

Quinn A. Conklin, PhD

quinn@biopsychconsulting.com

EDUCATION

- July 2023 - Aug 2024 Executive Director of the Stress Measurement Network and Postdoctoral Scholar working with Elissa Epel in the Department of Psychiatry and Behavioral Sciences, University of California, San Francisco
- Jan. 2022 - July 2023 Postdoctoral Scholar with Clifford Saron at the University of California, Davis Center for Mind & Brain
- Sept 2015 - Jan. 2022 Ph.D., Psychology, University of California, Davis
Dissertation: *Psychobiological effects of a month-long insight meditation retreat: Implications for cell aging, neuroplasticity, and inflammatory gene expression*
Advising Committee: Drs. Clifford Saron, PhD (primary mentor), Elissa Epel, Camelia Hostinar, Karen Bales, Andrew Fox
- 2015 - 2018 M.A., Psychology, University of California, Davis
- 2005 - 2009 B.S., Biology, Norwich University
Summa cum Laude, Minors in Chemistry, Psychology and English

RESEARCH FUNDING

- 2023 Nancy Driscoll Foundation; \$38,000. *Support for Contemplative Coping during COVID-19.*
Role: Co-Principal Investigator (Co-PI: C.D. Saron)
- 2022 Yoga Science Foundation. \$15,951. *Support for Contemplative Coping during COVID-19.*
Role: Co-Principal Investigator (Co-PI: C.D. Saron)
- 2022–2023 Fetzer Institute. \$50,000. *Support for Contemplative Coping during COVID-19.*
Role: Co-Principal Investigator (Co-PI: C.D. Saron)
- 2021–2023 Mind & Life Institute: Varela Research Grant for Contemplative Science. \$20,000.
[*Making data more accessible: Visualizing the Contemplative Coping during COVID-19 project.*](#)
Role: Principal Investigator
- 2021–2022 Yoga Science Foundation. \$100,000. *Support for Contemplative Coping during COVID-19.*
Role: Co-Principal Investigator (Co-PI: C.D. Saron)
- 2020–2022 Fetzer Institute. \$35,000. *Support for Contemplative Coping during COVID-19.*
Role: Co-Principal Investigator (Co-PI: C.D. Saron)
- 2020–2021 Yoga Science Foundation. \$170,000. *Support for Contemplative Coping during COVID-19.*
Role: Co-Principal Investigator (Co-PI: C.D. Saron)
- 2018–2020 Mind & Life Institute: Varela Research Grant for Contemplative Science. \$20,000.
[*Can meditation practice ameliorate the consequences of early life adversity on telomere regulation?*](#)
Role: Principal Investigator

TRAINING FELLOWSHIPS

- 2020–2021 Yoga Science Foundation Dissertation Fellowship (\$100,000)
- 2020 UC Davis Psychology Dissertation Enhancement Fellowship (\$13,411)
- 2018–2019 NIMH T-32 Bay Area Affective Science Predoctoral Training Consortium
Mentorship committee: Elissa Epel, Aric Prather, Iris Mauss, Clifford Saron
- 2008 Weintz Summer Research Fellowship, Norwich University (\$4000)
Understanding the role of ethylene expression in the photoperiodic induction of flowering of Arabidopsis thaliana.
- 2007 Summer Research Grant, Norwich University (\$500)
Measuring E. coli in community water sources in Pommern. Tanzania.

HONORS & AWARDS

- 2023 International Society for Contemplative Research Early Career Award (\$450)
- 2023 Recognition as a Mind and Life Research Fellow
- 2021 Duke’s Travel Award (\$500)
- 2019 Todi Week Student Travel Scholarship, Cortana Friends (\$2,100)
- 2018 Duke’s Travel Award (\$400)
- 2016 Duke’s Travel Award (\$500)
- 2016 National Science Foundation Graduate Research Fellowship Honorable Mention
- 2016 Don Owings Memorial Best Poster Award (\$100)
- 2018 Mind & Life International Symposium for Contemplative Studies Student Scholarship (\$300)
- 2016 Mind & Life International Symposium for Contemplative Studies Student Scholarship (\$315)
- 2016 Mind & Life Summer Research Institute Fellowship (\$350)
- 2014 Mind & Life International Symposium for Contemplative Studies Student Scholarship (\$315)
- 2009 Kreitzberg Library Research Paper Award. “Elucidating ethylene’s role in the photoperiod-induced flowering of *pharbitis nil.*” (\$1000)
- 2007 AmeriCorps Education Award (\$1000)
- 2006 Norwich University SMART Grant (\$1000)
- 2005–2009 Norwich University Dean’s list all semesters
- 2005–2009 Norwich University Academic Honor Scholarship
- 2005–2009 Norwich University Leadership Achievement Scholarship

