

Eric L. Garland, Ph.D., L.C.S.W.

CURRICULUM VITAE

PROFESSIONAL/RESEARCH INTERESTS

- Clinical research and treatment of addiction, chronic pain, and stress-related health conditions, including affective disorders, post-traumatic stress, and health consequences of allostatic load (e.g., cancer; irritable bowel syndrome, etc.)
- Mindfulness meditation and other mind-body interventions (e.g., CBT, clinical hypnosis)
- Integrative medicine and behavioral medicine
- Translational research using cognitive neuroscience to inform treatment development
- Self-transcendence and its prosocial consequences, including empathy and compassion
- Psychedelic-assisted psychotherapy
- Positive emotionality, resilience, and human flourishing
- Heart rate variability, autonomic psychophysiology, and electroencephalography
- Transdiagnostic, cognitive-affective mechanisms in psychopathology, including attention regulation, automaticity, appraisal, emotion regulation, and reward processing

EDUCATION

Post-doctoral Fellowship in Integrative Medicine, University of North Carolina at Chapel Hill School of Medicine, Chapel Hill, NC, 2010.

Ph.D. (*with distinction*), Social Work, University of North Carolina at Chapel Hill, Chapel Hill, NC, 2009.

M.S.W., Social Work, West Virginia University, Division of Social Work, Morgantown, WV, 2003.

B.A. (*magna cum laude*), Psychology, Minors: Anthropology, Religious Studies, University of Delaware, Newark, DE, 1998.

CURRENT ACADEMIC POSITION

Distinguished Professor, University of Utah, Salt Lake City, UT, 2021 to present

Distinguished Endowed Chair in Research, College of Social Work, University of Utah, Salt Lake City, UT, 2019 to present

Associate Dean for Research, College of Social Work, University of Utah, Salt Lake City, UT, 2015 to present

Professor, College of Social Work, University of Utah, Salt Lake City, UT, 2016 to present

Director, Center on Mindfulness and Integrative Health Intervention Development (C-MIIND), University of Utah, Salt Lake City, UT, 2017 to present

Associate Director of Integrative Medicine, Supportive Oncology & Survivorship Program, Huntsman Cancer Institute, Salt Lake City, UT, 2013 to present

Research Health Scientist, Whole Health, Salt Lake Veterans Administration Medical Center, Salt Lake City, UT, 2020 to present

PAST ACADEMIC POSITIONS

Assistant Director, Trinity Institute for the Addictions, College of Social Work, Florida State University, Tallahassee, FL, 2012-2013.

Assistant Professor, College of Social Work, Florida State University, Tallahassee, FL, 2010 to 2013.

Research Professor, School of Social Work, University of North Carolina at Chapel Hill, NC, 2010 to 2013.

Lecturer, School of Social Work, University of North Carolina at Chapel Hill, NC, 2006 to 2010.

GRANTS

FUNDED RESEARCH (Total: \$ 82,681,586)

1. Principal Investigator (Garland): *Optimizing Patient-Centered Opioid Tapering with Mindfulness-Oriented Recovery Enhancement*. National Institute on Drug Abuse (R01DA058621). MPI: Nina Cooperman. (\$5,650,877). 2023-2028.
2. Principal Investigator (Garland): *Analgesic and Opioid Sparing Brain Mechanisms of Mindfulness-Oriented Recovery Enhancement for Chronic Low Back Pain*. National Center for Complementary and Integrative Health (1R01AT011772-01A1). MPI: Fadel Zeidan. (\$2,924,245). 2022-2027.
3. Principal Investigator (Garland): *Implementation and Effectiveness of Mindfulness-Oriented Recovery Enhancement as an Adjunct to Methadone Treatment for Opioid Use Disorder*. National Institute on Drug Abuse (1R01DA056537-01). MPI: Nina Cooperman. (\$3,361,632). 2022-2027.
4. Principal Investigator (Garland): *Motivational Interviewing and Mindfulness-Oriented Recovery Enhancement for Tobacco Dependence and Other Drug use in Methadone Treatment*. National Institute on Drug Abuse (1R01DA057631-01). MPI: Nina Cooperman (\$2,300,742). 2022-2025.

5. Principal Investigator (Garland): *SMART Embedded Intervention for Military Postsurgical Engagement Readiness (SEMPER)*. Department of Defense, Congressionally Directed Medical Research Program - Peer Reviewed Medical Research Program – Clinical Trial Award (PR203509, W81XWH-20-PRMRP-CTA). MPI: Adam Hanley, Dan Rhon. (\$4,996,715). 2021-2025.
6. Utah Site Principal Investigator (Garland): *Digital Therapeutic Development of Virtual Cognitive-Affective Training for Opioid Use Disorder*. National Institute on Drug Abuse (R44DA053848). PI: Risa Weisberg. (\$2,630,352). 2021-2025.
7. Principal Investigator (Garland): *Neural Mechanisms Mediating Appetitive Regulation in Smoking and Nicotine Addiction*. National Institute on Drug Abuse - Behavioral and Integrative Treatment Program (R01DA048094). MPI: Brett Froeliger, Michael Saladin. (\$2,277,413). 2019 – 2024.
8. Principal Investigator (Garland): *Pointing Beyond the Pain Perception Box: Treating Chronic Pain by Modulating Phenomenological and Psychophysiological Indices of Self-Transcendence*. Tiny Blue Dot Foundation. MPI: Adam Hanley. (\$862,622). 2023-2026.
9. Principal Investigator (Garland): *Maximizing Mindfulness-Oriented Recovery Enhancement with Psychedelic Assisted Psychotherapy*. Tanya & Richard Andrew (donors). (\$220,000). 2020-present.
10. Co-Investigator (Garland): *Massage for GAD: Neuroimaging and Clinical Correlates of Response*. National Center for Complementary and Integrative Health (R21AT011940). PI: Mark Rappaport. (\$423,500). 2023-2024.
11. Co-Investigator (Garland): *Music Therapy for Opioid or Stimulant Use Disorder*. Indiana Family and Social Services Administration, Division of Mental Health and Addictions via the State Opioid Response, CFDA#93.788 PI: Debra Burns. (\$103,284). 2023-2024.
12. Consultant (Garland): *Music Mechanisms and Technologies Network: Integrative Models to Address Pain Through Music*. (U24AT012602). PI: Debra Burns. (\$2,421,333). 2023-2028.
13. Co-Investigator (Garland): *Physical Therapy Integrated with Mindfulness for Patients with Chronic Musculoskeletal Pain and Long-Term Opioid Treatment*. National Center for Complementary and Integrative Health (R01AT012229). PI: Jake Magel. (\$1,601,952). 2023-2025.
14. Co-Investigator (Garland): *Mindful Interoceptive Mapping: Elucidating a Novel Mechanism for Treating Opioid Misuse and Chronic Pain*. National Institute of Drug Abuse (R21DA050792). PI: Adam Hanley. (\$434,365). 2021-2023.

15. Principal Investigator (Garland): *Targeting Hedonic Dysregulation to Address Chronic Pain and Opioid Misuse in Primary Care*. National Institute on Drug Abuse - Behavioral and Integrative Treatment Program (R01DA042033). (\$2,828,034). 2016-2022.
16. Principal Investigator (Garland): *Targeting Chronic Pain and Co-Occurring Disorders in the Community with Mindfulness-Oriented Recovery Enhancement*. Department of Defense, Congressionally Directed Medical Research Program - Peer Reviewed Medical Research Program – Clinical Trial Award (PR151790; W81XWH-16-1-0522). (\$3,434,996). 2016 – 2022.
17. Principal Investigator (Garland): *A Comparative Effectiveness Randomized Controlled Trial of Mindfulness Meditation versus Cognitive Behavioral Therapy for Opioid-Treated Chronic Low Back Pain*. Patient Centered Outcomes Research Institute (PCORI) – Clinical Strategies for Managing and Reducing Long-Term Opioid Use for Chronic Pain. MPI: Aleksandra Zgierska, Robert Edwards. (OPD-1601-33860). (\$9,154,507). 2017-2022.
18. Principal Investigator (Garland): *Effects of Mindfulness-Oriented Intervention on Endogenous Opioid Mechanisms of Hedonic Regulation in Chronic Pain*. NIH- National Center for Complementary and Integrative Health (R61), Phased Innovation Award for Mechanistic Studies to Optimize Mind and Body Interventions in NCCIH High Priority Research Topics. MPI: Jon-Kar Zubieta. (R61AT009296). (\$830,946). 2016-2019.
19. Principal Investigator (Garland): *Heart Rate Variability-Informed Mobile Health Research to Promote Mindfulness Skills*. University of Utah Seed Grant (\$9000). 2020-2021.
20. Co-Investigator (Garland): *Neuroimaging Response Inhibition and Salience Attribution Changes during Mindfulness-Based Treatment of Human Heroin Addiction*. National Center for Complementary and Integrative Health (R01). PI: Rita Goldstein. (R01AT010627). (\$3,775,359). 2019-2024.
21. Co-Investigator (Garland): *Separate and Combined Effects of Mindfulness Meditation and Savoring on Pain-Related Corticostriatal Function*. National Center for Complementary and Integrative Health (R61). PI: Patrick Finan. (R61AT010134). (\$1,005,568). 2019-2021.
22. Co-Investigator (Garland): *Mindfulness Oriented Recovery Enhancement as an Adjunct to Methadone Treatment for Opioid Use and Chronic Pain Management*. National Center for Complementary and Integrative Health (R21/R33). PI: Nina Cooperman. (R21AT010109). (\$1,819,967 for R21 and R33 phases combined). 2019-2021.
23. Co-Investigator (Garland): *Understanding and Restoring Dopaminergic Function in Fibromyalgia Patients using a Mindfulness-Based Psychological Intervention: A*

- Raclopride PET-study*. Swiss National Science Foundation. PI: Chantal Martin-Soelch (182766). (\$700,000 Swiss Francs). 2019-2023.
24. Co-Investigator (Garland): *A Randomized Controlled Trial of Pre-Surgery Opioid Medication Effects*. South/East Norwegian Hospital Trust. PI: Gernot Ernst & Siri Leknes. (\$2,352,000 Norwegian Kroner). 2020-2024.
 25. Co-Investigator (Garland): *Understanding Postoperative Opioid Use and Misuse in Norway: A Prospective Clinical Study*. PI: Siri Leknes. (\$3,375,000 Norwegian Kroner). 2020-2023.
 26. Co-Investigator (Garland): *SMART Stepped Care Management for Low Back Pain in Military Health System*. National Center for Complementary and Integrative Health and Department of Defense. PI: Julie Fritz/Dan Rhon. (UG3AT009763). (\$6,438,846). 2017 – 2023.
 27. Co-Investigator (Garland): *Nonpharmacologic Pain Management for Lumbar Surgery*. National Center for Complementary and Integrative Health. PI: Julie Fritz/Dan Rhon. (UH3AT009763-04S1). 2020-2023.
 28. Co-Investigator (Garland): *Optimizing Treatment Sequencing for Patients with Chronic, Nonspecific Low Back Pain*. Patient Centered Outcomes Research Institute (PCORI) – Optimized Multidisciplinary Treatment Programs for Nonspecific Chronic Low Back Pain. PI: Julie Fritz. (\$9,689,014). 2018 – 2025.
 29. Principal Investigator (Garland): *Behavioral Interventions for Chronic Pain and Opioid-Related Problems*. Fahs Beck Fund for Research and Experimentation. (\$20,000). 2016 – 2018.
 30. Co-Investigator (Garland): *Brief Cognitive Behavioral Therapy Replication Trial*. Department of Defense. PI: Craig Bryan. (W81XWH-16-R-BAA1). (\$4,900,000). 2018 – 2023.
 31. Consultant (Garland): *Creating and Optimizing Mindfulness Measures to Enhance and Normalize Clinical Evaluation*. National Center for Complementary and Integrative Health. PI: David Victorson. R01AT009539. (\$3,717,633). 2017 – 2022.
 32. Co-Investigator (Garland): *Epigenetic and neurodevelopmental treatment targets for prenatal opioid exposure*. UCP-ECHO Grant. PI: Conradt (\$25,000). 2018-2019.
 33. Co-Investigator (Garland): *Polysubstance Exposure in Utero: Identifying Epigenetic and Neurodevelopmental Treatment Targets*. Consortium for Families and Health Research Seed Grant. PI: Conradt. (\$10,000). 2018-2019.
 34. Principal Investigator (Garland): *Targeting Military Opioid Misuse through Mindfulness-Oriented Recovery Enhancement*. NIH-National Institute on Drug Abuse (R34), RFA-DA-13-013 Prevention and Health Promotion Interventions to Prevent

