

Revised 11/18

**CURRICULUM VITAE
WILLOUGHBY BANNING BRITTON**

Clinical and Affective Neuroscience Laboratory
Brown University
Biomed 232; 171 Meeting St
Providence RI 02912
Tel: 401-863-9738 (lab)
Willoughby_Britton@Brown.edu

EDUCATION

- 1996 **B.A., Neuroscience**
Colgate University, Hamilton NY
Cum Laude, High Honors in Neuroscience
Thesis: Swim stress-induced changes in mesolimbic dopamine reward pathway
Advisor: F. Scott Kraly, Ph.D.
- 1996-7 **Tibetan Studies**
School for International Training. Kathmandu, Nepal; Leh, India.
Advisor: Hubert Ducleer, M.A.
- 1998-9 **Sleep/EEG Technician Certification**
Beth Israel Deaconess Hospital, Harvard Medical School, Boston MA.
Major Advisor: Robert Thomas, M.D.
- 2002 **M.A., Clinical Psychology**
University of Arizona, Tucson AZ
Thesis: Assessment of Temporal Lobe Functioning in Atypical Trauma Survivors.
Advisor: Richard Bootzin, Ph.D.
- 2002-2003 **Mindfulness-Based Stress Reduction Instructor Certification**
Center for Mindfulness, University of Massachusetts Medical School
- 2004-2005 **Pre-Doctoral Research Fellow**
Program in Integrative Medicine, University of Arizona Medical School
Director: Andrew Weil, M.D.
- 2007 **Ph.D., Clinical Psychology**
University of Arizona, Tucson AZ
Major Advisor: Richard Bootzin, Ph.D.
Dissertation: Neurophysiological Effects of Mindfulness Meditation in Depression

POSTGRADUATE TRAINING

- 2006-2007 **Clinical Psychology Internship**
Tracks: Behavioral Medicine and Neuropsychology
Brown University Medical School, Providence, RI

2008-2010 **Post-Doctoral Fellow, Mood Disorders Treatment Research**
Department of Psychiatry and Human Behavior
Brown University Medical School, Providence, RI

HONORS AND AWARDS

1996 Cum Laude, High Honors in Neuroscience, Colgate University
2001 Association of Professional Sleep Societies (APSS) Travel Award
2004 Mind and Life Summer Research Institute Fellowship. Garrison, NY. June 21-29.
2004,5 Research featured in *The New York Times*, *India Daily* and *Discover Magazine*
2005 Mind and Life Summer Research Institute Fellowship. Garrison, NY. June 28-July 2.
2005 World Federation of Sleep Research Societies (WFSRS) Travel Award (India)
2005 Women in Science and Engineering (WISE) Travel Award
2006 Mind and Life Summer Research Institute Fellowship. Garrison, NY June 28-July 2.
2006 Keynote Address: Center for Mindfulness 2nd Annual Conference, Bangor Wales, UK
2007 World Federation of Sleep Research Societies (WFSRS) Travel Award (Australia)
2008 Clinical + Neuroscience Perspectives on Mindfulness Fellowship (Toronto, CA)
2008 Invited Keynote: Stress: Clinical Perspectives and Prescriptions for Wellness
Conference. Metrohealth Medical Center, Cleveland OH
2008 Brown Public Health Award
2008 Academic Grand Rounds. Akron General Hospital, Akron OH. Oct 23.
2009 Brown Psychiatry Research Day Prize
2009 Brown Public Health Award
2009 Mind and Life Summer Research Institute Fellowship. Garrison, NY June 7-14.
2009 Research featured at the Boston Museum of Science
2010 Mind and Life Senior Fellow
2011 Nominated for the Karen T. Romer Prize for Undergraduate Advising and Mentoring
2011 Invited TED Talk
2012 Nominated for the Society for Psychophysiological Research Early Career Award
2012 Nominated for the Dean's Award for Excellence in Teaching in Public Health
2012 Invited presentation to the Dalai Lama, Mayo Clinic, Rochester MN, April 24th 2012
2012 Nominated for the Karen T. Romer Prize for Undergraduate Advising and Mentoring
2012 Gold Humanism Honor Society Visiting Professorship, Brown University
2013 Karen T. Romer Prize for Undergraduate Advising and Mentoring, Brown University
2015 Dean's Award for Excellence in Mentoring in Public Health, Brown University

MILITARY SERVICE

none

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

2002-2003 **Mindfulness-Based Stress Reduction Instructor Certification**
Center for Mindfulness, University of Massachusetts Medical School

