**Adam W. Hanley**

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**PROFESSIONAL/RESEARCH INTERESTS**

* Embedding behavioral interventions in medical care pathways
* Clinical research and treatment of chronic pain and addiction
* Self-transcendence as a therapeutic mechanism
* Well-being, positive emotionality, and human flourishing
* Resilience and posttraumatic growth
* Psychometrics and scale development

**EDUCATION**

**Postdoctoral Fellowship, Center on Mindfulness and Integrative Health Intervention Development**

*University of Utah, Salt Lake City, UT* Aug. 2018

*Supervisor:* Eric Garland, Ph.D.

**Doctor of Philosophy in Counseling Psychology and Human Systems** Aug. 2016

*Florida State University, Tallahassee, FL*

APA-Accredited Combined Doctoral Program in Counseling Psychology and School Psychology

*Dissertation:* Mindful Growth: The relationship between dispositional mindfulness, cognitive coping, posttraumatic stress and posttraumatic growth

*Supervisor:* Angela Canto, Ph.D.

**Independent Study in Social Work** May 2008

*Texas State University, San Marcos, TX*

**Bachelor of Arts in Psychology** May 2005

*Maryville College, Maryville, TN*

*Senior Thesis:* The effect of rap music on adolescents: “Conscious” vs. “Gangster” rap

*Supervisor:* Rebecca Lucas, Ph.D.

**GRANTS**

**GRANTS FUNDED** (Total: $27,003,659; Direct + Indirect)

Principal Investigator: *Mindful interoceptive mapping: Elucidating a novel mechanism for treating opioid misuse and chronic pain.* National Institute of Drug Abuse (R21 DA050792-01A1). ($434,365). 2021-2023.

Multiple Principal Investigator: *SMART Embedded Intervention for Military Postsurgical Readiness.* Department of Defense, Congressionally Directed Medical Research Program - Peer Reviewed Medical Research Program - Clinical Trial Award. ($4,996,715) 2021-2026.

Principal Investigator: *Optimizing psychosocial pain management: Examining treatment moderators, intervention utilization, and postoperative outcomes.* University of Utah Research Incentive Seed Grant ($25,209). 2019-2021.

Principal Investigator: *Dissecting de-automatization: The effect of mindfulness training on unconscious habit formation.* Mind and Life Institute ($11,634). 2015-2018.

Co-Investigator: *Optimizing Treatment Sequencing for Patients with Chronic, Nonspecific Low Back Pain*. Patient-Centered Outcome Research Institute. ($9,689,014). 2018-2025.

Co-Investigator: *Neuroimaging response inhibition and salience attribution changes during mindfulness-based treatment of human heroin addiction*. National Center for Complementary and Integrative Health (R01AT010627). ($3,775,359). 2019-2024.

Co-Investigator: *Mindfulness-Oriented Recovery Enhancement as an Adjunct to Methadone Treatment for Opioid Use and Chronic Pain Management*. National Center for Complementary and Integrative Health (R33AT010109). (R21+ R33 combined = $1,819,967). 2020-2023.

Co-Investigator: *Nonpharmacologic Pain Management for Lumbar Surgery*. National Center for Complementary and Integrative Health (3UH3AT009763-04S1). 2017-2023.

Study Therapist: *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 (W81XWH-15- PRMRP-CTA). ($3,434,996). 2016 – 2021.

**GRANTS IN DEVELOPMENT**

Multiple Principal Investigator: *Adaptive Embedded Integrative Treatment Development for Postsurgical Opioid Use.* National Institute of Drug Abuse (R01 DA053662-01). ([Total amount requested] $3,981,466). Submitted 7/21/2020: 2021-2026. Estimated date of resubmission 07/2021.

* Percentile = 22nd; Impact Score = 38

Principal Investigator: *Conditioned salivary response to prescription opioid medication as a physiological marker of opioid misuse in opioid treated chronic pain patients.* National Institute of Drug Abuse (R21DA051644). ([Total funded amount requested] $275,000). Estimated date of resubmission 07/2021.

Principal Investigator: *Modulation of default mode processing by self-transcendence – a mediator of mindfulness-based analgesia among opioid-treated chronic pain patients.* United States-Israel Binational Science Foundation ([Total funded amount requested] $249,995). Estimated date of resubmission 11/2021.

