

CURRICULUM VITAE

WILLOUGHBY BANNING BRITTON, PH.D.

Clinical and Affective Neuroscience Laboratory
Department of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University
Biomed 232, 171 Meeting St., Providence, RI 02912
Willoughby_Britton@Brown.edu

EDUCATION

Undergraduate

- 1996 **B.A., Neuroscience**
Colgate University, Hamilton NY
Cum Laude, High Honors in Neuroscience
Thesis: Swim stress-induced changes in mesolimbic dopamine reward pathway
Advisor: F. Scott Kraly, Ph.D.
- 1996-7 **Tibetan Studies**
School for International Training. Kathmandu, Nepal; Leh, India
Advisor: Hubert Ducleer, M.A.
- 1998-9 **Sleep/EEG Technician Training**
Beth Israel Deaconess Hospital, Harvard Medical School, Boston MA
Major Advisor: Robert Thomas, M.D.

Graduate

- 2002 **M.A., Clinical Psychology**
University of Arizona, Tucson AZ
Thesis: Assessment of temporal lobe functioning in atypical trauma survivors
Advisor: Richard Bootzin, Ph.D.
- 2004-2005 **Pre-Doctoral Research Fellowship**
National Research Service Award (NCCAM T32)
Program in Integrative Medicine, University of Arizona Medical School
Director: Andrew Weil, M.D.; Mentor: Iris Bell, PhD
- 2006-2007 **Clinical Psychology Internship**
Tracks: Behavioral Medicine and Neuropsychology
Warren Alpert Medical School of Brown University, Providence, RI
- 2007 **Ph.D., Clinical Psychology**
University of Arizona, Tucson AZ
Major Advisor: Richard Bootzin, Ph.D.
Dissertation: Neurophysiological effects of mindfulness meditation in depression

POSTGRADUATE TRAINING

2008-2010 **Post-Doctoral Fellowship**
T32 Postdoctoral Fellowship in Adult Mood Disorders Treatment Research
Department of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University, Providence, RI
Mentor: Ivan Miller, Ph.D.

HONORS AND AWARDS

2005 World Federation of Sleep Research Societies (WFSRS) Travel Award (India)
2005 Women in Science and Engineering (WISE) Travel Award
2007 World Federation of Sleep Research Societies (WFSRS) Travel Award (Australia)
2008 Clinical + Neuroscience Perspectives on Mindfulness Fellowship (Toronto, CA)
2008 Brown Public Health Poster Award
2009 Brown Psychiatry Research Day Prize
2009 Brown Public Health Poster Award
2009 Research featured at the Boston Museum of Science
2010 Mind and Life Institute Senior Fellow
2011 Nominated for the Karen T. Romer Prize for Undergraduate Advising and Mentoring
2011 Invited TED Talk
2012 Nominated for the Society for Psychophysiological Research Early Career Award
2012 Nominated for the Dean's Award for Excellence in Teaching in Public Health
2012 Invited presentation to the Dalai Lama, Mayo Clinic, Rochester MN, April 24th 2012
2012 Nominated for the Karen T. Romer Prize for Undergraduate Advising and Mentoring
2012 Gold Humanism Honor Society Visiting Professorship, Brown University
2013 Karen T. Romer Prize for Undergraduate Advising and Mentoring, Brown University
2015 Dean's Award for Excellence in Mentoring in Public Health, Brown University

MILITARY SERVICE

none

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

2002-2003 **Mindfulness-Based Stress Reduction (MBSR) Teacher Training**
Center for Mindfulness, University of Massachusetts Medical School
2004 **Mindfulness-Based Cognitive Therapy (MBCT) Teacher Training**
Zindel Segal, University of Toronto
2017-2019 **Somatic Experiencing Practitioner (SEP) training**
2021 **Clinical Psychology license #PS01973 (Rhode Island)**

ACADEMIC APPOINTMENTS

2011-2018 **Assistant Professor** (Research)
Department of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University, Providence, RI

- 2012-present **Assistant Professor** (Research)
Department of Behavioral and Social Sciences
Public Health Program, Brown University School of Public Health
- 2018-2021 **Assistant Professor** (Research Scholar Track)
Department of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University, Providence, RI
- 2021 **Associate Professor** (Research Scholar Track)
Department of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University, Providence, RI
- 2021 **Associate Professor** (Research Scholar Track)
Department of Behavioral and Social Sciences
Public Health Program, Brown University School of Public Health

HOSPITAL AND CLINICAL APPOINTMENTS

- 1998-1999 **Sleep/Polysomnographic Technician**, Beth Israel and Needham Glover Deaconess Hospitals, Department of Pulmonology, Harvard Medical School
Conducted overnight and daytime sleep studies on individuals with sleep disorders.
Supervisor: Robert Thomas, M.D.
- 1999-2000 **Diagnostic Interviewer**
La Frontera Community Mental Health Center
Psychodiagnostic assessment of acutely and chronically mentally ill inpatients.
Supervisor: Kathleen Prouty, Ph.D.
- 2000-2001 **Cognitive-Behavioral/Motivational Interviewing Therapist**
University of Arizona Psychology Clinic
Supervisors: Marjorie Holiman, Ph.D., Harold Arkowitz, Ph.D.
- 2001 Spring **Bereavement Group Therapist**
University of Arizona Psychology Clinic.
Supervisor: Marjorie Holiman, Ph.D.
- 2002-2006 **Hospice Care**, Carondelet Hospice/St. Mary's Hospital, Tucson AZ
- 2003 Fall **Neuropsychological Evaluator**
Department of Psychiatry, University Medical Center Neuropsychology Consultation Service and the Memory Disorders Clinic
Conducted comprehensive neuropsychological assessments on psychiatry outpatients.
Supervisors: Alfred Kaszniak, Ph.D., Anne Herring, Ph.D., Geoff Ahern, M.D., Ph.D.
- 2001 Fall **Psychology Extern**
Minors Unit, Arizona State Prison

Psychodiagnostic, neuropsychological, risk assessment and cognitive behavioral interventions with violent juvenile offenders.
Supervisor: Charles O'Hara, Ph.D.

- 2002-3 **Psychology Extern**
Sleep Disorders Clinic, Department of Psychiatry, University Medical Center
Supervisors: Stuart Quan, M.D., Richard Bootzin, Ph.D., Joanna Katsanis, Ph.D.
- 2002 Spring **Psychology Extern**
Adult/Inpatient Care Unit, Arizona State Prison
Psychological care to terminally ill.
Supervisor: Susan Kaz, Ph.D.
- 2002-2004 **Study Intervention Therapist**
Sleep Research Laboratory, University of Arizona
Provided cognitive-behavioral sleep treatment and Mindfulness-Based Stress Reduction to adolescent drug abuse outpatients. Funded by the Office of the National Drug Control Policy (ONDCP) in the Executive Office of the President.
PIs: Richard Bootzin, Ph.D., Sally Stevens, Ph.D.
- 2003-2005 **Diagnostic Interviewer**
Depression Intervention Research, Department of Psychology, University of Arizona.
Administered 3-hr assessment battery to potential research participants.
Supervisor: Richard Bootzin, Ph.D.
- 2003-2006 **Study Intervention Therapist**
Depression Intervention Research, Department of Psychology, University of Arizona.
Provided Mindfulness-Based Cognitive Therapy (MBCT) to depressed patients.
Supervisors: Richard Bootzin, Ph.D. and Harold Arkowitz, Ph.D.
- 2006-2007 **Psychology Intern**
Division of Behavioral Medicine, Warren Alpert Medical School of Brown University, Providence, RI
- 2009-2013 **Staff Psychologist**
Mindfulness-Based Stress Reduction and Cognitive Therapy Program Instructor.
The Neurodevelopment Center, Warren Alpert Medical School of Brown University, Providence, RI
- 2009-2010 **Clinical Consultant**
Calm Awareness and Motivational Enhancement Options (CAMEO)
PIs: Michael Stein and Marcel DeDios, Butler Hospital, Providence, RI
- 2009-2010 **Study Intervention Therapist**
Providing mindfulness-based interventions to dementia caregivers as part of a treatment development trial.
PI: Gary Epstein-Lubow, Butler Hospital, Providence, RI

OTHER APPOINTMENTS

Invited Membership to Professional Societies and Public Advisory Committees:

2006-8	Chair , Clinical Science Planning Committee of the Mind and Life Summer Research
2008-12	Invited Member , Mindfulness Research Working Group
2009-present	Founder and CEO , Cheetah House, RI non-profit organization
2010	Invited Reviewer , Center for Mindfulness Annual Conference
2010	Selection Committee , Mind and Life Summer Research Institute
2010	Review Committee , Francisco Varela Award, Mind and Life Institute
2011	Planning Committee , Mindfulness Research Working Group
2011	Selection Committee , Mind and Life Summer Research Institute
2011-2013	Board Member , Mind Body Awareness Project
2011-2013	Board of Advisors , Prison Mindfulness Institute
2012-2016	Board of Advisors , Inward Bound Mindfulness Education (iBme)
2016	Reviewer , NIH Training grant Review Panel (ZAT1 SM (40), NCCIH)
2017	Reviewer , NIH R34 Review Panel (ZAT1VS(02)), NCCIH
2018	Board of Advisors , Oxford Handbook of Meditation

Ad Hoc Reviewer:

<i>American Psychologist</i>	<i>Mindfulness</i>
<i>Annals of Behavioral Medicine</i>	<i>Nordic Psychology</i>
<i>Archives of General Psychiatry</i>	<i>Perspectives on Psychological Science</i>
<i>Behavioral Sleep Medicine</i>	<i>PLOS ONE</i>
<i>Behavior Therapy</i>	<i>Psychiatry Research</i>
<i>Biological Psychology</i>	<i>Psychological Medicine</i>
<i>Biological Psychiatry</i>	<i>Psychology of Addictive Behaviors</i>
<i>Clinical Psychology Review</i>	<i>Psychology of Consciousness</i>
<i>Cognitive Therapy and Research</i>	<i>Psychoneuroendocrinology</i>
<i>Frontiers in Psychology</i>	<i>Psychosomatic Medicine</i>
<i>Frontiers in Human Neuroscience</i>	<i>Psychotherapy and Psychosomatics</i>
<i>Journal of Consciousness Studies</i>	<i>Research in Human Development</i>
<i>Journal of Consulting and Clinical Psychology</i>	<i>Scientific Reports</i>
<i>Journal of Neuropsychiatry and Clinical Neurosciences</i>	<i>Social Science and Medicine</i>
<i>Journal of Neuroscience</i>	<i>Stress and Health</i>
<i>Journal of Psychosomatic Research</i>	<i>Transcultural Psychiatry</i>

UNIVERSITY COMMITTEES

2006-present	Member , Contemplative Studies Steering Committee, Brown University
2006-2014	Member , Steering Committee for Scholarly Concentrations in Contemplative Studies, Warren Alpert Medical School of Brown University
2008-2010	Religious Life Affiliate , Office of Religious Life, Brown University
2014-2015	Co-Director (with Jared Lindahl) Summer Program in Contemplative Pedagogy, Sheridan Center for Teaching and Learning, Brown University
2014-2017	Director , Community Engagement Internship Program

2018-2020 **Chair**, Diversity, Equity and Inclusion Committee, Mindfulness Center at Brown University, School of Public Health

MEMBERSHIP IN SOCIETIES

1999-present **Member**, International Society for Traumatic Stress Studies (ISTSS)
1999-present **Member**, American Psychological Association (APA)
1999-2012 **Member**, Associated Professional Sleep Societies (APSS)
2000-2006 **Member**, American Epilepsy Society (AES)
2000-2013 **Member**, Sleep Research Society (SRS)
2002-present **Member**, American Psychological Society (APS)
2002-present **Member**, Society for a Science of Clinical Psychology (SSCP)
2004-present **Member**, Society for Neuroscience (SFN)
2005-present **Member**, Association for Behavioral and Cognitive Therapies (ABCT)
2013-present **Member**, Society for the Study of Psychiatry and Culture (SSPC)
2018-present **Member**, International Society for the Study of Trauma and Dissociation (ISSTD)

METRICS

h-index = 32
i10-index = 47
Citations (Google Scholar) = 6745

PUBLICATION LIST

underlined names indicate students mentored by Willoughby Britton
^{co} denotes senior corresponding author or lab director

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. **Britton, W.B.**, and Bootzin, R. R. (2004). Near-death experiences and the temporal lobe. *Psychological Science*, 15, 254-258. PMID:15043643 (Impact Factor = 7.352)
2. **Britton, W.B.**, Bootzin, R.R., Cousins, J.C., Hasler, B.P., Peck, T., and Shapiro, S.L. (2010). The contribution of mindfulness practice to a multi-component behavioral sleep intervention following substance abuse treatment in adolescents: a treatment development study. *Substance Abuse*, 31, 86-97. PMID: 20408060
3. **Britton W.B.**, Haynes P.L., Fridel K.W., and Bootzin R.R. (2010). Polysomnographic and subjective measures of sleep continuity before and after Mindfulness-Based Cognitive Therapy in partially remitted depression. *Psychosomatic Medicine*, 72, 539-548. PMID: 20467003 (IF = 4.08)
4. Shahar, B., **Britton, W.B.**, Sbarra, D., Figueredo, A.J., and Bootzin, R.R. (2010). Mechanisms of change in Mindfulness-Based Cognitive Therapy for depression: preliminary evidence from a randomized controlled trial. *International Journal of Cognitive Therapy*, 3, 402-418. ISSN: 1937-1209. doi: [10.1521/ijct.2010.3.4.402](https://doi.org/10.1521/ijct.2010.3.4.402)

