Committee Member  
 2019 Adrien Stoloff, PhD, Doctoral Dissertation Committee Member/Reader  
 2020- Mina Khan, PhD area thesis advisor (contextual), MIT  
 2021 Oskari Lahtinen, PhD, Doctoral Dissertation Committee Member/Opponent



2023 Alyssa Torske, PhD, Doctoral Dissertation Committee Member  
2024 Saampras Ganesan, Doctoral Dissertation Committee Member?reader

### **Mentorship Activities (Clinical mentorship)**

---

2012-13 Mari Kurahashi, MD 3<sup>rd</sup> year residency clinical mentorship, MBCT  
2015-16 Stephanie Stratigos, MD 4th year residency clinical mentorship, addiction group  
2016-17 Matthew Brown, MD 3rd year residency clinical mentorship, addiction group

### **Funding**

---

Tiny Blue Dot Foundation 7/1/2022-6/30/2025  
\$350,000/year (direct costs)

#### **Advancing our understanding and treatment of anxiety through bringing together facets of conscious experience and brain mechanisms.**

This project is designed to study neural correlates of mental states as they relate to anxiety.

Role: PI

Peter G. Peterson Foundation 7/1/2022-6/30/2023  
\$47,776 (direct costs)

#### **Designing and Testing an Evidence-Based Program for Physician Burnout**

This project will create and test a podcast and app-based program to reduce clinician burnout and increase resilience.

Role: PI

Richard King Mellon Foundation 11/1/2021-10/30/2023  
\$125,000/year (direct costs)

#### **Digital Mindfulness Training for Anxiety for People of Color**

This project is designed to optimize the Unwinding Anxiety program for people of color.

Role: PI

Fetzer Trust 6/1/2016-9/30/2021  
\$451,000

#### **Next Generation Mapping of Meditation and Neurofeedback Development for Scientific and Pragmatic Use**

This project is designed to validate a 32 lead EEG source estimated neurofeedback system that can give feedback from the PCC.

Role: PI

R34AT010365 (Garrison) 9/19/2018-6/30/2021  
NIH \$376,875 (direct costs)

#### **Smartband/smartphone-based automatic smoking detection and real time mindfulness intervention**

The purpose of the project is to test the feasibility of smartphone-based smoking detection in combination with in the moment mindfulness exercises.

Role: Co-I

1R01AT011745-01 Loucks, Johnson (PIs) 05/01/2022-02/28/2027

**Mindfulness-Based Stress Reduction: An Implementation Science-Informed Systematic Review and Meta-Analysis**

These systematic reviews and meta-analyses, done in partnership with knowledge users, will provide the needed evidence for sound decisions and demonstrate knowledge gaps for researchers to fill.

Role: Co-I

Brown University Seed grant (Brewer) 1/1/19-12/31/22

OVRP \$20,000

**Next Generation Brain Mapping of Meditative States: Toward Clinically-Viable Neurofeedback**

This project is designed to bring together fMRI and EEG to map meditative states

Role: PI

R41MH118130 (Brewer) 9/19/2018-6/30/2019

NIH \$97,511/year (direct costs)

**Developing a Novel Developing a novel digital therapeutic for the treatment of generalized anxiety disorder**

The purpose of the project is to: 1) test usability and feasibility of the Unwinding Anxiety (UA) in this target population and refine the training based on user feedback, 2) collect pilot data to determine effect sizes to power a clinical trial to determine efficacy of the intervention, and (3) determine the degree to which UA targets maladaptive reinforcement learning mechanisms (i.e., worry and emotional reactivity).

Role: PI

R21DA046957 (Brewer) 9/15/2018-5/31/2020

NIH \$459,712

**Targeting Worry to Improve Sleep**

Our aims are to 1) Determine the degree to which mindfulness training affects maladaptive reinforcement learning, and 2) Test the degree to which mindfulness training reduces worry-driven sleep disturbance.

Role: PI

UH2 AT008145-02 (Loucks, King, Britton MPI) 09/15/2015- 08/31/2020

NIH \$88,281/year (direct costs)

**Mindfulness Influences on Self-Regulation: Mental and Physical Health Implication**

The goal of this study is to study mindfulness influences on self- regulation.

Role: Co-investigator

Massachusetts Tobacco Settlement Grant 11/9/2017-11/8/2019

\$186,000/year (direct costs)

The main aim for this project is to define and optimize engagement strategies, answering the questions: 1) what is the best way to roll out a digital therapeutic intervention, and 2) how can we best support individuals in using and benefiting from the program. We will test multiple strategies for engaging individuals with the digital therapeutic, including targeting 1) clinicians, 2) consumers and 3) roll-out

through Epic. We will test how to best support user engagement through multiple channels, including economic incentives, in-app coaching, and personalization of the app.

NIH/NIMH (van Lutterveld) \$50,000/year (direct costs)  
**Mindfulness meditation and real-time brain activity in schizophrenia (MARBAIS)**

The major goal of this study is to investigate whether meditation quality and PCC activity are associated in schizophrenia.

Role: Co-I

1 R34 AT008948-02 (Hecht and Brewer) 8/1/2016 – 7/31/2019  
NIH (UCSF) \$99,239/year (direct costs)

**Predictors of Outcomes in MBSR Participants from Teacher Factors**

This project is designed to advance our knowledge of issues in mindfulness-based interventions related to what teacher factors predict participant outcomes.

