

# CURRICULUM VITAE

## Grant M. Jones

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### Education

<b>Harvard University</b> , Cambridge, MA Ph.D. Student in Clinical Psychology with a secondary in Music (Creative Practice and Critical Inquiry)	2018-Present
<b>Harvard University</b> , Cambridge, MA Master of Arts in Psychology	March 2021 GPA: 4.00/4.00
<b>Harvard University</b> , Cambridge, MA Bachelor of Arts in Psychology, <i>cum laude</i>	May 2014 GPA: 3.90/4.00

### Honors, Awards, and Fellowships

<b>Selected as Student Flash Talk Speaker</b> , <i>Society of Digital Mental Health</i>	2023
<b>atai Fellowship Fund in Psychedelic Neuroscience</b> (\$150,000), <i>MGH Center for the Neuroscience of Psychedelics</i>	2022
<b>Distinguished Student Scholar Recognition Award on Research, Equity, and Social Justice</b> , <i>American Psychological Association (Div. 50)</i>	2022
<b>Winner of Harvard Culture Lab Innovation Fund Competition x2</b> , <i>Harvard University</i>	2022, 2021
<b>National Institute on Drug Abuse R13-Funded Travel Award</b> , <i>American Psychological Association (Div. 50)</i>	2022
<b>Underrepresented Student Travel Award</b> , <i>Association for Behavioral and Cognitive Therapies (Addictive Behaviors SIG)</i>	2021
<b>SRP Travel Award</b> (for outstanding poster), <i>Society for Research in Psychopathology</i>	2021
<b>Selected as Student Flash Talk Speaker</b> , <i>Society for Research in Psychopathology</i>	2021
<b>BIPOC Award</b> , <i>Source Research Foundation</i>	2021
<b>Smadar Levin Award Finalist for Best Poster</b> , <i>Society for Research in Psychopathology</i>	2021
<b>President's Award</b> , <i>Society for Research in Psychopathology</i>	2021
<b>Student Diversity Registration Award</b> , <i>Association for Psychological Science</i>	2021
<b>Selected as a Student Flash Talk Speaker</b> , <i>Association for Psychological Science</i>	2021
<b>Norman Henry Anderson Graduate Psychology Fund</b> , <i>Harvard University</i>	2021
<b>Ford Foundation Predoctoral Fellowship</b> (\$81,000), <i>National Academies of Sciences, Engineering, and Medicine</i>	2021
<b>Changemaker Fellow</b> (for exemplary community leadership), <i>Mind &amp; Life</i>	2021
<b>Small Travel Grant x3</b> (\$1,500), <i>Harvard Psychology Department</i>	2021, 2019
<b>Contemplative Research Conference Scholarship</b> , <i>Mind &amp; Life</i>	2020
<b>Ford Foundation Predoctoral Fellowship (Honorable Mention)</b>	2020
<b>Summer Research Institute Scholarship x2</b> , <i>Mind &amp; Life</i>	2019, 2018
<b>International Symposium on Contemplative Research Scholarship</b> , <i>Mind &amp; Life</i>	2018
<b>NSF Graduate Research Fellow (Honorable Mention)</b> , <i>National Science Foundation</i>	2018
<b>Build Block Be Scholarship</b> , <i>Buddhist Peace Fellowship</i>	2018
<b>William Stoughton Fund</b> , <i>Harvard University</i>	2018
<b>John Harvard Scholar</b> (top 5% of undergraduate class), <i>Harvard University</i>	2011-2013
<b>Rhodes Scholarship Finalist</b> , <i>Rhodes Trust</i>	2013