5. Silverstein R., Brown, A., Roth, H., and Britton W.B.[∞] (2011). Mindfulness training improves interoceptive awareness to sexual stimuli: Implications for healthy female sexual functioning. *Psychosomatic Medicine*, 73(9):817-25. PMID: 22048839, PMCID: PMC3711258 (IF = 4.08)
6. de Dios, M.A., Herman, D.S., **Britton, W.B.**, Hagerty, C.E., Anderson, B.J., and Stein, M. (2012). Motivational and mindfulness meditation intervention for young adult female marijuana smokers. *Journal of Substance Abuse Treatment*, 42, 56-64. PMID: 21940136, PMCID: PMC3883042
7. **Britton, W.B.**, Shahar, B., Szepsenwol, O., and Jacobs, W.J., (2012). Mindfulness-Based Cognitive Therapy improves emotional reactivity to social stress: results from a randomized controlled trial. *Behavior Therapy*, 43, 365-380. PMID: 22440072, PMCID: PMC3495556 (IF = 3.694)
8. **Britton W.B.**, Fridel K.W., Haynes P., and Bootzin R.R. (2012). Mindfulness training improves polysomnographic and subjective sleep profiles in antidepressant medication users with sleep complaints. *Psychotherapy and Psychosomatics*, 81, 296-304. PMID: 22832540, PMCID: PMC3495555 (IF = 13.744)
9. Roberts-Wolfe, D., Sacchet, M., Hastings, E., Roth, H., and Britton, W.B.[∞] (2012). Mindfulness training alters emotional memory recall compared to active controls: support for an emotional information processing model of mindfulness. *Frontiers in Human Neuroscience*, 6 (15), 1-13. PMID: 22347856, PMCID: PMC3277910 (IF = 3.2)
10. Van Vugt, M, Hitchcock, P., Shahar, B. and **Britton, W.B.**[∞] (2012). The effects of Mindfulness-Based Cognitive Therapy on affective memory recall dynamics in depression: a mechanistic model of rumination. *Frontiers in Human Neuroscience*, 6, 1-13. PMID: 23049507, PMCID: PMC3446543 (IF= 3.2)
11. Capecelatro, M., Sacchet, M., Hitchcock, P., Miller, S., and Britton, W.B.[∞] (2013). Major Depression Duration Reduces Appetitive Word Use: An Elaborated Verbal Recall of Emotional Photographs. *Journal of Psychiatric Research*, 47 (6), 809-815. PMID:2351049, PMC 3732741 (IF = 4.23)
12. **Britton, W.B.**, Lindahl, J.R., Cahn, B.R., Davis, J., and Goldman, R.E. (2013). Awakening is not a metaphor: The effects of Buddhist meditation practices on basic wakefulness. *Annals of the New York Academy of Sciences*, 1307, 64-81. PMID: 24372471; PMCID: PMC4054695. (IF = 4.728)
13. Lindahl, J.R., Kaplan, C., Winget, E., and Britton, W.B.[∞] (2014). A Phenomenology of Meditation-Induced Light Experiences: Traditional Buddhist and Neurobiological Perspectives. *Frontiers in Psychology*, 4, (973) 1-16. PMCID: PMC3879457; <https://doi.org/10.3389/fpsyg.2013.00973> (IF = 2.8)
14. **Britton, W.B.**, Lepp., N.E., Niles, H.F., Rocha, T., Fisher, N., and Gold., J., (2014). A Randomized Controlled Pilot Trial of Classroom-Based Mindfulness Meditation for Middle School Children. *Journal of School Psychology*, 52, 263-278. PMCID: PMC4060047 (IF = 2.981).

15. Loucks E.B., **Britton W.B.**, Howe C.J., Eaton C.B., and Buka S.L. (2014). Positive associations of mindfulness with cardiovascular health: The New England Family Study. *International Journal of Behavioral Medicine*, 22, 540-550. PMID: 25339282, PMCID: PMC4429005
16. Loucks, E.B., Schuman-Olivier, Z., **Britton, W.B.**, Fresco, D.M., Desbordes, G., Brewer, J.A., and Fulwiler, C. (2015). Mindfulness and Cardiovascular Disease Risk: State of the Evidence, Plausible Mechanisms, and Theoretical Framework. *Current Cardiology Reports*. 17, 112. PMID: 26482755, PMCID: PMC4928628
17. Loucks E.B., **Britton W.B.**, Howe C.J., Eaton C.B., and Buka S.L. (2015). Associations of dispositional mindfulness with obesity and central adiposity: The New England Family Study. *International Journal of Behavioral Medicine*, 23, 224-233. PMID: 26481650, PMCID: PMC4965799
18. 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. PMID: 26535904, PMCID: PMC4633225 (IF = 3.23)
19. Loucks E.B., Gilman S.G., **Britton W.B.**, Gutman R., Eaton C.B., and Buka S.L. (2016). Associations of Mindfulness With Glucose Regulation and Diabetes. *American Journal of Health Behavior*, 40, 258-67. PMID: 26931758; PMCID: PMC4928637.
20. De Jong M., Peeters F., Gard T., Ashih H., Doorley J., Walker R., Rhoades L., Kulich, R.J., Kueppenbender K.D., Alpert J.E., Hoge E.A., **Britton W.B.**, Lazar S.W., Fava M., and Mischoulon D. (2017). A Randomized Controlled Pilot Study on Mindfulness-Based Cognitive Therapy for Unipolar Depression in Patients with Chronic Pain. *Journal of Clinical Psychiatry*, 79, 26-39. PMID: 28252881, PMCID: PMC6020018 (IF = 3.89)
21. Rojjani, R., Santoyo, J.F., Rahrig, H., Roth, H., and **Britton, W.B.** [∞] (2017). Women Benefit More than Men in Response to College-Based Meditation Training. *Frontiers in Psychology*, 8, 1-11. PMID: 28473783; PubMed Central PMCID: PMC5397480.
22. Lindahl J.R., Fisher, N.E., Cooper, D.J., Rosen, R.K., **Britton W.B.** [∞] (2017). The varieties of contemplative experience: A mixed-methods study of meditation-related challenges in Western Buddhists. *PLoS ONE* 12(5): e0176239. PMID: 28542181, PMCID: 5443484.
23. Van Dam, N.T, van Vugt, M.K., Vago, D.R., Schmalzl, L., Saron, C., Olendzki, A., Meissner, T., Lazar, S.W., Kerr, C., Gorchov, J., Field, B.A., **Britton, W.B.**, Brefczynski-Lewis, J.A., and Meyer, D.E. (2018). Mind the hype: A critical evaluation and prescriptive agenda for mindfulness and meditation research. *Perspectives on Psychological Science*, 13, 36-61. PMID: 29016274, PMCID: PMC5758421 (IF = 9.30)
24. Van Dam, N.T, van Vugt, M.K., Vago, D.R., Schmalzl, L., Saron, C., Olendzki, A., Meissner, T., Lazar, S.W., Kerr, C., Gorchov, J., Field, B.A., **Britton, W.B.**, Brefczynski-Lewis, J.A., and Meyer, D.E. (2018). Reiterated Concerns And Further Challenges For Mindfulness And Meditation Research: A Reply To Davidson And Dahl. *Perspectives on Psychological Science*, 13, 6-69. PMID: 29016240, PMCID: PMC5817993 (IF = 9.30)

25. **Britton, W.B.**, Davis, J., Lindahl, J., Loucks, E.B., Peterson, B., Cullen, B., Rando, A., Rahrig, H., and Lipsky, J. (2018). Dismantling Mindfulness-Based Cognitive Therapy: creation and validation of 8-week Focused Attention and Open Monitoring interventions. *Behaviour Research and Therapy. Special Issue on NIH's Science of Behavior Change*, 101, 92-107. PMID:29106898, PMCID: PMC5801080 (IF = 4.5)
26. Kang, Y., Rahrig, H., Eichel, K., Niles, H.F., Rocha, T., Lepp, N.E., Gold, J., and **Britton, W.B.** [∞] (2018). Gender Differences in Response to a School-Based Mindfulness Training Intervention for Early Adolescents. *Journal of School Psychology*, 68, 63-176. PMID: 29861026, PMCID: [PMC6174072](#)
27. **Britton, W.B.** [∞] (2019). Can mindfulness be too much of a good thing? The value of a middle way. *Current Opinions in Psychology*, 28, 159–165. PMID: 30708288 PMCID: PMC6612475 (IF = 3.43)
28. Lindahl, J.L. and **Britton, W.B.** [∞] (2019). “I Have This Feeling of Not Really Being Here”: Buddhist Meditation and Changes in Sense of Self. *Journal of Consciousness Studies*, 26 (7-8), 157-183.
29. Loucks, E.B., Nardi, W.R., Gutman, R., Kronish, I., Li, Y., Wentz, A., Webb, J., Vago, D., Harrison, A., and **Britton, W.B.** (2019). Mindfulness-Based Blood Pressure Reduction (MB-BP): Stage 1 Single-Arm Clinical Trial. *PLoS ONE* 14(11): e0223095. PMID: 31774807, PMCID: [PMC6881004](#)
30. Lindahl, J.R., Cooper, D.J., Fisher, N.E., Kirmayer, L.J., and **Britton, W.B.** [∞] (2020). Progress or Pathology? Differential Diagnosis and Intervention Criteria for Meditation-Related Challenges: Perspectives from Buddhist Meditation Teachers and Practitioners. *Frontiers in Psychology: Cultural Psychology*, 11 (1905), 1-18. PMID: 32849115, PMCID: PMC7403193
31. Lohani, M., McElvaine, K., Payne, B., Mitcheon, K., and **Britton, W.B.** (2020). Longitudinal Training Study to Delineate the Specific Causal Effects of Open Monitoring Versus Focused Attention Techniques on Emotional Health. *Complementary Therapies in Medicine*, 53, 102525 PMID: 33066868 doi: 10.1016/j.ctim.2020.102525
32. Canby, N., Eichel, K., Peters, S.I., Rahrig, H., and Britton, W.B. [∞] (2020). Predictors of Out-of-Class Mindfulness Practice Adherence During and After a Mindfulness-Based Intervention. *Psychosomatic Medicine*, 83 (6), 655-664. PMID: 33038188, PMCID: PMC8024418
33. Hoge, E.A., Acabchuk, R.L., Kimmel, H., Moitra, E., **Britton, W.B.**, Dumais, T., Ferrer, R.A., Lazar, S.W., Vago, D., Lipsky, J., Schuman-Olivier, Z., Cheaito, A., Sager, L., Peters, S., Rahrig, H., Acerio, P., Scharf, J., Loucks, E.B., & Fulwiler, C. (2020). Emotion-related constructs engaged by mindfulness-based interventions: A systematic review and meta-analysis. *Mindfulness*, 12, 1041–1062. doi: 10.1007/s12671-020-01561-w
34. Canby, N., Eichel, K., Lindahl, J.R., Chau, S., Cordova, J., and **Britton, W.B.** [∞] (2021). The Contribution of Social Factors to Outcomes in a Mindfulness-Based Intervention. *Frontiers in Psychology*, 11 (603394), 1-16. PMID: 33584439, PMCID: [PMC7874060](#), DOI: [10.3389/fpsyg.2020.603394](#)

35. Cullen, B.H., Eichel, K., Lindahl, J.R., Rahrig, H., Kini, N., Flahive J., and Britton, W.B. [∞] (2021). The contributions of focused attention and open-monitoring in Mindfulness-Based Cognitive Therapy: a 3-armed randomized dismantling trial. *PLoS ONE* 16(1):e0244838. PMID: 33434227, PMCID: PMC7802967 <https://doi.org/10.1371/journal.pone.0244838>
36. **Britton, W.B.**, Lindahl, J.R., Cooper, D.J., Canby, N., Palitsky, R. (2021) Defining and measuring meditation-related adverse effects in mindfulness-based interventions. *Clinical Psychological Science*, 9 (6), 1185–1204. <https://doi.org/10.1177/2167702621996340>, IF = 3.74
37. Goldberg, S.B., Lam, S.U., **Britton, W.B.**, Davidson, R.J. (2021). Prevalence of meditation-related adverse effects in a population-based sample in the United States. *Psychotherapy Research*. 32:3, 291-305, <https://doi.org/10.1080/10503307.2021.1933646> PMID: 34074221
38. Whitfield, T., Barnhofer, T., Acabchuk, R.L., Cohen, A., Lee, M., Schlosser, M., Arenaza-Urquijo, E.M., Bottcher, A., **Britton, W.B.**, Coll-Padros, N., Collette, F., Chetelat, G., Dautricourt, S., Demnitz-King, H., Dumais, T., Klimecki, O., Meiberth, D., Moulinet, I., Muller, T., Parsons, E., Sager, L., Sannemann, L., Scharf, J., Schild, A., Touron, E., Wirth, M., Walker, Z., Moitra, E., Lutz, A., Lazar, S., Vago, D., & Marchant, N.L., (2021). The effect of mindfulness-based programs on cognitive function in adults: a systematic review and meta-analysis. *Neuropsychology Review*, 32(3):677-702. PMID: 34350544 doi: 10.1007/s11065-021-09519-y
39. Eichel, K., Gawande, R., Acabchuk, R.L., Palitsky, R., Chau, S., Pham, A., Cheaito, A., Yam, D., Lipsky, Dumais, T., J., Zhu, Z., King, J., Fulwiler, F., Schuman-Olivier, Z., Moitra, E., Proulx, J., Alejandre-Lara, A., **Britton, W. B.** [∞] (2021). A Retrospective Systematic Review of Diversity Variables in Mindfulness Research, 2000-2016. *Mindfulness*, 12. Published online August 21. <https://doi.org/10.1007/s12671-021-01715-4>
40. **Britton, W.B.** Desbordes, G., Acabchuk, R., Peters, S., Lindahl, J.R., Canby, N.K., Vago, D.R., Dumais, T., Lipsky, J. Kimmel, H., Sager, L., Rahrig, H., Cheaito, A., Acero, P., Scharf, J., Lazar, S.W., Schuman-Olivier, Z., Ferrer, R., and Moitra, E [∞] (2021). From Self-Esteem to Selflessness: An Evidence (Gap) Map of Self-Related Processes as Mechanisms of Mindfulness-Based Interventions. *Frontiers in Psychology: Psychology in Clinical Settings*, 12, 730972. <https://doi.org/10.3389/FPSYG.2021.730972>
41. Cooper, D., Lindahl, J.R., Palitsky, R., and **Britton, W.B.** [∞] (2021) “Like a Vibration Cascading through the Body”: Energy-Like Somatic Experiences Reported by Western Buddhists. *Religions*, 12(12), 1042. <https://doi.org/10.3390/rel12121042>
42. Lindahl, J.R., Cooper, D.J., and **Britton, W.B.** [□] (2022). Fear and terror in Buddhist Meditation: A Cognitive Model for Meditation-Induced Changes in Arousal and Affect. *Journal of Cognitive Historiography*, 7(1-2), 147-170. <https://doi.org/10.1558/jch.22807>
43. Alejandre-Lara, A. Eichel, K., Wesbecher, K., Lindahl, J., and Britton, W.B. (2022). How do MBPs improve depression: Selflessness, valence or valenced-self? *Cognitive Therapy and Research*, 46, pages 668–685. <https://doi.org/10.1007/s10608-021-10287-5>