PUBLICATIONS

Peer-Reviewed Articles

(* indicates joint first authorship)

11. Kelly C, Trumpff C, Acosta C, Assuras S, Baker J, Basarrate S, Behnke A, Bo K, Bobba-Alves N, Champagne FA, **Conklin Q.A.**, Cross M, De Jager P, Engelstad K, Epel A, Franklin SG, Hirano M, Huang Q, Junker A, Juster RP, Kapri D, Kirschbaum C, Kurade M, Lauriola V, Li S, Liu CC, Liu G, McEwen BS, McGill MA, McIntyre K, Monzel AS, Michelson J, Prather AA, Puterman E, Rosales X, Shapiro PA, Shire D, Slavich GM, Sloan RP, Smith JLM, Spann M, Spicer J, Sturm G, Tepler S, Thiebaut de Schotten M, Wager TD, Picard M. (2024) The MiSBIE Study Group. A platform to map the mind-mitochondria connection and the hallmarks of psychobiology: The MiSBIE Study. *Trends Endocrinol Metab.* 35(10):884–901.
<https://doi.org/10.1016/j.tem.2024.08.006>

10. Pokorny, J.J.*, VandenBos, S.V.*, Skwara, A.C., Diaw, S.M., King, B.G., Zanesco, A.P., Majied, K., Saron, C.D., **Conklin, Q.A.** (*Under Review at Mindfulness*). Benefits and challenges of delivering meditation instruction live online: Lessons from the COVID-19 pandemic regarding accessibility and connection.
9. Verhoeven, J.E., Wolkowitz, O.M., Satz, Isaac Barr, **Conklin, Q.A.**, Lamers, F., Lavebratt, C., Lin, J., Lindqvist, D., Mayer, S.E., Melas, P.A., Milaneschi, Y., Picard, M., Rampersaud, R., Rasgon, N., Ridout, K., Söderberg Veibäck, G., Trumpff, C., Tyrka, A., Watson, K., Wu, G.W.Y, Yang, R., Zannas, A., Han, L.K.M., Månsson, K.N. T. (2024). The researcher's guide to selecting biomarkers in mental health studies. *BioEssays*. <https://doi.org/10.1002/bies.202300246>
8. **Conklin, Q.A.**, King, B.G., Zanesco, Epel, E.S., Saron, C.D. (2024). Changes in Peripheral Oxytocin and Vasopressin during a Silent Month-Long Insight Meditation Retreat. *Frontiers in Endocrinology*. <https://doi.org/10.3389/fendo.2024.1345527>.
7. **Conklin, Q.A.**, Patterson, C.E., King, B.G., Zanesco, A.P., Pokorny, J.J., Álvarez-López, M. J., Cosín-Tomás, M., Kaliman, P., Saron, C.D. (2023). Serum BDNF predicts increases in telomere length during a month-long residential meditation retreat. *Brain, Behavior, and Immunity Integrative*. <https://doi.org/10.1016/j.bbii.2023.10002>.
6. Zanesco, A.P., King, B.G., **Conklin, Q.A.**, Saron, C.D. (2023). The Occurrence of Psychologically Profound, Meaningful, and Mystical Experiences during a Month-long Meditation Retreat. *Mindfulness*. <https://doi.org/10.1007/s12671-023-02076-w>.
5. Álvarez-López, M. J.*, **Conklin, Q.A.***, Cosín-Tomás, M.*, Shields, G.S.*, King, B.G., Zanesco, A.P., Kaliman, P., Saron, C.D. (2022). Changes in the expression of inflammatory and epigenetic-modulatory genes after an intensive meditation retreat. *Comprehensive Psychoneuroendocrinology*, 11:100152. <https://doi.org/10.1016/j.cpnec.2022.100152>.
4. **Conklin, Q.A.**, Crosswell, A.D., Saron, C.D., & Epel, E.S. (2019). Meditation, Stress Processes, and Telomere Biology. *Current Opinion in Psychology*. 28, 92-101. <https://doi.org/10.1016/j.copsyc.2018.11.009>.
3. King, B.G., **Conklin, Q.A.**, Zanesco, A.P., Saron, C.D. (2019). Residential meditation retreats: their role in contemplative practice and significance for psychological research. *Current Opinion in Psychology*. 28, 238-244. <https://doi.org/10.1016/j.copsyc.2018.12.021>.
2. **Conklin, Q.A.**, King, B.G., Zanesco, A.P., Lin, J., Hamidi, A.B., Pokorny, J.J., Álvarez-López, M. J., Cosín-Tomás, M., Huang Colin, Kaliman, P., Epel, E.S., Saron, C.D. (2018). Insight meditation and telomere biology: The effects of intensive retreat and the moderating role of personality. *Brain, Behavior, and Immunity*, 70, 233–245. <https://doi.org/10.1016/j.bbi.2018.03.003>.
1. Bales, K.L., Arias del Razo, R., **Conklin Q.A.**, Hartman. S., Mayer, H.S., Rogers F.D., Simmons, T.C., Smith, L.K., Williams, A., Williams, D.R., Witzak, L.R., & Wright, E.C. (2017). Titi monkeys as a novel non-human primate model for the neurobiology of pair bonding. *Yale Journal of Biology and Medicine*, 90, 373-387. PMID: [28955178](https://pubmed.ncbi.nlm.nih.gov/28955178/)