## Research Funding

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<p><b>atai Fellowship Fund in Psychedelic Neuroscience</b> (\$150,000)  <i>Exploring MDMA-assisted therapy as a potential treatment for suicidal thoughts and behaviors (STBs) – a secondary analysis of epidemiological and observational data</i>                      Role: P.I</p>	2022
<p><b>Harvard Culture Lab Innovation Fund</b> (\$15,000)  <i>Decolonized HEALing</i> (P.I: Franchesca Castro-Ramirez)                      Role: Co-I/Team Member</p>	2022
<p><b>Harvard Psychology Research Innovation Fund - Ditmars Fund</b> (\$9,700)  <i>Intergenerational Cycles of Violence in Minoritized Families</i> (P.I: Franchesca Castro-Ramirez)                      Role: Co-I</p>	2022
<p><b>ALACRITY eSToRY Center NIMH pilot Grant</b> (\$25,000)  <i>Social Determinants of Self- and Other-directed Violence in Black and Minoritized Youth</i> (P.I: Franchesca Castro-Ramirez)                      Role: Co-I</p>	2022
<p><b>Ford Foundation Predoctoral Fellowship</b> (\$81,000)  <i>Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans</i>                      Role: P.I (mentored by Grammy award-winning Professor Esperanza Spalding)</p>	2021
<b><u>Completed Support</u></b>	
<p><b>Harvard Psychology Research Innovation Fund - Hodgson Fund</b> (\$10,000)  <i>Race and ethnicity as potential moderators of the associations between psychedelic use and deleterious health outcomes (social impairment, nicotine use disorder, hypertension) / Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans</i>                      Role: P.I</p>	2023
<p><b>Harvard Psychology Research Innovation Fund - Hodgson Fund</b> (\$10,000)  <i>Race and ethnicity as potential moderators of the associations between psychedelic use and deleterious mental health outcomes</i>                      Role: P.I</p>	2022
<p><b>Harvard Culture Lab Innovation Fund</b> (\$20,000)  <i>Healing Attempt: A Music-Based Mindfulness Intervention for Stress/Anxiety in the Black Harvard Community</i>                      Role: P.I/Lead Applicant (mentored by Grammy award-winning Professor Esperanza Spalding)</p>	2021
<p><b>Mind &amp; Life Varela Grant</b> (\$19,970)  <i>Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans</i>                      Role: P.I (mentored by Grammy award-winning Professor Esperanza Spalding)</p>	2020
<p><b>Harvard Psychology Research Innovation Fund - Ditmars Fund</b> (\$10,000)  <i>Psilocybin as a moderator of the associations between negative parent-offspring relationship dynamics and depression, suicidality, and criminality</i>                      Role: P.I</p>	2022

<b>Restricted Funds Grant</b> (\$5,000)	2022
<i>Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans</i>	
Role: P.I	
<b>Restricted Funds Grant</b> (\$5,000)	2021
<i>Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans</i>	
Role: P.I	
<b>Source Research Foundation Source Award</b> (\$3,000)	2021
<i>Race and ethnicity significantly moderate the associations between MDMA/ecstasy and psilocybin use and psychological distress, suicidality, and depression</i>	
Role: P.I	
<b>Harvard University Stimson Grant</b> (\$1,000)	2018
Role: P.I	

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### Research Experience

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**Professor Esperanza Spalding** 2020-

Role: *Researcher in New York Songwrights Apothecary Lab (2021)*

- Collaborated with Professor Spalding to guide composition process of six songs for her album, “SONGWRIGHTS APOTHECARY LAB”; **album won the 2022 Grammy award for Best Jazz Vocal Album**
- One of three researchers in the New York Songwrights Apothecary Lab, a music installation exploring the intersection of music and healing
- Synthesized research across multiple disciplines (i.e. psychology, greek mythology) to support the creation of music with healing intentions

Role: *Research Assistant (2020)*

- Synthesized research articles across psychology and music therapy related to the salutary potential of music
- Provided recommendations for creating effective music interventions for stress
- Guided (along with two other researchers) the creation of “Triangle”, a trio of songs meant to alleviate stress and calm interpersonal aggression (released by Esperanza on April 3rd, 2021)

**OCD and Related Disorders Program** 2017-2018

Massachusetts General Hospital

Role: *Clinical Research Coordinator*

*Supervisor: Dr. Nancy Keuthen*

- Research coordinator for all aspects of the Body-Focused Repetitive Behavior Precision Medicine Initiative (BPMI) (outlined below)
- Drafted literature reviews; aid in manuscript and presentation preparation
- Supervised undergraduate intern assisting on the research project
- Participated in weekly research and clinic meetings with investigators, psychologists, and psychiatrists to discuss research updates and relevant clinical cases
- Prepared and submitted paperwork to the Institutional Review Board
- Served as a confederate during exposure sessions for individuals seeking treatment for social anxiety
- Participant in journal club with investigators and other research coordinators; shared, analyzed, and discussed journal articles of relevance or interest

