

CURRICULUM VITAE

Grant M. Jones

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Education

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

Honors, Grants, and Fellowships

Restricted Funds Grant (\$5,000) – Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans (Role: P.I)	2021
Norman Henry Anderson Graduate Psychology Fund – distinction awarded to Harvard Psychology graduate students	2021
Ford Foundation Predoctoral Fellowship (\$81,000) – award from the National Academies of Sciences, Engineering, and Medicine	2021
Mind & Life Changemaker Fellow – awarded for exemplary community leadership that facilitates the application of contemplative tools in real-world settings	2021
Small Travel Grant x2 (\$1,000) – travel grants from the Harvard Psychology Department	2021, 2019
Varela Grant (\$19,970) – Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans (mentored by Grammy award-winning Professor Esperanza Spalding) (Role: P.I)	2020
Mind & Life Contemplative Research Conference Scholarship – full scholarship to present research at the Mind & Life Contemplative Research Conference (CRC)	2020
Mind & Life ISCR Scholarship – scholarship to present research at the Mind & Life International Symposium on Contemplative Research (ISCR)	2018
Mind & Life SRI Scholarship – scholarship to present research at the Mind & Life Summer Research Institute (SRI)	2018, 2019

Buddhist Peace Fellowship BBB Scholarship – awarded to leaders at the intersection of meditation and social justice	2018
William Stoughton Fund – scholarly distinction given to top Harvard students from Boston	2018
Stimson Grant (\$1,000) – grant awarded to Harvard Psychology students	2018
John Harvard Scholar – awarded yearly to Harvard undergraduates in the top 5% of the class	2011-2013
Rhodes Scholarship Finalist – awarded for significant scholarly achievements and moral leadership	2013

Research Experience

Professor Esperanza Spalding 2020-

Role: Research Assistant

- One of two research assistants for four-time Grammy award-winning jazz musician
- Synthesize research articles across psychology and music therapy related to the salutary potential of music
- Provide 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

Jones, G., Nock, M. (2021). Mescaline use is associated with lowered odds of alcohol use disorder. (*Under Review*).

Jones, G., Nock, M. (2021). Psilocybin use is associated with lowered odds of crime arrests in U.S adults. (*Under Review*).

Jones, G., Nock, M. (2021). Lifetime MDMA/ecstasy and psilocybin use is associated with reduced odds of depression in a sample of U.S adults. (*Under Review*).

Jones, G., Nock, M. (2021). Lifetime MDMA/ecstasy use is associated with lowered odds of psychological distress and suicidality in a sample of U.S adults. (*Revise & Resubmit*).

Jones, G., Keuthen, N.J., Greenberg, E. (2018). Assessment and Treatment of Trichotillomania (Hair Pulling Disorder) and Excoriation (Skin Picking) Disorder. *Clinics in Dermatology*, 36, 728-736.

Other Publications

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

Presentations

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

Jones G, Nock MK. (2021). Mescaline use is associated with lowered odds of alcohol use disorder. Poster accepted to 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

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.

Jones G, Gathers E, 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

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

Clinical Experience

McLean Hospital

2019-2020

Obsessive Compulsive Disorder Institute

Practicum Student | Supervisor: Carol Hevia, Psy.D

- Deliver exposure and response prevention to adult patients with obsessive compulsive disorder
- Lead weekly 1hr emotion regulation group therapy session
- Receive individual and group supervision on exposure and response prevention, case conceptualization, and treatment planning

Cambridge Health Alliance

2019

Department of Psychiatry

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

Leadership & Service

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 among eight primary advisors for one of the foremost meditation non-profits 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

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 marginalized individuals
- 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

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

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

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

Fall 2020

Harvard University, Cambridge MA

Teaching Fellow

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

Other Skills

- 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: CITI Basic Social and Behavioral Research, Phlebotomy