- Alcohol and Other Drug Abuse and Associated Physical and Psychological Health Problems in U.S. Military Personnel, Veterans and their Families (R34DA037005). (\$670,500). 2013 – 2017.
35. Co-Investigator (Garland): *Technologies for Assessing Behavioral and Cognitive Markers of Suicide Risk*. Department of Defense, Psychological Health/Traumatic Brain Injury Research Program Community Partners in Mental Health - Research Award. (PT140188). PI: Brian Baucom. (\$2,414,422). 2015 - 2018.
 36. Co-Investigator (Garland): *The Impact of a Mindfulness-Based Intervention on Opioid Misuse during Pregnancy: A Mixed Methods Pilot RCT*. Mind and Life Institute. Francisco J. Varela Award. PI: Sarah Priddy (\$15,000). 2017-2019.
 37. Research Award (Garland, recipient). Stephanie Loker Harpst (donor). (\$13,500). 2015 - 2019.
 38. Co-Investigator (Garland): *Dissecting De-Automatization: The Effect of Mindfulness Training on Habit Formation*. Mind and Life Institute. Francisco J. Varela Award. PI: Adam Hanley (\$11,637). 2015-2017.
 39. Principal Investigator (Garland): *Mindfulness-Oriented Recovery Enhancement for Chronic Pain Patients Receiving Opioid Therapy: Exploration of Cognitive, Affective, and Physiological Mechanisms*. National Institute on Drug Abuse, RFA-DA-11-010: Support Opportunity for Addiction Research (R03DA032517). (\$73,500). 2011 – 2013.
 40. Co-Principal Investigator (Garland): *Trauma-Informed Mindfulness-Based Stress Reduction to Promote Intra- and Interpersonal Flourishing Among Survivors of Traumatic Violence*. Mind and Life Institute. 1440 Award for Real-World Contemplative Research. (\$14,980). 2013 - 2014.
 41. Co-Investigator (Garland): *Exploration of a Will-power Model of Psychological and Biophysical Mechanisms Underlying the Role of Mindfulness in Hypertension*. Multidisciplinary Support Grant, Florida State University. PI: Amy Ai. (\$25,000). 2012 – 2013.
 42. Principal Investigator (Garland): *Mindfulness-Oriented Recovery Enhancement for Chronic Pain Patients Receiving Opioid Therapy: Exploration of Cognitive, Affective, and Physiological Mechanisms*. Fahs-Beck Fund for Research and Experimentation. (\$15,000). 2011 – 2013.
 43. Co-Investigator & Evaluator (Garland): *Triangle Network to Engage Homeless Individuals with Substance Abuse & Mental Health Disorder (Triangle ENGAGE)*. Substance Abuse and Mental Health Services Administration (TI 020489). P.I.: Roberts-Lewis, A. (\$2,000,000). 2008-2013.

44. Principal Investigator (Garland): *Mindfulness-Oriented Recovery Enhancement for Underserved Opioid Users with Comorbid Chronic Pain and Mood Symptoms: A Preliminary Exploration of Cognitive, Affective, and Physiological Mechanisms*. Council on Research & Creativity Planning Grant, Florida State University. (\$12,000). 2011.
45. Principal Investigator (Garland): *Mindfulness-Oriented Recovery Enhancement for Underserved Opioid Users with Comorbid Chronic Pain and Mood Symptoms: A Preliminary Exploration of Cognitive, Affective, and Physiological Mechanisms*. Trinity Institute for the Addictions Seed Grant, College of Social Work, Florida State University. (\$5,000). 2011.
46. Principal Investigator (Garland): *Targeting Cognitive, Affective, and Physiological Mechanisms in the Risk-Chain to Alcohol Dependence: The Roles of Trauma, Attentional Biases, and Heart Rate Variability Responses to Alcohol Cues*. First Year Professor's Award, Council on Research & Creativity, Florida State University. (\$17,000). 2011.
47. Principal Investigator (Garland): *Biopsychosocial Assessment of a Mindfulness-Oriented Cognitive Intervention for Alcohol Dependence*. Francisco J. Varela Research Grant, Mind and Life Institute. (\$15,000). 2008-2010.
48. Principal Investigator (Garland): *Biopsychosocial Assessment of a Mindfulness-Oriented Cognitive Intervention for Alcohol Dependence*. Armfield-Reeves Innovation Grant, University of North Carolina – Chapel Hill School of Social Work. (\$9,840). 2008-2010.
49. Post-doctoral Fellow (Garland): Ruth L. Kirschstein National Research Service Award Post-doctoral Research Fellowship in Complementary and Alternative Medicine (T32 AT003378-04). National Center for Complementary and Alternative Medicine. 2009-2010.
50. Pre-doctoral Fellow (Garland): Ruth L. Kirschstein National Research Service Award Pre-doctoral Research Fellowship in Complementary and Alternative Medicine (T32 AT003378-04). National Center for Complementary and Alternative Medicine. 2008-2009.
51. Principal Investigator (Garland): George Hitchings New Investigator in Health Research Award. Triangle Community Foundation. (\$4000). 2007-2008.

SELECT HONORS, AWARDS & RECOGNITION

Briefing Rahul Gupta, MD, Director of the U.S. Office of National Drug Control Policy

Most prolific author of mindfulness research in the world, per a bibliometric analysis of mindfulness research over the past 55 years (Baminiwatta & Solangaarachchi, 2021, *Mindfulness*)

Distinguished Professor, University of Utah (2021)

Invited lecture to speak on complementary and integrative approaches to substance use disorder treatment at Integrative Medicine Research Lecture Series (IMLS) of the National Center for Complementary and Integrative Health – NIH (2021)

Appointed to Joint American Society of Clinical Oncology-Society for Integrative Oncology Expert Panel to Develop Guideline for “Integrative Approach to Pain Management” (2020)

Appointed by NIH Director Francis Collins to NIH HEAL Multidisciplinary Work Group (2019)

Distinguished Endowed Chair in Research, College of Social Work, University of Utah (2019)

Best Symposium (“The role of mindfulness-based interventions in addressing the opioid crisis”) Submitted to Addiction Health Services Research conference (2019)

Madi Odette (B.S. student) awarded Undergraduate Research Scholar Designation from the University of Utah

Sarah Priddy (PhD student) awarded University Graduate Fellowship from the University of Utah

Sarah Priddy (PhD student) awarded the SSWR Doctoral Fellows Award (2019) for her dissertation proposal, “*The Impact of Mindfulness-Oriented Recovery Enhancement on Opioid Misuse During Pregnancy: A Randomized Controlled Trial.*” Dissertation Chair: Eric Garland

Research paper (Garland et. al, 2017, *Psychotherapy and Psychosomatics*) covered on website of the National Institute on Drug Abuse, 2018

Fellow, American Academy of Social Work and Social Welfare (2018)

Society for Social Work and Research Excellence in Research Award (2018) - Honorable Mention

Research paper (Garland et al., 2017, *Psychopharmacology*) selected for Presentation to Director of National Institute on Drug Abuse at NIDA National Advisory Council (2017)

Mary McPhee Shields Award for Faculty Excellence in Research, University of Utah (2017)

Extraordinary Faculty Achievement Award, University of Utah (2017)

Career Services Faculty Recognition Award, University of Utah (2017)

Fellow, Society for Social Work and Research (2017)

Society for Social Work and Research Excellence in Research Award (2016) - Honorable Mention

Research paper (Garland et. al, 2015, *Journal of Behavioral Medicine*) covered on website of the National Institute on Drug Abuse

Best Paper Presentation of the Society for Integrative Oncology (2015)

Presidential Scholar, University of Utah (2015- 2018)

Distinguished Scholar and Fellow, National Academies of Practice (2015)

Guardian of the Flame Faculty Award, Florida State University (2013)

Fellow, Mind and Life Institute (2012)

Transformation through Teaching Award, Florida State University (2012)

FSU Council on Research and Creativity First Year Professor's Award – First Prize (2012)

Society for Social Work and Research Outstanding Dissertation Award (2011)

Outstanding Doctoral Student of 2008 – 2009. University of North Carolina at Chapel Hill School of Social Work (2010)

Best Graduate Student Oral Presentation. University Research Day, University of North Carolina, Chapel Hill, NC. (2009)

Mind and Life Summer Research Institute Fellowship. (2009; 2008; 2007)

Samuel J. Brody Scholarship. School of Social Work, University of North Carolina, Chapel Hill, NC (2008)

University Merit Award. University of North Carolina, Chapel Hill, NC (2006)

Phi Beta Kappa (1998)

Advanced Honors Certificate. University of Delaware, Newark, DE. (1998)

Psi Chi Honor Society (1998)

Dean's List. University of Delaware, Newark DE. (1994 – 1998)

BOOKS/TREATMENT MANUALS

Garland, E.L. (2013). *Mindfulness-Oriented Recovery Enhancement for Addiction, Stress, and Pain*. Washington, DC: NASW Press.

Garland, E.L. (in press). *Mindfulness-Oriented Recovery Enhancement: An Evidence-Based Treatment for Chronic Pain and Opioid Use*. New York, NY: Guilford Press.

PUBLICATIONS (Total: 246) *denotes a paper on which Dr. Garland was either the senior or lead author

1. * Cooperman, N.A., Lu, S., Hanley, A.W., Puvananayagam, T., Dooley-Budsock, P., Kline, A., & Garland, E.L. (2023). Telehealth Mindfulness-Oriented Recovery Enhancement versus methadone treatment-as-usual in individuals with opioid use disorder and pain: A randomized clinical trial. *JAMA Psychiatry*.
2. * Garland, E.L., Nakamura, Y., Bryan, C.J., Hanley, A.W., Parisi, A., Froeliger, B., Marchand, W.R., & Donaldson, G.W. (2023). Mindfulness-Oriented Recovery Enhancement for veterans and military personnel on long-term opioid therapy for chronic pain: A randomized clinical trial. *American Journal of Psychiatry*.
3. * Sacchet, M.D., Fava, M., & Garland, E.L. (2023). Modulating self-referential processing through meditation and psychedelics: is scientific investigation of self-transcendence clinically relevant? *World Psychiatry*.
4. * Parisi, A., Hudak J., Froeliger, B., & Garland, E.L. (2023). Mindfulness-Oriented Recovery Enhancement reduces posttraumatic stress by enhancing reappraisal among chronic pain patients with co-occurring opioid misuse. *Nature Mental Health, 1*, 489–500.
5. * Odette, M.M., Porucznik, C.A., Gren, L.H., Garland, E.L. (2023). Alcohol Consumption and Opioid Craving Among Chronic Pain Patients Prescribed Long-Term Opioid Therapy. *Addictive Behaviors*.
6. Larsen, J.K., Holland, G.J., Garland, E.L., Evers, A.W.M., Wiers, R.W. (2023). Be more mindful: Targeting addictive responses by integrating mindfulness with cognitive bias modification or cue exposure interventions. *Neuroscience & Biobehavioral Reviews*.
7. Paschali, M., Lazaridou, A., Sadora, S., Papianou, L., Garland, E.L., Zgierska, A.E., & Edwards, R.R. (2023). Mindfulness-based interventions for chronic low back pain: A systematic review and meta-analysis. *Clinical Journal of Pain*.
8. * Ray, S., Bhanji, J., Kennelly, N., Fox, H.C., Dooley Budsock, P., Delgado, M., Cooperman, N.A., & Garland, E.L. (2023). Mindfulness-Oriented Recovery Enhancement in opioid use disorder: Extended emotional regulation and neural

