

## **CURRICULUM VITAE**

### **ELLEN FLYNN, MD**

Business Address: Women's Behavioral Medicine  
Women's Medicine Collaborative  
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### **EDUCATION**

1983 - 1987 B.A., International Relations, Scripps College, Claremont, CA

1995 - 1999 M.D., University of Massachusetts Medical School, Worcester, MA

1989 - 1991 Master of Theological Studies, Harvard Divinity School, Boston, MA

### **POSTGRADUATE TRAINING**

1999 - 2003 Resident in Psychiatry, University of Massachusetts Medical School, Worcester, MA

2003 Practicum, Mindfulness Based Stress Reduction, The Center for Mindfulness, University of Massachusetts Medical School, Worcester, MA

2003 - 2004 Fellowship, Consultation-Liaison Psychiatry, Brigham & Women's Hospital, Boston, MA

2007 Certificate Program, Mindfulness Based Cognitive Therapy for Prevention of Depression Relapse, Omega Institute, Rhinebeck, NY

2013 Teacher Development, Intensive Center for Mindfulness in Medicine, Healthcare and Society, Norwood, MA

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| 2016 | Teacher Certification in Mindfulness-Based Stress Reduction (MBSR), University of Massachusetts Medical School |
| 2018 | Teacher Certification in Mindfulness-Based Attention Training (MBAT), University of Miami                      |

**POSTGRADUATE HONORS AND AWARDS**

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|------|---|
| 2002 | Medical Student Teaching Award, University of Massachusetts Medical School Department of Psychiatry |
| 2003 | APA/Aventis Travel Fellowship for Women Leaders in Psychiatry                                       |
| 2019 | Thomas Coburn Award for Outstanding Service to Contemplative Studies                                |

**PROFESSIONAL LICENSES AND BOARD CERTIFICATION**

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|------|---|
| 2003 | Rhode Island Medical License #MD11485                         |
| 2004 | American Board of Psychiatry and Neurology Certificate #53663 |
| 2005 | Psychosomatic Medicine Certificate #125                       |
| 2014 | Recertified, American Board of Psychiatry and Neurology       |
| 2015 | Recertified, Psychosomatic Medicine                           |

**ACADEMIC APPOINTMENTS**

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|----------------|--|
| 2003 - 2004    | Clinical Fellow in Psychiatry, Harvard Medical School, Boston, MA  |
| 2007 - present | Clinical Assistant Professor of Psychiatry and Human Behavior, Alpert Medical School of Brown University, Providence, RI |
| 2012 - present | Clinical Assistant Professor of Medicine, Alpert Medical School of Brown University, Providence, RI                      |

2021- present  
Clinical Associate Professor of Psychiatry and Human Behavior, Alpert Medical School of Brown University, Providence, RI

2021 - present  
Clinical Associate Professor of Medicine, Alpert Medical School of Brown University, Providence, RI

### **HOSPITAL APPOINTMENTS**

2004 – 2011  
Consultation-Liaison and Outpatient Psychiatrist, Women & Infants Hospital, Providence, RI

2009 - 2010  
Interim Clinical Director, Project Link, Women & Infants Hospital, Providence, RI

2004 - 2011  
Attending Psychiatrist, Women & Infants Hospital, Providence, RI

2011 - present  
Attending Psychiatrist, Women's Medicine Collaborative, Miriam Hospital/Lifespan Physician Group, Providence, RI

### **HOSPITAL COMMITTEES**

2000 - 2001  
UMass Psychiatry Residency Education Committee  
2002 - 2003  
Divisional Coordination Committee, UMass Medical School, Department of Psychiatry  
2002 - 2003  
UMass Psychiatry Residency Education Committee  
2005 - 2011  
Pain Management Committee, Women and Infants Hospital  
2008 - 2011  
Outpatient Medication Reconciliation Committee, Women & Infants Hospital  
2008 - 2011  
Suicide Policy/Protocol Committee, Women & Infants Hospital  
2008 - 2011  
Delirium Subcommittee, Women & Infants Hospital  
2010 - 2011  
Behavioral Health Council, Women & Infants Hospital  
2010 - 2011  
Restraint and Seclusion Committee Women & Infants Hospital  
2011 - 2014  
Psychiatry - Behavioral Health Primary Care/Integrated Care Coordinating Committee, Miriam and Rhode Island Hospitals