In Preparation

- Smith D.L., **Conklin, Q.A.**, Dai G., King B., Fernandez, J., Saron, C.D. and Lin, J. (*Under Review*). Methodological considerations for remote blood collection and qPCR telomere assay precision: Lesson from the Contemplative Coping during COVID-19 study.
- Goldin, P., **Conklin, Q.A.**, Alegria, K., Stretcher, V.J. & Epel, E. (*In preparation*). Climate anxiety, emotion regulation, and climate engagement in a US adult sample.

Book Chapters

Mayer, S.E., **Conklin, Q.A.**, Ridout, S.J., Ridout, K.K. (2020). Telomeres and Early-Life Stress. G. Fink (Ed.). *Stress: Genetics, Epigenetics and Genomics: Volume 4: Handbook of Stress* (1st ed., Chapter 26, pp. 279-287). Cambridge, Massachusetts: Academic Press. <https://doi.org/10.1016/B978-0-12-813156-5.00027-3>

PRESENTATIONS

Invited Talks & Colloquia

Conklin, Q.A. (2024, May). Psychobiological Effects of Intensive Meditation Training. UC Davis Nursing Colloquia. University of California, Davis, CA.

Conklin, Q.A., Majied, K., Saron, C.D. (2022, June). Right view: Generating more accurate knowledge through inclusive research. Faculty Panel Presentation at the Mind and Life Summer Research Institute on Othering, Belonging and Becoming. Virtual Meeting.

Conklin, Q.A. (2021, Jan). Increasing inclusivity and diversity in research: lessons from an ongoing telomere study. Multiple Sclerosis Research Group at Oregon Health and Science University. Portland, OR.

Conference Talks

Conklin, Q.A., Lin, J. (2024, May). Oxytocin decreasing during month-long meditation retreat: Good, bad or non-sense? Psychology & Medicine Postdoc Seminar. University of California, San Francisco, CA.

Conklin, Q.A., Lin, J. (2023, March). Telomere methodological factors: Lessons from the Contemplative Coping during COVID study. Telomere Research Network Annual Meeting. Durham, NC.