**PUBLICATIONS**

**PEER-REVIEWED PUBLICATIONS (Total: 59)**

1. **Hanley, A. W.**,Gililland, J., & Garland, E. L. (in press). Mindfulness of pain or mindfulness of breathing: Comparing two brief preoperative mindfulness techniques for total joint arthroplasty patients. *Journal of Consulting and Clinical Psychology.*
2. **Hanley, A. W.**,Gililland, J., Erickson, J., Pelt, C., Peters, C., Rojas, J., & Garland, E. L. (in press). Brief preoperative mind-body therapies for total joint arthroplasty patients: A randomized controlled trial. *Pain.*
3. **Hanley, A. W.** & Garland, E. L. (in press). Brief preoperative mindfulness training for total joint arthroplasty patients is superior to standard preoperative care for improving postsurgical physical function. *Pain.*
4. **Hanley, A. W.**, de Vibe, M., Solhaug, I., Farb, N., Goldin, P., Gross, J. J., & Garland, E. L. (in press). Modeling the mindfulness-to-meaning theory’s mindful reappraisal hypothesis: Replication with longitudinal data from a randomized controlled study. *Journal of Stress and Health*.
5. **Hanley, A. W.**, Dorjee, D.,& Garland, E. L. (in press). Mindfulness training encourages self-transcendent states via decentering. *Psychology of Consciousness: Theory, Research, and Practice.*
6. Cooperman, N. A., **Hanley, A. W.**, Kline, A., & Garland, E. L. (in press). A pilot randomized clinical trial of Mindfulness-Oriented Recovery Enhancement as an adjunct to methadone treatment for people with opioid use disorder and chronic pain: Impact on illicit drug use, health, and well-being. *Journal of Substance Abuse Treatment*.
7. Deringer, S. A. & **Hanley, A. W.** (in press). The Impact of Head Mounted Displays on Ecological Behavior. *Ecopsychology*.
8. **Hanley, A. W.**, Zingg, R.W.,& Garland, E. L. (2021). A mindfulness-based waiting room intervention for osteopathic manipulation patients: A pilot randomized controlled trial. *The Journal of the American Osteopathic Association*.
9. Sneed, J. C., Deringer, S. A., & **Hanley, A.** **W.** (2021). Nature Connection and 360-Degree Video: An Exploratory Study With Immersive Technology. *Journal of Experiential Education*.
10. **Hanley, A. W.** & Garland, E. L. (2020). The Mindfulness-Oriented Recovery Enhancement Fidelity Measure (MORE-FM): Development and validation of a new tool to assess therapist adherence and competence. *Journal of Evidence-Based Social Work*.
11. **Hanley, A. W.** & Garland, E. L. (2020). Salivary measurement and mindfulness-based modulation of prescription opioid cue-reactivity. *Drug and Alcohol Dependence, 217,* 108351.
12. **Hanley, A. W.**,Bernstein, A., Nakamura, Y., Hadash, Y., Rojas, J., Tennant, K., Jensen, R.,& Garland, E. L. (2020). The metacognitive processes of decentering scale: Development and initial validation of trait and state versions. *Psychological Assessment, 32(10),* 956-971.
13. **Hanley, A. W.**,Dambrun, M., & Garland, E. L. (2020). Effects of mindfulness meditation on self-transcendent states of consciousness: Perceived body boundaries and spatial frames of reference. *Mindfulness, 11,* 1194-1203.
14. **Hanley, A. W.**,Bettmann, J. E., Kendrick, C. E., Derringer, S. A., & Norton, C. L. (2020). Dispositional mindfulness is associated with nature connectedness and self-reported ecological behavior. *Ecopsychology 12*(1) 54-63.
15. Goldberg, S. B., **Hanley, A. W.,** Baldwin, S., Bernstein, A., & Garland, E. L. (2020). Does mindfulness practice promote psychological functioning or is it the other way around? A daily diary study. *Psychotherapy*.
16. Moeller, S. J., **Hanley, A. W.**, & Garland, E. L. (2020). Behavioral preference for viewing drug v. pleasant images predicts current and future opioid misuse among chronic pain patients. *Psychological medicine*, 1-9.
17. Deringer, S. A., **Hanley, A. W.**, Hodges, J., & Griffin, L. K. (2020). Improving ecological behavior in outdoor recreation through mindfulness: A mixed methods inquiry. *Journal of Outdoor Recreation, Education, and Leadership 12*(2), 149-163*.*
18. Garland, E. L., Brintz, C. E., **Hanley, A. W.** … & Keefe, F. J. (2020). Mind-Body Therapies for Opioid-Treated Pain: A Systematic Review and Meta-Analysis. *JAMA Internal Medicine 180*(1) 91-105.
19. Garland, E. L., Hudak, J., **Hanley, A. W.**, & Nakamura, Y. (2020). Mindfulness-Oriented Recovery Enhancement Reduces Opioid Dose in Primary Care by Strengthening Autonomic Regulation During Meditation. *American Psychologist, 75*(6), 840-852*.*
20. Sneed, J. C., Deringer, S. A., & **Hanley, A. W.** (2020). Immersive Technology and Nature Connection. *Journal of Outdoor Recreation, Education, and Leadership 12*(2), 228-231*.*
21. Hudak, J., Prince, K. C., Marchand, W. R., Nakamura, Y., **Hanley, A. W.**, Bryan, C. J., ... & Garland, E. L. (2020). The temporal dynamics of emotion dysregulation in prescription opioid misuse. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 110024.