### **UNIVERSITY COMMITTEES**

2010 - 2017  
Co-Director, Contemplative Studies Scholarly Concentration, Alpert Medical School of Brown University

2014 - 2016	Co-Director, Mindfulness-Wellness Program, Alpert Medical School of Brown University
2015 - 2016	Co-Director, Resilience Curriculum Implementation Committee, Alpert Medical School of Brown University
2007 - present	Member, Contemplative Studies Initiative Steering Committee, Brown University, Providence, RI
2007 - present	Clinical Mentor, Contemplative Studies Program, Brown University
2010 - present	Mentor, Contemplative Studies Scholarly Concentration, Alpert Medical School of Brown University
2016 - present	Director, Resilience Initiative Embodied Neuroscience Lab Brown University
2017 - present	Faculty, Consultation-Liaison Psychiatry Fellowship, Alpert Medical School of Brown University
2018 - present	Faculty Advisor, Mindfulness Center, Brown University
2021 - present	Advisory Board, Office of Women in Medicine and Science

### **OTHER APPOINTMENTS**

2020	Ad hoc reviewer, <u>Psychosomatic Medicine</u>
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### **MEMBERSHIP IN SOCIETIES**

2012 - 2019	Rhode Island Medical Society
2003 - present	American Psychiatric Association
2005 - present	Rhode Island Medical Women's Association
2005 - present	Rhode Island Psychiatric Society
2006 - present	Academy of Consultation Liaison Psychiatry
2012 - present	North American Society for Psychosocial Obstetrics and Gynecology
2018 - present	Marcé of North America
2021 - present	American Medical Women's Association

## **PUBLICATIONS LIST**

### **ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS**

1. Fox SD, **Flynn E**, Allen RH. Mindfulness meditation for women with chronic pelvic pain: a pilot study. Journal of Reproductive Medicine, 2011; 56(3-4):158-162.
2. Obeyesekare JL, Cohen ZL, Coles ME, Pearlstein TB, Monzon C, **Flynn EE**, Sharkey KM. Delayed sleep timing and circadian rhythms in pregnancy and transdiagnostic symptoms associated with postpartum depression. Translational Psychiatry, 2020 Jan 21;10(1):14.

### **BOOKS AND BOOK CHAPTERS**

Pearlstein T, Monzon C, **Flynn E**, DeLuca S, Zlotnick C. Depression and other psychiatric disorders. In K Rosene-Montella, E Keely, LA Barbour, RV Lee (Eds.), Medical Care of the Pregnant Woman, 2<sup>nd</sup> edition. Philadelphia, PA: American College of Physicians Press, pp 91-111, 2008.

**Flynn E**, Monzon C, Pearlstein T. Acute psychiatric conditions in pregnancy. In MA Belfort, GR Saade, MR Foley, JP Phelan, GA Dildy (Eds.), Clark's Critical Care Obstetrics, 5<sup>th</sup> edition, Oxford, Oxfordshire, UK: Wiley-Blackwell Publishing, pp 684-698, 2010.

Pearlstein T, **Flynn E**, Monzon C. Mood disorders. In K Rosene Montella (Ed.), Medical Management of the Pregnant Patient, New York, NY: Springer Science + Business Media, pp 35-58, 2015.

### **PUBLICATIONS SUBMITTED OR IN PREPARATION**

Zimmerman C, Santoyo J, Xu A, Pressman A, Pearlstein T, Lazar SW, Kerr C, **Flynn E**. Functional alterations in resting state insula connectivity related to symptom improvement in irritable bowel syndrome patients undergoing Mindfulness-Based Stress Reduction Program: A randomized control trial, in preparation.

Zimmerman C, Jha A, **Flynn E**. Experience-dependent learning: An evidence-based rationale for training resilient doctors by integrating mindfulness into the medical curriculum, in preparation.