Conklin, Q.A., King, B.G., Skwara, A.C. (2023, February.) Contemplative Research in Context: Insights from COVID-era Research and Intensive Retreat Studies. UC Davis Center for Mind and Brain Summit on Contemplative Science. Davis, CA and online.

Conklin, Q.A., Donahue, M., and Cahn, R. Panel Moderated by Vago, D. (2023, Feb). Probing Inflammatory Mechanisms of Meditation: Glymphatics, Telomeres, and Cytokines. Inaugural meeting of the International Society for Contemplative Studies. San Diego, CA.

Conklin, Q.A., Pokorny, J.J, VandenBos, S.V., King, B.G., Dewan, P., Limberis, A., Patterson, C., Skwara, A., Davis, A., Fernandez, J., Gill, H. Majied, K., Saron, C.D. (2023, Feb). Visualizing data from the Contemplative Coping during COVID-19 project. Inaugural meeting of the International Society for Contemplative Studies. San Diego, CA.

Conklin, Q.A. (2019, May). The Effects of Intensive Insight Meditation on Telomere Dynamics and the Role of Individual Differences in Personality. Affective Science Training Consortium Workshop. Berkeley, CA.

Conklin, Q.A. (2018, November). Prior Meditation Experience and Practice Engagement Relate to Cellular Aging Outcomes during a One-month Meditation Retreat. International Symposium for Contemplative Research. Phoenix, AZ.

Conklin, Q.A. (2017, April). The Effects of Intensive Insight Meditation on Telomere Dynamics and the Role of Individual Differences in Personality. UC Davis Psychology Conference. Davis, CA.

- Conklin, Q.A.** (2016, November). The effects of intensive Insight meditation on telomeric regulation. International Symposium for Contemplative Studies. San Diego, CA.
- Conklin, Q.A.** (2015, May). Decreased plasma oxytocin levels following three weeks of intensive, silent Vipassana practice. San Francisco State University meeting on Mindfulness and Compassion: The Art and Science of Contemplative Practice. San Francisco, CA.
- Conklin, Q.A.** (2009, April). The role of ethylene in the photoperiodic flowering of *Pharbitis*. Vermont Academy of Arts and Sciences Student Symposium. Castleton, Vermont.

Poster Presentations

(* indicates a student or mentee author under my supervision)

- Conklin, Q.A.,** Lin A.C., (2024, June). Contemplative Coping during COVID-19 (CCC): Making CCC data accessible. Mind and Life Summer Research Institute. Garrison, NY.
- * Dewan, P., **Conklin, Q.A.,** Pokorny, J.J, VandenBos, S.V., King, B.G., Saron, C.D. (2022, May). Meditation Practice is Associated with Greater Well-Being during the COVID-19 Pandemic. UC Davis Psychology Conference. Davis, CA.
- * VandenBos, S.V., **Conklin, Q.A.,** Pokorny, J.J, Skwara A.C., King, B.G., Diaw, S.M., Saron, C.D. (2022, June). Experiences of Online Meditation Offerings: Perspectives from Contemplative Practitioners and Teachers. Mind and Life Summer Research Institute. Virtual Meeting.
- * VandenBos, S.V., King, B.G., **Conklin, Q.A.,** Zanesco, A.P., Saron, C.D. (2020, June). Examining the intersection of Buddhist nonattachment and attachment security in experienced meditators. Mind and Life Summer Research Institute. Virtual Meeting.
- Conklin, Q.A.,** King, B.G., Zanesco, A.P., and Saron, C.D. (2019, June). Competing narratives and questionable assays: Does participation in a silent meditation retreat affect circulating oxytocin levels? Mind and Life Summer Research Institute. Garrison, NY.
- * Shebloski, K.L. **Conklin, Q.A.,** King, B.G., Zanesco, A.P., and Saron, C.D. (2019, June). Comparing first- and second-person metrics of meditation experience. Mind and Life Summer Research Institute. Garrison, NY.
- Conklin, Q.A.,** Patterson, C.E., King, B.G., Mellon, S.H. and Saron, C.D. (2018, November). Serum BDNF shows no change during 1-month retreat involving meditation only. International Symposia for Contemplative Research. Phoenix, AZ.
- King, B.G., **Conklin, Q.A.,** Zanesco, A.P., Saron, C.D. (2018, November). Personality correlates of lifetime meditation experience and retreat practice engagement. International Symposia for Contemplative Research. Phoenix, AZ.
- Conklin, Q.A.,** Patterson, C.E., King, B.G., Zanesco, A.P., Lin, J., Epel, E.S., Mellon, S.H. and Saron, C.D. (2018, August). BDNF predicts retreat-related increases in telomere length in experienced meditators. 48th International Society for Psychoneuroendocrinology Annual Meeting. Irvine, CA.
- * Patterson, C.E., **Conklin, Q.A.,** King, B.G., Zanesco, A.P., Lin, J., Epel, E.S., Mellon, S.H. and Saron, C.D. (2018, April). BDNF predicts retreat-related increases in telomere length in experienced meditators. UC Davis Undergraduate Research Conference. Davis, CA.
- Conklin, Q.A.,** * Shebloski K.L., King, B.G., Zanesco, Bales, K.L., & Saron, C.D. (2017, October). Effects of meditation on peripheral oxytocin: considering practice contexts. American Psychosomatic Medicine 2017 Mid-year Conference, Berkeley, CA.

