

CURRICULUM VITAE

Grant M. Jones

Department of Psychology, Harvard University
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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, Awards, and Fellowships

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

Research Funding

<p>Mind & Life Institute – PEACE grant (\$100,000) <i>“healing attempt”: a digital music-based mindfulness intervention for Black Americans with elevated race-based anxiety</i> Role: Project Leader</p>	2023
<p>National Endowment for the Arts – Research Grant in the Arts (\$85,000) <i>“healing attempt”: a digital music-based mindfulness intervention for Black Americans with elevated race-based anxiety</i> Role: P.I</p>	2023
<p>atai Fellowship Fund in Psychedelic Neuroscience (Massachusetts General Hospital) (\$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>Harvard Culture Lab Innovation Fund (\$15,000) <i>Decolonized HEALing</i> (P.I: Franchesca Castro-Ramirez) Role: Co-I/Team Member</p>	2022
<p>Harvard Psychology Research Innovation Fund - Ditmars Fund (\$9,700) <i>Intergenerational Cycles of Violence in Minoritized Families</i> (P.I: Franchesca Castro-Ramirez) Role: Co-I</p>	2022
<p>ALACRITY eSToRY Center NIMH Pilot Grant (\$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>Ford Foundation Predoctoral Fellowship (\$81,000) <i>Digital, Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans</i> Role: P.I (mentored by Grammy award-winning Professor Esperanza Spalding)</p>	2021
<u>Completed Support</u>	
<p>Harvard Psychology Research Innovation Fund - Hodgson Fund (\$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>Harvard Psychology Research Innovation Fund - Hodgson Fund (\$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>Harvard Culture Lab Innovation Fund (\$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>Mind & Life Institute – Varela Grant (\$19,970)</p>	2020

Music-Based Mindfulness Intervention for Stress/Anxiety in Black Americans
Role: P.I (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

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

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 Songwriters 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 Songwriters 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

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/fpsy.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.

In Preparation/Under Review

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

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

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. (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

Healing & Empowerment through Activism & Leadership Collective (HEAL-Co)

2019-Present

Co-founder

- Promote wellness among underrepresented minority scholars in the Harvard Psychology Department through contemplative practices (e.g., 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

- Guided 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:* 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 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

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
- (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

- 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) in minority communities
- Provided career mentorship and support for minority 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