- effects and immediate effects of guided meditation in a pilot sample. *Explore*.
9. Jamison, R.N., Edwards, R.R., Brown, R., Burzinski, C.A., Lennon, R.P., Barrett, B.P., Nakamura, Y., Schiefelbein, A.R., Garland, E.L., & Zgierska, A. (2023). Risk factors for self-harm among persons on prescription opioids for chronic back pain: Hierarchical odds-ratio analyses. *Clinical Journal of Pain*.
 10. Zgierska, A.E., Burzinski, C.A., Garland, E.L., Barrett, B., Lennon, R.P., Brown, R.L., Schiefelbein, A.R., Nakamura, Y., Stahlman, B., Jamison, R.N., & Edwards, R.R. (2023). Experiences of adults with opioid-treated chronic low back pain during the COVID-19 pandemic: A cross-sectional survey study. *Medicine*.
 11. * Parisi, A., Hudak, J., & Garland, E.L. (2023). The effects of mindfulness-based intervention on emotion-related impulsivity in addictive disorders. *Current Addiction Reports*.
 12. * Incze, M., & Garland, E.L. (2023). Mobilizing primary care against the opioid crisis in the post X-waiver era. *Journal of General Internal Medicine*.
 13. Hanley, A.W., Walker, D., Wilson Zingg, R., Garland, E.L. & Hansen, P. A. (2023). The mindful warm-up: Proof of concept for a brief embedded intervention. *Mindfulness*.
 14. Kleinstäuber, M., Garland, E.L., Bannoc, B., Sanyer, M., Barke, A. (2023). Endorsing a biopsychosocial perspective of pain in individuals with chronic pain: Development and validation of a scale. *Clinical Journal of Pain*.
 15. Lewis, B.R., Garland, E.L., Byrne, K., Durns, T., Beck, A., Thielking, P. (2023). HOPE: A pilot study of psilocybin enhanced group psychotherapy in patients with cancer. *Journal of Pain and Symptom Management*.
 16. Upton, S., Brown, A.A., Golzy, M., Garland, E.L, & Froeliger, B. (2023). Right inferior frontal gyrus theta-burst stimulation reduces smoking behaviors and strengthens fronto-striatal-limbic resting state functional connectivity: A randomized crossover trial. *Frontiers in Psychiatry*. Doi: 10.3389/fpsy.2023.1166912.
 17. * Garland, E.L., Fix, S.T., Hudak, J.P., Bernat, E.M., Nakamura, Y. Hanley, A.W., Donaldson, G.W., Marchand, W.R., & Froeliger, B. (2023). Mindfulness-Oriented Recovery Enhancement remediates anhedonia in chronic opioid use by enhancing neurophysiological responses during savoring of natural rewards. *Psychological Medicine*, 53(5), 2085-2094.
 18. Huang, Y., Ceceli, A.O., Kronberg, G., King, S., Malaker, P., Alia-Klein, N., Garland, E.L., & Goldstein, R.Z. (2023). Cortico-striatal engagement during cue-reactivity, reappraisal, and savoring of drug and non-drug stimuli is associated with craving in heroin addiction. *American Journal of Psychiatry*.

19. * Parisi, A., Zgierska, A.E., Burzinski, C.A., Lennon, R.P., Jamison, R.N., Nakamura, Y., Barrett, B., Edwards, R.R., Garland, E.L. (2023). To be aware, or to accept, that is the question: Differential roles of awareness of automaticity and pain acceptance in opioid misuse. *Drug and Alcohol Dependence*.
20. Wang, Y., Garland, E.L., & Farb, N.A. (2023). An experimental test of the Mindfulness-to-Meaning Theory: Causal pathways between decentering, reappraisal, and wellbeing. *Emotion*.
21. * Garland, E.L., Gullapalli, B., Prince, K.C., Hanley, A.W., Sanyer, M., Tuomenoksa, M., & Rahman, T. (2023). Zoom-based Mindfulness-Oriented Recovery Enhancement plus just-in-time mindfulness practice triggered by wearable sensors for opioid craving and chronic pain. *Mindfulness*.
22. Eikemo, M., Meier, I., Løseth, G., Trøstheim, M., Ørstavik, N., Jensen, E., Garland, E.L., Berna, C., Ernst, G., & Leknes, S. (2023). Opioid analgesic effects on subjective well-being in the operating room. *Anesthesia*.
23. * Tofighi, B., Marini, C., Lee, J.D., & Garland, E.L. (2023). Patient perceptions of integrating meditation-based interventions in office-based opioid treatment with buprenorphine: A mixed-methods survey. *Journal of Addiction Medicine*.
24. * Hanley, A. W., Hinich, J., Kennedy, A., Newman, C., Martorella, G., Anderson, L., Pelt, C., Gililland, J., & Garland, E. L. (2023). The analgesic effects of nurse-led, ultra-brief mindfulness interventions: A randomized controlled trial. *Mindfulness*.
25. * Garland, E.L., & Parisi, A. (2023). Mindfulness-based treatments for addictive disorders. In Miller, S.C., Fiellin, D.A., & Rosenthal, R.N. (Eds.) *American Society for Addiction Medicine (ASAM) Principles of Addiction Medicine 7th Edition*, Wolters Kluwer.
26. Palmer, A.M., Carpenter, M.J., Baker, N.L., Froeliger, B., Foster, M.G., Garland, E.L., Saladin, M.E., & Toll, B.A. (2023). Development of two novel treatments to promote smoking cessation: Savor and Retrieval Extinction Training pilot clinical trial findings. *Experimental and Clinical Psychopharmacology*.
27. Woods, D.K., Nguyen, H., Lennon, R.P., Sundaram, C., Burzinski, C.A., Garland, E.L., Zgierska, A.E., & Barrett, B. (2023). Adults with opioid-treated chronic low back pain: Qualitative analysis of the opioid medication impact. *Journal of Pain Management*, 16(1), 00-00.
28. * Garland, E.L., & Jenson, J. (2023). Matthew Owen Howard. *Encyclopedia of Social Work*. Oxford University Press.
29. * Parisi, A., Hanley, A.W., & Garland, E.L. (2023). Mindfulness-based practice. In Franklin, C., & Jordan, C. (Eds.) *Social Work Treatment 7th Edition*. Oxford University Press.

30. * Garland, E.L., Roberts, L.R., Hanley, A.W., Zeidan, F., & Keefe, F.J. (2023). The Mindful Reappraisal of Pain Scale (MRPS): validation of a new measure of psychological mechanisms of mindfulness-based analgesia. *Mindfulness, 14*, 192-204.
31. Verdejo-Garcia, A., Rezapour, T., Giddens, E., Zoosoozi, A.K., Rafei, P., Berry, J., Caracuel, A., Copersino, M.L., Field, M., Garland, E.L., Lorenzetti, V., Malloy-Diniz, L., Manning, V., Marceau, E.M., Pennington, D.L., Strickland, J.C., Wiers, R., Fairhead, R., Anderson, A., the ISAM Neuroscience Cognitive Training and Remediation Workgroup, Ekhtiari, H. (2023). Cognitive training and remediation interventions for substance use disorders: A Delphi consensus study. *Addiction*.
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MAJOR PROFESSIONAL PRESENTATIONS

1. Garland, E.L. (2023). *Mindfulness-Oriented Recovery Enhancement: Clinical Outcomes and Mechanisms of an Evidence-Based Treatment for Opioid Misuse and Chronic Pain*. Symposia at the American Academy of Addiction Psychiatry, Rancho Bernardo, CA, December 7, 2023.
2. Garland, E.L. (2023). *Mindfulness-Oriented Recovery Enhancement: An Evidence-Based Treatment for Chronic Pain, Opioid Misuse, and Opioid Use Disorder*. Grand Rounds, Essentia Health, November 15, 2023.
3. Garland, E.L. (2023). *Mindfulness-Oriented Recovery Enhancement: Clinical Outcomes and Neurophysiological Mechanisms of an Integrative Health Intervention for Chronic Pain and Addiction*. Keynote lecture, Oregon Center for Complementary & Alternative Medicine in Neurological Disorders (ORCCAMIND), November 9, 2023.
4. Garland, E.L. (2023). *Mindfulness-Oriented Recovery Enhancement: An Evidence-Based, Neuroscience-Informed Therapy for Addiction, Stress, and Pain*. Keynote lecture, Cape Cod Symposium for Addictive Disorders, Hyannis, MA, September 9, 2023.
5. Garland, E.L. (2023). *Healing Addiction, Stress, and Pain with Mindfulness-Oriented Recovery Enhancement: A New, Evidence-Based, Neuroscience-Informed*

Treatment Approach. Keynote lecture, Addictions Research Update, Huntsman Mental Health Institute, June 12, 2023.

6. Garland, E.L., & Hanley, A.W. (2023). *Healing Addiction, Stress, and Pain with Mindfulness-Oriented Recovery Enhancement: A New, Evidence-Based, Neuroscience-Informed Treatment Approach*. RxSummit, Atlanta, GA, April 11, 2023.
7. Garland, E.L. (2023). *Mindfulness-Oriented Recovery Enhancement: Clinical Outcomes and Biobehavioral Mechanisms of an Evidence-Based Therapy for Chronic Pain, Opioid Misuse, and Opioid Use Disorder*. Grand Rounds, University of Hawaii School of Medicine, March 28, 2023.
8. Garland, E.L. (2023). *Mindfulness-Oriented Recovery Enhancement: Clinical Outcomes and Biobehavioral Mechanisms of an Evidence-Based Therapy for Chronic Pain, Opioid Misuse, and Opioid Use Disorder*. Grand Rounds, University of North Carolina at Chapel Hill School of Medicine, February 23, 2023.
9. Garland, E.L. (2023). *Mindfulness-Oriented Recovery Enhancement Reduces Opioid Use by Evoking the Neurophysiological Signature of Self-Transcendence and Nonduality*. International Symposium for Contemplative Research, San Diego, CA, February 4, 2023.
10. Garland, E.L. (2023). *Mindfulness-Oriented Recovery Enhancement: Clinical Outcomes and Biobehavioral Mechanisms of an Evidence-Based Therapy for Chronic Pain, Opioid Misuse, and Opioid Use Disorder*. Grand Rounds, University of Utah Department of Psychiatry, February 1, 2023.
11. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement Targets Addiction by Restructuring Reward from Hedonic Pleasure to Self-Transcendent Meaning*. Invited presentation to the NIH Behavioral and Social Sciences Research Festival, Office of Behavioral and Social Science Research (OBSSR), National Institutes of Health. December 8, 2022.
12. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement: Clinical Outcomes and Biobehavioral Mechanisms of an Evidence-Based Therapy for Chronic Pain, Opioid Misuse, and Opioid Use Disorder*. Grand Rounds, Northwestern University Department of Medicine, October 11, 2022.
13. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement: Clinical Outcomes and Biobehavioral Mechanisms of an Evidence-Based Therapy for Chronic Pain, Opioid Misuse, and Opioid Use Disorder*. Grand Rounds, Cambridge Health Alliance, Boston, MA, October 6, 2022.
14. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement: Clinical Outcomes and Biobehavioral Mechanisms of an Evidence-Based Therapy for*

- Chronic Pain, Opioid Misuse, and Opioid Use Disorder*. National Institute for Allergies and Infectious Disease (NIAID), September 22, 2022.
15. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement: A Group Visit Model for Addressing Chronic Pain, Opioid Misuse, and Opioid Use Disorder*. Integrated Group Medical Visit Conference, September 16, 2022.
 16. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement for Addiction, Stress, and Pain*. Workshop for the Annual State of the Art of Addiction Medicine Conference of the California Society for Addiction Medicine, San Diego, CA, August 26, 2022.
 17. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement: An Innovative, Neuroscience-Based Treatment to Help Heal the Opioid Crisis*. Plenary lecture, East Coast Symposium for Addictive Disorders, Baltimore, MD, August 19, 2022.
 18. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement: A New, Neuroscience-Based Treatment for Addiction and Pain*. Plenary lecture, Kaiser Permanente Mental Health Conference, August 13, 2022.
 19. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement: A Neuroscience-Informed Treatment for Addiction and Pain*. Plenary lecture, New Jersey Prevention Network Annual Addiction Conference, June 23, 2022.
 20. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement: An Evidence-Based Intervention for Chronic Pain, Addictive Behavior, and Emotion Dysregulation*. Invited presentation for the International Mindfulness Symposium, University of Fribourg, Switzerland, June 9, 2022.
 21. *Mindfulness-Oriented Recovery Enhancement: Clinical Outcomes and Biobehavioral Mechanisms of An Evidence-Based Therapy for Chronic Pain and Opioid Misuse*. Invited Talk. Stanford Pain Relief Innovations Lab, Stanford School of Medicine, Stanford, CA, June 2, 2022.
 22. Garland, E.L. (2022). *Digital Mindfulness Interventions: Friend or Foe?* Symposium at International Congress of Integrative Medicine and Health, Phoenix, May 25, 2022.
 23. Garland, E.L. (2022). *Healing the Opioid Crisis with Mindfulness-Oriented Recovery Enhancement: Clinical Outcomes and Biobehavioral Mechanisms from a Full-Scale RCT*. International Congress of Integrative Medicine and Health, Phoenix, May 24, 2022.
 24. Garland, E.L. (2022). *Novel Mechanisms of Mindfulness-Based Interventions for Chronic Pain and Addiction: Self-Referential Processing and Reward*. Symposium