- King, B.G., Zanesco, A.P., Shaver, P.R., Jacobs, T.L., **Conklin, Q.C.** & Saron, C.D. (2016, April). Patterns of cardiac responding following intensive meditation predict long-term encoding of emotional scenes. Cognitive Neuroscience Society meeting, New York, NY.
- Conklin, Q.A.**, King, B.G., Zanesco, A.P., Hamidi, A.B., Pokorny, J.J., Lin, J., Epel, E.S., Blackburn, E.H., and Saron, C.D. (2015, September). Increased telomere length following three weeks of intensive Insight Meditation retreat. 45th International Society for Psychoneuroendocrinology Annual Meeting. Edinburgh, Scotland.
- Conklin, Q.A.**, King, B.G., Zanesco, A.P., Hamidi, A.B., Pokorny, J.J., Lin, J., Epel, E.S., Blackburn, E.H., and Saron, C.D. (2015, August). Increased telomere length following three weeks of intensive Insight Meditation retreat. European Mind and Life Summer Research Institute. Chiemsee, Germany.
- Conklin, Q.A.**, King, B.G., Zanesco, A.P., Hamidi, A.B., Pokorny, J.J., Weinstain, T.A.R., Bales, K.L., and Saron, C.D. (2015, June). Decreased oxytocin following three weeks of intensive Insight Meditation Retreat. Mind and Life Summer Research Institute. Garrison, NY.
- Conklin, Q.A.**, King, B.G., Zanesco, A.P., Jacobs, T.L., Pokorny, J.J., Aichele, S.R., Bridwell, D.A., Maclean, K.A. Bales, K.L. Shaver, P.R., Rosenberg, E.L., Wallace, B.A., Sahdra, B.K., and Saron, C.D. (2014, November). The effects of intensive meditation training on oxytocin, vasopressin, and attachment style. Poster presented at the annual Society for Neuroscience meeting. Washington, D.C.
- Fisher, A., **Conklin, Q.A.**, and Waterhouse, H. (2009, April) Ethylene's involvement in the photoperiod-induced flowering of *Pharbitis nil*. Sigma Xi Induction Meeting: The Scientific Research Society. Burlington, Vermont.
- Fisher, A., **Conklin, Q.A.**, and Waterhouse, H. (2008, July). Ethylene's Involvement in the Photoperiod- Induced Flowering of *Pharbitis Nil* 'Violet' (Japanese Morning Glory). 35th Northeast Regional Meeting of the American Chemical Society. Burlington, Vermont.