ACADEMIC APPOINTMENTS

2012-present **Assistant Professor** (Research)
Department of Behavioral and Social Sciences

Public Health Program, Brown University Medical School

- 2011-present **Assistant Professor** (Research)
Department of Psychiatry and Human Behavior
Brown University Medical School, Providence, RI
- 2007- 2011 **Research Associate**
Department of Psychiatry and Human Behavior
Brown University Medical School, Providence, RI
- 2010-present **Director of Research**
Brown University Contemplative Studies Initiative

HOSPITAL and CLINICAL APPOINTMENTS

- 1998-1999 **Sleep/polysomnographic Technician**, Beth Israel and Needham Glover Deaconess Hospitals, Department of Pulmonology, Harvard Medical School. Conducted overnight and daytime sleep studies on individuals with sleep disorders. Supervisor: Robert Thomas, M.D.
- 1999-2000 **Diagnostic Interviewer**
La Frontera Community Mental Health Center,
Psychodiagnostic assessment of acutely and chronically mentally ill inpatients.
Supervisor: Kathleen Prouty, Ph.D.
- 2000-2001 **Cognitive-Behavioral/Motivational Interviewing Therapist**
University of Arizona Psychology Clinic
Supervisors: Marjorie Holiman, Ph.D., Harold Arkowitz, Ph.D.
- 2001 Spring **Bereavement Group Therapist**
University of Arizona Psychology Clinic.
Supervisor: Marjorie Holiman, Ph.D.
- 2002-2006 **Hospice Care**, Carondelet Hospice/St. Mary's Hospital, Tucson AZ
- 2003 Fall **Neuropsychological Evaluator**
Department of Psychiatry, University Medical Center Neuropsychology Consultation Service and the Memory Disorders Clinic. Conducted comprehensive neuropsychological assessments on psychiatry outpatients. Supervisors: Alfred Kaszniak, Ph.D., Anne Herring, Ph.D., Geoff Ahern, M.D., Ph.D.
- 2001 Fall **Psychology Extern**
Minors Unit, Arizona State Prison.
Psychodiagnostic, neuropsychological, risk assessment and cognitive behavioral interventions with violent juvenile offenders.
Supervisor: Charles O'Hara, Ph.D.
- 2002-3 **Psychology Extern**

Sleep Disorders Clinic, Department of Psychiatry, University Medical Center.
Supervisors: Stuart Quan, M.D., Richard Bootzin, Ph.D., Joanna Katsanis, Ph.D.

- 2002 Spring **Psychology Extern**
Adult/Inpatient Care Unit, Arizona State Prison.
Psychological care to terminally ill.
Supervisor: Susan Kaz, Ph.D.
- 2002-2004 **Study Intervention Therapist**
Sleep Research Laboratory, University of Arizona
Provided cognitive-behavioral sleep treatment and Mindfulness-Based Stress Reduction to adolescent drug abuse outpatients. Funded by the Office of the National Drug Control Policy (ONDCP) in the Executive Office of the President.
PIs: Richard Bootzin, Ph.D. Sally Stevens, Ph.D.
- 2003-2005 **Diagnostic Interviewer**
Depression Intervention Research, Department of Psychology, University of Arizona.
Administered 3-hr assessment battery to potential research participants.
Supervisor: Richard Bootzin, Ph.D.
- 2003-2006 **Study Intervention Therapist**
Depression Intervention Research, Department of Psychology, University of Arizona.
Provided Mindfulness-Based Cognitive Therapy (MBCT) to depressed patients.
Supervisors: Richard Bootzin, Ph.D. and Harold Arkowitz, Ph.D.
- 2006-2007 **Psychology Intern**
Division of Behavioral Medicine, Brown University Medical School, Providence, RI
- 2009-present **Staff Psychologist**
Mindfulness-Based Stress Reduction and Cognitive Therapy Program Instructor.
The Neurodevelopment Center, Brown University Medical School, Providence RI.
- 2009-2010 **Clinical Consultant-** Calm Awareness and Motivational Enhancement Options (CAMEO) PIs: Michael Stein and Marcel DeDios, Butler Hospital, Providence RI
- 2009-2010 **Study Intervention Therapist**
Providing mindfulness-based interventions to dementia caregivers as part of a treatment development trial. PI: Gary Epstein-Lubow, Butler Hospital, Butler Hospital, Providence RI

OTHER APPOINTMENTS :

Invited Membership to Professional Societies and Public Advisory Committees:

- 2006-present **Invited Member** of Steering Committee for Scholarly Concentrations in Contemplative Studies, Brown University Medical School
- 2006-8 **Chair**, Clinical Science Planning Committee of the Mind and Life Summer Research
- 2008-present **Invited Member**, Mindfulness Research Working Group
- 2008-present **Director**, Cheetah House for Contemplative Studies.