Study: *Body-Focused Repetitive Behavior Precision Medicine Initiative (BPMI)*

Sponsor: TLC Foundation for Body-Focused Repetitive Behaviors (BFRBs)

Study Specific Responsibilities:

- Handled outreach and recruitment for potential participants
- Conducted phone screens to recruit adults with trichotillomania and excoriation disorder, as well as asymptomatic controls
- Scheduled participants for study visits
- Obtained informed consent from all enrolled study participants
- Administered the Mini-International Neuropsychiatric Interview (MINI), Yale-Brown Obsessive Compulsive Scale (YBOCS), Columbia Suicide Severity Rating Scale (C-SSRS) and hair pulling/skin picking semi-structured interviews to enrolled participants
- Performed blood draws (phlebotomy) on enrolled participants and ship samples to NIMH
- Administered Cambridge Neuropsychological Tests Automated Batteries (CANTAB) tasks
- Built warm relationships with study participants; referred them to treatment upon request
- Collected and manage paper-based and electronic self-report questionnaires
- Coordinated with multiple clinical and imaging sites to schedule and manage participant fMRIs
- Entered study data and monitor data quality
- Managed study funds
- Participated in monthly conference call with the study sponsor and two other sites: UCLA and University of Chicago
- Met entire year's enrollment target (43 participants) in just 7 months

### Peer-Reviewed Publications

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15. **Jones G**, Herrmann F, Wang E. (2023). Associations between individual hallucinogens and hallucinogen misuse among U.S. adults who recently initiated hallucinogen use. *Addictive Behaviors Reports*, 18, 100513.

<https://doi.org/10.1016/j.abrep.2023.100513>

14. **Jones, G**, Al-Suwaidi M, Castro-Ramirez F, McGuire TC, Mair P, & Nock MK. (2023). Race and ethnicity moderate the associations between lifetime psilocybin use and crime arrests. *Frontiers in Psychiatry*, 14,

<https://doi.org/10.3389/fpsy.2023.1169692>

13. **Jones G**, Herrmann F, & Nock MK. A digital music-based mindfulness intervention for Black Americans with elevated race-based anxiety: A multiple-baseline pilot study. *JMIR Formative Research*. (In press).

12. **Jones G**, Lipson J, Wang E. (2023). Examining associations between MDMA/ecstasy and classic psychedelic use and impairments in social functioning in a U.S. adult sample. *Scientific Reports*, 13, 2466.

<https://doi.org/10.1038/s41598-023-29763-x>

11. **Jones G**, Arias D, Nock MK. (2022). Associations between MDMA/ecstasy, classic psychedelics, and suicidal thoughts and behaviors in a sample of U.S. adolescents. *Scientific Reports*, 12, 21927. <https://doi.org/10.1038/s41598-022-25658-5>

10. **Jones G**, Ricard J, Hendricks PS, Simonsson O. (2022). Associations between MDMA/ecstasy use and physical health in a U.S. population-based survey sample. *Journal of Psychopharmacology*, 36(10), 1129–1135.

<https://doi.org/10.1177/02698811221127318>

9. **Jones G**. (2022). Race and ethnicity moderate the associations between lifetime psychedelic use (MDMA/ecstasy and psilocybin) and major depressive episodes. *Journal of Psychopharmacology*, 2023;37(1):61-69. doi:10.1177/02698811221127304