MEDIA & PRESS

- Hasenkamp, Wendy. (Host). (2024, October 17). **Quinn Conklin – Mind Body connection** [Audio podcast]. Retrieved from <https://podcast.mindandlife.org/quinn-conklin/>
- Boyce, Barry (2024, January 3). **New Frontiers in Contemplative Science**. *Lion's Roars*. <https://www.lionsroar.com/new-frontiers-in-contemplative-science/>
- Sundell, Maria. (Host). (2021, October 31). **Quinn Conklin on the effects of meditation on telomere length** [Audio podcast]. Retrieved from <https://brainobservations.com/episode-7-the-effects-of-meditation-on-telomere-length-with-quinn-conklin/>
- Ellison, K. (2018, September). **The Antiaging Promise of Mindfulness**. *Time Magazine Special Edition: The New Mindfulness*. pp. 24-27.
- Pettway, J. (2018, August). **The Complete Guide to the Science of Meditation**. *Endpoints*. Retrieved from <https://endpoints.elysiumhealth.com/the-science-of-meditation-1442df86a5fb>
- Hamidi, A.B. (2018, August). **Markers of Cellular Aging Improve During Insight Meditation Retreat**. *Egghead* [Blog Post]. Retrieved from <http://blogs.ucdavis.edu/egghead/2018/08/02/markers-cellular-aging-improve-insight-meditation-retreat/>
- Dan, B. (2017, April). **Mindfulness and Rehabilitation: Interview with Quinn Conklin**. Developmental Medicine & Child Neurology Editor Podcast. Retrieved from <https://www.youtube.com/watch?v=GjfTmkLAfuk>
- Blackburn, E.H. and Epel, E.S. (2017) *The Telomere Effect*. New York, NY: Grand Central Publishing

AD HOC REVIEWING

*Scientific Reports; Psychoneuroendocrinology; Mindfulness; European Health Psychology Society;
International Journal of Environmental Research and Public Health; Brain Behavior and Immunity - Health*

MENTORSHIP

UC Davis Mentor-Mentee Program in Humanities, Arts, Cultural Studies and Social Sciences

This program involved attending a 4-hour mentoring 101 training workshop and holding weekly professional development meetings with undergraduate mentees interested in research.

2019-2020 Mentored undergraduate psychology major **Sumayyah Rawashdeh**

2018-2019 Mentored undergraduate cognitive science major **Kathrine Boyd**

Mentorship of Research Assistants

Throughout my tenure in Cliff Saron's lab, I lead weekly lab meetings aimed at professional development and research skills for Research Assistants in addition to directly advising the following students on independent research projects:

Oct 2018 – <i>Present</i>	Savannah VandenBos , UCD Public Health Undergraduate, Post-baccalaureate, and Masters Student in Counseling
Oct 2022 – Aug 2024	Amitoj Singh , UCD Biopsychology Undergraduate & Post-baccalaureate
Aug 2021 – June 2022	Matthew Goodman , UCD Cognitive Science Undergraduate
Feb 2020 – June 2022	Jacob Fernandez , UCD Nutrition Post-baccalaureate
Dec 2020 – June 2022	Serigne Diaw , UCD Cognitive Science Undergraduate
Dec 2020 – Sept 2021	Harleen Gill , UCD Global Disease Biology Undergraduate
Sept 2020 – June 2022	Prerana Dewan , UCD Neurobiology, Physiology and Behavior Undergraduate
Dec 2019 – Dec 2020	Arielle Limberis , UCD Psychology Undergraduate & Post-baccalaureate
Sept 2019 – Dec 2020	ThanhThanh Vo , UCD Psychology Undergraduate
Sept 2019 – March 2020	Muninder Dhaliwal , UCD Medical Student
Sept 2019 – March 2020	Christopher Musser-Kirby , UCD Psychology Undergraduate
Sept 2019 – March 2020	Erica Nakano , UCD Psychology Undergraduate
Sept 2017 – Sept 2023	Cavan Patterson , UC Davis Psychology Undergraduate & Post-baccalaureate
Oct 2018 – Nov 2019	Kelsey Davinson , UCD Psychology Undergraduate
Oct 2018 – June 2019	Tayibatu Sanni , UCD Psychology Undergraduate
Oct 2018 – June 2019	Hope Friedland , UCD Psychology Undergraduate
Feb 2018 – June 2019	Ruha Heydari , UCD Psychology Undergraduate
Feb 2018 – June 2019	Tracy Frost , UCD Psychology Undergraduate
June 2017 – Aug. 2019	Kasia Shebloski , UCSB Biology Post-baccalaureate
Feb 2015 – June 2015	Simar Singh , UCD Psychology Undergraduate
Jan 2015 – June 2015	Tiffany Chen , UCD Statistics Undergraduate
Jan 2015 – Oct 2015	Shyamal Sheth , UCD Psychology Undergraduate
Mar 2015 – Nov 2015	Stephanie De Anda , UCD Neurobiology, Physiology & Behavior Undergrad
Oct 2014 – Nov 2015	Tina Ovsepyan , UCD Psychology Undergraduate
Jan 2015 – June 2016	Alison Kwok , UCD Neurobiology, Physiology and Behavior Undergraduate
Mar 2013 – Oct 2014	Laura Mozolewski , UCD Psychology Undergraduate