44. Brown, K.W., Berry, D.R., Eichel, K. Beloborodova, P. Rahrig, H. and **Britton, W.B.** (2022). Comparing Impacts of Meditation Training in Focused Attention, Open Monitoring, and Mindfulness-Based Cognitive Therapy on Emotion Reactivity and Regulation: Neural and Subjective Evidence. *Psychophysiology*, *59*, e14024. PMID: 35182393, DOI: [10.1111/psyp.14024](https://doi.org/10.1111/psyp.14024)
45. Hitchcock, P. **Britton, W.B.** Mehta, K., Frank, M. (2023) Self-judgment dissected: A computational modeling analysis of self-referential processing and its relationship to trait mindfulness facets and depression symptoms. *Cognitive, Affective, and Behavioral Neuroscience*, *23*, 171-189. PMID: 36168080 DOI: <https://doi.org/10.3758/s13415-022-01033-9>
46. Lindahl, J.R., Palitsky, R., Cooper, D.J., and **Britton, W.B.** (2023) The role and impacts of Worldviews in the context of meditation-related challenges. *Transcultural Psychiatry*, *60* (4), 637-650. doi: 10.1177/13634615221128679.
47. Loucks, E.B., Schuman-Olivier, Z., Saadeh, F.B., Scarpaci, M.M., Nardi, W.R., Gutman, R., King, J., **Britton, W.B.**, Kronish, I.M. (2023) The effect of adapted mindfulness training in participants with elevated office blood pressure: The MB-BP Study: A randomized clinical trial. *Journal of the American Heart Association*, *12* (11), e028712. PMID: 37218591, PMCID: [PMC10381983](https://pubmed.ncbi.nlm.nih.gov/PMC10381983/), DOI: [10.1161/JAHA.122.028712](https://doi.org/10.1161/JAHA.122.028712) impact factor 6.21
48. Loucks, E.B., Kronish, I.M., Saadeh, F.B., Scarpaci, M.M., Proulx, J.A., Gutman, R., **Britton, W.B.**, Schuman-Olivier, Z. (2023) Adapted Mindfulness Training for Interoception and Adherence to the DASH Diet: A Phase 2 Randomized Clinical Trial. *JAMA Network Open*, *6* (11), e2339243-e2339243. doi:10.1001/jamanetworkopen.2023.39243 Impact factor = 13.8
49. Palitsky, R., Cooper, D.J., Lindahl, J.R., and **Britton, W.B.** (2023) Relationships between religious and scientific worldviews in the narratives of Western Buddhists reporting meditation-related challenges. *Journal of Contemplative Studies*, *1*, 1-28. <https://doi.org/10.57010/GDCW6138>
50. Canby, N., Lindahl, J.R., **Britton, W.B.**, & Córdova, J. (in press) Clarifying and measuring the characteristics of experiences that involve a loss of self or a dissolution of its boundaries. *Consciousness and Cognition*,

OTHER PEER-REVIEWED PUBLICATIONS

1. Shapiro, S., **Britton, W.B.**, and Walsh, R. (2004). An analysis of recent meditation research and suggestions for future directions. *Journal of Meditation Research*, *10*, 2-27.
2. Payne, J. D., **Britton, W.B.**, Bootzin, R. R., and Nadel, L. (2005). Beyond acetylcholine: next steps for sleep and memory research. *Behavioral and Brain Sciences*, *28*, 77. doi: 10.1017/S0140525X05340027
3. **Britton, W.B.** and Lindahl, J.R. (2015). Meditation. In *Oxford Bibliographies in Psychology*. Ed. Dana S. Dunn. New York: Oxford University Press.

BOOK CHAPTERS AND BOOK SECTIONS

1. Payne, J. D., **Britton, W.B.**, Nadel, L., and Jacobs, W. J. (2004). The biopsychology of trauma and memory. In D. Reisberg and P. Hertel (Eds.), *Memory and Emotion* (pp. 76-128). New York: Oxford University Press. <http://dx.doi.org/10.1093/acprof:oso/9780195158564.003.0003>
2. **Britton, W.B.**, Bootzin, R.R., Cousins, J.C., Hasler, B.P., Peck, T., and Shapiro, S.L. (2012). The contribution of mindfulness practice to a multi-component behavioral sleep intervention following substance Abuse treatment in adolescents. In Marcus, M., and Zgierska, A. (Eds.) *Mindfulness-Related Treatments and Addiction Recovery*. London: Taylor and Francis.
3. **Britton, W.B.** , Brown, A.C., Kaplan, C.T., Goldman, R.E., DeLuca, M., Rojiani, R., Reis, H., Xi, M., Chou, J.C., McKenna, F., Hitchcock, P., Rocha, T.A. Himmelfarb, J., Margolis, D.M. Niles, H.F., Eckert, A.M., and Frank, A. (2013). Contemplative Science: An Insider's Prospectus. In Marilla Svinicki (ed). *New Directions for Teaching and Learning: Contemplative Studies in Higher Education*. San Francisco: Jossey-Bass. <https://doi.org/10.1002/tl.20051>
4. **Britton, W.B.** and Sydnor, A. (2015). Neurobiological Models of Meditation: Implications for Training Young People. In Willard, C. and Salzman, A. (Eds.) *Teaching Mindfulness Skills to Kids and Teens*. New York: Guilford
5. Garland, S.N., **Britton, W.B.**, Agagianian, N., Goldman, R.E., Carlson, L.E., and Ong, J.C. (2015). Mindfulness, Affect, and Sleep: Current Perspectives and Future Directions. In K.A. Babson and M.T. Felder (eds) *Sleep and Affect*. New York: Elsevier. doi: [10.1016/B978-0-12-417188-6.00016-5](https://doi.org/10.1016/B978-0-12-417188-6.00016-5)
6. **Britton, W.B.** (2016). (Chapter 5) Scientific literacy as a foundational competency for teachers of mindfulness-based interventions. In McCown, D., Reibel, D., and Micozzi, MS (eds). *Resources for Teaching Mindfulness: An International Handbook*. New York: Springer. p. 93-119. doi: [10.1007/978-3-319-30100-6_5](https://doi.org/10.1007/978-3-319-30100-6_5)
7. **Britton, W.B.** (2016). (Chapter 34) Self-Inquiry: Investigating Confirmation Bias. In McCown, D., Reibel, D., and Micozzi, MS (eds). *Resources for Teaching Mindfulness. An International Handbook*. New York: Springer. doi: [10.1007/978-3-319-30100-6_24](https://doi.org/10.1007/978-3-319-30100-6_24)
8. **Britton, W.B.** (2018). Foreword. In Treleaven, D.A., *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing*. New York: Norton.
9. Lindahl., J.R., **Britton, W.B.**, Cooper, D., and Kirmayer, L.J., (2019). Challenging and Adverse Meditation Experiences: Toward A Person-Centered Approach. In Farias, M., Brazier, D., and Laljee, M., (Eds). *The Oxford Handbook of Meditation*. Oxford University Press. doi: [10.1093/oxfordhb/9780198808640.013.51](https://doi.org/10.1093/oxfordhb/9780198808640.013.51)
10. Lindahl., J.R., Fisher, N. Cooper, D., **Britton, W.B.** (accepted December 2023) Personal Narratives of Challenges from Buddhist Meditation: Interviews with Three Western

Practitioners from the Varieties of Contemplative Experience Study. In Salguero, P. (Eds) *Meditation Sickness: An anthology of sources on the dangers of meditation*. New York: Columbia University Press.

OTHER NON PEER- REVIEWED PUBLICATIONS

1. **Britton, W.B.** (2004). Book Review. *Cerebrum: The Dana Forum on Brain Science*, volume 5 (3) 2003, *Sleep* 27, 1606.
2. Bootzin R.R., Shapiro S.L, Bailey E.T., **Britton W.B.** (2005). *Multicomponent Mindfulness-Based Sleep Treatment Manual for Adolescents*. Tucson AZ: University of Arizona.
3. **Britton, W.B.**, Davis, J.H. and Lindahl, J.R. (2012). *Focused Attention Meditation: 8-week Treatment Manual*. Providence, RI: Brown University.
4. **Britton, W.B.**, Davis, J.H. and Lindahl, J.R. (2012) *Open-Monitoring Meditation: 8-week Treatment Manual*. Providence, RI: Brown University
5. **Britton, W.B.** (2019) *Self-Scaffolding Worksheet*. Providence, RI: Brown University. Nov 25

PUBLICATIONS SUBMITTED OR IN PREPARATION

underlined names indicate students mentored by Willoughby Britton

[∞] denotes senior corresponding author or lab director

1. Ahmed, F. Eichel, K. and **Britton, W. B.**[∞] (submitted). Emotional Reactivity Mediates Relationship between Higher Shift Costs and Improved Depression Scores across Mindfulness-Based Intervention
2. Dumais, T., Lipsky, J., Acero, P., Cho, L., Zhu, Z., Eichel, K., and **Britton, W.B.**[∞] (submitted). Mindfulness and sleep: interaction effects of practice type, measurement method and medication status in a 3-armed randomized controlled dismantling trial
3. Canby, N. Lipsky, J., Cullen, B., Eichel, K., and **Britton, W.B.**[∞] (submitted). The Teacher Matters: Instructor Related Effects of a Pilot Mindfulness Intervention RCT in a School Setting
4. Wesbecher, K. Cho, L., Ahmed, F., Cullen, B., Eichel, K., and **Britton, W.B.**[∞] (in preparation). Effects of mindfulness training on emotion and attention processing in a self-relevant context: evidence from the late positive potential and P300.
5. Canby, N., Lindahl, J., Britton, W., & Córdova, J. (in preparation). Examining the mechanisms of positive and negative impacts of experiences that involve a loss of self or dissolution of its boundaries.
6. Cosby, E., Mahdavi, G., Lindahl, J.R., and **Britton, W.B.**[∞] (in preparation). Early adversity predicts treatment response and adverse reactions to mindfulness-based interventions.

SCHOLARLY WORK PUBLISHED IN ANOTHER MEDIA

1. **Britton, W.B.** (2005). The Physiology of Stress and Depression and Reversal by Meditative Techniques. Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 3rd Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 1-4. 3 hr DVD available for purchase through the Center for Mindfulness, University of Massachusetts Medical School
2. **Britton, W.B.** (2010). Meditation and Sleep: Paradoxes and Promises. Huffington Post. www.huffingtonpost.com/willoughby-britton/sleep-tips-meditation-for_b_597600.html
3. **Britton, W.B.** (2011). Why a neuroscientist would study meditation. TED Talk. <http://tedxtalks.ted.com/video/TEDxBrownUniversity-Willoughby>
4. **Britton, W.B.**, Lindahl, J.L., and Treleaven, D. (2018). First Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 20-hour Meditation Safety training, available as a CME webinar through the Center for Mindfulness, University of Massachusetts Medical School
5. **Britton, W.B. (2020-1)** Peer support for meditators-in-distress. 9 month, 40-hour video webinar. Cheetah House Care Team Training, Cohort 1, January 7, 2020- August 26, 2021.
6. **Britton, W.B. (2020)** Signs of dissociation. Publicly available video webinar. September 30.
7. ***Britton, W.B. (2020)**. Understanding the adverse effects of mindfulness and how to mitigate them. 3-hour online webinar for clinicians (CE/CME credits available). Leading Edge Seminars, Toronto Canada. October 5
8. **Britton, W.B. (2022-3)** Meditation and Dissociation 6-part course. Available on demand. Cheetah House. November 30, 2020- February 8, 2023 (see national presentations for details on individual modules)

CONFERENCE ABSTRACTS and PRESENTATIONS

underlined names indicate students mentored by Willoughby Britton

[∞] denotes senior corresponding author or lab director

[°] international

1. Thompson, A.C., **Britton, W.B.**, and Shippenberg, T.S. (1998). NMDA-induced dopamine response is blunted following repeated kappa-opioid receptor agonist treatment. Glutamate Cascade Symposium, National Institute of Health, Bethesda MD, May 3-5
2. Thompson, A.C., **Britton, W.B.**, and Shippenberg, T.S. (1998). Repeated administration of kappa-agonist U-69593 alters dopamine activity in the accumbens and striatum but not in the ventral tegmental area. Society for Neuroscience Annual Meeting, Los Angeles CA, November 7-12

3. **Britton, W.B.**, Martinez, K. Bailey, E., Fridel, K. and Bootzin, R. (2002). Unusual REM pattern in near-death experiencers. *Sleep*, 25, A386
4. **Britton, W.B.**, Martinez, K. Bailey, E., Fridel, K. and Bootzin, R. (2002). Increased temporal lobe paroxysmal EEG activity and altered sleep patterns in near-death experience sample: results of a single overnight polysomnographic study. Poster presented at Tucson5: Towards a Science of Consciousness, Tucson AZ. April 9-12
5. **Britton, W.B.** and Bootzin, R. (2002). Temporal lobe paroxysmal EEG and altered sleep patterns in Near-death experiencers. Presented at the Parapsychological Association 45th Annual Convention, Paris, France, August 4-7
6. Shapiro, S., **Britton, W. B.**, Penn, P., and Bootzin, R. R. (2003). Treating Insomnia with Mindfulness-Based Stress Reduction. Paper presented at the Society for Behavioral Medicine 25th Annual Conference, Salt Lake City. March 19-22
7. Cousins, J.C., Bootzin, R.R., Fridel, K.W., **Britton, W.B.**, Bailey, E.T., Hasler, B., Klein, B., and Sidani, S. (2003). Effect of patient's treatment preference on outcome: A multi-site study of behavioral treatments of insomnia. Conference on Measurement, Methodology, and Evaluation: Festschrift in Honor of Lee Sechrest, University of Arizona, Tucson. April 28
8. Bootzin, R.R., Stevens, S.J., Shapiro, S.L., Hitt, S., Bailey, E.T., **Britton, W.B.**, Cousins, J.C., Fridel, K.W., and Estrada, B. (2003). Treating sleep problems of adolescents with a history of substance abuse. *Sleep*, 26, A148
9. **Britton, W.B.**, Shapiro, S.L., Penn, P.E., and Bootzin, R.R. (2003). Treating insomnia with mindfulness-based stress reduction. *Sleep*, 26, A309
10. **Britton, W.B.**, Fridel, K.W., Payne, J.D., and Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation: a PSG Study. American Psychological Society 17th Annual Convention, Los Angeles, May 26-29
11. Bootzin R., Stevens, S.J., Shapiro, S., Cousins, J.C., Fridel, K.W., Hasler, B., Bailey, E.T., **Britton WB**, Hitt S, Cameron M, and Estrada B. (2005). Treating insomnia and daytime sleepiness in adolescents with a drug abuse history. *Sleep and Biological Rhythms*, 3, A4
12. **Britton, W.B.**, Fridel, K.W., Payne, J.D., and Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation: a PSG Study. *Sleep* 28, A315
13. **Britton, W.B.**, Fridel, K.W., Payne, J.D., and Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation: a PSG study. Presented at the World Federation of Sleep Research and Sleep Medicine Societies. India Habitat Center, New Delhi, India, September 22-26
14. **Britton, W.B.**, Fridel, K.W., Payne, J.D., and Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation. Presented at the American Association for Behavioral and Cognitive Therapies. Washington D.C., October 17-20