- at International Congress of Integrative Medicine and Health, Phoenix, May 24, 2022.
25. Garland, E.L. (2022). *Mindfulness-Oriented Recovery Enhancement for Women with Chronic Pain, Opioid Misuse, and Opioid Use Disorder: Biobehavioral Mechanisms and Clinical Outcomes*. Invited Panel Presentation for the Annual NIH Women's Health Symposium, May 5, 2022.
 26. Garland, E.L., Hudak J., & Froeliger, B. (2022). *Mindfulness-Oriented Recovery Enhancement Restructures Reward Processing in Opioid Misuse*. Society for Biological Psychiatry, New Orleans, April 28, 2022.
 27. Garland, E.L. (2022). *Mindfulness Occasions Self-Transcendence and Reduces Opioid Misuse by Enhancing Frontal Midline Theta*. Science of Consciousness, Tuscon, April, 22, 2022.
 28. Garland, E.L., & Hanley, A.W. (2022). *Mindfulness-Oriented Recovery Enhancement: A New Neuroscience-Based Treatment for Opioid Misuse, Opioid Use Disorder, and Chronic Pain*. RxSummit, Atlanta, April 18, 2022.
 29. Garland, E.L. (2021). *Mindfulness-based Approaches to Addiction Treatment and Recovery*. Invited talk for the Mind and Life Institute, November 13, 2021.
 30. Garland, E.L. (2021). *Mindfulness-Oriented Recovery Enhancement Treats Comorbid Chronic Pain, Opioid Misuse, and Psychiatric Disorders by Targeting Hedonic Dysregulation*. Invited presentation for the 16th Annual NIH Pain Consortium Symposium on Advances in Pain Research, May 24, 2021.
 31. Garland, E.L., Witkiewitz, K., Nock, N., & Su, S. (2021). *Bringing Pain and Addiction Researchers Together*. Invited Panel Presentation for the Annual NIH HEAL Investigator Meeting, May 19, 2021.
 32. Garland, E.L. (2021). *Relieving Pain and Opioid Misuse with Mindfulness-Oriented Recovery Enhancement*. Grand Rounds to Memorial Sloan Kettering Cancer Center Population Science Research Program, May 18, 2021.
 33. Garland, E.L. (2021). *Healing the Opioid Crisis with Mindfulness-Oriented Recovery Enhancement: Clinical Efficacy and Neurophysiological Mechanisms*. Invited lecture for the National Institutes of Health-National Center on Complementary and Integrative Medicine, May 4, 2021.
 34. Garland, E.L. (2021). *Mindfulness-Oriented Recovery Enhancement for Chronic Pain and Opioid Misuse in Primary Care: A Randomized Clinical Trial*. Presentation at the annual conference of the Society for General Internal Medicine, April 20, 2021.

35. Garland, E.L. (2021). *Mindfulness-Oriented Recovery Enhancement Treats Chronic Pain and Opioid Misuse by Restructuring Reward Processing*. Grand Rounds, Department of Psychiatry, Mount Sinai Hospital, New York, March 16, 2021.
36. Garland, E.L. (2021). *Mindfulness-Oriented Recovery Enhancement: Leveraging Social Work Science to Create Positive Change in the Opioid Crisis, From Prevention to Intervention*. Symposium at the Society for Social Work and Research Annual Conference, January 17, 2021.
37. Garland, E.L. (2020). *Mindfulness-Oriented Recovery Enhancement: A Neuroscience-Based Treatment for Opioid Misuse and Addiction*. Invited talk to the Utah Attorney General's Opioid Task Force, December 14, 2020.
38. Garland, E.L. (2020). *Mindfulness-Oriented Recovery Enhancement for Chronic Pain and Opioid Misuse: Clinical Efficacy by Targeting Hedonic Dysregulation*. Department of Psychiatry Grand Rounds, Stonybrook University, December 8, 2020.
39. Garland, E.L. (2020). *Mindfulness-Oriented Recovery Enhancement for Chronic Pain and Opioid Misuse: Clinical Efficacy and Biobehavioral Mechanisms*. Presentation at the annual conference of the American Psychosomatic Society, December 3, 2020.
40. Garland, E.L. (2020). *Mindfulness-Oriented Recovery Enhancement Heals Chronic Pain and Opioid Misuse by Restructuring Reward: From Hedonic Pleasure to Self-Transcendent Meaning*. Invited lecture for the Brown University Contemplative Studies Program, December 1, 2020.
41. Garland, E.L. (2020). *Mindfulness-Oriented Recovery Enhancement for Chronic Pain and Opioid Misuse: Clinical Efficacy and Biobehavioral Mechanisms*. Invited lecture for the University of Maryland School of Social Work Lunch Time Research Seminar, November 19, 2020.
42. Garland, E.L. (2020). *Mindfulness-Oriented Recovery Enhancement for Chronic Pain and Opioid Misuse: Clinical Efficacy and Biobehavioral Mechanisms*. Invited lecture at the Veterans Administration National Pain Research Working Group, October 5, 2020.
43. Garland, E.L. (2020). *Self-transcendence as a Mechanism of Mindfulness-Oriented Recovery Enhancement*. Invited lecture at University of Southern California Center for Mindfulness Science, June 16, 2020.
44. Garland, E.L. (2020). *Targeting Reward Dysregulation Mechanisms of Chronic Pain and Opioid Misuse*. Invited talk at National Institutes of Health (NIH) Workshop on Chronic Pain and Opioid Use Disorder, June 1, 2020.

45. Garland, E.L. (2020). *Healing the Opioid Crisis with Mindfulness-Based Interventions: How Social Work Research Can Contribute to the NIH HEAL Initiative*. Symposium at Society for Social Work and Research 2020 Annual Conference, January 17, 2020, Washington, DC.
46. Garland, E.L., Hanley, A.W., & Hudak, J. (2019). *The Role of Mindfulness-Based Interventions in Addressing the Opioid Crisis*. Plenary at 2019 Addiction Health Services Research Conference, Park City, UT, October 2, 2019.
47. Garland, E.L. (2019). *Mindfulness-Oriented Recovery Enhancement: Targeting Hedonic Dysregulation in Chronic Pain and Addiction*. Invited Lecture at Center for Healthy Minds, University of Wisconsin-Madison, October 18, 2019.
48. Garland, E.L. (2019). *The Art and Science of Well-Being: Healing the Pathophysiology of Stress, Pain, and Addiction with Mindfulness-Oriented Recovery Enhancement*. Plenary at the 2019 Annual Conference of the Institute of Functional Medicine, San Antonio, Texas, May 30, 2019.
49. Garland, E.L. (2019). *Mindfulness-Oriented Recovery Enhancement – A New, Neuroscience-Based Treatment for Opioid Misuse, Stress, and Pain*. Invited Lecture at New Orleans Veterans Administration Medical Center, New Orleans, LA, April 25, 2019.
50. Garland, E.L. (2019). *Mindfulness-Oriented Recovery Enhancement for Addiction, Emotion Dysregulation, and Chronic Pain: Clinical Outcomes and Biobehavioral Mechanisms*. Invited Lecture at Florida International University, Miami, FL, March 25, 2019.
51. Garland, E.L. (2019). *Mindfulness-Based Interventions for Addiction in Social Work: Novel Therapeutic Mechanisms and Measurement Strategies*. Symposium at Society for Social Work and Research 2019 Annual Conference, January 18, 2019, San Francisco, CA.
52. Garland, E.L. (2019). *Detecting and Predicting Risk for Prescription Opioid Misuse with an Innovative, Performance-Based Cognitive Measure of Attentional Bias in a Large Sample of Opioid-Treated Pain Patients*. Symposium at Society for Social Work and Research 2019 Annual Conference, January 18, 2019, San Francisco, CA.
53. Garland, E.L. (2019). *Mindfulness-Oriented Recovery Enhancement: A New, Neuroscience-Based Treatment for Opioid Misuse and Chronic Pain*. Grand Rounds to the University of Hawaii Department of Psychiatry, January 4, 2019. Honolulu, HI.
54. Garland, E.L. (2019). *Mindfulness-Oriented Recovery Enhancement: A New, Evidence-Based Social Work Intervention for Opioid Misuse and Chronic Pain*. Invited talk to the Myron B. Thompson School of Social Work, University of Hawaii, January 2, 2019. Honolulu, HI.

55. Garland, E.L. (2018). *Mindfulness-Oriented Recovery Enhancement: A New, Evidence-Based Treatment for Prescription Opioid Misuse*. Invited talk to the Utah Opioid Task Force of the Attorney General of Utah, December 4, 2018. Salt Lake City, UT.
56. Garland, E.L. (2018). *Mindfulness to Meaning: Healing Hedonic Dysregulation in Addiction, Stress, and Pain with Mindfulness-Oriented Recovery Enhancement*. Invited “Master Lecture” to the International Symposium for Contemplative Research, November 10, 2018. Phoenix, AZ.
57. Garland, E.L., Carlson, L., & Segal, S. (2018). *To RCT or Not to RCT: Research Methods in Contemplative Clinical Research*. Panel presentation to the International Symposium for Contemplative Research, November 10, 2018. Phoenix, AZ.
58. Garland, E.L. (2018). *Searching for Nondual Awareness in a Clinical Trial Study*. Symposium presentation to the International Symposium for Contemplative Research, November 10, 2018. Phoenix, AZ.
59. Garland, E.L. (2018). *Healing Opioid Misuse and Chronic Pain with Mindfulness-Oriented Recovery Enhancement*. Invited address to the University of Utah National Advisory Council, November 9, 2018. Salt Lake City, UT.
60. Garland, E.L. (2018). *Mind-body Therapies for Acute and Chronic Pain: Efficacy and Mechanisms*. Invite plenary lecture to the 15th annual international conference of the Society for Integrative Oncology, October 29, 2018. Scottsdale, AZ.
61. Garland, E.L. (2018). *Randomized Clinical Trial(s) of Brief Mindfulness Versus Hypnotic Suggestion for Reducing Pain and Opioid Use – Time for a National Replication?* Invited webinar to the BraveNet Consortium. October 11, 2018.
62. Garland, E.L. (2018). *Mindfulness-Oriented Recovery Enhancement Restructures Reward Processing Mechanisms to Remediate Prescription Opioid Misuse*. Invited talk at the Alcohol and Drug Abuse Institute, University of Washington, July 9, 2018, Seattle, WA.
63. Zgierska, A., Edwards, R.R., & Garland, E.L. (2018). *Addressing the Opioid Epidemic by Maximizing Behavioral Treatment of Chronic Pain*. Symposium at International Conference on Opioids, June 10, 2018, Harvard Medical School, Boston, MA.
64. Garland, E.L. (2018). *Targeting Hedonic Dysregulation with Mindfulness-Oriented Recovery Enhancement*. Invited talk at Addiction Psychiatry Update Conference, June 7, 2018, Salt Lake City, UT.