22. Skolasky R.L., Wegener S.T., Aaron R.V., Ephraim P., Brennan G., Greene T., Lane E., Minick K., **Hanley A.W.**, Garland E.L., & Fritz J.M. (2020). The OPTIMIZE Study: Protocol of a pragmatic sequential multiple assessment randomized trial of nonpharmacologic treatment for chronic, nonspecific low back pain. *BMC Musculoskeletal Disorders 21*(2), 1-14.
23. **Hanley, A. W.**,& Garland, E. L. (2019). Spatial frame of reference as a phenomenological feature of self-transcendence: Measurement and manipulation through mindfulness meditation. *Psychology of Consciousness: Theory, Research, and Practice 6*(4), 329–345.
24. **Hanley, A. W.**,& Garland, E. L. (2019). Mapping the Affective Dimension of Embodiment with the Sensation Manikin: Validation Among Chronic Pain Patients and Modification by Mindfulness-Oriented Recovery Enhancement. *Psychosomatic Medicine*, *81*(7), 612-621.
25. **Hanley, A. W.**, De Vibe, M., Solhaug, I., Gonzalez-Pons, K. M., & Garland, E. L. (2019). Mindfulness Training Reduces Neuroticism over a 6-Year Longitudinal Randomized Control Trial in Norwegian Medical and Psychology Students. *Journal of Research in Personality, 82,* 103859.
26. Garland, E. L., Atchley, R. M., **Hanley, A. W.**, Zubieta, J. K., & Froeliger, B. (2019). Mindfulness-Oriented Recovery Enhancement remediates hedonic dysregulation in opioid users: Neural and affective evidence of target engagement. *Science Advances*, *5*(10), eaax1569.
27. Garland, E. L., **Hanley, A. W.**, Riquino, M. R., Reese, S. E., Baker, A. K., Salas, K., ... & Nakamura, Y. (2019). Mindfulness-oriented recovery enhancement reduces opioid misuse risk via analgesic and positive psychological mechanisms: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, *87*(10), 927.
28. Garland, E. L., **Hanley, A. W.**, Kline, A., & Cooperman, N. A. (2019). Mindfulness-Oriented Recovery Enhancement reduces opioid craving among individuals with opioid use disorder and chronic pain in medication assisted treatment: Ecological momentary assessments from a stage 1 randomized controlled trial. *Drug and Alcohol Dependence*, *203*, 61-65.
29. **Hanley, A. W.**, & Garland, E. L. (2019). Mindfulness training disrupts Pavlovian conditioning. *Physiology & behavior*, *204*, 151-154.
30. **Hanley, A. W.**, Gonzalez-Pons, K. M., & Garland, E. L. (2019). Traumatically Mindful: Investigating the Link Between Exposure to Potentially Traumatizing Events and Greater Dispositional Mindfulness. *International Journal of Existential Psychology and Psychotherapy*, *8*(1), 11.
31. **Hanley, A. W.**, Nakamura, Y.,& Garland, E. L. (2018). The Nondual Awareness Dimensional Assessment (NADA): A new tool to assess nondual states of consciousness occurring within and beyond the context of meditation. *Psychological Assessment, 30(12),* 1625-1639.
32. **Hanley, A. W.**, Baker, A. K., Hanley, R. T., & Garland, E. L. (2018). The shape of self-extension: Mapping the extended self with multidimensional scaling. *Personality and Individual Differences, 126,* 25-32*.*
33. Priddy, S.E., Howard, M.O., **Hanley, A.W**., Riquino, M.R., Friberg-Felsted, K., & Garland, E.L. (2018). Mindfulness meditation in the treatment of substance use disorders and preventing future relapse: Neurocognitive mechanisms and clinical implications. *Substance Abuse and Rehabilitation, 9,* 103-114*.*
34. Priddy, S.E., **Hanley, A.W.**, Riquino, M.R., Platt, K., Baker, A.K., & Garland, E.L. (2018). Reduced opioid craving and enhanced attention to positive information mediate the association between dispositional mindfulness and opioid misuse among chronic pain patients. *Drug and Alcohol Dependence, 188,* 86-93*.*
35. Garland, E.L., **Hanley, A.W.**, Bedford, C., Zubieta, J.-K., Howard, M.O., Nakamura, Y., Donaldson, G., & Froeliger, B. (2018). Reappraisal deficits promote craving and emotional distress among chronic pain patients at risk for prescription opioid misuse. *Journal of Addictive Diseases,* 1-9.
36. De Vibe, M., Solhaug, I., Rosenvinge, J. H., Reidar, T., **Hanley, A. W.**, & Garland, E. (2018). Six-year positive effects of a mindfulness-based intervention on mindfulness, coping and well-being in medical and psychology students; results from a randomized controlled trial. *PLOS One,* *13*(4), e0196053.
37. **Hanley, A. W.,** Baker, A. K., & Garland, E. L. (2017). The mindful personality II: Exploring the metatraits from a cybernetic perspective. *Mindfulness*, *9*(3), 972-979.
38. **Hanley, A. W.,** Derringer, S. A., & Hanley, R. T. (2017). Dispositional mindfulness may be associated with deeper connections with nature. *Ecopsychology, 9*(4), 225-231.