15. Breslin, J. H., **Britton, W.B.**, and Bootzin, R. R. (2005). Duration of previous depression predicts stress-related memory recall. Society for Neuroscience, Washington D.C., November 12-16.
16. Smith, L.J., **Britton, W.B.**, Breslin, J. H., Jacobs, W. J. and Bootzin, R.R. (2006). The effect of REM sleep disturbance on emotional memory recall in depressed, remitted and never-depressed individuals. *Sleep*, 29, A333
17. Breslin, J.H., Britton, W.B., Bootzin, R.R., and Nadel, L. (2006). Both arousal and slow-wave sleep facilitate sleep-related memory. *Sleep*, 29, A377
18. Ruiter, M., **Britton, W.B.**, Haynes, P., Fridel, K., and Bootzin R.R. (2006). Sleep disturbance following stress induction in chronically depressed individuals. *Sleep*, 29, A327
19. **Britton, W.B.**, Fridel, K.W. and Bootzin, R.R. (2006). Paradoxes and promises: The effects of mindfulness meditation on sleep in depression, *Sleep*, 29, A325
20. **Britton, W.B.**, Haynes, P.L. Fridel, K.W., and Bootzin, R.R. (2006). Changes in sleep and depression following mindfulness meditation. Presented at the Center for Mindfulness, University of Massachusetts Medical School. April 1-4
21. **Britton, W.B.**, and Bootzin, R.R. (2006). Neurocognitive and emotional changes following Mindfulness-based Cognitive Therapy for depression. Presented at the Center for Mindfulness, University of Massachusetts Medical School. April 1-4
22. **Britton, W.B.**, Haynes, P.L. Fridel, K.W., and Bootzin, R.R. (2006). Changes in sleep and depression following mindfulness meditation. Presented at the Towards a Science of Consciousness Conference, Tucson AZ, April 4-8
23. **Britton, W.B.**, Stone, K., Acebo, C., and Carskadon, M.A. (2007). Early REM sleep predicts first signs of affective disturbance in never-depressed adolescents. Poster presentation at Brown University Research Day, April 12
24. Smith, L.J., **Britton, W.B.**, and Bootzin, R.R. (2007). Sleep's role in memory consolidation: different processes for remitted depressed and never depressed individuals. *Sleep*, 30, A331
25. Stone, K. C., **Britton, W. B.**, Acebo, C., and Carskadon, M. (2007). Adolescent alcohol use associated with adolescent sleep and sleepiness. Poster session presented at the meeting of the Associated Professional Sleep Societies, Minneapolis, MN. June 9-14
26. **Britton, W.B.**, Stone, K., Acebo, C., and Carskadon, M.A. (2007). Early night REM sleep as harbinger of affective disturbance in adolescents. Poster session presented at The 5th World Congress of the World Federation of Sleep Research and Sleep Medicine Societies, Cairns, Australia. September 7
27. **Stone, K. C., Britton, W. B.**, Acebo, C., and Carskadon, M. (2007). Sleep patterns and school performance of high school students across 16 weeks. Poster session presented at the 5th World Congress of the World Federation of Sleep Research and Sleep Medicine Societies, Cairns, Australia. September 7

28. Darling, E. and **Britton, W.B.** (2008). Mindfulness-Based Cognitive Therapy: patient perspectives on key practices at one year follow-up. 12th Annual Research Symposium on Mental Health Sciences. Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, Providence RI. March 27
29. **Britton, W.B., Lepp, N., Sacchet, M., Farber, A., Karki, B., Silverstein, G., Mitchell J., Allard, R., and Scult, M.** (2008). Silence in school: a randomized controlled trial of mindfulness training in 6th graders. 12th Annual Research Symposium on Mental Health Sciences. Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, Providence RI. March 27
30. Shahr, B., **Britton, W. B.** (2008). Cognitive mediators in mindfulness-based cognitive therapy for depression. Presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 6th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 9-13.
31. **Britton, W. B.** (2008). Issues of "dosage" in meditation research: frequency, duration and intensity. Presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 6th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 9-13
32. **Britton, W.B.,** Stone, K., Acebo, C., and Carskadon, M.A. (2008). Duration of first REM episode in never-depressed adolescents: early indicator of affective disturbance? *Sleep, 31*, A315
33. Smith, L.J., **Britton, W.B.,** and Bootzin, R.R. (2008). The impact of mood and sleep disturbance on emotional memory in remitted depressed participants. *Sleep, 31*, A367
34. Stone, K. C., **Britton, W. B.,** Acebo, C., and Carskadon, M. (2008). Sex differences in human adolescent nocturnal activity: implications for actigraphic sleep measurement. *Sleep, 31*, A345
35. Ruiter, M., Britton, W.B., Bootzin, R.R. and Lichstein, K.L. (2008). The interaction between depression and sleep complaints affects emotional reactions to stressful events and objective sleep. *Sleep, 31*, A320
36. Darling, E., and **Britton, W.B.** [∞] (2009). Depressed patients prefer single-pointed concentration practice which may reduce depression via increased physiological activation. Poster presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 7th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, March 18-22
37. Roberts-Wolfe, D., Sacchet, M., Itzoe, M., and **Britton, W.B.** [∞] (2009). Changes in emotional memory recall following mindfulness meditation vs music training: implications for affective disorders. 13th Annual Research Symposium on Mental Health Sciences. Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, Providence RI. March 26

38. Silverstein, G., Ziemba, L., Devlin, K., Rothamel, K., Coleman, C., and Britton, W.B. [∞] (2009). The role of mindfulness in the treatment of female sexual dysfunction. 13th Annual Research Symposium on Mental Health Sciences. Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, Providence RI. March 26
39. Lepp, N.E., Bhatnagar, R. and Britton, W.B. [∞] (2009). Impact of classroom meditation on mental health of 6th grade students in providence, Rhode Island: a two-year randomized, wait list-controlled pilot study. 13th Annual Research Symposium on Mental Health Sciences. Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, Providence RI. March 26
40. **Britton, W.B.** (2009). Prophylactic promise: school-based mindfulness training. Invited presentation at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 7th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, March 18-22
41. Lepp, N.E., Bhatnagar, R. and Britton, W.B. [∞] (2009). Impact of classroom meditation on mental health of 6th grade students in providence, Rhode Island: a two-year randomized, wait list-controlled pilot study. Poster presentation at Brown Public Health Research Day. April 14
42. Darling, E., and Britton, W.B. [∞] (2009). School-based mindfulness training as a novel delivery system for the treatment of depression in college age women. Association for Behavioral and Cognitive Therapies Conference. New York, NY. November 19-21
43. **Britton, W. B.,** Fridel, K. W., Haynes, P. L., and Bootzin (2010). Effects of Mindfulness-Based Cognitive Therapy on sleep in partially remitted depression. *Psychophysiology*, 47, 12
44. Roberts-Wolfe, D., Sacchet, M., Roth, H., and Britton, W.B. [∞] (2010). Changes in emotional memory recall following mindfulness meditation vs music training: implications for affective disorders. Poster presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 8th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 7-11
45. Sacchet, M., Roberts-Wolfe, D., Roth, H., and Britton, W.B. [∞] (2010). Mindfulness training alters emotional information processing: possible implications for affective disorders. Poster presented at the World Congress of Behavioral and Cognitive Therapies. Boston MA. June 2-5
46. Capecelatro, M., and Britton, W.B. [∞] (2010). Linguistic markers of positive treatment response to mindfulness-based cognitive therapy for depression. Poster presented at the World Congress of Behavioral and Cognitive Therapies. Boston MA. June 2-5
47. Silverstein, G., Roth, H., and Britton, W.B. [∞] (2010). The role of mindfulness in the treatment of female sexual dysfunction. Poster presented at the World Congress of Behavioral and Cognitive Therapies. Boston MA. June 2-5
48. Capecelatro, M., and Britton, W.B. [∞] (2010). Spontaneous word use reflects depression-related brain function. Poster presented at the International Congress of Behavioral Medicine. Washington DC. August 4-7

49. Silverstein, G., Roth, H., and **Britton, W.B.** (2010). Body Awareness and female sexual arousal: A mindfulness intervention. International Congress of Behavioral Medicine. Washington DC, August 4-7
50. Silverstein, G., Roth, H., and **Britton, W.B.** ^ω (2010). The role of mindfulness in the treatment of female sexual dysfunction. Poster presented at the Mind and Life Summer Research Institute, Garrison NY. June 14-20
51. Lepp, N., Darling, E., Roth, H. and **Britton, W.B.** ^ω (2010). School-based mindfulness training in middle school and college students. Mind and Life Summer Research Institute, Garrison NY. June 14-20
52. Shaha, B., and **Britton, W. B.** (2011). Mechanisms of change in mindfulness-based cognitive therapy. A paper presented in the 42th International Meeting of the Society for Psychotherapy Research, Bern, Switzerland. June 17
53. DeJong, M., and **Britton, W. B.** (2012). Mindfulness Based Cognitive Therapy for Chronic Pain and Depression: Background and Design of a Randomized Controlled Trial. Poster presented at the International Symposium for Contemplative Studies. Denver, CO April 24-26
54. Van Dam, N.T., Mole, T.B., Davis, J.H., Schlosser, Z., Colin G. DeYoung, C.G., **Britton, W.B.** and Judson A. Brewer, J.A. (2012). Development and Validation of a Buddhist Temperament Questionnaire. Mind and Life Summer Research Institute, Garrison NY. June 16-22
55. Kaplan, C.T., Winget, E., Fisher, N. and **Britton, W.B.** ^ω (2012). Adverse effects and difficult stages of the contemplative path. Mind and Life Summer Research Institute: New Frontiers in Contemplative Science. Garrison NY, June 16-22
56. Smith, V., **Britton, W.B.** Roth, H., and Sydnor, A., (2012). Contemplative Studies: Applied Neuroplasticity and Whole Person Learning. Poster presented at the Sheridan Center for Teaching and Learning 2th Anniversary. Brown University, November 7
57. Loucks E.B., **Britton W.B.**, Houseman E.A., Eaton C.B., and Buka S.L. (2013). Self-reported mindfulness is associated with specific CHD risk factors. Society for Behavioral Medicine Conference
58. **Britton, W.B.**, (2013). Adverse Effects and Meditation-Related Difficulties: An Empirical Analysis. 11th Annual International Scientific Conference Center for Mindfulness in Medicine, Health Care, and Society. Norwood MA. April 17-21
59. Hitchcock, P.F., Capecelatro, M., Sacchet, M., Miller, S.M., and **Britton, W.B.** ^ω (2013). Sex and Chocolate: Depression History Affects Appetitive Information Processing. Poster accepted for presentation at the 25th APS Annual Convention. Washington, D.C. May 23-26
60. Loucks E.B., **Britton W.B.**, Howe C.J., Eaton C.B., and Buka S.L. (2014) Positive Associations of Mindfulness with Cardiovascular Health. *Psychosomatic Medicine*. Presented at the American Psychosomatic Society (APS) March 12-15, San Francisco, CA

61. **Britton, W.B.** Galla, B. and Morey, J. (2014). Inward Bound Mindfulness Education's (iBme) Teen Retreat Program. Presentation at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 12th Annual Conference for Clinicians, Researchers and Educators. Norwood, MA, April 4
62. De Jong, M., **Britton, W.B.**, Hoge, E., Peeters, F., Lazar., S. M., and Fava, M. (2014). A Randomized Controlled Pilot Study on Mindfulness-Based Cognitive Therapy for Unipolar Depression in Patients With Chronic Pain. Poster presented at the Annual Meeting of the American Psychological Association (APA). New York, NY, May 3-7
63. Fisher, N., Lindahl, J.R., and **Britton, W.B.** [∞] (2014). Nonlinear Contemplative Development in Contemporary Theravadin Buddhist and Jewish Mystical Traditions. The Mind and Life International Symposium for Contemplative Studies. Boston, MA. October 31
64. Chou, J.C., Santoyo, J.F., Kang, Y., Roth, H., and **Britton, W.B.** [∞] (2014). University Meditation Course Cultivates Inhibitory Control and Emotional Awareness. The Mind and Life International Symposium for Contemplative Studies. Boston, MA. November 1
65. Loucks E.B., **Britton W.B.**, Howe C.J., Eaton C.B., and Buka S.L. (2015). Associations of Dispositional Mindfulness With Obesity and Central Adiposity: The New England Family. American Psychosomatic Society. Savannah, GA March 18-21
66. Goldstein, M.R., **Britton, W.B.**, Allen, J.B., and Bootzin, R.R. (2015). Effects of a mindfulness-based depression relapse prevention program on quantitative sleep EEG. Joint Conference of the Associated Professional Sleep Societies (APSS) and American Academy of Sleep Medicine, Seattle WA. June 6-10
67. Cullen, B., Rahrig, H., Dumais, Canby, N., Lindahl, J.R., and **Britton, W.B.** [∞] (2016). Assessing the role of social relationship factors in a clinical trial of Mindfulness-Based Cognitive Therapy. Brown University Department of Psychiatry and Human Behavior Mind Brain Research Day. Brown University Providence RI, March 30
68. Eichel, K. and **Britton, W. B.** [∞] (2016). Effects of Focused Attention and Open Monitoring Meditation on Sustained Attention - Behavioral and Neurophysiological Changes. Paper at the Mind and Life International Symposium for Contemplative Studies, San Diego, CA, USA
69. Canby, N., Margolis., C., Cullen, B., Rahrig, H., Alejandro-Lara, A., Noorani, M., Lindahl, J.R., and **Britton, W.B.** [∞] (2016). The role of social relationships in contemplative development. Mind and Life Summer Research Institute, Garrison NY. June 11-18.
70. Dumais, T., Spas, J., Marco, C., and **Britton, W.B.** [∞] (2017). How Does Mindfulness Affect Sleep?: Differential Effects of Focused Attention and Open Monitoring Meditation. School of Public Health Research Day, Brown University, Providence RI. April 13.
71. Goldstein, M.R., **Britton, W.B.**, Ong, J.C., Turner, A.D., Sholtes, D., Wyatt, J.K, Manber, R., and Allen, J.B. (2017). Mindfulness meditation and cortical arousal indicated by sleep EEG:

Potential implications for understanding insomnia and its treatment. Towards a Science of Consciousness. San Diego CA, June 5-10