65. Garland, E.L. (2018). *Targeting Hedonic Dysregulation in Pain and Prescription Opioid Misuse with Mindfulness-Oriented Recovery Enhancement*. Grand Rounds, University of Utah Department of Psychiatry, June 1, 2018, Salt Lake City, UT.
66. Moeller, S.J., & Garland, E.L. (2018). *Implicit behavioral preference for viewing drug versus hedonic images predicts longitudinal change in opioid addiction severity*. Poster presentation to the Society for Biological Psychiatry, May 11, 2018, New York, NY.
67. Garland, E.L. (2018). *Effects of Mindfulness on Pain and Opioid-Related Problems: Present & Future Prospects for Research and Clinical Application*. Symposium at International Congress of Integrative Medicine and Health, May 8, 2018, Baltimore, MD.
68. Garland, E.L. & Hanley, A.W. (2018). *Mindfulness-Oriented Recovery Enhancement Increases Interoceptive Awareness in Addictive Behavior and Chronic Pain: Data from Multiple Measurement Approaches*. Symposium at International Congress of Integrative Medicine and Health, May 8, 2018, Baltimore, MD.
69. Garland, E.L. & Hanley, A.W. (2018). *An Untapped Phenomenology of Mindfulness: Clinical Perspectives and New Measurement Tools for Assessing Meditative Self-Transcendence*. Symposium at International Congress of Integrative Medicine and Health, May 9, 2018, Baltimore, MD.
70. Garland, E.L. (2018). *Mindfulness-Oriented Recovery Enhancement as a Transdiagnostic Treatment for Pain, Addiction, and Trauma: Clinical Outcomes and Biobehavioral Mechanisms*. Invited talk to Southeast Louisiana Veterans Healthcare System PTSD Clinic, April 26, 2018, New Orleans, LA.
71. Garland, E.L., Keefe, F.J., Cherkin, D., Passik, S.J., & Turk, D. (2018). *Incorporating Nonpharmacologic Approaches to the Treatment of Opioid Abuse and Chronic Pain Management*. Invited talk to Contributions of Social and Behavioral Research in Addressing the Opioid Crisis, National Institutes of Health, March 5, 2018, Bethesda, MD.
72. Garland, E.L. (2018). *The Effects of Mindfulness-Oriented Recovery Enhancement on Allostatic Mechanisms in Stress, Pain, and Addiction*. Paper presentation to the International Stress and Behavior Society, January 16, 2018, Rodney Bay, St. Lucia.
73. Garland, E.L. (2018). *Efficacy of Brief Mindfulness Training and Hypnotic Suggestion for Acute Pain Relief in the Hospital Setting: A Randomized Controlled Trial of Integrative Social Work Interventions*. Paper presentation to Society for Social Work and Research 2018 Annual Conference, January 14, 2018, Washington, DC.

74. Garland, E.L. (2018). *Effects of Mindfulness-Oriented Recovery Enhancement on Biobehavioral Indices of Reward Processing in Prescription Opioid Misuse and Cigarette Addiction*. Symposium at Society for Social Work and Research 2018 Annual Conference, January 13, 2018, Washington, DC.
75. Garland, E.L. (2017). *Mindfulness-Oriented Recovery Enhancement for Addiction, Stress, and Pain: Clinical Outcomes and Biobehavioral Mechanisms*. Grand Rounds, November 13, 2017, George Wahlen Veterans Administration Medical Center, Salt Lake City, UT.
76. Garland, E.L. (2017). *Mechanisms of Mindfulness-Oriented Recovery Enhancement for Chronic Pain and Opioid Misuse: Targeting Hedonic Dysregulation*. Symposium at the American Pain Society, May 19, 2017, Pittsburgh, PA.
77. Garland, E.L. (2017). *Targeting Pain and Prescription Opioid Misuse with Mindfulness-Oriented Recovery Enhancement: Biobehavioral Mechanisms and Clinical Application*. Invited talk, May 17, 2017, Thomas Jefferson University, Philadelphia, PA.
78. Garland, E.L. (2017). *Mechanisms of Mindfulness and their Application to Social Work Practice*. Symposium at the Annual Conference of the Society for Social Work and Research. January 16, 2017, New Orleans, LA.
79. Garland, E.L. (2016). *Restructuring reward processing with Mindfulness-Oriented Recovery Enhancement*. International Symposium for Contemplative Science, November 11, San Diego, CA.
80. Garland, E.L. (2016). *Targeting Hedonic Dysregulation in Chronic Pain and Prescription Opioid Misuse with Mindfulness-Oriented Recovery Enhancement*. International Congress for Integrative Medicine and Health, May 20, 2016, Las Vegas, NV.
81. Garland, E.L. (2016). *Mindfulness promotes positive emotion-cognition interactions: Evidence for the Mindfulness-to-Meaning Theory from Research on Mindfulness-Oriented Recovery Enhancement*. Symposium at the Annual Conference of the American Psychosomatic Society, March 10, 2016, Denver, CO.
82. Garland, E.L. (2016). *Mindfulness-Oriented Recovery Enhancement As a Transdiagnostic Treatment for Co-Occurring Substance Dependence, Traumatic Stress, and Psychiatric Disorders Among Formerly Homeless Persons: Proximal Outcomes from a Cluster Randomized Trial*. Annual Conference of the Society for Social Work and Research. January 16, 2016, Washington, DC.
83. Garland, E.L. (2016). *Mindfulness-Oriented Recovery Enhancement for Opioid Misuse and Chronic Pain: Neurocognitive and Neuroaffective Findings from a*

- Biobehavioral Clinical Trial*. Annual Conference of the Society for Social Work and Research. January 16, 2016, Washington, DC.
84. Garland, E.L. (2015). *Social Work and Neuroscience Symposium*. Invited Discussant. Boston College, Boston, MA, 10/2-3, 2015
 85. Garland, E.L. (2015). *Mindfulness-Oriented Recovery Enhancement modulates neurocognitive mechanisms and reward system function in addiction, stress, and pain*. Invited presentation, Advances in Meditation Research, September 25, 2015, Sloan Kettering Memorial Hospital, New York, NY.
 86. Garland, E.L. (2015). *Mindfulness-Oriented Recovery Enhancement to Reduce Opioid Misuse and Musculoskeletal Pain*. 2nd Annual Pan Pacific Orthopedic Conference, July 24, 2015, Waikaloa, Hawaii.
 87. Garland, E.L. (2015). *Biobehavioral mechanisms of pain and reward: Implications for mindfulness-based interventions for chronic pain*. American Pain Society Annual Meeting, May 14, 2015, Palm Springs, CA.
 88. Eichberg, C., Mathew, A., Baddeley, J., Bell, S., LeMay, R., McConnell, P., Garland, E., Froeliger, B. (2015, April). *Mindfulness-Oriented Recovery Enhancement (MORE): A Novel Smoking-Cessation Treatment Focused on Cognitive Reappraisal and the Savoring of Naturalistic Rewards*. Poster presented at Frontiers in Neuroscience, Charleston, SC.
 89. Bell SJ, Dowdle LT, DeVries W, Garland EL, Hanlon CA, Froeliger BE (May 2015). *A Preliminary Study Using Interleaved TMS/fMRI to Investigate the Effects of a Mindfulness-Based Intervention on Smoking Cessation*. Poster Presented at Society of Biological Psychiatry, Toronto, ON, Canada.
 90. Garland, E.L. (2015). *Heart rate variability as a translational social work research method*. Annual Conference of the Society for Social Work and Research. January 16, 2014, New Orleans, LA.
 91. Thomas, E.A., & Garland, E.L. (2015). *Dispositional mindfulness and anhedonia among chronic pain patients*. Annual Conference of the Society for Social Work and Research. January 16, 2014, New Orleans, LA.
 92. Garland, E.L. (2014). *Mindfulness-Oriented Recovery Enhancement for Chronic Pain and Opioid Misuse: Clinical Impacts and Neurocognitive Mechanisms*. 2nd International Symposium for Contemplative Science, November 2, 2014. Boston, MA.
 93. Garland, E.L. (2014). *The Role of Mindfulness in Neurocognitive Mechanisms of Addiction with Respect to Alcohol and Opioid Use Disorders*. 2nd International Symposium for Contemplative Science, October 31, 2014. Boston, MA.

94. Garland, E.L. (2014). *Treatment Development and Neurocognitive Clinical Research on Mindfulness-Based Interventions for Addiction: Mindfulness-Oriented Recovery Enhancement as a Case Study*. Invited Breakout Session, Mind and Life Summer Research Institute, June 20, 2014, Garrison, NY.
95. Garland, E.L. (2014). *Targeting Chronic Pain and Prescription Opioid Misuse with Mindfulness-Oriented Recovery Enhancement (MORE): Results from a Randomized Controlled Trial*. Investigating and Integrating Mindfulness in Medicine, Health Care, and Society 12th Annual International Scientific Conference for Clinicians, Researchers and Educators, April 4, 2014, Norwood, MA.
96. Garland, E.L., Black, D.S., & Greeson, J.M. (2014). Mindfulness as a Transtherapeutic Approach to Transdiagnostic Mental Processes. Investigating and Integrating Mindfulness in Medicine, Health Care, and Society 12th Annual International Scientific Conference for Clinicians, Researchers and Educators, April 5, 2014, Norwood, MA.
97. Garland, E.L. (2014). *Mindfulness-Oriented Recovery Enhancement for Chronic Pain and Prescription Opioid Misuse: Results from a Randomized Controlled Trial*. Annual Conference of the Society for Social Work and Research. January 18, 2014, San Antonio, TX.
98. Garland, E.L. (2013). *Biomarkers in Social, Psychological, and Health Science Research*. Invited Keynote Lecture, Biomarkers Workshop, Case Western Reserve University, December 6, 2013, Cleveland, OH.
99. Garland, E.L., White, S., Beck, A. (2013). *Mindfulness-Oriented Recovery Enhancement for chronic pain and opioid misuse: A promising integrative intervention for cancer survivorship?* Annual conference of the Society for Integrative Oncology, October 20. Vancouver, CA.
100. Garland, E.L. (2013). *Targeting chronic pain and prescription opioid misuse with Mindfulness-Oriented Recovery Enhancement: Cognitive, affective, and psychophysiological mechanisms*. Pain Management Center Didactic Lecture, September 27. Salt Lake City, UT.
101. Garland, E.L. & Howard, M.O. (2013). *Mindfulness-Oriented Recovery Enhancement decreases pain attentional bias in chronic pain patients*. Annual Conference for the Center for Mindfulness in Medicine, Health Care, and Society. April 19. Norwood, MA.
102. Garland, E.L., Kiken, L., Palsson, O., Bluth, K., & Gaylord, S.A. (2013). *Weekly trajectories of state mindfulness predict increased mindful dispositional following MBSR: A latent growth curve analysis of state-by-trait interactions*. Annual

Conference for the Center for Mindfulness in Medicine, Health Care, and Society.
April 18. Norwood, MA.

103. Hanley, A.W., Warner, A.R., Dehili, V.M., Canto, A.I., & Garland, E.L. (2013). *Brief instruction in an informal mindfulness practice: Washing dishes to wash the dishes*. American Psychological Association Annual Conference. Honolulu, HI.
104. Garland, E.L. (2012, Invited). *Mindfulness-Oriented Recovery Enhancement: Translating 21st century behavioral science and neuroscience into an integrative treatment for addiction, stress, and pain*. Invited Lecture, Johns Hopkins University School of Medicine, Behavioral Pharmacology Research Unit, Baycrest Medical Center. November 7. Baltimore, MD.
105. Garland, E.L. (2012, Invited). *Roundtable discussion on the strategic plan for the Mind and Life Institute*. Mind and Life Institute Board Meeting, 25th Annual Mind and Life Conference. October 25. New York, NY.
106. Howard, M.O., & Garland, E.L. (2012). *What are the critical issues in translating research findings from basic neuroscience to the design of intervention and prevention programs for child maltreatment?* Administration for Children, Youth, and Families Neuroscience and Child Maltreatment Expert Panel Meeting, May 3-4, National Institutes of Health, Neuroscience Center Building, Rockville, MD.
107. Garland, E.L., & Zeidan, F. (2012). *Mindfulness, cognitive reappraisal, and positive affective style*. International Symposium for Contemplative Studies, April 30, Denver, CO.
108. Schuman-Olivier, Z., Garland, E.L., Bowen, S., Brewer, J., & Vallejo, Z. (2012). *Panel presentation: Mindfulness for difficult populations*. International Symposium for Contemplative Studies, April 29, Denver, CO.
109. Garland, E.L. (2012). *Trait mindfulness predicts attentional and autonomic regulation of cue-reactivity*. International Symposium for Contemplative Studies, April 30, Denver, CO.
110. Howard, M.O., & Garland, E.L. (2012). *New frontiers in the addictions: Recent developments in the behavioral addictions*. Clinical Lecture Series, University of North Carolina at Chapel Hill School of Social Work, April 16.
111. Garland, E.L., Gaylord, S.A., Palsson, O., Faurot, K., Mann, J.D., & Whitehead, B. (2012, April 13). *Mindfulness Training Targets Cognitive-Affective Mechanisms in Irritable Bowel Syndrome by Modulating Emotional Processing of Pain Sensations*. Society for Behavioral Medicine, 2012, New Orleans.
112. Garland, E.L., Gaylord, S.A., Palsson, O., Faurot, K., Mann, J.D., & Whitehead, B. (2012, March 30). *Mindfulness Training Ameliorates IBS by Promoting Non-*

Reactivity and Reduced Affective Processing of Pain Sensations. University of Massachusetts, Center for Mindfulness, 2012, Boston.