2010 **Invited Reviewer**, Center for Mindfulness Annual Conference
 2010 **Selection Committee**, Mind and Life Summer Research Institute
 2010 **Review Committee**, Francisco Varela Award, Mind and Life Institute
 2011 **Planning Committee**, Mindfulness Research Working Group
 2011 **Selection Committee**, Mind and Life Summer Research Institute
 2011 **Board Member**, Mind Body Awareness Project
 2011 **Board of Advisors**, Prison Mindfulness Institute
 2012 **Board of Advisors**, Inward Bound
 2014 **Director**, Community Engagement Internship Program
 2016 **Reviewer**, NIH Training grant Review Panel (ZAT1 SM (40), NCCIH
 2017 **Reviewer**, NIH R34 Review Panel (ZAT1VS(02)), NCCIH

Ad Hoc Reviewer:

American Psychologist
Annals of Behavioral Medicine
Archives of General Psychiatry
Behavioral Sleep Medicine
Behavior Therapy
Biological Psychology
Biological Psychiatry
Clinical Psychology Review
Journal of Consulting and Clinical Psychology
Journal of Neuropsychiatry and Clinical Neurosciences
Journal of Neuroscience
Journal of Psychosomatic Research
Mindfulness
Nordic Psychology
Perspectives on Psychological Science
PLoS ONE
Psychiatry Research
Psychological Medicine
Psychology of Addictive Behaviors
Psychology of Consciousness
Psychoneuroendocrinology
Psychotherapy and Psychosomatics
Research in Human Development
Stress and Health
Transcultural Psychiatry

Research Positions

1995 Summer **Research Assistant.**
 The effects of delta-opioid agonists on brain stimulation reward thresholds in rats.
 Department of Behavioral Pharmacology, Boston University School of Medicine.
 Supervisor: Conan Kornetsky, Ph.D.

1997-8 **Research Associate**
 NMDA-induced dopamine response is blunted following repeated kappa-opioid
 receptor agonist treatment.
 National Institute on Drug Abuse (NIDA), NIH, Baltimore MD.

Supervisor: Toni Shippenberg, Ph.D.

- 1998-1999 **EEG Technologist**
The effects of hypercapnia on sympathetic activity in sleep apneacs.
Beth Israel Hospital, Department of Pulmonology, Harvard Medical School.
Lab Directors: Amit Anand, M.D., Woodrow Weiss, M.D.
- 2000-2002 **Principal Investigator**
Temporal lobe functioning and sleep patterns in near-death trauma survivors.
Sleep Research Laboratory, Department of Psychology;
Epilepsy Unit, Department of Neurology, University of Arizona.
- 2002-2005 **Co-Investigator**
The relationship between coping styles, sleep disturbance/nightmares and PTSD following the September 11th disaster.
PIs: Roxanne Silver (University of California, Irvine), Richard Bootzin and Elaine Bailey (University of Arizona).
- 2002-2004 **Research Assistant**
Effect of patient's treatment preference on outcome: A multi-site study of behavioral treatments of insomnia.
Sleep Research Laboratory, University of Arizona.
PI: Richard Bootzin, Ph.D
- 2003-2006 **Principal Investigator**
Randomized Control Trial on the Neurophysiological Effects of Mindfulness-Based Cognitive Therapy in Depression.
Sleep Research Laboratory, Anxiety Research Laboratory, University of Arizona
- 2007-2011 **Principal Investigator**
Investigation of Existing Meditation Exercises in 6th graders at Moses Brown: Effects on Attention, Emotional Wellbeing, and School Likeability
Department of Psychiatry, Brown University Medical School
Co-PI: Nathaniel Lepp, Brown University School of Public Health
- 2008-2012 **Principal Investigator**
Investigation of "Meditation Labs" in college students: Effects on Attention, Emotional Wellbeing, and Life Satisfaction"
Department of Psychiatry, Brown University Medical School
Co-PI: Cathy Kerr, Assistant Professor (Research) Family Medicine
- 2009-2012 **Co-PI**
Calm Awareness and Motivational Enhancement Options (CAMEO)
PIs: Michael Stein and Marcel DeDios, Butler Hospital.