39. Garland, E. L., **Hanley, A. W.**, Goldin, P. R., & Gross, J. J. (2017). Testing the Mindfulness-to-Meaning Theory: Evidence for mindful positive emotion regulation from a reanalysis of longitudinal data. *PLOS One, 12*(12)*,* e0187727.
40. **Hanley, A. W.**,& Garland, E. L. (2017). The mindful personality: A meta-analysis from a cybernetic perspective. *Mindfulness, 8*(6), 1456-1470.
41. **Hanley, A. W.,** Baker, A. K., & Garland, E. L. (2017). Self-interest may not be entirely in the interest of the self: Association between selflessness, dispositional mindfulness and psychological well-being. *Personality and Individual Differences, 117*, 166-171*.*
42. **Hanley, A. W.**,& Garland, E. L. (2017). Clarity of mind: Associations between dispositional mindfulness, self-concept clarity and psychological well-being. *Personality and Individual Differences*, *106*, 334-339.
43. **Hanley, A. W.,** Mehling, W.E.,& Garland, E. L. (2017). Holding the body in mind: Interoceptive awareness, dispositional mindfulness and psychological well-being. *Journal of Psychosomatic Research, 99,* 13-20.
44. Garland, E. L., **Hanley, A. W.,** Baker, A. K., & Howard, M. O. (2017). Biobehavioral mechanisms of mindfulness as a treatment for chronic stress: An RDoC perspective. *Chronic Stress, 1*, 2470547017711912.
45. Garland, E. L., Baker, A. K., Larsen, P., Riquino, M. R., Priddy, S. E., Thomas, E. A., **Hanley, A. W.**, Galbraith, P., Wanner, N., & Nakamura, Y. (2017). Randomized controlled trial of brief mindfulness training and hypnotic suggestion for acute pain relief in the hospital setting. *Journal of General Internal Medicine, 10,* 1106-1113*.*
46. **Hanley, A. W.**, Garland, E. L., & Tedeschi, R.G. (2016). Relating Dispositional Mindfulness, Contemplative Practice and Positive Reappraisal with Posttraumatic Cognitive Coping, Stress and Growth. *Psychological Trauma: Theory, Research, Practice, and Policy, 9(5),* 526-536.
47. **Hanley, A. W**. (2016). The mindful personality: Associations between dispositional mindfulness and the five factor model of personality. *Personality and Individual Differences, 91*, 154-158.
48. **Hanley, A.** **W**., Abell, N., Osborn, D. S., Roehrig, A. D., & Canto, A. I. (2016). Mind the gaps: Are conclusions about mindfulness entirely conclusive? *Journal of Counseling and Development, 94*(1), 103-113.
49. **Hanley, A. W**., Palejwala, M., Hanley, R. T., Canto, A. I., & Garland, E. L. (2015). A failure in mind: Dispositional mindfulness and positive reappraisal as predictors of academic self-efficacy following failure. *Personality and Individual Differences, 86*, 332-337.
50. **Hanley, A. W**., Roehrig, A. D., & Canto, A. I. (2015). States’ expressed vs. assessed education goals in the era of accountability: Implications for positive education. *The Educational Forum, 79*(2), 130-147.
51. Garland, E L., **Hanley, A. W.**, Thomas, E. A., Knoll, P., & Ferraro, J. (2015). Low dispositional mindfulness predicts self-medication of negative emotion with prescription opioids. *Journal of Addiction Medicine*, *9*(1), 61-67.
52. **Hanley, A. W.**, & Garland, E. L. (2014). Dispositional mindfulness co-varies with positive reappraisal. *Personality and Individual Differences*, *66*, 146-152.
53. **Hanley, A. W.**, Garland, E. L., & Black, D. S. (2014). Use of mindful reappraisal coping among meditation practitioners. *Journal of Clinical Psychology, 70*(3)*,* 294-301.
54. **Hanley, A. W.**, Warner, A. R., Dehili, V., Canto, A. I., & Garland, E. L. (2014). Washing dishes to wash the dishes: Brief instruction in an informal mindfulness practice. *Mindfulness*, 6(5), 1095-1103.
55. **Hanley, A. W.**, Peterson, G. W., Canto, A.I., & Garland, E. L. (2014). The relationship between mindfulness and posttraumatic growth with respect to contemplative practice engagement. *Mindfulness, 6(3),* 654-662*.*
56. **Hanley, A. W.**, Warner, A. R., & Garland, E. L. (2014). Associations between mindfulness, psychological well-being and subjective well-being with respect to contemplative practice. *Journal of Happiness Studies, 16*(6), 1423-1436*.*
57. **Hanley, A. W.**, Warner, A. R.,& Dabel, V. (2014). The relationship between posttraumatic growth and mindfulness. *Positive Psychology: Theory & Application, 11,* 12-17.
58. Garland, E. L., Robert-Lewis, A., Kelley, K., Tronnier, C., & **Hanley, A. W**. (2014). Cognitive and affective mechanisms linking trait mindfulness to craving among individuals in addiction recovery. *Substance Use and Misuse, 49*(5), 525-535.
59. **Hanley, A. W.**, Garland, E. L., Warner, A. R., Canto, A. I., Hanley, R. T., & Proctor, A. S., (2013). Dispositional mindfulness and bias in self-theories. *Mindfulness, 6*(2), 202-207.
60. Garland, E. L., **Hanley, A. W.**, Farb, N. A., & Froeliger, B. E. (2013). State mindfulness during meditation predicts enhanced cognitive reappraisal. *Mindfulness*, *6*(2), 234-242.