### **ABSTRACTS**

1. Fox SD, **Flynn E**. Mindfulness for women with chronic pelvic pain. Abstract and poster presentation, 12<sup>th</sup> World Congress on Pain, Glasgow, Scotland, August 17-22, 2008.
2. **Flynn E**, Kramer P. PTSD in pregnancy: Implications for labor and delivery. Abstract and poster presentation, North American Society of Obstetric Medicine Annual Meeting, Providence, RI, September 20-21, 2013.

3. Zimmerman C, Santoyo J, Than A, Perrault A, **Flynn E**, Kerr C. Mindfulness based stress reduction for irritable bowel syndrome: A pilot study. Abstract and poster presentation, Brown Institute for Brain Sciences 1<sup>st</sup> Annual Mind-Brain Research Day, Providence, RI, March 25, 2014.
4. Zimmerman C, Santoyo J, Than A, Pressman A, **Flynn E**, Kerr C. Building a neural model for mindfulness' mechanism of action in irritable bowel syndrome" Abstract and poster presentation, 22<sup>nd</sup> Annual Lifespan Research Symposium, Providence, RI, October 2, 2014.
5. Zimmerman C, Santoyo J, Than A, Kerr C, **Flynn E**. Building a neural model for mindfulness' mechanism of action in irritable bowel syndrome and other chronic functional disorders. Abstract and poster presentation, Mind & Life Institute International Symposium of Contemplative Studies, Boston, MA, November 1, 2014.
6. Zimmerman C, Santoyo J, Than A, Pearlstein T, Pressman A, **Flynn, E**, Kerr C. Building a neural model for mindfulness' mechanism of action in women with irritable bowel syndrome and other chronic pain disorders. Abstract and poster presentation, Women's Health 2015: 23<sup>rd</sup> Annual Congress of the Academy of Women's Health, Washington, DC, April 18, 2015. *J Women's Health* 2015; 24(4): 50-51.
7. Zimmerman C, Santoyo J, Than A, **Flynn E**, Pearlstein T, Kerr C. Building a neural model for mindfulness' mechanism of action in women with IBS and other chronic pain disorders. Department of Medicine Research Forum, Alpert Medical School of Brown University, Providence, RI, June 29, 2015.
8. Sharkey KM, **Flynn E**, Monzon C, Pearlstein T. Circadian dysregulation is associated with postpartum depression. Abstract and oral presentation, 7<sup>th</sup> World Congress on Women's Mental Health, International Association for Women's Mental Health, Dublin, Ireland, March 9, 2017.
9. Sharkey KM, **Flynn E**, Monzon C, Pearlstein T. Personalized integrated chronotherapy for perinatal anxiety and depression. Abstract and symposium presentation, 3<sup>rd</sup> Biennial Perinatal Mental Health Conference, Chicago, IL, November 10, 2017.
10. Zimmerman C, Ding H, Vaghjiani N, Fredericks S, Heleem H, Sandweiss S, Gertz-Sigal S, Rogers S, Jha A, **Flynn E**, Kerr CE. Implementation of short-form Mindfulness-Based Attention Training (MBAT) in first year medical curricula: A pilot program. Poster presentation, 5<sup>th</sup> Annual Medical Education Scholarship Poster Session, Alpert Medical School of Brown University, Providence, RI, May 15, 2019.
11. Obeysekare JL, Cohen ZL, Coles ME, Pearlstein TB, Monzon C, **Flynn EE**, Sharkey KM. Sleep during pregnancy predicts transdiagnostic symptoms associated with postpartum depression. Abstract and oral presentation, Marcé of North America (MONA) 4<sup>th</sup> Biennial Conference on Perinatal Mental Health, Chapel Hill, NC, October 25, 2019.