8. **Jones G**, Nock MK. (2022). Race and ethnicity moderate the associations between lifetime psychedelic use (MDMA and psilocybin) and psychological distress and suicidality. *Scientific Reports*, 12, 16976. <https://doi.org/10.1038/s41598-022-18645-3>
7. **Jones G**, Lipson J, Nock MK. (2022). Associations between classic psychedelics and nicotine dependence in a nationally representative sample. *Scientific Reports*, 12, 10578. <https://doi.org/10.1038/s41598-022-14809-3>
6. **Jones G**, Ricard J, Lipson J, Nock MK. (2022). Associations between classic psychedelics and opioid use disorder in a nationally-representative U.S adult sample. *Scientific Reports*, 12, 4099. <https://doi.org/10.1038/s41598-022-08085-4>
5. **Jones G**, Nock MK. (2022). Exploring protective associations between the use of classic psychedelics and cocaine use disorder: A population-based survey study. *Scientific Reports*, 12, 2574. <https://doi.org/10.1038/s41598-022-06580-2>
4. **Jones G**, Nock, MK. (2022). Psilocybin use is associated with lowered odds of crime arrests in US adults: A replication and extension. *Journal of Psychopharmacology*, 36(1), 66–73. <https://doi.org/10.1177/02698811211058933>
3. **Jones G**, Nock MK. (2022). Lifetime MDMA/ecstasy and psilocybin use is associated with reduced odds of depression in a sample of U.S adults. *Journal of Psychopharmacology*, 36(1), 57–65. <https://doi.org/10.1177/02698811211066714>
2. **Jones G**, Nock MK. (2022). MDMA/ecstasy use and psilocybin use are associated with lowered odds of psychological distress and suicidal thoughts in a sample of U.S adults. *Journal of Psychopharmacology*, 36(1), 46–56. <https://doi.org/10.1177/02698811211058923>
1. **Jones G**, Keuthen NJ, Greenberg E. (2018). Assessment and Treatment of Trichotillomania (Hair Pulling Disorder) and Excoriation (Skin Picking) Disorder. *Clinics in Dermatology*, 36, 728-736.

*In Preparation/Under Review*

Jones G, Castro-Ramirez F, McGuire T, Al-Suwaidi M, Herrmann F. A digital music-based mindfulness intervention for elevated race-based anxiety in the Black community: a replication with individuals with little to no mindfulness experience. (*In Preparation*).

Jones G, Ricard J. Race/ethnicity moderates the associations between lifetime psilocybin use and opioid use disorder. (*Under Review*).

Jones G, Herrmann F, Al-Suwaidi M, McGuire T, & Castro-Ramirez F. “healing attempt”: a digital music-based mindfulness intervention for race-based anxiety in Black Americans (a replication and extension). (*Under Review*).

Jones G, Ricard J, Nock MK. Race and ethnicity moderate the associations between lifetime psilocybin use and past year hypertension. (*Under Review*).

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### Other Publications

**Jones, G.** Trichotillomania Fact Sheet. *Association of Behavioral Therapies* national website.

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### Conference Presentations

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- Jones G**, Lipson J, Wang E. (2023). Examining associations between MDMA/ecstasy and classic psychedelic use and impairments in social functioning in a U.S. adult sample. Poster presented at the *American Psychological Association Convention*, Online/Washington DC.
- Jones G.** (2023). Associations between MDMA/ecstasy, classic psychedelics, and suicidal thoughts and behaviors in a sample of U.S. adolescents. Poster presented at the *American Psychological Association Convention*, Online/Washington DC.
- Jones G.** (2023). A digital music-based mindfulness intervention for Black Americans with elevated race-based anxiety: A multiple-baseline pilot study. Talk delivered at the *Society of Digital Mental Health*, Online.
- Jones G.** (2023). A digital music-based mindfulness intervention for Black Americans with elevated race-based anxiety: A multiple-baseline pilot study. Poster presented at the *Mind and Life Summer Research Institute*, Garrison NY.
- Ricard JA, Labache L, Chopra S, Dhamala E, **Jones G**, Harnett NG, Yip SW, Holmes AJ. (2023). The Neural Underpinnings of Cocaine Use Disorder. Poster presented at the *Society for Biological Psychiatry*, San Diego CA.
- Jones G**, Al-Suwaidi M, Castro-Ramirez F, McGuire TC, Mair P, & Nock MK. (2023). Race and ethnicity moderate the associations between lifetime psilocybin use and crime arrests. Poster presented at the *International Symposium for Contemplative Research*, San Diego CA.
- Jones G**, Ricard J, Lipson J, Nock MK. (2022). Associations between classic psychedelics and opioid use disorder in a nationally-representative U.S adult sample. Poster presented at the *Society for Research in Psychopathology*, Online/Philadelphia.
- Jones G**, Ricard J, Lipson J, Nock MK. (2022). Associations between classic psychedelics and opioid use disorder in a nationally-representative U.S adult sample. Poster presented at the *Mind & Life Summer Research Institute*, Online.
- Jones G**, Ricard J, Lipson J, Nock MK. (2022). Associations between classic psychedelics and opioid use disorder in a nationally-representative U.S adult sample. Poster presented at the *American Psychological Association Convention*, Online/Minneapolis MN.
- Jones G**, Nock MK. (2022). Race and ethnicity moderate the associations between MDMA/ecstasy and psilocybin use and major depressive episodes. Poster presented at the *American Psychological Association Convention*, Online/Minneapolis MN.
- Jones G**, Nock MK. (2022). Race and ethnicity moderate the associations between MDMA/ecstasy and psilocybin use and major depressive episodes. Poster presented at the *Association for Psychological Science Convention*, Chicago IL.
- Jones G**, Nock MK. (2022). Race and ethnicity moderate the associations between MDMA/ecstasy and psilocybin use and major depressive episodes. Poster presented at the *Society of Behavioral Medicine Annual Meeting*, Baltimore MD.
- Jones G.** (2021). Race, psychedelics, and suicide. Talk delivered at the *Ford Fellows' Conference*, Online.
- Jones G.** (2021). Race and ethnicity moderate the associations between MDMA/ecstasy and psilocybin use and psychological distress and suicidality. Talk delivered at the *Society for Research in Psychopathology*, Online.
- Jones G**, Nock MK. (2021). Race and ethnicity moderate the associations between MDMA/ecstasy and psilocybin use and psychological distress and suicidality. Poster presented at the *Society for Research in Psychopathology*, Online.