**MANUSCRIPTS UNDER REVIEW**

1. **Hanley, A. W.**, Dehili, V., Krzanowski, D., Barou, D., Lecy, N. & Garland, E. L. (revised & resubmitted). Effects of video-guided group vs. solitary meditation on mindfulness and social connectivity: Implications for online mindfulness training. *Clinical Social Work Journal.*
2. Sanyer, M., Bettmann, J. E., Anstadt, G., Ganesh, K. & **Hanley, A. W.** (revise and resubmit). Decenter to re-enter nature: Relationships between decentering, self-transcendence, and nature connectedness. *Psychology of Consciousness: Theory, Research, and Practice*.
3. **Hanley, A. W.**,& Garland, E. L. (revise and resubmit). Embodied well-being: Charting the topography of physical sensation. *International Journal of Applied Positive Psychology*.
4. **Hanley, A. W.**,Derringer, S. A., Bettmann, J. E., & Sneed, J. C. (under review). The state of interdependence with nature scale: Development and initial validation. *Ecopsychology*.

**SELECTED PROFESSIONAL PRESENTATIONS**

**Hanley, A.W.** (2021). Embedding brief mindfulness based interventions in medical settings to improve medical Outcomes. *Presentation at the Integrative Medicine and Health Symposium.*

**Hanley, A.W.** (2021). Is self-interest really in your best interest? Evidence from four RCTs. *Presentation at the Western Psychological Association Annual Conference.*

**Hanley, A.W.** (2021). Embedding brief mindfulness based interventions in medical settings improves patient outcomes: 5 RCTS. *Presentation at the Western Psychological Association Annual Conference.*

Garland, E.L. & **Hanley, A.W.** (2021). Mindfulness Oriented Recovery Enhancement: An efficacious treatment for opioid misuse and chronic pain. *Presentation at the Western Psychological Association Annual Conference.*

Garland, E.L., **Hanley, A.W.**, Nakamura, Y., & Donaldson, G. (2021). Mindfulness Oriented Recovery Enhancement: An efficacious treatment for opioid misuse and chronic pain. *Presentation at the Society of General Internal Medicine Annual Meeting.*

**Hanley, A.W.,** Erickson, J., Rojas, J., & Garland, E.L. (2020). Randomized controlled trial of mind-body interventions for preoperative pain management and postoperative health. *Presentation at the Society for Social Work Research Annual Conference.* Washington, D.C.

Cooperman, N., **Hanley,** A.W., Kline, A., Dooley-Budsock, T., & Garland, E.L. (2020). Impact of Mindfulness-Oriented Recovery Enhancement on craving among opioid addicted individuals with chronic pain in community-based methadone maintenance therapy. *Presentation at the Society for Social Work Research Annual Conference.* Washington, D.C.

**Hanley, A.W.** (2019). Self-Transcendence: Measurement, manipulation through mindfulness meditation, and therapeutic impact. *Presentation at the Neurophysiology of Silence: Neuroscientific and contemplative perspectives.* San Baggio Monastery, Italy.

* Invited presenter

Garland, E.L., **Hanley, A.W.** & Hudak, J.P. (2019). The role of mindfulness-based interventions in addressing the opioid crisis. *Presentation at the Addiction Health Services Research Conference.* Park City, UT.

