

# CURRICULUM VITAE

## Grant M. Jones

Department of Psychology, Harvard University  
 William James Hall | Office 1232  
 33 Kirkland Street, Cambridge, MA 02138  
 gmj005@g.harvard.edu

### Education

<b>Massachusetts General Hospital/Harvard Medical School</b> , Boston, MA	July 2024-Present
Doctoral Internship (Cognitive-Behavioral Scientist Track)/Clinical Fellow in Psychology	
<b>Harvard University</b> , Cambridge, MA	2018-Present
Ph.D. Student in Clinical Psychology	
<b>Harvard University</b> , Cambridge, MA	March 2021
Master of Arts in Psychology	
	GPA: 4.00/4.00
<b>Harvard University</b> , Cambridge, MA	May 2014
Bachelor of Arts in Psychology, <i>cum laude</i>	
	GPA: 3.90/4.00

### Honors, Awards, and Fellowships

<b>Emerging Scholar Research Award</b> , <i>Association for Psychological Science</i>	2025
<b>Distinguished Student Research Award</b> , <i>Society of Clinical Psychology (American Psychological Association – Div. 12)</i>	2025
<b>Distinguished Student Diversity Award</b> , <i>Society of Clinical Psychology (American Psychological Association – Div. 12)</i>	2024
<b>Mind &amp; Life Service Award</b> , <i>Mind &amp; Life</i>	2023
<b>Selected as a Student Flash Talk Speaker</b> , <i>Society for 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> ( <i>for outstanding poster</i> ), <i>Society for Research in Psychopathology</i>	2021
<b>Selected as a 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>Ford Foundation Predoctoral Fellowship</b> (\$81,000), <i>National Academies of Sciences, Engineering, and Medicine</i>	2021
<b>Changemaker Fellow</b> ( <i>for exemplary community leadership</i> ), <i>Mind &amp; Life</i>	2021
<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), National Science Foundation</b>	2018
<b>Build Block Be Scholarship, Buddhist Peace Fellowship</b>	2018
<b>William Stoughton Fund, Harvard University</b>	2018
<b>John Harvard Scholar (top 5% of undergraduate class), Harvard University</b>	2011-2013
<b>Rhodes Scholarship Finalist, Rhodes Trust</b>	2013

### Research Funding

---

**Harvard Psychology Research Innovation Fund – Talley Fund (\$40,000)** 2024  
*“healing attempt”: a music-based mindfulness intervention for Black Americans who have experienced early life racism and discrimination*  
 Role: Multiple P.I (with Dr. Matthew Nock)

**Harvard Psychology Research Innovation Fund – Ditmars Fund (\$10,000)** 2024  
*MDMA/ecstasy as a moderator of the link between strained parental relationships and adverse mental health/behavioral outcomes*  
 Role: P.I

**Mind & Life Institute – PEACE grant (\$100,000)** 2023  
*“healing attempt”: a digital music-based mindfulness intervention for Black Americans with elevated race-based anxiety*  
 Role: Project Leader

**National Endowment for the Arts – Research Grant in the Arts (\$85,000)** 2023  
*“healing attempt”: a digital music-based mindfulness intervention for Black Americans with elevated race-based anxiety*  
 Role: P.I

**atai Fellowship Fund in Psychedelic Neuroscience (Massachusetts General Hospital) (\$150,000)** 2022  
*Exploring MDMA-assisted therapy as a potential treatment for suicidal thoughts and behaviors (STBs) – a secondary analysis of epidemiological and observational data*  
 Role: P.I

### Completed Support

**Harvard Psychology Research Innovation Fund - Hodgson Fund (\$10,000)** 2023  
*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*  
 Role: P.I

**Harvard Psychology Research Innovation Fund - Hodgson Fund (\$10,000)** 2022  
*Race and ethnicity as potential moderators of the associations between psychedelic use and deleterious mental health outcomes*  
 Role: P.I

**Harvard Culture Lab Innovation Fund (\$20,000)** 2021  
*Healing Attempt: A Music-Based Mindfulness Intervention for Stress/Anxiety in the Black Harvard Community*  
 Role: P.I/Lead Applicant (mentored by Grammy award-winning Professor Esperanza Spalding)

**Harvard Psychology Research Innovation Fund - Ditmars Fund (\$10,000)** 2022  
*Psilocybin as a moderator of the associations between negative parent-offspring relationship dynamics and depression, suicidality, and criminality*

Role: P.I

**Restricted Funds Grant (\$5,000)** 2022

*Digital, Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans*

Role: P.I

**Restricted Funds Grant (\$5,000)** 2021

*Digital, Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans*

Role: P.I

**Ford Foundation Predoctoral Fellowship (\$81,000)** 2021

*Digital, Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans*

Role: P.I

**Source Research Foundation Source Award (\$3,000)** 2021

*Race and ethnicity significantly moderate the associations between MDMA/ecstasy and psilocybin use and psychological distress, suicidality, and depression*

Role: P.I

**Mind & Life Institute – Varela Grant (\$19,970)** 2020

*Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans*

Role: P.I (mentored by Grammy award-winning Professor Esperanza Spalding)

**Harvard Psychology Department – Small Travel Grant x3 (\$1,500)** 2021, 2019

Role: P.I

**Harvard University Stimson Grant (\$1,000)** 2018

Role: P.I

## Research Experience

---

**Professor Esperanza Spalding** 2020-2021

Role: *Researcher in the “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 (e.g., 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)

**Center for OCD and Related Disorders** 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; aided 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

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
- 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 shipped samples to NIMH
- Administered Cambridge Neuropsychological Tests Automated Batteries (CANTAB) tasks
- Collected and managed paper-based and electronic self-report questionnaires
- Coordinated with multiple clinical and imaging sites to schedule and manage participant fMRIs
- Entered study data and monitored 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

---

23. **Jones G.** (In Press). Race/ethnicity moderates the associations between lifetime psilocybin use and opioid use disorder. *PLOS One*.