12. Sharkey KM, Monzon C, **Flynn EE**, Molino Bacic J, Machan J, Pearlstein T. A pilot trial of a personalized sleep-circadian intervention to treat perinatal depression and anxiety. Abstract and oral presentation, International Marcé Society for Perinatal Mental Health Biennial Scientific Meeting, Iowa City, IA, October 5-8, 2020.
13. Clark Donat L, Reynolds J, Friedman L, Bublitz M, **Flynn E**, Fox SD. The effect of a brief mindfulness meditation-based intervention on women with chronic pelvic pain. Abstract and poster presentation. 23<sup>rd</sup> Annual Scientific Meeting Virtual Conference on Pelvic Pain, International Pelvic Pain Society, October 2020.

## **INVITED PRESENTATIONS**

### **INTERNATIONAL**

1. "Mindfulness Based Initiatives and Chronic Pelvic Pain", International Pelvic Pain Society Annual Fall Meeting, Las Vegas, NV, October 20-22, 2011.
2. "Mindfulness Based Stress Reduction and Pelvic Pain", North American Society for Psychosocial Obstetrics and Gynecology Annual Meeting, Providence, RI, April 23, 2012.
3. "Where is the Breath?: A Qualitative Investigation Comparing the Experience of Focusing on the Nose versus the Belly During Breath Awareness Meditation", Co-Presenter with Catherine Kerr, PhD and Juan Santoyo, Investigating and Integrating Mindfulness in Medicine, Health Care and Society 12<sup>th</sup> Annual International Scientific Conference, Norwood, MA, April 5, 2014.
4. "Introduction to Mindfulness Meditation", presentation in Workshop "A Multi-Disciplinary and Mindful Approach to Managing Chronic Pelvic Pain", 8<sup>th</sup> World Congress on Women's Mental Health, Paris, France, March 7, 2019.
5. "Bipolar Disorder in Pregnancy and the Postpartum Period", presentation in Symposium "Bipolar Disorders in Women Across the Lifespan", 8<sup>th</sup> World Congress on Women's Mental Health, Paris, France, March 8, 2019.
6. "Mindfulness Program for Pelvic Pain: An Integrated Approach", Roundtable, North American Society for Psychosocial Obstetrics and Gynecology 2020 Biennial Meeting, St. Louis, MO, April 17-19, 2020, cancelled due to COVID-19.
7. "It's Not All in Your Head: An Interdisciplinary Approach to Chronic Pelvic Pain", oral presentation, 8<sup>th</sup> Annual Meeting of the European Society of Psychosomatic Medicine, Vienna, Austria, June 2020. Postponed due to COVID-19.

8. “Brief Interdisciplinary Mindfulness Intervention for Pelvic Pain”. Workshop, 23<sup>rd</sup> Annual Scientific Meeting Virtual Conference on Pelvic Pain, International Pelvic Pain Society, January 10, 2021.

### **NATIONAL**

1. “Practical Pharmacology of the Perinatal Woman” 56<sup>th</sup> Annual Meeting of the Academy of Psychosomatic Medicine, Las Vegas, NV, November 13, 2009.
2. “Psychopharmacology of the Pregnant and Postpartum Woman”, 58<sup>th</sup> Annual Meeting of the Academy of Psychosomatic Medicine, Phoenix, AZ, November 17, 2011.
3. “Bipolar Disorder in Pregnancy and the Postpartum Period”, Update on Perinatal Psychiatry Symposium, Moderator and faculty speaker, 61<sup>st</sup> Annual Meeting of the Academy of Psychosomatic Medicine, Fort Lauderdale, FL, November 13, 2014.
4. “Bipolar Disorder during Pregnancy and Postpartum”, faculty presentation in Symposium “To Treat or Not to Treat Perinatal Mood and Anxiety Disorders: Both Options Carry Risks!” American Psychiatric Association 2018 Annual Meeting, New York, NY, May 5, 2018.