* Plenary session

**Hanley, A.W.** & Hudak, J.P. (2019). The clinical benefits of mindfully induced self-transcendent experiences: Evidence from three RCTs. *Presentation at the American Psychological Association’s Convention.* Chicago, IL.

**Hanley, A.W.** & Hudak, J.P. (2019). Generating pleasant physical sensations to treat chronic pain: Results from two RCTs. *Presentation at the American Psychological Association’s Convention.* Chicago, IL.

**Hanley, A.W.** (2019). Mindfulness training disrupts Pavlovian conditioning. *Presentation at the Mind and Life Institute’s Summer Research Institute.* Garrison, NY.

**Hanley A.W.**, & Garland, E. L.(2019). Peace of mind, peace embodied: Mindfulness-induced increases in pleasant sensations are associated with reduced opioid use disorder severity. *Presentation at the Society for Social Work Research Annual Conference.* San Francisco, CA.

**Hanley A.W.**, Bryan, M. A., & Garland, E. L.(2019). Randomized controlled trial of brief hypnotic suggestion and mindfulness training for preoperative pain and anxiety. *Presentation at the Society for Social Work Research Annual Conference.* San Francisco, CA.

**Hanley, A.W.** (2018). Creating the Nondual Awareness Dimensional Assessment (NADA). *Presentation at the International Symposium for Contemplative Research.* Phoenix, AZ.

**Hanley, A.W.** & Garland, E. L. (2018). Mindfulness training disrupts Pavlovian conditioning. *Presentation at the International Congress on Integrative Medicine and Health*. Baltimore, MD.

* Awarded Excellent Young Investigator prize

**Hanley, A.W.** & Garland, E. L. (2018). Measuring non-dual awareness. *Presentation at the International Congress on Integrative Medicine and Health*. Baltimore, MD.

Mehling, W. E., Garland, E. L., **Hanley, A.W.,** Stern, E. & Price, C. J. (2018). Listen to your body: A multidimensional assessment of interoceptive awareness (MAIA) for mind-body research. *Presentation at the International Congress on Integrative Medicine and Health*. Baltimore, MD.

Victorson, D., Gerco, C., Garland, E. L. & **Hanley, A.W.** (2018). Is mindfulness immeasurable? Discovery and dialogue of conceptual, practical, scientific, and experiential solutions. *Presentation at the International Congress on Integrative Medicine and Health*. Baltimore, MD.

Garland, E. L., Riquino, M., Priddy, S. E., Baker, A. K. & **Hanley, A.W.** (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. *Presentation at the Society for Social Work and Research Annual Conference*. Washington, DC.

Riquino, M., **Hanley, A. W.**, Priddy, S. E., Baker, A. K. & Garland, E. L. (2018). The body is not the enemy: Befriending the body through mindfulness reduces self-harm ideation in chronic pain patients. *Presentation at the Society for Social Work and Research Annual Conference*. Washington, DC.

**Hanley, A. W.** (2017). Can mindfulness meditation change the self?. *Presentation at the University of Utah’s National Postdoc Presentation Week*. Salt Lake City, UT.

* Won 3rd place in poster competition

Derringer, S. A, Hodges, J., & **Hanley, A.W.** (2017). Improving ecological decision making in outdoor recreation through mindfulness: A preliminary mixed methods inquiry. *Presentation at the 2017 Association of Outdoor Research and Education Annual Conference.* Roanoke, VA.

**Hanley, A. W.** & Proctor, A.(2017). Dispositional mindfulness and bias in self-theories. *Presentation at the Fifth World Congress on Positive Psychology*. Quebec, Canada.

**MEDIA COVERAGE** (Selected out of >100)

* Mind and Life Podcast (10/23/2020). “Taking Your Mind Off Autopilot”
* Fatherly (4/20/2020). “Not Ready for Meditation? Dish Washing Can Defeat Coronavirus Anxiety.”
* Los Angeles Times (10/17/2019). Opioid addiction can be overcome with mindfulness, study suggests”
* *Medium* (10/16/2019). “Mindfulness may reduce opioid craving, Research finds”
* *KSL* (6/14/2019). “Meditation helps treat and even prevent opioid addiction University of Utah studies show”
* KPCW Radio’s *The Mountain Life* (4/17/2019). “Pavlov’s dog, mindfulness, and addiction”
* *Greater Good Magazine* (3/14/2017). “Do Mindful People Have a Stronger Sense of Self?”
* *The Wall Street Journal* (9/28/2015). “Wash the Dishes and Cleanse the Mind?”.
* *Time* (9/30/2018). “Washing Dishes is a Really Great Stress Reliever, Science Says”.
* NBC, *The Today Show* (9/29/2015). Feature on “Washing the Dishes to Wash the Dishes”.