UNIVERSITY COMMITTEES:

- 2006-present **Member**, Steering Committee for Scholarly Concentrations in Contemplative Studies, Brown University Medical School

2008-present **Religious Life Affiliate**, Office of Religious Life, Brown University

MEMBERSHIP IN SOCIETIES

2005-present **Member**, Association for Behavioral and Cognitive Therapies (ABCT)
2004-present **Member**, Society for Neuroscience (SNF)
2002-present **Member**, American Psychological Society (APS)
2002-present **Member**, Society for a Science of Clinical Psychology (SSCP)
2000-present **Member**, Sleep Research Society (SRS)
2000-2006 **Member**, American Epilepsy Society (AES)
1999-present **Member**, American Psychological Association (APA)
1999-present **Member**, Associated Professional Sleep Societies (APSS)
1999-2007 **Member**, International Society for Traumatic Stress Studies (ISTSS)

PUBLICATION LIST underlined names indicate students mentored by Willoughby Britton

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS:

1. **Britton, W.B.**, and Bootzin, R. R. (2004). Near-death experiences and the temporal lobe. *Psychological Science*, 15, 254-258. PMID:15043643 (IF=6.128)
2. **Britton, W.B.**, Bootzin, R.R., Cousins, J.C., Hasler, B.P., Peck, T., and Shapiro, S.L. (2010). The contribution of mindfulness practice to a multi-component behavioral sleep intervention following substance abuse treatment in adolescents: a treatment development study. *Substance Abuse*, 31, 86-97. PMID: 20408060
3. **Britton W.B.**, Haynes P.L., Fridel K.W., Bootzin R.R. (2010) Polysomnographic and subjective measures of sleep continuity before and after Mindfulness-Based Cognitive Therapy in partially remitted depression. *Psychosomatic Medicine*, 72, 539-548. PMID: 20467003 (Impact Factor = 4.08)
4. Shahar, B., **Britton, W.B.**, Sbarra, D., Figueredo, A.J., and Bootzin, R.R. (2010). Mechanisms of change in Mindfulness-Based Cognitive Therapy for depression: preliminary evidence from a randomized controlled trial. *International Journal of Cognitive Therapy*, 3, 402-418. ISSN: 1937-1209
5. Silverstein R, Brown A, Roth H, and **Britton W.B.** (2011). Mindfulness training improves interoceptive awareness to sexual stimuli: Implications for healthy female sexual functioning. *Psychosomatic Medicine*, 73(9):817-25. PMID: 22048839, PMCID: PMC3711258 (Impact Factor = 4.08)
6. de Dios, M.A., Herman, D.S., **Britton, W.B.**, Hagerty, C.E., Anderson, B.J., and Stein, M. (2012). Motivational and mindfulness meditation intervention for young adult female marijuana smokers. *Journal of Substance Abuse Treatment*, 42, 56-64. PMID: 21940136, PMCID: PMC3883042

7. **Britton, W.B.**, Shahar, B., Szepsenwol, O., and Jacobs, W.J., (2012). Mindfulness-Based Cognitive Therapy improves emotional reactivity to social stress: results from a randomized controlled trial. *Behavior Therapy*, 43, 365-380. PMID: 22440072, PMCID: PMC3495556 (Impact Factor = 3.694)

8. **Britton WB**, Fridel K.W., Haynes P., and Bootzin R.R. (2012) Mindfulness training improves polysomnographic and subjective sleep profiles in antidepressant medication users with sleep complaints. *Psychotherapy and Psychosomatics*, 81, 296-304. PMID: 22832540, PMCID: PMC3495555 (Impact Factor = 9.37)

9. Roberts-Wolfe, D., Sacchet, M., Hastings, E., Roth, H., Britton, W.B.* (2012) Mindfulness training alters emotional memory recall compared to active controls: support for an emotional information processing model of mindfulness. *Frontiers in Human Neuroscience*, 6 (15), 1-13. PMID: 22347856, PMCID: PMC3277910 (Impact Factor = 2.9)

10. Van Vugt, M, Hitchcock, P., Shahar, B. and **Britton, W.B.*** (2012). The effects of Mindfulness-Based Cognitive Therapy on affective memory recall dynamics in depression: a mechanistic model of rumination *Frontiers in Human Neuroscience*, 6, 1-13. PMID: 23049507, PMCID: PMC3446543 (Impact Factor = 2.9)

11. Capecelatro, M., Sacchet, M., Hitchcock, P., Miller, S., and Britton, W.B.* (2013). Major Depression Duration Reduces Appetitive Word Use: An Elaborated Verbal Recall of Emotional Photographs. *Journal of Psychiatric Research*, 47 (6), 809-815. PMID:2351049, PMC 3732741 (Impact Factor = 4.092)