### **REGIONAL**

1. “Mental Health Training for Law Enforcement Officers”, State Police Lecture Series, Worcester, MA, Spring 2002.
2. “Religion and Psychotherapy as Self-Objects”, Psychiatry Grand Rounds, University of Massachusetts Medical School, Worcester, MA, October 24, 2002.
3. “Uses of Mindfulness Meditation in the Acute Medical Setting”, C-L Fellowship Lecture, Brigham & Women’s Hospital, Boston, MA, April 2005.
4. “Introduction to Mindfulness: Uses for Patients and Providers in the Medical Setting”, C-L Fellowship Lecture, Brigham & Women’s Hospital, Boston, MA, March 2, 2006.
5. “Assessment and Treatment of Delirium”, Pain Management Committee, Women & Infants Hospital, Providence, RI, June 27, 2006.
6. “Bipolar Disorder in Pregnancy”, Best Beginnings Conference, Warwick, RI, March 24, 2006.
7. “Mindfulness Meditation: Self-Care and Implications for Doctoring”, 2<sup>nd</sup> Year Medical Students Doctoring Course, Alpert Medical School of Brown University, Providence, RI, February 21, 2008.
8. “Delirium: Assessment, Management and the New Hospital Protocol”, Grand Rounds, Women & Infants Hospital, Providence, RI, February 19, 2009.



9. "Delirium: Assessment & Management. Introduction of the New Hospital Protocol." Social Work Rounds, Women & Infants Hospital, Providence, RI, April 16, 2009.
10. "Coping with Anxiety and Stress", Luncheon Lecture Series, Women & Infants Hospital, Providence, RI, May 18, 2009.
11. "Clinical Pastoral Education: Psychiatric Issues in Pastoral Care", Rhode Island Hospital, Providence, RI, July 9, 2009.
12. "Management of Alcohol and Benzodiazepine Withdrawal and the CIWA Protocol", Brown Bag Lunch for Nursing, Administration and Social Work. Women & Infants Hospital, Providence, RI, January 27, 2010.
13. "Post-partum Depression – Risk Factors, Recognition and Management", NICU Psychosocial Rounds, Women & Infants Hospital, Providence, RI, March 27, 2010.
14. "Mindful Medicine", Providence Public Library, Providence, RI, May 2, 2010.
15. "Mindfulness and Contemplative Practices in Medicine", Alpert Medical School of Brown University, Providence, RI, September 22, 2010.
16. "Post-Partum Depressive Disorders: Recognition and Treatment", Perinatal Management Conference, Women & Infants Hospital, Providence, RI, October 13, 2010.
17. "Post-Partum Depressive Disorders: Recognition & Treatment", Hasbro Children's Hospital, Providence, RI, December 9, 2010.
18. "Putting Your Own Health at the Top of the To-Do List", panelist at the 15th Annual Women's Summit, Bryant University, Smithfield, RI, March 15, 2012.
19. "The Art of Healing: The Impact of the MTS/MDiv on Your Future Health Career", invited panelist, Harvard Divinity School, Cambridge, MA, April 2, 2012.
20. "Stress Reduction Strategies: Living a Balanced Life", workshop presentation at Women's Wellness Workshop, Warwick RI, September 8, 2012.
21. "Stress Reduction and Mindfulness", Mothers of Twins Group, Women's Medicine Collaborative, Providence, RI, January 2013.
22. "The Benefits of Mindfulness and Stress Reduction for Transplant Patients", Transplant Forum Series, Providence, RI, April 2, 2013.
23. "Mindfulness Based Stress Reduction: Learning to Live with Greater Balance", Lifespan Working Healthy Series, Providence, RI, May 21, 2013.