**Jones G, Nock MK.** (2021). Race and ethnicity moderate the associations between MDMA/ecstasy and psilocybin use and psychological distress and suicidality. Poster presented at the *Association of Behavioral and Cognitive Therapies*, Online.

**Jones G, Nock MK.** (2021). Mescaline use is associated with lowered odds of alcohol use disorder. Poster presented at the *Association of Behavioral and Cognitive Therapies*, Online.

**Jones G, Nock MK.** (2021). Psilocybin use predicts lowered odds of past year crime arrests. Talk presented at the *Association For Psychological Science Conference*, Online.

**Jones G, Nock MK.** (2021). Mescaline use is associated with lowered odds of alcohol use disorder. Poster presented at the *Mind & Life Summer Research Institute*, Online.

**Jones G, Nock MK.** (2021). Lifetime MDMA/ecstasy use is associated with lowered odds of psychological distress and suicidality in a sample of U.S adults. Talk presented at the *Society of Behavioral Medicine Annual Meeting*, Online.

**Jones G, Nock MK.** (2020). Lifetime MDMA/ecstasy use is associated with lowered odds of psychological distress and suicidality in a sample of U.S adults. Talk delivered at the *Black in Neuro Conference*, Online.

**Jones G.** (2020). Music-Based Mindfulness Interventions to Reduce Stress/Anxiety in Historically-Marginalized Communities. Talk delivered at the *Diversity Challenge Conference*, Boston MA.

**Jones G, Shallcross A, McNally R, Nock MK.** (2020). Mindfulness and Affect: A Network Analytic Approach. Poster presented at the *Mind and Life Contemplative Research Conference (CRC)*, Online.

**Jones G, Shallcross A, McNally R, Nock MK.** (2020). Mindfulness and Affect: A Network Analytic Approach. Poster presented at the *Association of Behavioral and Cognitive Therapies*, Philadelphia PA.

**Jones G, Shallcross A, Dutton MA, McNally R.** (2019). Depression Symptoms and Mindfulness: A network analytic approach. Poster presented at the *Association of Behavioral and Cognitive Therapies*, Atlanta GA.

**Jones G.** (2019). A radical effort in self-care: The Black Lotus Collective. Talk delivered at the *Diversity Challenge Conference*, Boston MA.

**Jones G, Shallcross A, Dutton MA, McNally R.** (2019). Depression Symptoms and Mindfulness: A network analytic approach. Poster presented at the *Mind and Life Summer Research Institute*, Garrison NY.

**Jones G, Gathers E, Martin D, Santoyo JF, Santoyo JM.** (2018). Examining culturally adapted mindfulness practices for mental wellness in minority communities: The Black Lotus Collective. Poster presented at the *Mind and Life International Symposium on Contemplative Research*, Phoenix AZ.

**Jones G, Gathers E, Martin D, Santoyo JF, Santoyo JM.** (2018). Addressing the erasure of marginalized identities in contemplative spaces: The Black Lotus Collective. Poster presented at the *Mind and Life Summer Research Institute*, Garrison NY.