TEACHING EXPERIENCE

Guest Lectures

- 2017, Fall “Meditation, Mindfulness and Telomere Biology” for Health Psychology
2022, Spring “Studies of and Experiences with Meditation” for Promoting Graduate Student Well-Being

Teaching Assistance

- 2019, Fall Data Visualization with Dr. Victoria Cross
2018, Spring Psychology Research Methods with Dr. Victoria Cross
2018, Winter Cognitive Development with Dr. Priscilla San Souci
2017, Fall Health Psychology with Dr. Camelia Hostinar

SCIENTIFIC RESEARCH EXPERIENCE

- 2014–2015 **Assistant Research Specialist** (Clifford Saron, PhD)
Center for Mind and Brain, University of California, Davis
Conducted data analysis, trained undergraduate researchers, & prepared scientific presentations on the psychobiological effects of intensive meditation retreat practice.
- 2013–2014 **Junior Research Specialist** (Clifford Saron, PhD)
Center for Mind and Brain, University of California, Davis
Project management, participant scheduling, and data collection for two multidisciplinary research projects; conducted analysis and prepared scientific presentations on the psychological and biological effects of intensive meditation practice.
- 2011–2013 **Science Assistant** (Cheryl Eavy, PhD & Fred Kronz, PhD)
Social, Behavioral, & Economic Sciences Directorate, National Science Foundation
Proposal processing; facilitation of merit review panels; facilitation of interagency agreements; drafting and editing of reviews and highlights of proposed and completed research.
- 2011–2013 **Research Assistant** (Lynne Bernstein, PhD.)
Speech & Hearing Lab, George Washington University
Reviewed literature and wrote protocols for EEG data collection and processing one day/week.
- 2010–2011 **Research Assistant** (Stacey Schaefer, PhD & Richard Davidson, PhD)
Laboratory for Affective Neuroscience, University of Wisconsin, Madison
Collected and processed physiological, EEG and behavioral data on cognition and emotion from human participants two days/week.
- 2007–2009 **Research Assistant** (Alison Fisher, PhD)
Departments of Chemistry & Biochemistry, Norwich University
Investigated ethylene’s regulation of photoperiod-induced flowering in *Ipomoea nil* and *Arabidopsis thaliana* using gas-chromatography and PCR. Wrote protocols, ordered lab supplies, and trained new undergraduate researchers and interns.

PROFESSIONAL SERVICE & COMMUNITY OUTREACH

- 2022-2023 Member, Program Planning Committee, Center for Mind and Brain Research Summit – *Out of the Lab and Into the World: The Next Chapter of Contemplative Science*. Vanderhoef Studio Theatre UC Davis, CA and online Feb 24, 2023.
- April 2018 **California State University Student Research Competition Juror** Judged oral and written research presentations by undergraduates in behavioral sciences
- May 2018 **Brain Awareness Week** - Lead activities with 2nd graders to enhance brain literacy
- April 2017 **Brain Awareness Week** - Lead activities with 2nd graders to enhance brain literacy