24. "Taking Charge of Your Health", Women's Summit 2014, Bryant University, Lincoln, RI, March 14, 2014.
25. "Stress Reduction Strategies: Living a more balanced life", Transplant Community Support Group, Hasbro Hospital, Providence, RI, April 1, 2014.
26. "Postpartum Post-Traumatic Stress Disorder: A Multidisciplinary Approach to Care", Healthy Mothers, Healthy Babies Coalition of Rhode Island, Women's Medicine Collaborative, Providence, RI, April 2, 2014.
27. "Dip Your Toe in the Mindfulness Movement: Restoring Inspiration and Satisfaction to the Practice of Medicine", Co-presenter with Laura McPeake, MD, Not Your Father's Annual Meeting, Rhode Island Medical Society, Warwick, RI, September 27, 2014.
28. "Living a More Balanced Life: Stress Reduction Strategies", Women's Summit 2015, Bryant University, Lincoln, RI, March 13, 2015.
29. Mindfulness & Stress Reduction Course, Providence Parent Academy, Lifespan Community Health, Providence, RI, May 6-27, 2015.
30. "Mindfulness Practice: Cultivating Resilience for Healthcare Providers", St. Mary's Home for Children, North Providence, RI, November 9, 2015.
31. "Pay Attention: Your Life Depends on It, the Role of Mindfulness in Reducing Chronic Illness", Lifestyle Medicine Symposium, Women's Medicine Collaborative, Alpert Medical School, Providence, RI, March 29, 2016.
32. "Mindfulness, Healing + Empathy in Healthcare: A Roundtable Forum", Mindfulness Research at Alpert Medical School, Providence, RI, April 21, 2016.
33. "The Impact of Unplanned Pregnancy and Maternal Mental Health on Academic Achievement", Montana State University, Bozeman, MT, April 30, 2017.
34. "Building Practitioner Resilience in Challenging Times", Spring 2017 RI Medical Society CME Event, Warwick Country Club, Warwick RI, April 22, 2017.
35. "Stress, Health and Stress Reduction", Better Breathers Club, The Miriam Hospital, Providence, RI, August 3, 2017.
36. "Career in Perinatal Psychiatry", Wheeler School Biomedical Club, Providence, RI, October 4, 2017.
37. "Career in Perinatal Psychiatry", Blackstone Academy, Pawtucket, RI, October 24, 2018.
38. Guest Lecturer, PHP0050: Pain and the Human Condition, Brown University, October 25, 2018.

39. Panelist, “Rhode Island’s Opioid Crisis and the Problem of Pain”, Community College of Rhode Island, Warwick, RI, October 28, 2018.
40. “Mindfulness: Meditation, Medication or Both? Implications for Resilience”, WWCMA19, Gillette Stadium, Foxboro, MA, October 3, 2019.
41. Guest Lecturer, PHP0050: Pain and the Human Condition, Brown University, October 17, 2019.
42. Panelist, “Changing the Culture of Pain Treatment Symposium”, Community College of Rhode Island, Warwick, RI, October 19, 2019.
43. Panelist, “Mindfulness in Practice, in the Brain, and in the Clinic”, Brain Week RI, Providence, RI, March 18, 2020, postponed due to COVID-19.
44. “Mindfulness: Cultivating Being, Embodying Resilience in the Midst of Uncertainty”, Office of Women in Medicine and Science (OWIMS) Inaugural Virtual Professional Development Meeting, Alpert Medical School of Brown University, Providence, RI, June 10, 2020.
45. Panelist, “Mindfulness in Medicine”, The Patient and the Practitioner in the Age of Technology: Promoting Healing Relationships, Inaugural Virtual Session, Alpert Medical School of Brown University, Providence, RI, October 9, 2020.
46. “Mindfulness in Medicine: When Presence is Protective”, Co-presenter with Chloe Zimmerman, oral presentation in The Patient and the Practitioner in the Age of Technology: Promoting Healing Relationships Virtual Conference, Alpert Medical School of Brown University, Providence, RI, March 5, 2021.
47. “Mindfulness: Cultivating Being and Embodying Resilience in the Midst of Change”. Dermatology Residency Lecture. Providence, RI, May 21, 2021.
48. “Yoga and Mindfulness Skills to Tame the Elephant”, Office of Women in Medicine and Science Annual Virtual Conference, Providence, RI, June 10, 2021.

## **GRANTS**

1. Protocol #9634, Role: Co-Investigator Date of Project: 2006-2007  
 Women and Infants Auxiliary Committee \$5,000.00  
 Mindfulness Program for Women with Chronic Pelvic Pain. Principal Investigator: Sarah Fox, MD.
2. Mindfulness based stress reduction (MBSR) in irritable bowel syndrome (IBS) patients: A pilot study. Comparison of the efficacy of MBSR to treatment-as-usual in women with IBS



RCT to examine the impact of mindfulness-trained self-regulation skills applied to participants' relationship with the health behaviors that influence blood pressure. This evidence-informed approach should maximize efficacy for the 46% of Americans at risk for early demise and disability from hypertension. Principal Investigator: Eric Loucks, PhD.