72. Cullen, B., Canby, N., and Britton, W. B. [∞] (2017). Teacher effects in a school-based mindfulness intervention. Mind and Life Summer Research Institute, Garrison NY. June 5-11
73. Chang, B., Cullen, B., Kini, N., Rahrig, H., and **Britton, W.B.** [∞] (2017). Dismantling effects of focused attention and open monitoring techniques in Mindfulness-Based Cognitive Therapy for affective disturbances. Annual Meeting and Expo of the American Public Health Association: Integrative, Complementary and Tradition Health Practices Section. Atlanta, GA, Nov. 4-8
74. Lipsky, J., Acero, P., Cho, L., Kreidler, P., Zhu, Z., and Britton, W.B. [∞] (2017). Where is your (Mind)fulness? It Matters for Sleep. Brown University Department of Psychiatry and Human Behavior Mind Brain Research Day. Brown University, Providence RI, March 28, 2017
75. Lipsky, J., Acero, P., Cho, L., Kreidler, P., Zhu, Z., and Britton, W.B. [∞] (2017). Where is your (Mind)fulness? It Matters for Sleep. Brown University School of Public Health Research Day. Brown University, Providence RI, April 13, 2017
76. Lipsky, J., Acero, P., Cho, L., Kreidler, P., Zhu, Z., and Britton, W.B. [∞] (2017). Where is your (Mind)fulness? It Matters for Sleep. Society for Affective Science Annual Conference. Boston MA, April 27-29, 2017
77. Lipsky, J., Acero, P., Cho, L., Kreidler, P., Zhu, Z., and Britton, W.B. [∞] (2017). Where is your (Mind)fulness? It Matters for Sleep. Association for Psychological Science Annual Convention. Boston MA, May 25-28, 2017
78. Cosby, E., and **Britton, W.B.** [∞] (2017). Childhood Maltreatment Predicts Poor Mindfulness-Based Cognitive Therapy Treatment Outcomes for Active Depression. Society for Affective Science Annual Conference, Boston MA, April 27
79. Sargent, K., and **Britton, W.B.** [∞] (2017) Side effects of mindfulness: Psychopathology predicts anomalous meditation experiences. Poster session presented at: The Society for Affective Science Annual Conference, Boston, MA., April
80. [∞]Eichel, K. and **Britton, W. B.** [∞] (2017). Pay Attention to Focused Attention in Mindfulness-Based Interventions. Paper at the Mindfulness Symposium - Triangulations, Copenhagen, Denmark
81. Eichel, K., Essien, G., Cullen, B., Rogers, A. and Britton, W.B. [∞] (2017). Sustained Attention in Focused Attention versus Open Monitoring Meditation - Behavioral and Neurophysiological Changes. Poster at the 29th Association for Psychological Science Annual Convention, Boston, MA, USA. May 25
82. Yam, D., Eichel, K., and Britton, W.B. [∞] (2017). Emotion Regulation: Across the Lifespan and Throughout Mindfulness. Undergraduate Teaching and Research Awards Poster Session Brown University, Providence RI, August 4

83. Masur, J., Eichel, K., and Britton, W.B. [∞] (2017). Relating Conscientiousness and Mindfulness. Undergraduate Teaching and Research Awards Symposium, Brown University, Providence RI, August 4
84. Yam, D., Eichel, K., and Britton, W.B. (2017). Emotion Regulation: Across the Lifespan and Throughout Mindfulness. Ivy League Undergraduate Research Symposium, University of Pennsylvania. Philadelphia, PA. November 10
85. Masur, J., Eichel, K., and Britton, W.B. [∞] (2017). Relating Conscientiousness and Mindfulness. Ivy League Undergraduate Research Symposium, University of Pennsylvania, Philadelphia PA, November 10
86. Yam, D., Eichel, K., and Britton, W.B. [∞] (2018). Emotion Regulation: Across the Lifespan and Throughout Mindfulness. Mind Brain Research Day. Warren Alpert Medical School of Brown University. Providence RI, March 27
87. Cheaito, A., Kreidler P., Eichel, K., and Britton W. B. [∞] (2018). Psychophysiology of Emotion Reactivity and Regulation in Mindfulness-Based Interventions: A Randomized Controlled Trial, Mind Brain Research Day, Brown University, Providence RI, March 27.
88. Raldiris, T. L., Brown, K. W., Berry, D. R., and **Britton, W. B.** [∞] (2018). How Do Focused Attention vs. Open Monitoring Meditation Training Compare in Emotion Regulation Effects?: An Event-Related Potential Study. Society for Personality and Social Psychology Annual Convention. Atlanta, GA, March 1-3
89. Eichel, K., Chao, S., Cheaito, A., Lipsky, J., Pham, A., Zhu, Z., and Britton, W. B. [∞] (2018). Exclusion by Omission: A Systematic Review of Diversity Variables in Mindfulness Based Interventions. Paper at the Mindfulness On The Margins Unconference, Birmingham, UK. April 19-20
90. Cheaito, A., Kreidler P., Eichel, K., and Britton W.B. [∞] (2018). Psychophysiology of Emotion Reactivity and Regulation in Mindfulness-Based Interventions: A Randomized Controlled Trial, Social Affective Neuroscience Society Conference. New York, NY, May 3-5
91. Cho, L., Eichel, K., and Britton, W.B. [∞] (2018). Effects of mindfulness training on emotion processing in a self-relevant context: evidence from the late positive potential. The Social and Affective Neuroscience Society. Brooklyn, NY, May 3-5
92. Eichel, K. and Britton, W. B. [∞] (2018). Pay Attention to Focused Attention in Mindfulness-Based Interventions. Paper at the Mindfulness Symposium - Triangulations, Copenhagen, Denmark. May 10-11
93. Cheaito, A., Kreidler P., Eichel, K., and Britton W.B. [∞] (2018). Psychophysiology of Emotion Reactivity and Regulation in Mindfulness-Based Interventions: A Randomized Controlled Trial. International Symposium for Contemplative Research, Phoenix, AZ, November 8–11
94. Dumais, T., Peters, S., Moitra E., Loucks, E., SchumanOlivier, Z., Lazar, S.W., Ferrer, R., Vago, D., Lipsky, J., Lindahl, J., Kimmel, H., Sager, L., Rahrig, H., Acero, H., Scharf, J., Acabchuk, R., Britton, W.B. and Desbordes, G. (2018). Systematic Review of Self-Related Processes as

Potential Mechanisms of Action of Mindfulness-Based Interventions. International Symposium for Contemplative Research, Phoenix, AZ November 8–11

95. Wesbecher, K., Alexandre-Lara, A., Eichel, K., and Britton, W.B. [∞] (2020). How do MBIs improve depression? Valence or self-related processing? Poster presented at the 2020 International Neuropsychological Society, Denver, CO. February 7
96. Wesbecher, K., Eichel, K., and Britton, W.B. [∞] (2020). Effects of mindfulness training on attention and emotion processing in self-relevant contexts. Poster presented at the 2020 International Neuropsychology Society, Denver, CO. February 7

INVITED PRESENTATIONS

Local and Regional

1. **Britton, W.B.** (2001). Near-death Experiences and the temporal Lobe. Newman Center Colloquium for Science and Theology, Tucson AZ. November 4
2. **Britton, W.B.** (2002). Psychophysiological effects of meditation: Implications for mind-body medicine. Invited Colloquium Speaker. Program in Integrated Medicine Enrichment Elective for Medical Students, University of Arizona Medical School, Tucson AZ. November 4
3. **Britton, W.B.** (2003). Near-death experiences and the temporal lobe: New Research. St. Albert the Great Forum in Theology and the Sciences, Newman Center, University of Arizona. April 2
4. **Britton, W.B.,** Haynes, P.L. Fridel, K.W., and Bootzin, R.R. (2006). Electroencephalographic sleep profiles before and after mindfulness meditation training in partially remitted depression. Providence Sleep Research Interest Group, Bradley Sleep Research Lab, Brown University. September 18
5. **Britton, W.B.** (2006). Meditation-based interventions: History and Applications in Medicine. Contemplative Studies Initiative 2006-7 Invited Lecture Series. List Auditorium, Brown University. November 29
6. **Britton, W.B** (2007). Mindfulness-Based Cognitive Therapy for depression: overview and empirical findings. Department of Psychiatry, Women and Infants Hospital, Providence RI. November 1
7. **Britton, W.B** (2007). Mindfulness-Based Cognitive Therapy for depression: effects on polysomnographic sleep and stress reactivity and information processing. The Contemplative Studies Medical School Steering Committee, Butler Hospital, Providence, RI. November 8
8. **Britton, W.B** (2007). Death bed visions and near-death experiences. Lecture Series in Contemplative Palliative Care, Warren Alpert Medical School of Brown University, November 13
9. **Britton, W.B** (2007). Meditation-based interventions: a scientific overview. Tucson Community Meditation Center, Tucson, AZ. December 5

10. **Britton, W.B.** (2009). When science trumps popular assumptions: the case of meditation and sleep. Brown University Contemplative Studies Meditation and Neuroscience Lecture Series. October 29
11. **Britton, W.B.** and Smith, V. (2009). Theory and praxis of contemplative pedagogy. The Harriet W. Sheridan Center for Teaching and Learning, Brown University. November 11
12. **Britton, W.B.** (2009). The fallacy of subjective data: objective measures of meditation's effects on sleep. The Osher Institute, Harvard Medical School. November 17
13. Lindahl, J., and **Britton, W.B.** (2010). Cultivating luminous awareness in Greek Christian and Tibetan Buddhist contemplation. Architecture of Minds and Cultures: Cognitive Science Approaches to the Humanities Conference, Brown University. March 27
14. **Britton, W.B.** (2010). Meditation and sleep: a consumers guide. Providence Public Library Lecture Series. Providence RI. March 29
15. **Britton, W.B.** (2010). Meditation-based interventions: applications in medicine. Pre-Clinical Elective in Integrative Medicine, Warren Alpert Medical School of Brown University. April 21
16. **Britton, W.B.** (2010). Contemplative science: progress and pitfalls. Arizona Meditation Research Group (AMRIG), Department of Psychology, University of Arizona (Alfred Kaszniak, Chair). April 14
17. **Britton, W.B.** (2010). Mindfulness in medicine: training the whole physician. Warren Alpert Medical School of Brown University. September 22
18. **Britton, W.B.**, Kornfield, J., and Schlosser, Z. (2010). Difficult stages of the contemplative path. Invited presentation at the Boston Contemplative Science Working Group. Massachusetts General Hospital, Harvard Medical School, Boston MA. November 19
19. **Britton, W.B.** (2010). Difficult stages of the contemplative path. Invited presentation at the Metro-Area Research Group on Awareness and Meditation (MARGAM), New York University, December 8
20. **Britton, W.B.**, Kornfield, J., and Schlosser, Z. (2010). Difficult stages of the contemplative path. Invited presentation at the Tucson Community Meditation Center, December 17
21. **Britton, W.B.**, Schlosser, Z., Kaplan, C., Winget, E., and Kornfield, J. (2012). The trajectory of Contemplative Development: what is the shape of the path? 1st Annual Contemplative Development Mapping Project Conference. Barre Center for Buddhist Studies, Barre MA. January 1-2
22. **Britton, W.B.** (2012). Mindfulness: Overview of research and applications education and medicine Brown University Health Services. Providence, RI. January 17
23. **Britton, W.B.** (2012). Mindfulness: Neural mechanisms and applications in medicine. Brown University Center for Alcohol and Addiction Studies Grand Rounds. Providence, RI. Feb 17

24. **Britton, W.B.**, (2012). The trajectory of Contemplative Development: what is the shape of the path? Barre Center for Buddhist Studies, Barre, MA. June 7
25. **Britton, W.B.** (2012). Adverse effects and meditation-related difficulties. Association for Contemplative Mind in Higher Education. Smith College, Northampton MA. August 1
26. **Britton, W.B., Noel, P., Canby, N., Calhoun, A.** (2012). Mindfulness in Medicine: Results from a pilot trial for oncology staff. Miriam Hospital, Warren Alpert Medical School of Brown University. Providence, RI. August 6
27. **Britton, W.B.** (2012). Mindful Medicine. The Gold Humanism Honors Society Visiting Professorship Medical Grand Rounds. Warren Alpert Medical School of Brown University, Providence, RI. November 13
28. **Britton, W.B.** (2012). Dismantling Mindfulness: Which types of attention training have what effect for whom? Mindfulness Research Collaborative. Massachusetts General Hospital, Harvard Medical School. December 5
29. **Britton, W.B.**, (2013). Integrative Contemplative Pedagogy: Quantitative results. Brown University Contemplative Pedagogy Certification Program. Providence, RI. July 18
30. **Britton, W.B.**, and Lindahl, J.R. (2014) The Varieties of Contemplative Experience: An Empirical Study of American Buddhist Meditators. Smith College, Department of Religion. November 13
31. **Britton, W.B.** (2015). The Promises and Perils of Mixing Buddhism with Western Psychiatry. Invited keynote. Scott Symposium, Middlebury College, Middlebury VT. March 13-14
32. **Britton, W.B.** (2015). Contemplative Science: Uniting inner and outer technologies. Wesleyan University. Middletown, CT. April 9
33. **Britton, W.B.**, and Lindahl, J.R. (2015) Contemplative Pedagogy. Wesleyan University. Middletown, CT. April 9
34. **Britton, W.B.** (2016). Psychopathology: Benefits and Limitations. Theoretical and Methodological Challenges in Mindfulness Research: Setting an Agenda for a Programmatic Research Initiative to Study the Neurobiological, Clinical and Real-Life Changes Associated with Mindfulness-Based Contemplative Practice. Harvard University. Cambridge MA. January 21-22
35. **Britton, W.B.** (2017). The Varieties of Contemplative Experience Through the Lens of Transcultural Psychiatry. The Body, Emotion and Trauma: Contemplative Practice Across Cultures Conference. Cogut Center for the Humanities, Brown University. March 3
36. **Britton, W.B.** (2017) Meditation Safety: Research and Practice Update. Science of Mindfulness and Compassion. Cambridge Health Alliance and Harvard Medical School, Harvard University. November 18

37. **Britton, W.B.** (2018). Adverse Effects of Meditation: How to Practice Safely. Meditation and Psychotherapy: Enhancing Mindfulness and Compassion. Course offered by Cambridge Health Alliance and Harvard Medical School. Boston, MA. May 4-5
38. **Britton, W.B.** (2018). Meditation safety: Some things to consider as we go digital. Symposium on Technology-Assisted Meditation. Harvard University, Cambridge, MA. September 29
39. **Britton, W.B.** and Lindahl, J.R. (2018). Meditation-Related Challenges: Their Nature, Cause, and Influence for Meditators and Meditation Culture. Williams College, Williamstown, MA. October 4
40. **Britton, W.B.** (2018) Trauma-informed mindfulness. Fundamentals class. Mindfulness Center at Brown University MBSR Instructor training. Providence, RI. October 24
41. **Britton, W.B.**, Lindahl, J.R. (2020). The adverse effects of meditation: A research overview. McLean Hospital Grand Rounds, Harvard University Medical School, Belmont MA. February 19
42. **Britton, W.B.** (2021). The adverse effects of meditation: A research chronology. Series in Integrative Medicine, Harvard University Medical School, Boston MA. January 6
43. **Britton, W.B.** (2021). The adverse effects of meditation: What they are, why they happen and how you can help. Tufts University Psychological Services, Somerville, MA. February 8
44. **Britton, W.B.** and Gilner, D. (2023). Meditation-related adverse effects: Research and remediation. Series in Integrative Medicine, Harvard University Medical School, Boston MA. March 29.