Role: Co-PI R01 AT007922-05 (Brewer) 1/1/2014-6/30/2018

R01 AT007922 (Brewer) NCCIH \$231,446/year (direct costs)  
**Augmenting Mindfulness Training Through Experience-driven Neurofeedback Devices (ATTEND)**

The goal of this project is to determine if real-time neurofeedback from the posterior cingulate cortex can augment mindfulness training.

Role: PI

1R61AT009337-02 (Brewer) 9/15/2016 – 7/31/2018  
NIH/NCCIH \$290,895/year (direct costs)  
**Mechanisms of mindfulness for smoking cessation: optimizing quantity and quality**

This project is designed to 1) confirm brain mechanistic changes in default mode network activity after app-based smoking cessation delivery, and 2) optimize mindfulness training for smokers through a combination of app engagement optimization and neurofeedback-based augmentation of mindfulness practice.

Role: PI

Office of Vice President of Research seed grants (Brewer) 1/1/2019-6/30/2019  
Brown University \$20,000 (direct costs)  
**Next Generation Brain Mapping of Meditative States: Toward Clinically-Viable Neurofeedback**

Role: PI

1R61AT009337-02S1 (Brewer) 3/15/2017 – 9/14/2018  
NIH/NCCIH \$39,734 (direct costs)  
**Mechanisms of mindfulness for smoking cessation: optimizing quantity and quality**

Provides support under the Research Supplements to Promote Diversity in Health-Related Research Program for Hanif Benoit.

Role: PI

1R03MH112040-01 (van Lutterveld)

4/20/2017-3/31/2019

1R21CA184254-01 Brewer (PI)

4/16/14-3/31/17

NCI/NIH

\$130,500/year (direct costs)

**Mobile Mindfulness Training for Smoking Cessation**

The goal of this project is to determine if mobile mindfulness training is efficacious for smoking cessation.

Role: PI

R34 DA037886-02 (Pbert/Brewer MPI)

07/01/14 - 06/30/17

NIH/NIDA

\$450,000

**Developing a Smartphone App with Mindfulness Training for Teen Smoking Cessation**

The major goal of this study is to adapt and refine an existing Craving to Quit (C2Q) app integrating mindfulness training into a smoking cessation program for use by adolescent smokers.

Role: Multiple PI

1 R34 AT006963-01A (Fulwiler, King MPI)

5/01/13-2/29/17

**Neural Targets of Mindfulness for Emotional Eating**

The goal of this study is to characterize the impact of Mindfulness-Based Stress Reduction on emotion regulation circuitry using fMRI and examine the association of these changes with depressive symptoms, health behaviors and maintenance of weight loss in subjects who have intentionally lost 5-10% of their weight.

Role: Co-I

Agency: NCCIH/NIH

K12-DA00167

8/1/08-7/31/12

NIH/NIDA

Title: Physician Scientist Training in Substance Abuse Research

PI: Rounsaville

Role: trainee

American Heart Association Garrison (PI)

1/1/14-12/31/16

**Comparing mobile mindfulness training to experience sampling for smoking cessation**

The goal of this project is to test a mobile mindfulness training for smoking cessation compared to an active control.

Role: Co-I

Agency: AHA

1R03DA029163-01A1

2/1/11-1/31/12

NIH/NIDA

**Mindfulness training for smoking cessation**

The major goal of this project is to evaluate the neural activity associated with meditation training before and after undergoing 4 weeks of mindfulness training or standard smoking cessation therapy

PI: Brewer

Role: PI

Yale Center for Clinical Investigation Scholar grant 9/1/08-8/31/10  
YCCI/NIH

**Mindfulness Training as Treatment and Mechanistic Probe for Cocaine Addiction.**

This project will investigate the effects of inpatient mindfulness training on regional brain activation during stress- and cue-induced craving as well as relapse to cocaine use in cocaine-dependent individuals.

PI: Brewer

Role: PI

Yale Stress Center pilot grant 7/1/08-6/30/09  
YSC/NIH

**Assessing Mindfulness Training as a Mechanistic Probe for Stress-Induced Brain Activation and Relapse Prevention for Tobacco Addiction**

This project will investigate the effects of outpatient mindfulness training on regional brain activation during stress-induced craving as well as relapse in smokers.

PI: Brewer

Role: PI

Varela grant Brewer (PI) 1/01/07-12/31/08  
Mind and Life Institute

**Mindfulness Training as Treatment and Mechanistic Probe for Alcohol and Cocaine Addiction.**

This project will investigate the effects of outpatient mindfulness training on stress-induced physiologic responses and craving as well as relapse to drug use in alcohol- and cocaine-dependent individuals.

Role: PI

P50-DA09241 Brewer (PI) 7/1/07-6/30/08  
NIH/NIDA Psychotherapy Development Center Pilot

**Mindfulness Training as Treatment and Mechanistic Probe for Cocaine Addiction.**

This project will investigate the effects of inpatient mindfulness training on regional brain activation during stress- and cue-induced craving as well as relapse to cocaine use in cocaine-dependent individuals.

Role: PI

APIRE/Janssen grant Brewer (PI) 1/31/06-6/30/08  
American Psychiatric Institute for Research and Education

Title: Mindfulness Training as Treatment and Mechanistic Probe for Cocaine Addiction.

This project will investigate the effects of inpatient mindfulness training on regional brain activation during stress- and cue-induced craving as well as relapse to cocaine use in cocaine-dependent individuals.

Role: PI

T32-MH19961 Malison (PI) 7/1/06-6/31/07  
NIH

**Clinical Neuroscience Research Training in Psychiatry**

Role: trainee