113. Garland, E.L., & Roberts-Lewis, A. (2012, January 12). *Differential roles of mindfulness and thought suppression in post-traumatic stress symptoms and craving*. Society for Social Work and Research 2012, Washington, DC.
114. Garland, E.L., Kelly, A., & Howard, M.O. (2012, January 13). *Trauma history moderates the effect of mindfulness training and social support on the alcohol attentional bias*. Society for Social Work and Research 2012, Washington, DC.
115. Garland, E.L., Greeson, J.M., & Howard, M.O. (2011, November 11). *Salutary effects of mindfulness training on alcohol attentional bias moderated by trauma history*. 45th Annual Convention of the Association for Behavioral and Cognitive Therapies 2011, Toronto, CA.
116. Garland, E.L. (2011, September 13). *Trait mindfulness predicts attentional and autonomic cue-reactivity*. Society for Psychophysiological Research, Westin Marriot, Boston, MA. Published in *Psychophysiology*, 48, Supplement S1, S37.
117. Garland, E.L. (2011, September 2). *Cognitive-emotional mechanisms in attentional and autonomic regulation of cue-reactivity: A transdiagnostic framework?* College of Social Work Research "Brown Bag," Tallahassee, FL.
118. Howard, M.O., & Garland, E.L. (2011, June 22). *Phenomenology, natural history, and sociocultural aspects of inhalant use and inhalant intoxication*. College on Problems of Drug Dependence Symposium on Volatile Solvent Misuse: A Global Call for Action, Hollywood, FL.
119. Gaylord, S.A., Palsson, O., Garland, E.L., Faurot, K., Mann, J.D., & Whitehead, B.W. (2011, May 9). *Therapeutic impact of mindfulness meditation on irritable bowel syndrome: Results of a randomized controlled trial*. Digestive Disease Week 2011, Chicago, IL.
120. Garland, E.L., Gaylord, S.A., & Fredrickson, B.L. (2011, January 15). *Positive reappraisal mediates the stress reductive effects of mindfulness: An upward spiral process*. Society for Social Work and Research 2011, Tampa, FL.
121. Garland, E.L., Gaylord, S.A., Palsson, O., Faurot, K., Mann, J.D., & Whitehead, W. (2011, January 14). *Mindfulness training targets cognitive and affective mechanisms to reduce illness severity and improve quality of life among women with irritable bowel syndrome*. Society for Social Work and Research 2011, Tampa, FL.
122. Howard, M.O. & Garland, E.L. (2010, November 6). *Detecting and treating co-occurring substance use disorders and behavioral addictions in women with eating disorders*. The 6th Annual Conference on Eating Disorders: The Mind-Body

Solution. Women's Mental Health and Wellness, University of North Carolina at Chapel Hill School of Medicine, Chapel Hill, NC.

123. Garland, E.L. (2010, June 4). *Mindfulness modifies cognitive, affective, and physiological mechanisms implicated in alcohol dependence: A randomized controlled pilot trial*. Paper presentation at the Department of Physical Medicine and Rehabilitation Research Day, University of North Carolina at Chapel Hill School of Medicine, Chapel Hill, NC.
124. Garland, E.L. (2010, February 19). *Mindfulness-oriented recovery enhancement: A targeted treatment for drug and alcohol dependence*. Presentation to Triangle Residential Options for Substance Abusers (TROSA), Durham, NC.
125. Garland, E.L., Gaylord, S.A., Boettiger, C.A., Roberts, A.C., Rounds, K.A., & Howard, M.O. (2010, January 16). *Biopsychosocial assessment of a mindfulness-oriented intervention for stress-precipitated alcohol dependence: A pilot randomized controlled trial*. Paper presentation at the 14th Annual Society for Social Work Research Conference, San Francisco.
126. Garland, E.L. (2010, January 11). *Structural equation modeling: Probing therapeutic mechanisms of CAM interventions*. Presentation to the Consortium for Academic Health Centers in Integrative Medicine, Research Working Group teleconference.
127. Gaylord, S.A., & Garland, E.L. (2009, December 11). *Mindfulness-based interventions: Theory, evidence, and clinical application*. Presentation at the Complementary and Alternative Therapy Conference, The University of North Carolina at Chapel Hill School of Nursing, Chapel Hill, NC.
128. Garland, E.L. (2009, November 23). *Mindfulness, stress, and health*. Presentation at University of North Carolina, School of Social Work, Chapel Hill, NC.
129. Garland, E., Gaylord, S., Boettiger, C., & Howard, M. (2009, June 7). *Mindfulness impacts cognitive-affective mechanisms of alcohol dependence: A randomized controlled pilot trial*. Poster presentation at the Mind and Life Summer Research Institute, Garrison, NY.
130. Gaylord, S., Palsson, O., Faurot, K., Garland, E., Coble, B., Mann, D., & Whitehead, B. (2009, May 12). *Dispositional mindfulness is associated with psychological symptoms accompanying irritable bowel syndrome*. Poster presentation at the North American Research Conference on Complementary & Integrative Medicine, Minneapolis, MN.
131. Garland, E., Boettiger, C., Gaylord, S., West, V., & Howard, M. (2009, March 3). *The inverse relationship between mindfulness, alcohol attentional bias, and cue reactivity*. University of North Carolina Research Day 2009, Chapel Hill, NC.

132. Gaylord, S., Palsson, O., Faurot, K., Garland, E., Coble, B., Mann, D., & Whitehead, B. (2008, October 4). *Dispositional mindfulness is associated with psychological symptoms accompanying irritable bowel syndrome*. Biopsychosocial Gastrointestinal Research Day 2008 at University of North Carolina, Chapel Hill, NC.
133. Garland, E. (2008, August 15). *Evidence-based practice in Social Work*. University of North Carolina – Chapel Hill MSW Workshop, Chapel Hill, NC.
134. Garland, E. (2008, June 4). *Mindfulness in Social Work: State of the art and state of the science*. University of North Carolina – Chapel Hill MSW Field Instructor Appreciation Workshop. Chapel Hill, NC.
135. Garland, E. & Greeson, J. (2007, November 19). *Mindfulness: Theoretical and empirical perspectives on the self-regulation of brain and body*. Presentation to the Health Psychology Department, Duke Integrative Medicine, Durham, NC.
136. Garland, E. (2007, November 6). *Mindfulness in positive reappraisal: A metacognitive focal point for psychotherapeutic intervention*. Presentation at the Theory Construction and Research Methodology Workshop of the National Council of Family Relations, Pittsburgh, PA.
137. Garland, E. (2006, March 22 & 29). *Enhancing developmental resilience through self-regulation skill instruction*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.
138. Garland, E. (2005, November 16 & 23). *Clarifying our mission: The therapeutic application of a search and rescue metaphor to work with at-risk adolescents*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.
139. Garland, E. (2005, September 7 & 14). *Isomorphism and the promotion of healthy child socialization*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.
140. Garland, E. (2005, February 9 & 16). *Isomorphism and metaphor: Wilderness experience as analogue for life experience*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.
141. Garland, E. (2003, September 17 & 24). *Group therapy tactics*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.
142. Howsare, J., Garland, E., & Klein, H. (2003, May 12). *Promoting healthy adaptation of children following divorce*. Presentation at the Fourteenth Annual Training Conference of Central West Virginia Aging Services, Stonewall Jackson Resort, Roanoke, WV.

143. Howsare, J., & Garland, E. (2003, April 18). *Promoting healthy adaptation of children following divorce*. Presentation at the West Virginia NASW Continuing Education Conference, Charleston Civic Center, Charleston, WV.
144. Garland, E., & Klein, H. (2003, March 14). *Cultural diversity training seminar for psychiatry residents*. Grand Rounds at the West Virginia University Department of Behavior Medicine & Psychiatry, Morgantown, WV.

EDITORIAL ACTIVITIES

NIH STUDY SECTION

- 2015 – 2016 *Scientific Review Group ZAT1 SM, National Center for Complementary and Integrative Health* (Fall 2015, Summer 2016, Fall 2016)
- 2016 *Special Emphasis Panel, National Center for Complementary and Integrative Health, Exploratory Clinical Trials of Mind-Body Interventions* (Winter, 2016)
- 2016 *Scientific Review Group IPTA (Interventions to Prevent and Treat Addiction), National Institute on Drug Abuse* (Fall 2016)
- 2019 *Scientific Review Group. ZDA1 AXI-R (07) S. National Institute on Drug Abuse* (Spring, 2019).

MEMBER, NIH HEAL Multidisciplinary Working Group Member, NIH 2019-present

CONSULTANT, DSM-V Substance-Related Disorders Workgroup, Inhalant-Related Disorders, 2010

ASSOCIATE EDITOR

2013 – 2020 *Mindfulness*

EDITORIAL REVIEW BOARD

- 2018 – present *Experimental and Clinical Psychopharmacology*
- 2016 – 2018 *Pain Medicine*
- 2014 – present *Annals of Behavioral Medicine*
- 2012 – 2018 *Journal of Behavioral Medicine*
- 2010 – present *Journal of the Society for Social Work Research*
- 2011 – 2014 *Research on Social Work Practice*
- 2010 – 2018 *Social Work Research*
- 2009 – 2018 *Health & Social Work*

ASSISTANT EDITOR OF SOCIAL WORK

2006 – 2010 *Complementary Health Practice Review*

AD-HOC REVIEWER

- 2023 – present *Psychological Review*
- 2022 – present *JAMA Internal Medicine*
- 2021 – present *Annals of Internal Medicine*
- 2020 – present *PAIN*

2020 – present *Neuroimage*
 2020 – present *Emotion*
 2020 – present *Nutritional Neuroscience*
 2020 – present *Translational Psychiatry*
 2019 – present *Journal of Behavior Therapy and Experimental Psychiatry*
 2018 – present *Psychoneuroendocrinology*
 2016 – present *Cognitive Neuroscience*
 2016 – present *Stress and Health*
 2015 – present *Addiction Biology*
 2015 – present *Neuroscience and Biobehavioral Reviews*
 2015 – present *Biological Psychiatry*
 2015 – present *Addiction*
 2015 – present *Biological Psychology*
 2015 – present *Health Psychology*
 2015 – present *Psycho-oncology*
 2014 – present *JAMA Psychiatry*
 2014 – present *Psychophysiology*
 2014 – present *Experimental and Clinical Psychopharmacology*
 2014 – present *Social Cognitive and Affective Neuroscience*
 2014 – present *Consciousness and Cognition*
 2014 – present *Frontiers in Emotion Science*
 2014 – present *International Journal of Psychophysiology*
 2014 – present *Psychotherapy and Psychosomatics*
 2014 – present *Journal of Studies on Alcohol and Drugs*
 2014 – present *CNS Spectrums*
 2014 – present *Communication Monographs*
 2013 – present *Psychological Medicine*
 2013 – present *Journal of Consulting and Clinical Psychology*
 2013 – present *Biological Psychology*
 2013 – present *Behaviour Research and Therapy*
 2013 – present *Journal of Psychopharmacology*
 2012 – present *Psychopharmacology*
 2012 – present *Journal of Pain*
 2012 – present *Journal of Personality and Social Psychology*
 2012 – present *Journal of Substance Abuse Treatment*
 2012 – present *Nicotine and Tobacco Research*
 2012 – present *Substance Use and Misuse*
 2012 – present *PLOS One*
 2011 – present *Addiction*
 2011 – present *Drug and Alcohol Dependence*
 2011 – present *Alcoholism: Clinical and Experimental Research*
 2011 – present *Cognition & Emotion*
 2011 – present *Addictive Behaviors*
 2011 – present *Guilford Press*
 2010 – present *Psychiatry Research*
 2010 – present *Social Psychological and Personality Science*

2009 – present *British Journal of Social Work*
 2008 – present *Oxford University Press*
 2008 – present *American Journal of Clinical Hypnosis*
 2007 – present *Complementary Therapies in Medicine*

RESEARCH EXPERIENCE

- 2017 – present CENTER ON MINDFULNESS AND INTEGRATIVE HEALTH
 INTERVENTION DEVELOPMENT, SALT LAKE CITY, UT
Director
- Conduct research on mindfulness and integrative health interventions.
- 2013 – present HUNTSMAN CANCER INSTITUTE, SALT LAKE CITY, UT
Associate Director of Integrative Medicine
- Conduct research on integrative medicine interventions in cancer patients and survivors
- 2012 - 2013 ASSISTANT DIRECTOR, TRINITY INSTITUTE FOR THE
 ADDICTIONS, FLORIDA STATE UNIVERSITY, TALLAHASSEE, FL
- Translational research program focused on intervening with cognitive-affective processes in addiction
- 2010 - 2013 ASSISTANT PROFESSOR, COLLEGE OF SOCIAL WORK, FLORIDA
 STATE UNIVERSITY, TALLAHASSEE, FL
- Biopsychosocial research on stress and coping; clinical intervention research
- 2010 PROGRAM ON INTEGRATIVE MEDICINE, UNIVERSITY OF
 NORTH CAROLINA, CHAPEL HILL, NC
NRSA Post-doctoral Fellow – Director: Susan Gaylord
- Behavioral medicine intervention research: Spearheaded data analysis and manuscript preparation for an effectiveness trial of mindfulness for stress-related illness, *Measuring Outcomes of Mindfulness-Based Stress and Pain Management*. Participated in data analysis and manuscript preparation for a randomized clinical trial of mindfulness meditation as a treatment for stress-related illness, *Mindfulness for Women with Irritable Bowel Syndrome* (NCCAM, R21).
 - Measurement research: Designed a study to develop a performance-based, behavioral measure of mindfulness by triangulating it with self-report and psychophysiological indices of mindfulness.
 - Designed theoretical frameworks and causal models to undergird research efforts.
 - Grant writing: Drafted a proposal for a mindfulness-oriented intervention research project for alcohol and drug dependent adults (R21).
 - Data analysis: Analyzed quantitative longitudinal clinical trial data and experimental laboratory data.