22. Zech JM, Yaden, DB, **Jones G.** (2025). Associations between psychedelic use and cannabis use disorder in a nationally representative sample. *Drug and Alcohol Dependence*, 266, 112502. <https://doi.org/10.1016/j.drugalcdep.2024.112502>

21. **Jones G,** Lowe M, Nayak S, Sepeda N, Kettner H, Carhart-Harris R, Jackson H, Garcia-Romeu A. (2025). Examining differences in the effects and contexts of naturalistic psilocybin use for White participants vs. Participants of Color: A longitudinal online survey study. *Journal of Affective Disorders*, 370, 54–61. <https://doi.org/10.1016/j.jad.2024.10.058>

20. Ricard J, Labache L, Segal A, Dhamala E, Cocuzza C, **Jones G,** Yip S, Chopra S, Holmes A. (2024). A shared spatial topography links the functional connectome correlates of cocaine use disorder and dopamine D 2/3 receptor densities. *Communications Biology*, 1178 . <https://doi.org/10.1038/s42003-024-06836-9>

19. **Jones G,** Ricard J, Nock MK. (2024). Race and ethnicity moderate the associations between lifetime psilocybin use and past year hypertension. *Frontiers in Psychiatry*, 15, 1169686. <https://doi.org/10.3389/fpsy.2024.1169686>

18. **Jones G**, Herrmann F, Bear A, Carhart-Harris R, Kettner H. (2024). The Relationship Between Changes in Mindfulness and Subsequent Changes in Well-Being Following Psychedelic Use: Prospective Cohort Study. *JMIR Formative Research*, 8, e54632. <https://doi.org/10.2196/54632>
17. **Jones G**, Castro-Ramirez F, McGuire T, Al-Suwaidi M, Herrmann F. (2023). Brief, Digital Music-Based Mindfulness Intervention for Black Americans With Elevated Race-Based Anxiety and Little-to-No Meditation Experience (“healing attempt”): Replication and Extension Study. *JMIR Formative Research*, 7, e53268. doi: 10.2196/53268
16. **Jones G**, Castro-Ramirez F, McGuire T, Al-Suwaidi M, Herrmann F. (2023). A Digital Music-Based Mindfulness Intervention (“healing attempt”) for Race-Based Anxiety in Black Americans. *Journal of Medical Internet Research*, 25, e51320. doi: 10.2196/51320
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/fpsyt.2023.1169692>
13. **Jones G**, Herrmann F, Nock MK. (2023). A digital music-based mindfulness intervention for Black Americans with elevated race-based anxiety: A multiple-baseline pilot study. *JMIR Formative Research*, 7, e49284. <https://doi.org/10.2196/49284>
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.

---

### Conference Presentations

---

**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 Conference*, 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 Conference*, 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 for 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 & 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 PA.

**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 Conference*, 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 Conference*, 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 Conference*, 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 & 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 & 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 & 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 & Life Summer Research Institute*, Garrison NY.

---

## Invited Talks

---

**Jones G**. (2024). Naturalistic psychedelic use and health in populations of color. Invited talk at the *Finnish Association for Psychedelic Research*, Online.

**Jones G**. (2024). Naturalistic psychedelic use and health in populations of color. Invited talk at *Psychedelic Intersections: Cross-Cultural Manifestations of the Sacred*, Cambridge MA.

**Jones G**. (2024). Naturalistic psychedelic use and health in populations of color. Invited talk at *Psychedelic-Assisted Psychotherapy: Contrasting Visions*, Boston MA.

**Jones G**. (2023). "healing attempt": a digital music-based mindfulness intervention for Black Americans with elevated race-based anxiety. Invited talk at the *Tzu Chi Foundation*, Online.

**Jones G**. (2023). "healing attempt": a digital music-based mindfulness intervention for Black Americans with elevated race-based anxiety. Invited talk for the *Harvard Colloquy Podcast*, Cambridge MA.

**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

---

### **Cambridge Health Alliance**

2022-2023; 2019

Center for Mindfulness and Compassion (CMC) (2022-2023)

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

- Received training in evidence-based, mindfulness-based treatment approaches
- Conducted intakes and assessments for the Mindful Mental Health Service (MMHS) program at CMC
- Led mindfulness-based group therapy programs with the support of CMC faculty mentorship
- Received 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

---

### **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

- Guided the creation of a Leadership/Mentorship initiative to support junior 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 for personal and academic matters (specialty lead: *Wellness*)
  - *Wellness*: Coordinate and host biweekly mindfulness and self-care events
- *Non-Resident Tutor*: Served as an off-campus mentor and advisor for undergraduate students

### **Black Lotus Collective**

2016-Present

*Co-Founder & Core Organizer*

- Established monthly meditation group with 140+ registered members
- Organize art sharing events, such as open mics

### **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

### **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

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

Spring 2021

Harvard University, Cambridge MA

*Teaching Fellow*

- Planned and led weekly section of 13 students through Social Psychology course content
- Assisted Professor Cushman with grading and homework preparation
- Supported 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 (e.g., meditation, music)
- Provided career mentorship and support for students entering into psychological science

---

## Press Coverage

---

“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/>

---

## 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: Mindfulness Training for Primary Care - Group Leader Training, CITI Basic Social and Behavioral Research, Phlebotomy