**PROFESSIONAL AFFILIATIONS**

* National Association of School Psychologists
* American Psychological Association
* American Psychological Association Division 16: School Psychology
* American Psychological AssociationDivision 17: Society of Counseling Psychology
* American Psychological AssociationDivision 32: Society for Humanistic Psychology
* American Psychological AssociationDivision 48: Society for the Study of Peace, Conflict and Violence: Peace Psychology Division

**AD-HOC REVIEWER**

* Mindfulness
* Personality and Individual Differences
* Psycho-Oncology
* Journal of Counseling Psychology
* Journal of Happiness Studies
* Cognition and Emotion
* European Child and Adolescent Psychiatry

**CLINICAL EXPERIENCE**

***Center on Mindfulness and Integrative Health Intervention Development, Research Assistant Professor***

**University of Utah,** Salt Lake City, UT

Director: Eric Garland, Ph.D. Aug. 2017 – Present

* Deliver protocolized mindfulness-based interventions for prescription opioid misusing veterans living with chronic pain in a small group format (5-10 patients)
* Provide mind-body interventions (i.e., mindfulness, hypnotic suggestion, CBT) for orthopedic surgery patients in a small group format (6-12 patients)
* Develop and maintain a web-based pain management program for orthopedic surgery patients
* Consult with research staff regrading appropriate level of care for study participants (i.e., opioid treated chronic pain patients)

***Counseling and Psychological Services, Pre-doctoral Intern***

**Appalachian State University,** Boone, NC Aug. 2015 – July 2016

Supervisor: Chris Hogan Ph.D., Licensed Psychologist

* Addressed the psychological needs and personal concerns interfering with student’s social development, emotional well-being, and academic progress
* Maintained a case load of 8-12 clients presenting with a variety of concerns such as anxiety/stress, depression, grief, relationship issues, sexual abuse, self-esteem, and body image
* Facilitated mental health outreach activities (e.g., student meditation club) and consulted with on-campus health service providers (e.g., residence life, psychiatrists, nutritionists)
* Conducted intake interviews integrating Counseling Center Assessment of Psychological Distress (CCAPS) data
* Performed risk assessments in conjunction with licensed staff, including after-hours crisis intervention
* Administered psychological assessments (e.g., MCCI, BDI, BAI) and wrote comprehensive reports

***Health Promotion Office, Smart Choices Instructor***

**Florida State University,** Tallahassee, FL March 2013 – July 2015

Supervisor: Amy Magnuson Ph.D., RD, LD/N

* Facilitated alcohol/drug harm-reduction programs for college students focusing on individual patterns of use, consequences, and potential risks of use
* Provided program in both individual (1-3 per week) and group (1-4 per week with approximately 10 students) formats
* Counseled students on a variety of substance abuse issues, including triggers, coping strategies, and relapse prevention
* Maintained confidentiality as students addressed issues related to substance abuse, peer and family relationships, as well as mental health concerns

***FSU Career Center, Doctoral Clinical Practicum Trainee***

**Florida State University,** Tallahassee, FL Aug. 2012 – May 2015

Supervisors: Casey Dozier, Ph.D., Licensed Psychologist

Jim Sampson Ph.D., Licensed Psychologist

Debra Osborn, Ph.D.

* Counseled up to 3 individual clients per week, integrating both mental health and career interventions while using a library of over 3,000 resources and computer-based assessments
* Conceptualized cases, created individualized treatment plans, performed case presentations, and maintained case files using Titanium software
* Provided drop-in advising services to undergraduate and graduate students as well as community members
* Administered a variety of assessments (e.g., MMPI-2, Self-Directed Search, occupational card sorts)

***University Counseling Center, Doctoral Clinical Practicum Trainee***

**Florida State University,** Tallahassee, FL Jan. 2014 – July 2014

Supervisors: Byron Pack Ph.D., Licensed Psychologist May 2012 – Aug. 2012

Yvonne Langdon-Maduekwe Ph.D., Licensed Psychologist

* Addressed the psychological needs and personal concerns interfering with student’s social development, emotional well-being, and academic progress
* Maintained a case load of 10-12 clients presenting with a variety of concerns such as anxiety/stress, depression, grief, relationship issues, sexual abuse, self-esteem, and body image
* Participated in mental health outreach activities and consulted with on-campus health service providers (e.g., psychiatrists, nutritionists)
* Conducted intake interviews integrating Counseling Center Assessment of Psychological Distress (CCAPS) data
* Performed risk assessments in conjunction with licensed staff
* Administered psychological assessments (e.g., MCCI, BDI, BAI) and wrote comprehensive reports