- 2008 – 2009 PROGRAM ON INTEGRATIVE MEDICINE, UNIVERSITY OF
NORTH CAROLINA, CHAPEL HILL, NC
NRSA Pre-doctoral Fellow – Director: Susan Gaylord
- Behavioral medicine intervention research: Designed a process and outcome study, *Measuring Outcomes of Mindfulness-Based Stress and Pain Management*. Participated in the research design, methodological critique, and implementation of two randomized clinical trials of mindfulness meditation as a treatment for stress-related illness, *Mindfulness for Women with Irritable Bowel Syndrome* (NCCAM, R21) and *Mindfulness for African Americans with Prediabetes* (NCCAM, R21).
 - Designed theoretical frameworks and causal models to undergird research efforts.
 - Grant writing: Drafted a mindfulness-oriented intervention research project for alcohol and drug dependent adults (R21).
 - Data analysis: Analyzed quantitative longitudinal clinical trial data and qualitative interview data.
- 2006 – 2008 PROGRAM ON INTEGRATIVE MEDICINE, UNIVERSITY OF
NORTH CAROLINA, CHAPEL HILL, NC
Graduate Research Assistant – Supervisor: Susan Gaylord
- Behavioral medicine intervention development: Designed support group intervention for control condition of clinical trials.
 - Intervention trainer: Trained support group instructors for control condition of clinical trials.
 - Grant writing: Assisted in National Institute of Health R21 submission, *Mindfulness for African Americans with Prediabetes*, funded 2009.
 - Collected research data and conduct data analysis.
 - Provided biopsychosocial assessments for research projects and inpatient/outpatient integrative medicine consult service.
- 2006 – 2007 POSITIVE EMOTION AND PSYCHOPHYSIOLOGY LAB,
UNIVERSITY OF NORTH CAROLINA, CHAPEL HILL, NC
Graduate Research Assistant – Supervisor: Barbara Fredrickson
- Supported research on the psychophysiology of self-transcendence and positive emotion.
 - Used bioamplifier to collect psychophysiology data (EMG, ECG, heart rate variability).
 - Assisted in theory-driven research design.
- 2000 – 2003 CENTER ON AGING, WEST VIRGINIA UNIVERSITY,
MORGANTOWN, WV
Graduate Research Assistant
- Coordinated community service/outreach program development and implementation.
 - Networked with regional social service agencies, pharmacies, and media sources.
 - Compiled, published, and distributed aging-related informational newsletter.
 - Created advertisements and marketing material.
 - Compiled resources detailing social services and health information pertinent to elders.

- 2000 FAMILY RESEARCH LAB, UNIVERSITY OF NEW HAMPSHIRE,
DURHAM, NH
Research Assistant – Supervisor: Glenda Kaufmann-Kantor
- Collected data for the Study of Paternal Substance Abuse and Child Maltreatment.
 - Interviewed members of families with child abuse, domestic violence, and substance abuse issues. Administered psychological assessment measures.
 - Created, cleaned, and maintained SPSS databases.
 - Abstracted data from NH Division of Children, Youth, and Families (DCYF) database.
- 1997 COGNITIVE PSYCHOLOGY RESEARCH LAB, UNIVERSITY OF
DELAWARE, NEWARK, DE
Research Assistant – Supervisor: James Hoffman
- Supported research on the attentional blink phenomenon.
 - Maintained/operated electroencephalograph (EEG) and eye-tracking camera software.
 - Implemented a visual basic divided attention measure.
 - Analyzed event-related potential (ERP) data.

CLINICAL EXPERIENCE

- 2013 – present HUNTSMAN CANCER INSTITUTE, SALT LAKE CITY, UT
Associate Director of Integrative Medicine
- Conduct individual and couples therapy with cancer patients experiencing a wide range of emotional, behavioral, and psychosomatic issues secondary to having a cancer diagnosis, treatment, and survivorship
 - Provide behavioral medicine interventions in an outpatient integrative medicine clinic
 - Provide clinical hypnosis for symptom management, psychotherapy, chronic pain, habit control, addiction treatment, psychosomatic issues, and personal growth.
- 2010 - 2013 INTEGRATIVE HEALTHCARE, TALLAHASSEE, FL
Psychotherapist (private practice)
- Conducted individual and family psychotherapy with adults and adolescents experiencing a wide range of emotional, behavioral, and psychosomatic issues.
 - Provided behavioral medicine interventions in an outpatient integrative medicine clinic.
 - Provided clinical hypnosis for psychotherapy, chronic pain, habit control, addiction treatment, psychosomatic issues, and personal growth.
- 2007 – 2010 INTEGRATIVE HEALTH CENTER, CHAPEL HILL, NC
Psychotherapist (private practice)
- Conducted individual and family psychotherapy with adults, adolescents, and children experiencing a wide range of emotional, behavioral, and psychosomatic issues.
 - Provided behavioral medicine interventions in an integrative medicine clinic.
 - Provided clinical hypnosis for psychotherapy, habit control, addiction treatment, psychosomatic issues, and personal growth.
 - Coordinated client care as part of an interdisciplinary treatment team.

- 2007 – 2010 HOPE VALLEY PSYCHOTHERAPY ASSOCIATES, DURHAM, NC
Psychotherapist (private practice)
- Conducted individual and family psychotherapy with adults, adolescents, and children experiencing a wide range of emotional, behavioral, and psychosomatic issues.
- 2007 – 2008 DUKE INTEGRATIVE MEDICINE, DURHAM, NC
Psychotherapist & Stress Management Consultant
- Conducted stress assessment/stress management sessions for Duke Executive Health program.
 - Provided behavioral medicine interventions in an integrative medicine clinic.
 - Provided clinical hypnosis for psychotherapy, habit control, addiction treatment, psychosomatic issues, and personal growth.
 - Coordinated client care as part of an interdisciplinary treatment team.
- 2006 – 2008 INTEGRATIVE MEDICINE CONSULT SERVICE, UNIVERSITY OF
NORTH CAROLINA HOSPITALS, Chapel Hill, NC
Behavioral medicine consultant
- Provided biopsychosocial assessments and DSM-IV TR diagnoses for inpatient/outpatient behavioral medicine consult service.
- 2003 – 2006 SUWS OF THE CAROLINAS, OLD FORT, NC
Clinical Field Supervisor
- Conducted individual, family, experiential, and group psychotherapy with adolescents and their parents in a residential wilderness milieu. Clients diagnosed with behavior disorders, attention-deficit and learning disorders, substance abuse, mood and anxiety disorders, and trauma histories.
 - Supervised six bachelor's-level milieu staff to implement individualized treatment plan.
 - Provided clinical training in both didactic and experiential formats for milieu staff.
 - Conducted clinical assessments and wrote discharge reports.
 - Provided parent training workshops in both didactic and experiential formats for couples.
- 2002 – 2003 DEPARTMENT OF BEHAVIOR MEDICINE & PSYCHIATRY, WEST
VIRGINIA UNIVERSITY, MORGANTOWN, WV
MSW Intern
- Conducted individual, family, and group psychotherapy with adults, adolescents, and children on both an inpatient and outpatient basis in a psychiatric hospital setting.
 - Experience with clients diagnosed with behavior disorders, attention-deficit disorders, substance abuse, mood and anxiety disorders, and histories of sexual victimization.
 - Conducted experiential therapy sessions using ROPES course.
 - Contributed to multidisciplinary case conferences.
 - Coordinated referrals.
- 1999 - 2000 SUMMIT ACHIEVEMENT WILDERNESS THERAPY, STOW, ME
Team Leader of Transition Program

- Led therapeutic wilderness expeditions for up to 8 adolescents exhibiting at-risk behavior, mental illness, or chemical dependence.
- Coordinated with teacher to integrate classroom learning with fieldwork.
- Designed and implemented multidisciplinary, modular program curriculum.
- Developed program policies and parameters.

1999 CRISIS STABILIZATION UNIT/GROUP HOME, BOZEMAN, MT
Group Home Manager

- Maintained a safe, therapeutic environment for a population of adults with chronic mental illness and/or chemical dependence.
- Implemented treatment plans, performed crisis intervention, managed behavior modification program, monitored medications, and taught independent living skills.
- Connected clients to local resources and social services. Facilitated transition from state psychiatric hospital to independent living.

TEACHING EXPERIENCE

2013 - present UNIVERSITY OF UTAH COLLEGE OF SOCIAL WORK
Associate professor

- Course: Cognitive-Behavioral Therapy (MSW)
- Course: DSM in Social Work Practice (MSW)
- Course: Mindfulness-Oriented Recovery Enhancement (MSW)
- Course: Intervention Research (PhD)
- Course: Independent Study (BSW)

2012 FLORIDA STATE UNIVERSITY COLLEGE OF SOCIAL WORK
Assistant professor

- Course: SOW5398 Cognitive-Behavioral Social Work Practice

2011 - present FLORIDA STATE UNIVERSITY COLLEGE OF SOCIAL WORK
Assistant professor

- Course: SOW5398 Cognitive-Behavioral Social Work Practice
- Conceptualized and designed course offering didactic and experiential training in cognitive-behavior therapy theory, evidence, case conceptualization, and treatment techniques.

2010 FLORIDA STATE UNIVERSITY COLLEGE OF SOCIAL WORK
Assistant professor

- Course: SOW 5335 Theories & Models of Social Work Practice
- Conceptualized and designed course offering didactic and experiential training in social work practice theory, models of social work intervention, evidence-based practice, case conceptualization, and treatment techniques.

2010 UNIVERSITY OF NORTH CAROLINA SCHOOL OF SOCIAL WORK
Adjunct professor

- Course: SOWO 525 Cognitive-Behavioral Therapy

- Conceptualized and designed course offering didactic and experiential training in cognitive-behavior therapy theory, evidence, case conceptualization, and treatment techniques.

2008 UNIVERSITY OF NORTH CAROLINA SCHOOL OF SOCIAL WORK
Adjunct professor

Course: SOWO 523 Foundation Field Seminar

- A course involving inquiry based learning and group process around integrating social intervention research and theory with field practicum experience. Provided supervision to older students in employer-based field placements for part-time MSW program. Facilitated on-line learning experience through Google Groups.

2007 UNIVERSITY OF NORTH CAROLINA SCHOOL OF SOCIAL WORK
Adjunct professor

Course: SOWO 769 Special Topics in Practice

- Conceptualized and designed a course of independent study involving didactics and experiential learning to teach advanced psychotherapy theory, evidence, and skills. Provided clinical supervision to a MSW student in her second-year direct practice placement.

2006 UNIVERSITY OF NORTH CAROLINA SCHOOL OF SOCIAL WORK
Adjunct professor

Course: SOWO 841 Health and Mental Health Social Work with Children and Adolescents

- MSW clinical concentration course detailing the etiology, assessment, and treatment of health and mental health disorders among children, adolescents, and their families.