National

1. **Britton, W.B.** (2001). Assessment of temporal lobe functioning in near-death trauma survivors. Invited research panelist at the International Association for Near-Death Studies (IANDS) North American Conference, Seattle WA. July 17-20
2. **Britton, W.B.** (2005). Possible physiological mechanisms of mindfulness meditation in depression. part I: sleep and REM disturbances. Presented at the Mind and Life Summer Research Institute. Garrison NY, June 28-July 2
3. **Britton, W.B.**, Fridel, K.W., Payne, J.D., and Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation: a PSG study. Presented Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 3rd Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 1-4
4. **Britton, W.B.** (2005). The physiology of stress and depression and reversal by meditative techniques. 3-hour workshop at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 3rd Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 1-4

5. **Britton, W.B.** (2006). The physiology of stress and depression and reversal by meditative techniques. 3-hour workshop at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 4th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 2-5
6. **Britton, W.B.**, and Bootzin, R.R. (2006). Neurocognitive and emotional changes following Mindfulness-based Cognitive Therapy for depression. Presented at the Mind and Life Summer Research Institute, Garrison NY, June 11-17
7. Bauer-Wu, S., Rosenbaum, E., and **Britton, W. B.** (2008) Beyond the MBSR manual and study protocol: Refining instructors' skills and maintaining the essence of the practice. Research panel at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 6th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 9-13
8. **Britton, W. B.** (2008). Meditation-based interventions: clinical applications. Academic Grand Rounds. Akron General Hospital, Akron OH. October 23
9. **Britton, W.B.** (2008). Physiology of stress and relevance to medicine. Invited Keynote. Stress: Clinical Perspectives and Prescriptions for Wellness Conference. Metrohealth Medical Center, Cleveland OH, October 23
10. **Britton, W.B.** (2008). Introduction to mindfulness meditation. Workshop. Stress: Clinical Perspectives and Prescriptions for Wellness Conference. Metrohealth Medical Center, Cleveland OH, October 23
11. **Britton, W.B.** (2009). Clinical applications of mindfulness meditation. Invited daylong workshop sponsored by Akron General Hospital. April 25
12. **Britton, W.B.** (2009). Paradoxes and promises: the effects of meditation on sleep. West Virginia University Neuroscience Seminar Series. West Virginia University, Morgantown WV. December 9
13. **Britton, W.B.** (2010). When empirical investigation dissolves assumptions: The case of mindfulness and sleep. Invited presentation at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 8th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 7-12
14. Roth, H., and **Britton, W.B.** (2010). Contemplative studies: an emerging academic field. Invited symposium, Mind and Life Summer Research Institute, Garrison NY. June 14-20
15. **Britton, W.B.**, and Roth, H. (2010). Effects of school based mindfulness training on attention, emotion regulation and sleep. Invited presentation at the Association for Contemplative Mind in Higher Education. Amherst MA. September 24-26
16. **Britton, W.B.**, Kornfield, J., and Schlosser, Z. (2010). Potential adverse effects of meditation practices. Invited presentation at the 2nd meeting of the Mindfulness Research Working Group. Center for Investigating Healthy Minds, Madison Wisconsin. October 25-27

17. **Britton, W.B.**, Davis, J., Oates, C., Schlosser, Z., and Kornfield, J. (2011). Adverse effects and difficult stages of the contemplative path. Mind and Life Summer Research Institute: New Frontiers in Contemplative Science. Garrison NY, June 12-18
18. **Britton, W.B.**, Schlosser, Z., Kaplan, C., Winget, E., and Kornfield, J. (2011). Adverse effects and difficult stages of the contemplative path. Institute of Noetic Science, Petaluma CA. Dec. 13
19. **Britton, W.B.**, (2012). Adverse effects and difficult stages of the contemplative path. Invited private presentation to His Holiness the Dalai Lama. Mind and Life Institute. Rochester MN, April 24
20. **Britton, W.B.** (2012). Mindfulness-Based Cognitive Therapy and emotional reactivity to social threat: results from a randomized controlled trial. International Symposia for Contemplative Studies, Denver CO. April 26-28
21. **Britton, W.B.** (2012). Managing emotions through contemplative training: Insights from neurobiology. Keynote: Meditation and Psychotherapy Conference, Harvard Medical School, Boston MA. May 11-12
22. **Britton, W.B.** (2012). Mindful binge drinkers and blobology: the promises and perils of contemplative neuroscience. Buddhist Geeks: the Confluence of Buddhism, technology and Global culture. Boulder, CO. August 9-11
23. **Britton, W.B.** (2012). Integrative Contemplative Pedagogy: Quantitative and Qualitative Results. Fourth Annual Association for Contemplative Mind in Higher Education Conference: "Contemplative Approaches in the Diverse Academic Community: Inquiry, Connection, Creativity and Insight," September 21-23
24. **Britton, W.B.** (2012). Clinical and Neurophysiological Perspectives on the Narrative Self. Invited Keynote. Buddhism and the Narrative Self. Portland, OR. October 19-21
25. **Britton, W.B.** (2013). Awakening is not a metaphor: The effect of contemplative practices on basic wakefulness and relevance to clinical disorders. Advances in Meditation Research: Neuroscience and Clinical Applications. New York Academy of Sciences. New York, NY. January 17
26. **Britton, W.B.** (2013). The promises and perils of Buddhism Modernism: A study of western practitioners. Secular Buddhism Conference. Barre Center for Buddhist Studies. April 17
27. **Britton, W.B.**, Kaplan, C., and Fisher, N. (2013). The Varieties of Contemplative Experience: empirical research update. The Contemplative Development Mapping Project Symposium. The Barre Center For Buddhist Studies. Barre MA. May 24-26
28. **Britton, W.B.** (2013). The Varieties of Contemplative Experience. The Future of Meditation Conference. Institute of Noetic Sciences Esalen Institute Big Sur CA. May 26-31

29. **Britton, W.B.** (2013). The politics of Consciousness: Response to Robert Sharf and Al Kaszniak. Mind and Life Summer Research Institute. Garrison, NY. June 15-21
30. **Britton, W.B.** (2013). The Promises and Perils of Buddhist Meditation in the West. Clinical Applications of Buddhist meditation: Self and No-self. New Dialogues Between Buddhism and Science: Researching the Effects of Meditation and Compassion on Health and Well-Being. Ligmincha Institute, Shipman VA. October 9-10
31. **Britton, W.B.** (2014). Physiology of Stress and Depression. Webinar for the Mindful Schools Curriculum. April 15
32. **Britton, W.B.**, and Lindahl, J.R. (2014). Varieties of Contemplative Experiences: Non-linear trajectories and best practices for supportive management. Training for Community Dharma Leaders Annual Retreat. Barre Center for Buddhist Studies. Barre MA. May 17
33. **Britton, W.B.** (2014) The Varieties of Contemplative Experience: Contexts Matters. The Mind and Life International Symposium for Contemplative Studies. Boston, MA. October 31
34. **Britton, W.B.** (2015). Is meditation always good? Institute for Meditation and Psychotherapy. Boston MA. May 8-9
35. **Britton, W.B.** (2015). “When doing nothing, too hard, is too much: adverse effects of meditation – perils, pitfalls and resolution”. Mindfulness Summit, UC Davis Center for Mind and Behavior, Davis, CA. May 21-22
36. **Britton, W.B.**, and Lindahl, J.R. (2015) The Varieties of Contemplative Experience. UC Santa Barbara. May 26
37. **Britton, W.B.** (2015). The Promises and Perils of Mixing Buddhism with Western Psychiatry. Invited keynote. Mindfulness and Compassion: The Art and Science of Contemplative Practice conference, San Francisco State University, San Francisco, CA. June 3-7
38. **Britton, W.B.**, and Lindahl, J.R. (2015) Fear and Trust in the Study and Practice of Meditation. Mind and Life Summer Research Institute Garrison NY, June 13-19
39. **Britton, W.B.**, and Lindahl, J.R. (2015) Fostering Interdisciplinary Collaboration between Scientists and Humanists. Mind and Life Summer Research Institute Garrison NY, June 13-19
40. **Britton, W.B.** (2015). Meditation-Induced Changes in Sense of Self Reported by American Buddhists: Neurobiology and Cross-cultural Psychiatry. Cross-Cultural and Cognitive Approaches to Changes in Sense of Self. The American Academy of Religion (AAR). Atlanta, GA. November 21-24
41. Loucks, E. and **Britton, W.B.** (2015). “Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications”. Science of Behavior Change (SOBC). National Institutes of Health (NIH). Bethesda, MD. December 3-5

42. **Britton, W.B.** and Lindahl, J.R. (2016). Meditation-related difficulties: A mixed-methods study of Buddhist practitioners and a clinical population. *Beyond the Hype: Buddhism and Neuroscience*. Columbia University. New York, NY. November 11
43. Lindahl, J.R. and **Britton, W.B.** (2017). Buddhist Meditation and Fear: A Cognitive Model of Arousal and Hypersensitivity. Paper presented at the Cognitive Historiography Panel, Cognitive Science of Religion group, American Academy of Religion Conference. Boston MA. November 20
44. **Britton, W.B.** (2018). The Neuroscience of Meditation. Webinar for the Mindful Schools Curriculum, online webinar. March 21
45. **Britton, W.B.**, Lindahl, J.R., and Treleaven, D. (2018). First, Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 3-day (20-hour) Meditation Safety Training for MBI providers, meditation teachers and clinicians. UMASS Center for Mindfulness, Shrewsbury MA. April 6-8
46. **Britton, W.B.**, and Treleaven, D. (2018). Meditation Safety: Research and Practice. Webinar for Inward Bound Mindfulness Education (iBme) online webinar. June 21
47. **Britton, W.B.** (2019). How to navigate the science of mindfulness: scientific literacy for mindfulness providers. Mindful Schools, online webinar. January 15
48. **Britton, W.B.**, Lindahl, J.R., and Treleaven, D. (2019). First, Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 3-day (20-hour) Meditation Safety Training for MBI providers, meditation teachers and clinicians. Co-Sponsored by InsightLA, the UCSD Center for Mindfulness, and UCLA's Mindful Awareness Research Center. Los Angeles, CA. February 22-24
49. **Britton, W.B.** (2019). Scientific literacy and best practices for harms monitoring and management in mindfulness-based programs. Institute for Mindfulness and Psychotherapy certificate in Mindfulness and Psychotherapy 2019-2020. November 8
50. **Britton, W.B.** (2019) Scaffolding: Material, social and embodied. Week 12: Integrating perspectives from multiple disciplines. *COST 1082 Me Myself and I: Exploring Senses of Self from a Multidisciplinary Perspective*. Brown University. November 25
51. **Britton, W.B.** (2020). Symptom tracking and window of tolerance. Cheetah House Care Team Training, Cohort 1, January 7.
52. **Britton, W.B.** (2020). Resourcing for meditators-in-distress. Cheetah House Care Team Training, Cohort 1, January 14 (didactic video), January 21, 28 (practicum)
53. **Britton, W.B.** (2020). Boundary exercises for meditators-in-distress. Cheetah House Care Team Training, Cohort 1, January 11 (didactic video), February 18, 25 (practicum)

54. **Britton, W.B.** (2020). How to navigate the science of mindfulness: scientific literacy for mindfulness providers. Mindful Schools, online webinar. January 27
55. **Britton, W.B.** (2021). Scientific literacy and best practices for harms monitoring and management in mindfulness-based programs. Institute for Mindfulness and Psychotherapy certificate in Mindfulness and Psychotherapy 2020-2021. February 2
56. **Britton, W.B.** (2021). Meditation-related adverse effects: Research Overview Parts 1,2 and 3 Cheetah House Care Team Training, Cohort 1, April 8 (didactic 3 hour video), April 22 (practicum)
57. **Britton, W.B.** and Joseph, N. (2021) Mindfulness and Meditation: Becoming an Informed Consumer. The Connection: Continuing Education. November 8
58. **Britton, W.B.** (2021) Scaffolding: Material, social and embodied. Week 11: The bodily self part 2: environment, emotion and action. *COST 1082 Me Myself and I: Exploring Senses of Self from a Multidisciplinary Perspective*. Brown University. Nov 18
59. **Britton, W.B.** and Lindahl, J.R. (2022) Navigating Meditation Challenges: Resources for Meditators and Teachers. Barre Center for Buddhist Studies. Barre MA. Feb 4-7
60. **Britton, W.B.** (2022) Dissociation 101. Meditation and Dissociation 6-part course. Cheetah House. 1 hour video webinar. November 2.
61. **Britton, W.B.** (2022) Factors that perpetuate dissociation. Meditation and Dissociation 6-part course. Cheetah House. 1 hour video webinar. 1 hour video webinar. November 16.
62. **Britton, W.B.** (2022) Scaffolding for meditators-in distress. Meditation and Dissociation 6-part course. Cheetah House. 1 hour video webinar. November 30.
63. **Britton, W.B.** (2023) Meditation and dissociation. Meditation and Dissociation 6-part course. Cheetah House. 1 hour video webinar. February 8
64. **Britton, W.B.** (2023) The narrative self in meditation and trauma. 1 hour video webinar. Meditation and Dissociation 6-part course. Cheetah House. February 22.
65. **Britton, W.B.** (2023). Research Overview Part: Meditation-related adverse effects: Cheetah House Care Team Training, Cohort 2, on-demand video, April 10 (practicum)
66. **Britton, W.B.** (2023). Research Overview Part 2+3: Mechanisms and trauma-informed management strategies. Cheetah House Care Team Training, Cohort 2, 2-hour on demand video, June 5 (practicum)
67. **Britton, W.B.** (2023) Psychedelic-related adverse effects: lessons from meditation. Pre-conference workshop: Introduction to psychedelic care for spiritual and religious care professionals. Psychedelic Science. Denver CO. June 19th

68. **Britton, W.B.** (2023). Person-centered approaches for peer supporter: motivational interviewing, and reflective listening: Cheetah House Care Team Training, Cohort 2, 2-hour on demand video, October 31st