### **UNIVERSITY TEACHING ROLES**

#### **MEDICAL STUDENTS**

- 2002 - 2003 Medical Student Small Group Leader, "Excellence in End of Life Care", University of Massachusetts Medical School
- 2002 - 2003 Leader, Medical Student Psychiatry Interest Group, University of Massachusetts Medical School
- 2002 - 2003 Medical Student Psychiatry Clerkship Lecturer, Affective Disorders, University of Massachusetts Medical School
- 2004 Harvard Medical School (HMS700, Spring) Lecturer, Personality Disorders.
- 2007 Medical Student Psychiatry Interest Group, panel participant, "Planning for a Career in Psychiatry", Alpert Medical School of Brown University, May 10, 2007
- 2008 Faculty, BIOL 5420 "Clinical Applications of Mindfulness: A Primer for Medical Students", Alpert Medical School of Brown University
- 2009 Faculty, BIOL 5420 "Clinical Applications of Mindfulness: A Primer for Medical Students", Alpert Medical School of Brown University
- 2018 - Faculty, Integrated Clinical Arts, "Mindfulness Retreat: Cultivating Mindfulness and Well-Being in Medicine", Alpert Medical School of Brown University
- 2018 - Mindfulness Based Attention Training (MBATR<sub>x</sub>) for first year medical students, Alpert Medical School of Brown University

#### **PSYCHIATRY RESIDENTS/FELLOWS**

- 2004 - 2011 Psychiatry Residency PG2 Consultation-Liaison Supervisor, Alpert Medical School of Brown University
- 2006 - 2008 Psychiatry Residency Psychotherapy Supervisor, Alpert Medical School of Brown University
- 2007 - 2011 Co-Coordinator, Women's Primary Care Clinic Psychiatry Curriculum, Women & Infants Hospital

- 2007 Psychiatry Residency PG2 Didactics, “Depression in the Medically Ill”, Butler Hospital, January 16
- 2013 Psychiatry Residency PG4 Didactics, “The Neuroscience and Clinical Applications of Mindfulness in Psychiatry”, Butler Hospital, April 30 and May 14
- 2018 Consultation-Liaison Psychiatry Fellowship Didactics “Mindfulness Interventions in the Management of GI Disorders
- 2018 Consultation-Liaison Psychiatry Fellowship Didactics, “Management of Perinatal Bipolar Disorder in the Hospitalized Patient”
- 2020 Consultation-Liaison Psychiatry Fellowship Didactics, “Perinatal Psychiatric Emergencies on the Consultation Liaison Service”
- 2009 - Psychiatry Residency PG3 Didactics, “Management of Bipolar Disorder in Pregnancy & Post-partum”, Butler Hospital
- 2010 - Psychiatry Residency PG1/2 Didactics, “Postpartum Psychosis”, Butler Hospital
- 2012 - Supervisor, Women’s Specialty One-Month Outpatient Elective (reproductive psychiatry and mindfulness) for PG4 Psychiatry Residents  
 2012-13: Julie Hugo, MD (July) and Amy Halt, MD, PhD (March)  
 2013-14: Meesha Ahuja, MD (November), Aga Janicka, MD (May), and Zoe Billinkoff, MD (June)  
 2014-15: Teresa Lanza di Scalea, MD (October, April), Krista Lussier, MD (May), and Tina Gaud, MD (June)  
 2015-16: Laura Hodges, MD (June)  
 2016-17: Sarah Schmidhofer (January)  
 2017-18: Kristyn Gergelis (November), Jessica Whitfield (December), Paul Baker (April), Daniella Palermo (June)  
 2018-19: Priya Kumar-Kaparaboyna (July), Caitlin Lawrence (August), Jennifer Hawken (November)  
 2019-20: Jessica Obeysekare (September, October), Haizhi Wang (February)  
 2021-22: Jesse Moskowitz (August), Jenny McManus (November), Matthew Bradley (December)
- 2014 - Psychiatry Residency PG1 Didactics, “Introduction to Mindfulness Based Interventions in Psychiatry”, established 4 lecture series, co-taught with Catherine Kerr, PhD 2014-16 and Sarah Schmidhofer, MD 2018-20, Butler Hospital
- 2021 Supervisor, 3-Month Women’s Mental Health Elective for Consultation-Liaison Psychiatry Fellow, Paulo Salas, MD.
- 2021 - Psychiatry Residency PG3 Psychotherapy Didactics, “Mindfulness and Psychotherapy”, Butler Hospital