INDIVIDUAL STUDENT RESEARCH

- Independent Study, Martha Mendes, BSW student (University of Utah, Spring 2016)
- Undergraduate Research Opportunity Program (UROP), University of Utah:
 - Brett Crump (Fall 2017)
 - Madeline Odette, BA (Fall 2016)
 - Martha Mendes, BSW (Spring 2016)
 - Mary Catherine Gebhard, BA in Psychology (Fall 2015)
 - Amy Kenney, BSW (Spring 2015)
- Undergraduate Research Opportunity Program (UROP), Florida State University:
 - Corrie Hodges, Biological Sciences (Fall 2012)
 - Kelsey Youngman, BA in Psychology (Spring 2012)
 - Ann Benitez, BA in Nursing (Fall 2012)
 - Deidre Krzanowski, BA in Psychology (Spring 2013)
 - Hillary Gale, BA in Sociology (Spring 2013)
- Directed Independent Study, Jenna Scott, Ph.D. student in Marriage and Family Therapy – Mindfulness-based Family Therapy to Reduce Parent-Child Emotion Dysregulation (FSU; 2013)

- Directed Independent Study, Daniel Dunleavy, MSW student – Positive Coping and Resilience (FSU; 2013)
- Directed Independent Study, Shella Scully-Hilbert, MSW student – Psychopathy and At-Risk Youth (FSU; 2012)
- Directed Independent Study, Hillary Gale, Sociology BA student – Attention and Emotion in Psychopathology (FSU; 2011)
- Directed Independent Study, Kaitlyn Suveg, MSW student – Opioid Addiction and Chronic Pain (FSU; 2011)
- Summer Research Fellowship, Alrick Drummond, MS, College of Medicine (FSU; 2011)
- Directed Independent Study, Alana Frazier, MSW Student – Hypnosis and Strategic Therapy (UNC; 2010)

GRADUATE STUDENT ADVISING

Doctoral Research Practicum Supervisor:

- Amber Kelly, MSW, LCSW, Smith College of Social Work
- Kristin Carter, MSW, FSU College of Social Work

Doctoral Faculty Advisor:

- David Steingart, FSU College of Social Work
- Elizabeth Thomas, University of Utah College of Social Work
- Sarah Priddy, University of Utah College of Social Work
- Michael Riquino, University of Utah College of Social Work
- Anne Baker, University of Utah College of Social Work

DISSERTATION/QUALIFYING EXAMINATION COMMITTEES

- Daniel Quintana, Ph.D. in Psychology, University of Sydney, Australia (2013)
- Amber Kelly, Ph.D. in Social Work, Smith College of Social Work (2014)
- Kristin Richards, Ph.D. in Social Work, FSU College of Social Work (2016)
- Vivien Li, Ph.D. in Social Work, University of North Carolina at Chapel Hill (2016)
- Samantha Brown, Ph.D. in Social Work, University of Denver (2016)
- Christy Tronnier, Ph.D. in Social Work, Smith College (2017)
- Elizabeth Thomas, Ph.D. in Social Work, University of Utah (2017)
- Michael Riquino, Ph.D., in Social Work, University of Utah (2019)
- Adi Shoham, Ph.D., in Clinical Psychology, University of Haifa, Israel (2019)
- Noga Avidad, Ph.D., in Clinical Psychology, University of Haifa, Israel (2023)

INTERNATIONAL RECOGNITION AND SERVICE

Advisory Council Member, International Society for Contemplative Research, 2023-present

Member, NIH HEAL Multidisciplinary Working Group, NIH, 2019-present

Chair, Research Working Group, Academic Consortium for Integrative Medicine and Health, 2018

Vice Chair, Research Working Group, Academic Consortium for Integrative Medicine and Health, 2017

Grand Challenges of Social Work Workgroup on Health Services/Systems, member, 2017

Steering Committee – University of Utah Representative, Academic Consortium for Integrative Medicine and Health, 2016 - present

Scientific Advisory Committee Member, Concordance Institute for Advancing Social Justice, 2016 - present

Distinguished Fellow, National Academies of Practice, 2015

Invited Reviewer of scientific abstracts for the 2016 International Symposium of Contemplative Studies

Inaugural Member, Research Committee, American Mindfulness Research Association, 2014

Member, Social Work and Neuroscience Symposium, Boston College, 2015

Invited Reviewer of scientific abstracts for the 2015 Society for Integrative Oncology conference

Member, Research Methodology Workgroup, Society for Integrative Oncology, 2013

Research Fellow, National Center for Veterans Studies, Salt Lake City, UT, 2013

Invited Reviewer of Research Fellow Applications for the Mind and Life Summer Research Institute

Invited Reviewer of scientific abstracts for the 2014 and 2016 International Symposia of Contemplative Studies

Member, planning committee for pre-conference workshop on Craving, Desire, and Addiction. 2nd annual International Symposium for Contemplative Studies, Boston, MA, October 2014.

Member, task force on the Contemplative Science of Craving, Desire, and Addiction, Mind and Life Institute, Amherst, MA

Fellow, Mind and Life Institute, 2012

Invited Reviewer, National Health and Medical Research Council, Australia, 2012 grant round

Invited Reviewer, Flanders Research Foundation (Fonds Wetenschappelijk Onderzoek - Vlaanderen, FWO), Belgium, 2012 grant round

SERVICE TO THE UNIVERSITY

Opioid Research Task Force – University of Utah, 2018 – present

Opioid and Medical Marijuana Task Force – University of Utah, 2016 - present

Chronic Pain Task Force – University of Utah, 2017 – present

Associate Dean for Research – College of Social Work, University of Utah, 2015 – present

Faculty Search Committee, College of Social Work, University of Utah, 2014, 2015, 2017

Dean’s Search Committee, College of Social Work, University of Utah, 2014, 2016

Strategic Planning Committee, College of Social Work, University of Utah, 2017

PhD Program Statistics and Research Sub-Committee, College of Social Work, University of Utah, 2016 – present

Travel Committee, College of Social Work, University of Utah, 2015 – 2016

Speaker – “**Mindfulness and Wellness for Provider and Patient**”, University of Utah Community Clinics, 2015

Family Medicine Resident Training, seminar on mindfulness, Fall 2015

Integrated Behavioral Health in Primary Care Planning, University of Utah Community Clinics, 2015

Clinical Integration Platform Task Force, Huntsman Cancer Institute, University of Utah, 2015

Office for Global Engagement Scholarship Committee, University of Utah, 2015-2016

PhD Committee, College of Social Work, University of Utah, 2013 - present

Speaker – “**Biobehavioral Clinical Research**,” University of Utah School of Nursing T32 Fellowship Program, Spring 2015

Bridge Training Clinic Planning Committee, College of Social Work, University of Utah, 2013-2014

Research Fellow, National Center for Veterans Studies, University of Utah

Associate Director of Integrative Medicine, Supportive Oncology and Survivorship Program, Huntsman Cancer Institute, University of Utah

Assistant Director, Trinity Institute for the Addictions, Fall 2012

Research Committee, College of Social Work, FSU, Fall 2011, Spring 2012, Fall 2012

Academic Affairs Committee, College of Social Work, FSU, Fall 2011, Spring 2012, Fall 2012

Interdisciplinary Health Sciences Clinic Planning Committee, College of Social Work, FSU, Fall 2011

Trinity Institute for the Addictions Planning Committee, College of Social Work, FSU Fall 2010, Spring 2011, Fall 2012

Interprofessional Case Conference Planning Committee and Member - FSU College of Medicine, Spring 2011

Speaker – “Chronic Pain Treatment with Mindfulness Training, Cognitive Behavioral Therapy, and Clinical Hypnosis” – FSU Counseling Center Internship Training, Spring 2012

Speaker – “Mind-Body Therapies” – Medicine & Behavior Course, Eron Manusov, College of Medicine, FSU Spring 2011

Interview Subject – BSW Interviewing and Recording course, College of Social Work, FSU Fall 2010

Presentation – “Developing a Research Agenda”

- Quantitative Research Course, Mary Jane Taylor, College of Social Work, University of Utah, Fall 2013
- Doctoral Research Course, Linda Vinton, College of Social Work, FSU Fall 2010; La Tonya Noel, Fall 2011

Presentation – “The Academic Social Work Job Market”

- FSU Doctoral Student Brown Bag, Nov 15, 2010

Field Instructor – School of Social Work, University of North Carolina, Chapel Hill
Field Placement: UNC Program on Integrative Medicine, Behavioral Medicine

- Emily Fitch, 2007 – 2008
- Noah Martinson, 2008 – 2009

SERVICE TO THE PROFESSION

Abstract Reviewer, 2015 Annual Conference of the Society for Integrative Oncology

NIH T-32 NCCAM Fellowship Advisory Committee Member – Program on Integrative Medicine, Department of Physical Medicine & Rehabilitation, University of North Carolina at Chapel Hill, 2012 – present

Mind and Life Summer Research Institute Fellowship Reviewer, 2013

Abstract Reviewer, 2013 Annual Conference of the Society for Social Work and Research

Mind and Life Fellow, Strategic Planning Meeting of the Mind and Life Institute Board of Directors, 2012

SERVICE TO THE COMMUNITY

Special Advisor, Utah Opioid Task Force, Utah Attorney General’s Office

Mindfulness and Wellness for the Provider and Patient – CME presentation for Providers at the University of Utah Primary Care Clinics. September 16, 2015.

Training for Utah Mental Health Community “Generations Conference” – *Mindfulness-Oriented Recovery Enhancement: Neurocognitive mechanisms and clinical tactics*. March 21, 2015.

Training for Utah NASW Fall professional education series - *Mindfulness-Oriented Recovery Enhancement for addiction, stress, and pain*. November 8, 2013.

Training for Huntsman Cancer Institute Patient and Family Support Team - *Mindfulness-Oriented Recovery Enhancement: A promising integrative oncology intervention*. October 15, 2013.

Advisory Board Member and Consultant – Tallahassee Memorial Hospital Recovery Center and Behavioral Health Center, 2012 – present.

Speaker, Big Bend Mental Health Coalition, delivered talk entitled “Mindfulness Training for Pain and Addiction: Effects on Brain and Body,” Tallahassee, May 2012

Board Member – Medical Hypnosis Foundation, Advisory Board, Raleigh, NC, 2009 – 2010

Support Group Leader - Social Support for Women with Irritable Bowel Syndrome, Chapel Hill, NC, 2007 - 2008

Trainer - Social Support for Integrative Diabetes Management, Prospect Hill, NC, 2007

PROFESSIONAL TRAINING

Event Related Potential Analysis Bootcamp, Society for Psychophysiological Research, Boston, MA, 2012

Latent Trajectory/Growth Curve Analysis: A Structural Equation Modeling Approach, ICPSR Summer Program in Quantitative Methods of Social Research, Chapel Hill, NC, 2009

Heart Rate Variability Analysis – Biobehavioral Laboratory, School of Nursing, University of Chapel Hill, NC, 2008

Enzyme-Linked Immunoassay for Salivary Cortisol Analysis – Biobehavioral Laboratory, School of Nursing, University of Chapel Hill, NC, 2008

Hierarchical and Multilevel Linear Modeling, ICPSR Summer Program in Quantitative Methods of Social Research, Chapel Hill, NC, 2007

Functional Magnetic Resonance Imaging (fMRI) Course – Brain Imaging and Analysis Center, Duke University, Durham, NC, 2007

Mind and Life Summer Research Institute – Garrison Institute, Garrison, NY, 2007, 2008, 2009

PROFESSIONAL CERTIFICATIONS/CREDENTIALS

Credentialed Provider, University of Utah Health Care, Division of Oncology, Department of Internal Medicine, 2013 – present

Utah Licensed Clinical Social Work (LCSW), 2013-present

Florida Licensed Clinical Social Worker (LCSW), 2010 - 2013

North Carolina Licensed Clinical Social Worker (LCSW), 2005 – 2012

Certified in Clinical Hypnosis, American Society of Clinical Hypnosis, 2005 – present

Approved Consultant in Clinical Hypnosis, American Society of Clinical Hypnosis, 2012 – present

PROFESSIONAL MEMBERSHIPS

US Association for the Study of Pain

International Society of Addiction Medicine-Neuroscience Interest Group

Academic Consortium for Integrative Medicine and Health

New York Academy of Sciences

International Association for the Study of Pain

National Academies of Practice

American Mindfulness Research Association

Society for Social Work and Research

National Association of Social Workers