International

1. **Britton, W.B.** (2006). The physiology of stress and depression and reversal by meditative techniques. Invited Keynote, Center for Mindfulness, University of Wales, Bangor UK. June 18-25
2. **Britton, W. B.** (2008). Meditation and sleep: evidence for a dosage effect. Presented at the Integrating Clinical and Neuroscience Perspectives on Mindfulness Training and Emotion Regulation Conference, Inaugural Meeting of the Mindfulness Research Working Group (MRWG). Mt. Sinai Hospital, Toronto, Canada. December 4-5
3. **Britton, W.B.,** Grant, J. Rainville, P., Cho, F., Arnold, D., and Dunne, J. (2009). The science of meditation: findings, problems and future potential. Invited panelist to the Buddhist Philosophy and Science, Technology and Religion Group, American Academy of Religion, Montreal, Canada. November 7-10
4. **Britton, W.B** and Stone, M. (2013). Fine-tuning Mindfulness with Neuroscience: Promises and Perils. 2-day workshop for clinicians and educators. Leading Edge Seminars, Toronto CA. November 14-15
5. **Britton, W.B** and Fisher, N. (2014). The Dark Side of Meditation: An Empirical Research Study. Invited Keynote at Mind Matters 4 Conference. University of Toronto, Canada. March 1
6. **Britton, W.B.** (2014). Adverse Effects and Meditation-Related Difficulties. International Webinar for the UK's National Health Service (NHS), Scotland. April 19
7. **Britton, W.B.,** and Lindahl, J.R. (2014). The Varieties of Contemplative Experience: Interdisciplinary Perspectives. Interacting Minds Centre, Aarhus University, Denmark. August 15
8. **Britton, W.B.,** and Lindahl, J.R. (2014). The Varieties of Contemplative Experience: Interdisciplinary Perspectives. University of Oslo, Norway. August 20
9. **Britton, W.B.** (2014). Meditation and Trauma: Clinical considerations. Department for Trauma Treatment, Modum Bad Psychiatric Center. Oslo, Norway. August 22
10. **Britton, W.B** and Lindahl, J.R. (2016). The Contemplative Development Mapping Project. 11th Annual Bial Foundation Symposium: Placebo effects, healing and meditation. Porto, Portugal. March 30-April 2
11. **Britton, W.B.,** Mahdavi, G., and Cosby, E. (2016). Mindfulness-based interventions: adverse effects and predictors of treatment outcome. The Clinical Science of Mindfulness-Based Cognitive Therapy, Oxford Mindfulness Centre, Oxford University, UK. August 20-21

12. **°Britton, W.B.** and Lindahl, J.R.(2017) Meditation and the self: Perspectives from neuroscience and religious studies. *Culture, Mind, and Brain: Introduction to Critical Neuroscience*. McGill University, Montreal CA. June 8
13. **°Britton, W.B.** (2017). Meditation Safety: Research Overview. Keynote Speech at “A Critical Look at Mindfulness: Safety, Ethics and Integrity” Conference. Sponsored by the Sussex Centre for Mindfulness and NHS Foundation Trust. Brighton, England. June 30
14. **°Britton, W.B.** (2017). Meditation Safety: Building Competency. Workshop at “A Critical Look at Mindfulness: Safety, Ethics and Integrity” Conference. Sponsored by the Sussex Centre for Mindfulness and NHS Foundation Trust. Brighton, England. June 30
15. **°Britton, W.B.** (2017). Meditation-Related Difficulties: A Mixed Methods Approach. Keynote Speech at the Centre for Mindfulness Research and Practice Conference. Chester, England. July 6-11
16. **°Britton, W.B.** (2017). Meditation-Related Difficulties: Building Competency. All-Day Workshop at the Centre for Mindfulness Research and Practice Conference. Chester, England. July 6-11
17. **°Britton, W.B.**, Lindahl, J.R., and Treleaven, D. (2018). First, Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 3-day (20-hour) Meditation Safety Training for MBI providers, meditation teachers and clinicians. Mindfulness Montreal, True North Insight. Montreal, Canada, April 20-22.
18. **°Britton, W.B.**, and Lindahl, J.R. (2018). First, Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 1-day Meditation Safety Training for MBI providers, meditation teachers and clinicians. Centrum voor Mindfulness, Amsterdam, Netherlands. July 8
19. **°Britton, W.B.**, and Lindahl, J.R. (2018). Meditation Safety: Research and Practice. Half-day Meditation Safety Training for MBI providers, meditation teachers and clinicians. International Conference on Mindfulness. Amsterdam, Netherlands. July 13
20. **°Britton, W.B.**, Lindahl, J.R. Baer, R., Hoenders, R. and Giommi, F. (2018). “Can meditation do more harm than good?” International Conference on Mindfulness. Amsterdam, Netherlands. July 13
21. **°Britton, W.B.**, and Lindahl, J.R. (2018). First, Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 3-day (20-hour) Meditation Safety Training for MBI providers, meditation teachers and clinicians. Institut Pleine Conscience. Brussels, Belgium. July 14-16
22. **°Britton, W.B.** (2018). Meditation Safety tools for Mindfulness providers. Webinar for the Scotland National Health Service (NHS). September 12
23. **°Britton, W.B.**, and Lindahl, J.R. (2019). First, Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 3-day (20-hour) Meditation Safety

Training for MBI providers, meditation teachers and clinicians. Institut Pleine Conscience.
Brussels, Belgium. May 17-19

24. **°Britton, W.B.** (2019). Maximizing efficacy and minimizing harms in mindfulness-based interventions. Masters in Mindfulness, University of Salford, UK. June 21
25. **°Britton, W.B.** (2020). Understanding the adverse effects of mindfulness and how to mitigate them. 3-hour online webinar for clinicians (CE/CME credits available). Leading Edge Seminars, Toronto Canada. October 5
26. **°Britton, W.B.** (2021) Buddhist ideology and meditation as methods of social control. International Conference on Spiritual Abuse: Coercive Control in Religions. School of Psychology and the Department of Theology and Religious Studies, University of Chester. Chester, England. September 3-4.
27. **°Britton, W.B.**, and Lindahl. J.R. (2021) The Nature Conservancy Meditation Safety Trainings. Part 1: Adverse effects, informed consent, monitoring and mechanisms. September 29
28. **°Britton, W.B.**, and Lindahl. J.R. (2021) The Nature Conservancy Meditation Safety Trainings. Part 2: Management and Trauma-informed modifications. October 13
29. **°Lindahl. J.R.**, and **Britton, W.B.** (2021) The Nature Conservancy Meditation Safety Trainings. Part 3: Context sensitivity and cultural competency. September 29
30. **°Johnson, M.**, **°Britton, W.B.**, Ramirez, P. (2022) Trauma-informed mindfulness: Principles and Practices. South African Institute for Mindfulness. May 9
31. **°Britton, W.B.** (2022) Identifying and managing the adverse effects of mindfulness meditation. Three-hour online training for Mindfulness Exercises mindfulness teacher certification program. October 26.
32. **°Britton, W.B.** (2022) Meditation-related adverse effects: identification, mechanisms and mitigation. Keynote speech for the International Conference on Mindfulness (ICM) Asia Pacific. Melbourne Australia. November 16
33. **°Britton, W.B.** (2022). Meditation-Related-Adverse-Effects: Trauma-Informed and Person-Centered Approaches. Webinar for Sarah Good Occupational Therapy. Ottawa Ontario Canada. Dec 7.

GRANTS

Past Support

- 1. Philanthropic Educational Organization (PEO) Scholar Award Britton (PI) 1/1/04-12/31/05**
"Mindfulness Meditation and Depression: Possible Neurophysiological Mechanisms"
Amount: \$10,000
Role: PI

- 2. American Association of University Women (AAUW)** Britton (PI) 6/1/04-5/31/05
Dissertation grant "Mindfulness Meditation and Depression: Possible Neurophysiological Mechanisms"
Amount: \$20,000
Role: PI
- 3. NCCAM T32-AT001287** Bell (PI) 6/1/05-5/31/06
National Research Service Award, Predoctoral Fellowship
This award provided training in complementary and alternative medicine research at the University of Arizona's Program in Integrative Medicine (Director Andrew Weil, M.D.)
Amount: \$20,772
Role: Fellow
- 4. Mind and Life Institute Varela Grant** Britton (PI) 12/1/04-11/30/08
"Mindfulness Meditation and Depression: Possible Neurophysiological Mechanisms"
Amount: \$20,000
Role: PI
- 5. T32 MH067533-05** Miller (PI) 6/30/08-6/29/10
National Research Service Award, Postdoctoral Fellowship
This award supported in training in treatment research, including several controlled trials of mindfulness meditation in school-based populations.
Amount: \$84,996
Role: Post-Doctoral Fellow
- 6. Mind and Life Institute Varela Grant** Britton (PI) 2/1/09-9/31/11
The Effects of School-based Mindfulness Training
Amount: \$30,000
Role: PI
- 7. The Hershey Foundation** Roth, Britton (co-PIs) 7/1/11-6/30/14
Contemplative Studies Program Development grant for interdisciplinary research, and faculty support.
Amount: \$150,000
Role: Co-investigator
- 8. Mind and Life Think-Tank Grant** Britton (PI) 12/27/12-1/5/13
Researchers and scholars from multiple disciplines (clinical psychology, neuroscience, humanities, history of science, religious studies, philosophy) reviewed and generated best practices about reporting and interpreting qualitative data about meditative experiences.
Amount: \$15,000
Role: PI
- 9. Mind and Life Institute** Roth, Britton (co-PI) 9/1/12-8/30/14
Contemplative Studies Fellowship
Amount: \$30,000
Role: Co-investigator

- 10. Mind and Life Varela Award** Britton (PI) 1/1/13-12/31/15
“The Varieties of Contemplative Experience”
Amount: \$15,000
Role: PI
- 11. Michigan Center for Urban African American Aging Research**
NIH P30 AG015281 Johnson-Lawrence (PI) 07/01/2015-06/30/2016
The New Jim Crow Won't Kill Me: The feasibility of a culturally appropriate mindfulness based intervention to reduce chronic stress and poor health among African Americans with incarcerated family members
Role: Consultant
- 12. Mind and Life Institute** Van Dam (PI) 6/12/15
Thinktank Grant. Fifteen mindfulness researchers created a consensus statement about best practices in mindfulness research, which was published as a feature article in *Perspectives on Psychological Science*.
Amount: \$15,000
Role: Co-investigator
- 13. NCCAM/ NIH K23 AT006328-01A1** Britton (PI) 8/1/11-7/30/17
Mentored Patient Oriented Career Development Award
Amount: \$668,385
Role: PI
- 14. Bial Foundation** Britton (PI) 1/1/13-12/31/18
The Contemplative Development Mapping Project
Amount: \$60,559
Role: PI
- 15. 1440 Foundation** Britton/Lindahl (co-PIs) 6/1/15-12/31/17
Assessing Beneficial Relationship Factors that Support Contemplative Development
The goals of this study is to assess how different types of social relationships (parents, friends, instructor etc.) impact (promote/undermine) meditation practice success or mindfulness-based treatment outcomes, including adverse effects, non-compliance and attrition
Amount: \$15,000
Role: Co-PI
- 16. Lenz Foundation** Britton (PI) 11/20/2014-5/31/18
Brown Contemplative Studies Community Engagement Internships
This grant funds summer internships for Brown Contemplative Studies students at community organizations that provide mindfulness-based programs
Amount: \$9,000
Role: PI
- 17. Robert H. N. Ho Family Foundation** Lindahl, Britton, Stuart (co-PIs) 8/1/16-7/31/17
“Liberating the Impurities from the Body: A Cross-Cultural Comparison of Somatic Experiences

among American and Indian Meditators in the Goenka Vipassanā Tradition.” This project investigates somatic experiences and Indian and American Buddhist meditators.

Amount: \$130,960

Role: Co-PI

18. Rivendell Foundation Britton (PI) 11/10/2015-1/10/19
2 year post-doctoral Fellowship in Mindfulness Research in the Department of Psychiatry and Human Behavior at Warren Alpert Medical School of Brown University. Research investigated the effects of different types of meditation on brain (EEG, ERP), cardiorespiratory (EKG) and psychophysiological (facial EMG), as mediators of clinical outcomes (depression, anxiety; adverse effects); practice specific effects, and moderators of treatment outcome, including social factors, early adversity.
Amount: \$138,003
Role: PI, Mentor

19. NIH 1UH2AT009145-01 Loucks, Britton, King (co-PIs) 10/1/16-9/30/17
“Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications”
Administrative Supplement. This supplement supports a systematic review and meta-analysis of mindfulness-based interventions on self-regulation-related targets.
Amount: \$50,000
Role: Co-PI

20. Brown University Loucks, Britton (co-PIs) 10/1/17-9/30/18
OVPR Grant Resubmission Award. For a resubmission of the competitively scored R01 grant entitled “Meditation Safety: Creation of a valid measurement tool” to NIH. Grant activities include raising public awareness about adverse effects of meditation practices.
Amount: \$15,000
Role: co-PI

21. 5UH3AT009145-04 Loucks, Britton, King, (co-PIs) 09/15/15– 08/31/21
This project offers the opportunity to clarify which self-regulation measures are of greatest clinical use related to Mindful-Based Interventions (MBI) and clinical behavior change outcomes. Furthermore, this study should identify which MBI elements may be most efficacious at engaging self-regulation, with resulting impacts on clinical behavior change outcomes including medical regimen adherence.
Amount: \$4,699,129
Role: co-PI

22. UC Davis Conklin (PI) 9/5/19-9/5/20
“Psychobiological effects of meditation experience”
Amount: ongoing
Role: Safety Plan Consultant

23. INSBS Palitsky, Lindahl (Co-PI) 12/01/2020-8/31/2021
International Research Network for the Study of Science and Belief in Society (INSBS)
“ Dynamics of Science and Religiosity in the context of Meditation-Related Challenges: Processes of Meaning-Making among Practitioners of Buddhist Meditation in the West”
Amount: £19,820.75 (\$27,039.47)
Role: Co-Investigator

24. CfNN Seed Funding van 't Wout-Frank (PI) 01/12/21 – 01/11/22
VA RR&D Center *for* Neurorestoration and Neurotechnology (N2864-C)
“Pilot Testing of Mindfulness-tDCS to Prevent PTSD in First Responders” (21-S-002)
The goal of this project is to pilot whether transcranial direct current stimulation combined with mindfulness can reduce the likelihood that first responders, with a focus on firefighters, develop worse symptoms of PTSD. This is vital as current preventative interventions for PTSD mostly focus on adapting existing treatments of PTSD as opposed to targeting neural circuits implicated in vulnerability and development of PTSD.
Amount: \$40,000
Role: Co-Investigator (mindfulness expert)