## **OTHER RESIDENTS**

- 2005 OB/GYN Residents Core Lecture Series, “Depression in the medically ill”, Women & Infants Hospital, July 14
- 2007 OB/GYN Residents Core Lecture Series, “Anxiety disorders”, Women & Infants Hospital, February 9
- 2007 OB/GYN Residents Core Lecture Series, “Bipolar disorder in pregnancy and post-partum psychosis”, Women & Infants Hospital, April 20
- 2007 OB/GYN Residents Core Lecture Series, “Delirium”, Women & Infants Hospital, June 15
- 2009 OB-GYN Core Curriculum, “Management of Bipolar Disorder in Pregnancy & Post-partum Psychosis”, Women & Infants Hospital, March 13
- 2013 - Preceptor, internal medicine resident, Women’s Obstetric Medicine one-month elective, perinatal psychiatry, one half-day per month.

## **UNDERGRADUATE FACULTY ADVISOR**

- 2015 Chloe Zimmerman, Honors Thesis: “Embodied Medicine: Elucidating the Neural Mechanisms of Maladaptive Body Awareness in Chronic Pain”. Winner, William James Award.
- 2016 Sydney Tan, Capstone Project: “Mindful Medics: Perspectives on Contemplative Practices in Medical Education”.
- 2017 Nikisha Vaghjiani, Capstone Project: “Linking Breathing Physiology & Breath Based Contemplative Practices”.
- 2017 Helen Ding, Capstone Project: “Mindfulness’ Role in Medical School Curriculum”.
- 2018 Samuel Fredericks, Capstone Project: “The Effects of Mindfulness on High Frequency HRV”.
- 2019 Kaitlyn Lew, Honors Thesis: “The Effect of Buddhist Meditation as Adjunctive Therapy in Thai Cancer Patients”.

## **MEDICAL STUDENT FACULTY MENTOR**

- 2012 Sarah Schmidhofer, “Yoga – A Spiritual Practice with Therapeutic Value in Psychiatry”.

- 2013 Aleema Patel, “Mindfulness and the Underserved”.
- 2013 Mason Hedberg, “Mindfulness Education in Medical School”.
- 2015 Amy Walker, “Brief Mindfulness Training for Patients with Failed Back Surgery”.
- 2015 Kerrani McClelland, “Developing a Mindfulness App to Improve Physician Wellbeing”.
- 2017 Kristian Georgiev, “Investigating Resilience, Embodiment and Intersubjectivity Across the Continuum of Medical Education”.
- 2017 - Faculty Advisor, Med<sup>2</sup> Mindfulness Student Interest Group
- 2018 Sydney Tan, MS 2022. Research Project: “Perspectives on Mindfulness in Medical Education”.
- 2019 - Women in Medicine Mentoring Night, Office of Women in Medicine and Science (OWIMS) annual mentoring night for Alpert Medical School of Brown University.
- 2020 David Miller, Faculty Mentor, Academic Scholars Program
- 2021- Women in Medicine and Science, Annual Virtual Specialty Night for Alpert Medical School of Brown University

**RESIDENT MENTORING**

- 2015 - 2016 Danielle Cabral, MD, PG4 Psychiatry-Neurology Resident. Project: "Interdepartmental Residency Mindfulness Program: Cultivating Wisdom and Community".
- 2021 – 2022 Chloe Sharpe, MD, PG-3 Psychiatry Resident