***Gadsden Correctional Facility, Clinical Practicum Counselor***

**Florida Department of Corrections,** Quincy, FL Jan. 2013 – July 2013

Supervisor: Donna Kitch Ph.D., Licensed Psychologist

* Conducted individual and group therapy with female inmates addressing diverse concerns (e.g., trauma, substance abuse, interpersonal conflict), to modify behavior or to improve personal, social, and vocational adjustment.
* Developed and implemented treatment plans for a caseload of 6-7 clients based on information obtained from interviews, tests, records, and reference material
* Co-lead two mindfulness-based art therapy groups (6-8 participants) that met weekly for 10 weeks
* Assisted psychiatrist with medication adherence/adjustment interviews

***Gadsden County School Based Health Clinic, Counseling Practicum Student***

**Florida State University College of Medicine,** Tallahassee, FL Aug. 2011 – June 2013

Supervisor: Carol Painter Ph.D., Licensed Psychologist

* Counseled children and adolescents (5-7 per week) addressing conflicts and problems in learning and adjustment
* Provided consultation to parents, teachers, and administrators on topics such as behavior modification techniques
* Assessed students’ academic, social and emotional needs using interview, observation, and consultation with parents and school personnel.
* Offered crisis intervention and individual counseling to 10 - 12 year olds regarding bullying, divorce, test anxiety, school truancy, and poor academic performance

***Human Services Center, Practicum Trainee***

**Florida State University,** Tallahassee, FL Jan. 2011 – May 2011

Supervisor: Angela Canto Ph.D.

* Engaged in weekly individual and group supervision, didactic seminars and attended case seminars
* Developed in-depth case conceptualizations, formed diagnostic impressions, developed treatment plans, and recorded case notes
* Conducted weekly therapy session with a family of 4 working to improve communication
* Observed other colleagues’ counseling sessions using video monitors and provided feedback as needed

**GRADUATE COURSES TAUGHT**

* Advanced Research & Grant Writing
* Secondary Data Analysis
* DSM in Practice

**SERVICE TO THE UNIVERSITY**

* Research consultant. Huntsman Cancer Institute’s Wellness and Integrative Health Center.
* Research consultant. University of Utah’s Orthopedic Clinic.
* University of Utah’s College of Social Work Party Planning Committee.
* University of Utah’s College of Social Work Awards Committee.
* *Mindfulness Practice*. Semester-long lecture series for the Appalachian State University women’s basketball team.
* *Mindful Bubbles*. Lecture for Appalachian State University’s student meditation group.
* *Mindfulness and the Self.* Lecture in an Appalachian State University undergraduate psychology course.
* *Mindfulness Practices*. Lecture at Florida State University’s National Alliance on Mental Health on Campus
* *Mindfulness: Practice and Clinical Application*. Lecture at Florida State University’s inaugural meeting of the National Alliance on Mental Health on Campus.
* *Mindfulness and Stress***.** Lecture in a Florida State University graduate-level psychology course
* *FSU Stress Buster’s Day*. Outreach event sponsored by Florida State University’s Counseling Center
* *Resume Writing and Critiquing*. Presentation for the Florida State University Career Center.
* *Curriculum Vitae Writing*. Presentation for the Florida State University Career Center.
* *Graduate School: To Go or Not To Go*. Presentation for the Florida State University Career Center.

**PROFESSIONAL TRAINING**

* *Mindfulness Oriented Recovery Enhancement Therapist Training*, Center on Mindfulness and Integrative Health Intervention Development
* *Social Justice Ally Training*: Florida State University
* *Diversity and Inclusion Certificate*: Florida State University
* *Transforming Craving*: Mind and Life Summer Research Institute
* *Mapping the Mind*: Mind and Life Summer Research Institute
* *Advanced Supervision Training*: Florida State University’s Career Center
* *The Visit 2010*: His Holiness the Dalai Lama on Compassion and New Frontiers in Science

**ADDITIONAL PROFESSIONAL EXPERIENCE**

***Hwasu Middle School, Instructor***

*Hwajeong, South Korea* Aug. 2009 – Aug. 2010

* Taught English to classes of approximately 40 students in a Korean middle school (7th,8th and 9th grades)
* Developed all course materials, including ten day intensive English camps

***Feinschule, Instructor***

*Ilsan, South Korea* Aug. 2008 – Aug. 2009

* Taught English in a Korean kindergarten and elementary school, ages 3-13
* Assisted with the creation of instructional materials (e.g., audio recordings, storybooks)

***Helsinki Pantterit, Professional Basketball Player***

*Helsinki, Finland* Aug. 2005 – Dec. 2007

* Captained Helsinki Pantterit for three seasons, leading team to consecutive winning seasons
* Coached a Panterrit Junior team (ages 11-13), structuring training during weekly practices