## Invited Talks

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**Jones G.** (2023). Psychedelics and music-based mindfulness interventions for promoting flourishing and well-being in diverse communities. Invited talk at *Explorations in Interdisciplinary Psychedelic Research*, Cambridge MA.

**Jones G**, Chang D, Hubbard R. (2021). Transformative Change: Where Research and Action in the World Meet. Invited musical performance and talk/Q&A on the *Inspiring Minds Series*, Online.

**Jones G**, Barriner II L, Peterson Z, Gonzalez S. (2021). Restorative Justice Panel. Invited talk/Q&A at the *Diploma Plus Program* at Charlestown High School, Charlestown MA.

Gathers T, **Jones G**, Kimani S, Santoyo J. (2019). Future Soundscapes: Music as a Future Building Activity – A Panel with The Black Lotus Collective. Invited talk/Q&A at the *Museum of Fine Arts Late Nites*, Boston MA

Nock MK, **Jones G**, Rankin O, Ramirez F. (2019). Understanding the Nature of Suicidal Behavior. Invited talk at the Steve Fund Conference, Cambridge MA.

## Clinical Experience

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### **Cambridge Health Alliance**

2022; 2019

Center for Mindfulness and Compassion (CMC) (2022-)

Advanced Practicum in Mindfulness-Based Assessment and Intervention | Supervisors: Zev Schuman-Olivier, M.D., Ronald Siegel, Ph.D., & Todd Griswold, M.D.

- Receive training in evidence-based, mindfulness-based treatment approaches
- Conduct intakes and assessments for the Mindful Mental Health Service (MMHS) program at CMC
- Will lead mindfulness-based group therapy programs with the support of CMC faculty mentorship
- Receive supervision on treatment planning, assessments, and case conceptualization

Department of Psychiatry (2019)

Practicum Student | Supervisors: Adam Conklin, Ph.D. & Robert Graceffo, Ph.D

- Received supervision on treatment planning and case conceptualization
- Shadowed clinical interviews with adolescent and adult inpatients experiencing depression, anxiety, psychosis, and trauma

### **Camp Baker**

2021

Graduate Counselor | Supervisors: Stephani Synn, Psy.D & Yohana Beraki

- Delivered intensive behavior modification treatment to children with ADHD (aged 9-10)
- Developed individualized treatment plans for the camp-goers
- Managed and supervised four undergraduate counselors on delivering behavior modification treatment
- Received supervision on case conceptualization, treatment implementation, and treatment modification
- Sole nominee from Camp Baker for “Hale Counselor of the Year” due to exemplary performance

### **McLean Hospital**

2019-2020

Obsessive Compulsive Disorder Institute

Practicum Student | Supervisor: Carol Hevia, Psy.D

- Delivered exposure and response prevention to adult patients with obsessive compulsive disorder
- Led weekly 1hr emotion regulation group therapy session

- Received individual and group supervision on exposure and response prevention, case conceptualization, and treatment planning

## Leadership & Service

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### **Healing & Empowerment through Activism & Leadership (HEAL)** 2020-Present

*Co-founder*

- Promote wellness among underrepresented minority scholars in the Harvard Psychology Department through contemplative practices (i.e. meditation, yoga, etc.) and peer support
- Provide professional development opportunities to support minorities in becoming academic leaders

### **Mind & Life Institute** 2020-Present

*Steering Council Member*

- Serve as the sole graduate student (first in history) among eight primary advisors for the largest contemplative sciences non-profit in the world (co-founded by the Dalai Lama)
- Work directly with the President and Board of Directors to provide scientific, scholarly, and strategic guidance for Mind & Life

*BIPOC Mentorship/Leadership Working Group*

- Guiding the creation of a BIPOC Leadership/Mentorship initiative to support BIPOC investigators within the contemplative sciences

### **Winthrop House at Harvard University** 2017-Present

*Resident Tutor (2018-Present); Non-Resident Tutor (2017-2018)*

- *Resident Tutor:* Serve as a full-time residential advisor for undergraduate students in Winthrop House (specialties: *Wellness, BGLTQ, Sophomore Advising Coordinator, Docket Committee*)
  - *Wellness:* Coordinate and host biweekly mindfulness events
  - *BGLTQ:* Plan and execute BGLTQ programming for the queer community of Winthrop
  - *Sophomore Advising Coordinator:* Manage the Sophomore Advising program
  - *Docket Committee:* Handle sensitive and confidential student issues
- *Non-Resident Tutor:* Serve as an off-campus mentor and advisor for undergraduate students