PROFESSIONAL TRAINING AND WORKSHOPS

- 2022 Faculty, Mind and Life Summer Research Institute, Remote Event
- 2019 Research Fellow, Cortona Summer Research Institute, Todi, Italy
- 2019 Research Fellow, Mind and Life Summer Research Institute, Garrison, NY
- 2019 UCSF Multiversity Aging Meeting, Napa, CA
- 2019 Trainee, T-32 Summer Workshop, UCB, Berkeley, CA
- 2019 Trainee, T-32 Grant Writing Workshop, UCB, Berkeley, CA
- 2019 Trainee, T-32 Stress Measurement & Theory Workshop, UCSF, San Francisco, CA
- 2017 Invited Guest, Summer Institute on Buddhism & Science, Mangalam Research Center for Buddhist Languages, Berkeley, CA
- 2017 Research Fellow, Mind and Life Summer Research Institute, Garrison, NY
- 2016 Research Fellow, Mind and Life Summer Research Institute, Garrison, NY
- 2016 Zen Brain: Complexity and Connectivity—Perspectives from Buddhism, Medicine, and Cognitive Science, Santa Fe, NM
- 2015 Research Fellow, European Mind and Life Summer Research Institute, Chiemsee, Germany
- 2015 Research Fellow, Mind and Life Summer Research Institute, Garrison, NY
- 2013 Trainee, Facial Action Coding System (FACS) Workshop, UC, Berkeley, CA
- 2011 Trainee, National Science Foundation Program Management Seminar, Fredericksburg, VA

GRADUATE COURSEWORK

- 2019, Winter Academic Writing in Psychology
- 2019, Spring Affective Science Seminar
- 2019, Spring Developments in Research Methods and Statistics in Psychological Science
- 2018, Spring Psychobiology of Stress
- 2017, Winter Longitudinal Analysis in Developmental Research
- 2016, Fall Multilevel Models
- 2016, Fall Peptides, Steroids, and Social Systems
- 2016, Spring SAS Programming for Statistics
- 2014, Fall Current Topics in Epigenetics
- 2014, Fall Adult Attachment
- 2014, Spring Advance Statistical Inference
- 2014, Winter Causal Modeling of Correlational Data
- 2013, Fall Statistical Analysis of Psychological Experiments

CERTIFICATIONS

2016-2022	UC Davis Biosafety Level 2 Online Training
2015-2022	UC Laboratory Safety Fundamentals
2014-2022	UC Bloodborne Pathogen Training
2013-2019	UC Biological Safety and Medical Waste Management
2013	Dangerous Goods Shipping for Infectious Substances and Dry Ice
2019, 2014, 2010	CITI Biomedical Research - Basic/Refresher
2013	Facial Action Coding System (FACS)
2012	Social and Behavioral Responsible Conduct of Research Course
2011-2013	CITI Human Research - Social & Behavioral Research
2011-2012	CITI Health Information Privacy and Security (HIPS) for Clinical Investigators
2007	College Reading & Learning Association Tutoring Certification

PROFESSIONAL AFFILIATIONS

2023- <i>Present</i>	Research Fellow of the Mind and Life Institute
2020- <i>Present</i>	International Society for Contemplative Research
2019-2020	Cortona Friends Association
2015-2016	International Society for Psychoneuroendocrinology
2014-2015	Society for Neuroscience Cognitive Neuroscience Society
2009-2010	Sigma Xi Scientific Research Society
2009-2010	Tri Beta Biology Honors Society (Chi Sigma Chapter)
2009-2010	Psi Chi Psychology Honors Society
2009-2010	Sigma Tau Delta English Honors Society

REFERENCES

Clifford D. Saron

Doctoral Advisor
Research Scientist
Center for Mind and Brain
MIND Institute
University of California, Davis
415-307-9757 mobile
[cgsaron@ucdavis.edu](mailto:cdsaron@ucdavis.edu)

Kamilah Majied

Collaborator
Professor, Social Work
Contemplative Inclusivity and Equity Consultant
California State University, Monterey Bay
kmajied@csumb.edu

Elissa S. Epel

Postdoctoral Advisor
Affective Science Consortium T-32 Advisor
Dissertation Committee Member
Professor, Psychiatry
University of California, San Francisco
415-476-7648
Elissa.epel@ucsf.edu

Camelia Hostinar

Dissertation Committee Member
Associate Professor, Psychology
University of California, Davis
One Shields Ave.
cehostinar@ucdavis.edu