25. Mind and Life Institute Acabchuk, R. (PI) 1/15/21-1/15/23
“Assessing Feasibility and Acceptability of Integrated Mindfulness Programs in Schools: Case Study Evaluation of the Mindfulness Director Initiative”
The purpose of this work is to evaluate the implementation outcomes (acceptability, adoption, appropriateness, feasibility, and penetration) of school-wide mindfulness programs that commenced in Fall 2020 using the mindfulness director model.
Amount: \$20,000
Role: Safety Consultant

26. Center for Institutional Courage Britton (PI) 8/15/21-8/15/2023
The purpose of this grant work is to assess the nature and frequency of institutional betrayal and negative social responses to disclosure of meditation-related harms and the relationship to trauma symptom severity
Amount: \$4000
Role: PI

Current Support

1. Rivendell Foundation Britton (PI) 3/07/19- 12/30/25
Funding is for 2 year post-doctoral Fellowship and research assistant in Mindfulness Research in the Department of Psychiatry and Human Behavior at Warren Alpert Medical School of Brown University. Fellows: Roman Palitsky. Ph.D.; Research assistants: David Cooper, M.A.
Amount: \$210,000
Role: PI, Mentor

2. NHLBI R01DK119379 Raja-Khan (PI) 4/1/19-3/31/24
“Decreasing Stress in Type 2 Diabetes: A Randomized Controlled Trial”
The purpose of this study is to determine the effects of a 6-month Mindfulness-based stress reduction (MBSR) intervention compared to an active control Stress Management Education (SME) on glucose control in adults with uncontrolled type 2 diabetes.
Amount: ongoing
Role: Safety Plan Consultant

3. Anonymous Donor [IS] Britton (PI) 11/20/19- no end date
Discretionary Research

Amount: \$5000

Role: PI

4. Anonymous Donor [JZ] Britton (PI) 2/17/20- no end date
Discretionary Research
Amount: \$3000
Role: PI

5. Sam Harris Britton (PI) 4/17/20- no end date
Discretionary Research
Amount: \$20,000
Role: PI

6. Rivendell Foundation Britton (PI) 8/15/22- 8/30/24
Funding is for 2 year post-doctoral Fellowship in Mindfulness Research in the Department of Psychiatry and Human Behavior at Warren Alpert Medical School of Brown University. Fellow: Nicholas Canby PhD
Amount: \$150,000
Role: PI, Mentor

7. River Styx Foundation and other private donors 12/1/22- no end date
Unrestricted gift for research on meditation and psychedelic-related adverse effects
Amount: \$85,000
Role: PI, Lab Director

UNIVERSITY TEACHING ROLES

University of Arizona Teaching

Fall 1999, Spring 2000, Spring 2001 **Teaching Assistant**, *The Structure of Mind and Behavior*
Psychology Department, University of Arizona. Instructors: Jake Jacobs, Ph.D.,
Kit Taylor, Ph.D., Suzanne Delaney, Ph.D.

Fall 2000 **Teaching Assistant**, *The Psychology of Religion and Spirituality*
Psychology Department, University of Arizona.
Instructor: Carlton Clark, M.S.W.

2000-2003 **Course Instructor**, *The Psychology of Death and Loss*
Department of Psychology, University of Arizona

2000-2006 **Course Instructor**, *Practicum in EEG and Sleep*
Sleep Research Laboratory, Psychology Department, University of Arizona.

Spring 2002 **Teaching Assistant**, *Sleep and Sleep Disorders*
Psychology Department, University of Arizona.
Instructor: Richard Bootzin, Ph.D.

Fall 2002 **Teaching Assistant, *Psychopathology***
Psychology Department, University of Arizona.
Instructor: Harold Arkowitz, Ph.D.

Fall 2003 **Teaching Assistant, *Introduction to Statistics***
Psychology Department, University of Arizona.
Instructor: Terrence Daniels, Ph.D.

Brown University Teaching

2008-present **Course Instructor**
BIOL1950/1960 Directed Research/Independent Study. Brown University.

2008-9 **Course Instructor**
BIOL5420 *Mindfulness in Clinical Practice: A Primer for Medical Students*.
Team taught with other Medical School faculty in Psychiatry, Internal, Emergency and
Family Medicine. Warren Alpert Medical School of Brown University. (15 students)

2009-10 **Course Instructor**
BIOL3710N *Seminar in Mindfulness and Balanced Living*. Team taught with other
Medical School faculty in Psychiatry, Internal, Emergency and Family Medicine.
Warren Alpert Medical School of Brown University (15 students)

2010 Fall **Course Instructor**
GISP0005 *Lucid Dreaming: Interdisciplinary Perspectives* (12 students)

2011 summer **Course Instructor**
UNIV0900 *Meditation and the Brain* (9 students, see course evaluations)

2012 summer **Course Instructor** (co-taught with Catherine Kerr and Jake Davis)
UNIV0900 *Meditation and the Brain* (14 students, see course evaluations)

2013 summer **Course Instructor** (co-taught with Jake Davis)
UNIV0900 *Meditation and the Brain* (11 students, see course evaluations)

2014 summer **Course Instructor** (co-taught with Jake Davis)
UNIV0900 *Meditation and the Brain* (20 students, see course evaluations)

2014 Fall **Course Instructor** (co-taught with Jared Lindahl)
HMAN1971 *Cross Cultural Approaches to Death and Dying* (15 students, see course
evaluations)

2015 summer **Course Instructor** (co-taught with Jared Lindahl and Jake Davis)
UNIV0900 *Meditation and the Brain* (20 students, see course evaluations)

2015 Fall **Course Instructor** (co-taught with Jared Lindahl)
HMAN1971 *Cross Cultural Approaches to Death and Dying* (19 students, see course
evaluations)

- 2016 Fall **Course Instructor** (co-taught with Jared Lindahl)
HMAN1972i *Me Myself and I: Exploring Senses of Self from a Multidisciplinary Perspective* (11 students, see course evaluations)
- 2017 Fall **Course Instructor** (co-taught with Jared Lindahl)
COST 0200 *Meditation and the Brain* (34 students, see course evaluations)
- 2018 Fall **Course Instructor** (co-taught with Jared Lindahl)
COST 0200 *Meditation and the Brain* (20 students, see course evaluations)
- 2019 Fall **Course Instructor** (co-taught with Jared Lindahl)
COST 1082 *Me Myself and I: Exploring Senses of Self from a Multidisciplinary Perspective* (20 students, see course evaluations)
- 2020 Fall **Course Instructor** (co-taught with Jared Lindahl)
COST 0200 *Meditation and the Brain* (18 students, see course evaluations)
- 2021 Fall **Course Instructor** (co-taught with Jared Lindahl)
COST 0200 *Meditation and the Brain* (18 students, see course evaluations)
COST 1082 *Me Myself and I: Exploring Senses of Self from a Multidisciplinary Perspective*
- 2023 Fall **Course Instructor** (co-taught with Jared Lindahl)
COST 1082 *Me Myself and I: Exploring Senses of Self from a Multidisciplinary Perspective*
- 2023 Spring **Guest Lecturer** (instructor, Judson Brewer, MD, PhD)
PHP 1885/COST 1885 Measuring Mindfulness, April 12

Brown University Advising

PRJ1 = project resulted in the student as first author of peer-reviewed journal article

PRJ = project resulted in the student as co-author of peer-reviewed journal article

CH = student co-authored a book chapter with Dr. Britton

See also underlined names under publications and conference abstracts that indicate Brown and non-Brown student authors mentored by Willoughby Britton

Postdoctoral Fellows

- 2016-2018 Kristina Eichel, Ph.D. (Adult) 4 PRJ, 1 PRJ1
2018-2020 Kristen Wesbecher, Ph.D. (Neuropsychology) PRJ, PRJ1 in prep
2020-2022 Roman Palitsky, Ph.D (Research), 2 PRJ
2021-2022 Katie Lenger Ph.D. (Research)
2022-2024 Nicholas Canby, Ph.D. (Research)

Master's Thesis Advisor

- Nathaniel Lepp '09 (Public Health), PRJ
Graham Diguisseppi '16 (Public Health)

Hannah Kimmel '17 (Public Health), 3PRJ
Sarah Peters '17 (Public Health), 3PRJ
Lauren Sager '17 (Public Health), 3PRJ
Pamela Acero '18 (Public Health), 1PRJ

Engaged Scholars Advisor

Eugene Lee'22

Solsbery Fellowship Advisor

Halsey Niles '13, CH; 3 PRJ
Eden Castro '14

UTRA Advisor

Claudia Norton '14
Elizabeth Cosby '17, PRJ1 in prep
Jessica Masur '18
Dorothy Yam '19, PRJ

LINK Fellowship Advisor

Zachary Schlosser '11
Rahil Rojiani '13, PRJ1, PRJ, CH
Michelle Schnayder '15

Senior Honors Thesis Advisor

Matthew Sacchet '10 (Contemplative Studies), PRJ1, PRJ
Tomas Rocha '11 (Education), PRJ, CH
Annie Brown '12 (Contemplative Studies), CH
Rahil Rojinani '13 (Contemplative Music), PRJ1, PRJ
Roberta Goldman '13 (Cognitive Neuroscience), PRJ, CH
Puneet Uppal '14 (Neuroscience), PRJ submitted
Golnoosh Madahvi '14.5 (Neuroscience), PRJ1 in prep
Juan Santoyo '14.5 (Neuroscience), PRJ
Elizabeth Cosby '17 (Neuroscience), PRJ1 in prep
Kaia Sargent '17 (Cognitive Neuroscience), PRJ1 in prep
Ana Alajandre-Lara '17 (Contemplative Studies), PRJ1 submitted
Lianne Cho '18 (Neuroscience), PRJ1 in prep
Fadwa Ahmed '18 (Cognitive Neuroscience), PRJ1 in prep
Jessica Masur '18 (Cognitive Neuroscience)

Senior Capstone Advisor

Richa Bhatnagar '09 (Human Biology)
Gina Silverstein '09.5 (Human Biolog), PRJ1
Maria Capecelatro '10 (Human Biology), PRJ1
Alicia Adams '11 (Human Biology)
Gloria Eissen '17 (Contemplative Studies)
Misbah Noorani '17 (Contemplative Studies)

Undergraduate Concentration Advisor

Josh Himmelfarb '10.5 (Independent), CH
Anne-Catherine Brown '12 (Independent), CH
Rahil Rojiani '13 (Independent), PRJ1, PRJ, CH
Juan Santoyo '14.5 (Neuroscience), PRJ

Medical School Concentration Advisor

Jonathan D. Lin MD '12 (Contemplative Studies)
Mason Hedberg MD '12 (Contemplative Studies)
Sarah Schmidhofer MD '13 (Contemplative Studies)

Independent Study Students

Christopher Oates '12 (Religious Studies)
Julia Bond '12 (Human Biology)
Halsey Niles '12 (Psychology and East Asian Studies)
Evan Winget '12 (Neuroscience), PRJ
Elizabeth Hastings '12 (Psychology)
Jonathan Chou '13, PRJ, CH
Samuel Miller '13 (Psychology), PRJ
Palak Walia '16
Dorothy Yam '19
Gene Lee '22

HOSPITAL AND CLINICAL TEACHING ROLES

- 2004-06 **Instructor/Supervisor**
Internship in Mindfulness-Based Cognitive Therapy.
Interns attend 8 weekly 3-hr MBCT sessions with patients, followed by a 1-hr discussion of the session.
Department of Psychology, University of Arizona
- Spring 2005 **Instructor**
Clinical Workshop: Mindfulness-Based Cognitive Therapy.
Introductory overview and 1-day practicum to clinical faculty and graduate students.
Department of Psychology, University of Arizona
- 2005 **Invited Lecturer**
The physiology of stress and depression and reversal by meditative techniques.
Program in Integrated Medicine Enrichment Elective for Psychiatry Residents,
University of Arizona Medical School, Tucson AZ. May 11
- 2006 Spring **Practicum Instructor**, Mindfulness-Based Cognitive Therapy.
Semester-long course for advanced clinical psychology graduate students.
Department of Psychology, University of Arizona
Supervisor: Richard Bootzin, Ph.D.
- 2006 **Invited Lecturer**
The physiology of stress and depression and reversal by meditative techniques.

Program in Integrated Medicine Enrichment Elective for Psychiatry Residents,
University of Arizona Medical School, Tucson AZ. May 28

- 2006 **Invited Lecturer**
Stress and Diabetes. Diabetes Management Group
Behavioral Medicine Clinic, The Miriam Hospital. Oct 19
- 2006 **Invited Speaker**
Meditation-based interventions: History and Applications in Medicine.
American Medical Student Association Annual Retreat
Haffenreffer Center, Brown University. Oct 14
- 2007 **Invited Workshop Leader**
Mindfulness in Medicine: Retreat for Psychiatry Residents. Warren Alpert Medical
School of Brown University. December 10
- 2007-2010 **Instructor/Supervisor**
Internship in Mindfulness-Based Stress Reduction
Interns attend 8 weekly 3-hr MBSR sessions with patients, followed by a 1-hr
discussion of the session. Neurodevelopment Center
- 2008-2018 **Clinical Mentor**, Scholarly Concentration in Contemplative Studies, Warren Alpert
Medical School of Brown University. Supervise Medical Students in directed research
and clinical work
- 2010 **Medical Resident Annual Retreat Facilitator**
Mindfulness in Medicine: Retreat for Family Medicine Residents. Warren Alpert
Medical School of Brown University. May 6
- 2011 **Medical Resident Annual Retreat Facilitator**
Mindfulness in Medicine: Retreat for Triple Board Residents. Warren Alpert Medical
School of Brown University. May 14
- 2012 **Britton, W.B.** Mindfulness: Overview of research and applications education and
medicine Brown University Health Services. Providence, RI. January 17
- 2012 **Mindfulness-Based Stress Reduction Course Instructor**
Two 8 week (32 hour) courses and weekly follow- up sessions for Hospital Staff
Oncology Unit, Miriam Hospital
- 2012 **Gold Humanism Honor Society Visiting Professorship**
Includes Medical Grand Rounds, day-long retreat with residents and fellows, Nov. 13
- 2013 **Britton, W.B** and Stone, M. (2013) Fine-tuning Mindfulness with Neuroscience:
Promises and Perils. 2-day workshop for clinicians and educators. Leading Edge
Seminars, Toronto CA. November 14-15

- 2014 **Britton, W.B.** Mindfulness in Medicine. Mindfulness Interest Group, Warren Alpert Medical School of Brown University. October 7
- 2014 **Britton, W.B.** Meditation and Pain. PHP 0050: Pain and the Human Condition. Brown University School of Public Health. October 21
- 2020 **Britton, W.B.** Understanding the adverse effects of mindfulness and how to mitigate them. 3-hour online webinar for clinicians (CE/CME credits available). Leading Edge Seminars, Toronto Canada. October 5

MEDIA COVERAGE

Print and Online:

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