### **Black Lotus Collective** 2016-Present

*Co-Founder & Core Organizer*

- Established weekly meditation group with 140+ registered members for people of color and other individuals from diverse backgrounds
- Organize social justice and art sharing events, such as protest meet-ups and open mics
- Founded alongside Lama Rod Owens, considered one of the foremost leaders in the world of meditation and social activism

### **Queer Students and Allies** 2013-2014

*Treasurer*

- Managed the finances and budget for the largest LGBT student organization at Harvard
- Assisted with the origination and coordination of LGBT programming, such as a forum featuring Richard Blanco (Obama's Inauguration Poet)

### **Ivy Q** 2013

*Harvard IvyQ Leader*

- Assisted in planning one of the largest LGBT undergraduate summits in the nation, attended by over 500 students from across the Ivy League
- Strengthened financial sustainability of the conference by operating on the financial planning committee, working to schedule the conference at an optimal time for maximal sponsorship flows

### **Reviewer**

*Mind & Life Think Tank Grant Committee (2020)*

## Teaching Experience

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### **Harvard Psychology Department**

Spring 2019-Present

*Concentration Advisor*

- Advise psychology undergraduates on academic, professional, and personal matters
- Coordinate with the Psychology Undergraduate Office to plan and execute student programming

### **Contemporary Topics in Psychological Research** (Course Head: Professor Matthew Nock)

Fall 2020, 2021

Harvard University, Cambridge MA

*Teaching Fellow*

- Coordinated lecture series featuring Harvard psychology professors
- Assisted with grading, content distribution and comprehension, and scheduling
- (2020) Designed and taught a seminar series on Diversity, Equity, and Inclusion within the Harvard Psychology Department

### **Social Psychology** (Course Head: Professor Fiery Cushman)

Spring 2021

Harvard University, Cambridge MA

*Teaching Fellow*

- Plan and lead weekly section of 13 students through Social Psychology course content
- Assist Professor Cushman with grading and homework preparation
- Support students with exam preparation and content comprehension

### **Clinical Psychological Science** (Course Head: Professor Matthew Nock)

Fall 2020

Harvard University, Cambridge MA

*Guest Lecturer*

- Facilitated conversation on contemplative mental health interventions (i.e. meditation, music) in minority communities
- Provided career mentorship and support for minority students entering into psychological science

## Press Coverage

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“Psilocybin could be a therapeutic breakthrough for addiction” (2022)

- *TIME magazine*. <https://time.com/6167638/psilocybin-addiction-therapeutic-breakthrough/>

“People who used 'magic mushrooms' less likely to develop opioid use disorder, study finds” (2022)

- *USA Today*. <https://www.usatoday.com/story/news/health/2022/04/07/magic-mushrooms-linked-decreased-risk-opioid-addiction-study/9469652002/>

“Why your meditation lesson must be more accessible” (2022)

- *Mashable*. <https://mashable.com/article/mindfulness-meditation-meditating-with-disability>

“Psilocybin use associated with lowered odds of having been arrested, study finds” (2022)

- *PsyPost*. <https://www.psypost.org/2022/02/psilocybin-use-associated-with-lowered-odds-of-having-been-arrested-study-finds-62599>

“Where Music and Meditation Meet” (2022)

- *Mindful Magazine*. <https://www.mindful.org/where-music-and-meditation-meet/>

“Buddhists with Physical Disabilities Access Digital Dharma” (2020)

- *Tricycle*. <https://tricycle.org/trikedaily/buddhists-with-physical-disabilities/>

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## Other Skills

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- Software Proficiencies: R, Microsoft Office (Word, Excel, Powerpoint), REDCap
- Diagnostic Tools (Administration and Scoring): MINI, YBOCS, C-SSRS, Trichotillomania Diagnostic Interview, Skin Picking Diagnostic Interview
- Certifications: Mindfulness Training for Primary Care - Group Leader Training, CITI Basic Social and Behavioral Research, Phlebotomy