12. **Britton, W.**, Lindahl, J.R., Cahn, B.R., Davis, J., & Goldman, R.E. (2013). Awakening is not a metaphor: The effects of Buddhist meditation practices on basic wakefulness. *Annals of the New York Academy of Sciences*, 1307, 64-81. PMID: 24372471; PMCID: PMC4054695. (Impact Factor = 4.313)

13. Lindahl, J.R., Kaplan, C., Winget, E., and Britton, W.B.* (2014). A Phenomenology of Meditation-Induced Light Experiences: Traditional Buddhist and Neurobiological Perspectives. *Frontiers in Psychology*, 4, (973) 1-16. PMCID: PMC3879457 (Impact Factor = 2.8)

14. **Britton, W.B.**, Lepp., N.E., Niles, H.F., Rocha, T., Fisher, N., Gold., J., (2014). A Randomized Controlled Pilot Trial of Classroom-Based Mindfulness Meditation for Middle School Children. *Journal of School Psychology*, 52, 263-278. PMCID: PMC4060047 (Impact Factor = 2.282).

15. Loucks E.B., **Britton W.B.**, Howe C.J., Eaton C.B., Buka S.L. (2014). Positive associations of mindfulness with cardiovascular health: The New England Family Study. *International Journal of Behavioral Medicine*. PMID: 25339282, PMCID: PMC4429005

16. Loucks, E.B., Schuman-Olivier, Z., **Britton, W.B.**, Fresco, D.M., Desbordes, G., Brewer, J.A., Fulwiler, C., (2015) Mindfulness and Cardiovascular Disease Risk: State of the Evidence, Plausible Mechanisms, and Theoretical Framework. *Current Cardiology Reports*. 17, 112. PMID: 26482755, PMCID: PMC4928628

17. Loucks E.B., **Britton W.B.**, Howe C.J., Eaton C.B., Buka S.L. (2015) Associations of dispositional mindfulness with obesity and central adiposity: The New England Family Study. *International Journal of Behavioral Medicine*, 22, 540-550. PMID: 26481650, PMCID: PMC4965799
18. Van Dam, N.T, Brown. A., Mole, T.B., Davis, J.H., **Britton, W.B.**, & Brewer, J.A (2015) Development and Validation of the Behavioral Tendencies Questionnaire. *PLoS One*. 10(11): e0140867. PMID: 26535904, PMCID: PMC4633225 (Impact factor 3.23)
19. Loucks E.B., Gilman S.G., **Britton W.B.**, Gutman R., Eaton C.B., Buka S.L. (2016). Associations of Mindfulness With Glucose Regulation and Diabetes. *American Journal of Health Behavior*, 40, 258-67. PMID: 26931758; PMCID: PMC4928637.
20. De Jong M., Peeters F., Gard T., Ashih H., Doorley J., Walker R., Rhoades L., Kulich, R.J., Kueppenbender K.D., Alpert J.E., Hoge E.A., **Britton W.B.**, Lazar S.W., Fava M., Mischoulon D. (2017) A Randomized Controlled Pilot Study on Mindfulness-Based Cognitive Therapy for Unipolar Depression in Patients with Chronic Pain. *Journal of Clinical Psychiatry*, 79 doi: 10.4088/JCP.15m10160. [Epub ahead of print] PMID: 28252881, PMCID: PMC6020018 (impact factor 5.498)
21. Rojjani, R ., Santoyo, J.F. Rahrig, H., Roth, H., Britton, W.B. (2017). Women Benefit More than Men in Response to College-Based Meditation Training. *Frontiers in Psychology*, 8, 1-11. PubMed PMID: 28473783; PubMed Central PMCID: PMC5397480.
22. Lindahl JR, Fisher NE, Cooper DJ, Rosen RK, **Britton WB** (2017) The varieties of contemplative experience: A mixed-methods study of meditation-related challenges in Western Buddhists. *PLoS ONE* 12(5): e0176239. PMID: 28542181, PMCID: 5443484.
23. Van Dam, N.T, van Vugt, M.K., Vago, D.R., Schmalzl, L., Saron, C., Olendzki, A., Meissner, T., Lazar, S.W., Kerr, C., Gorchov, J., Field, B.A., **Britton, W.B.**, Brefczynski-Lewis, J.A., Meyer, D.E. (2018). Mind the hype: A critical evaluation and prescriptive agenda for mindfulness and meditation research. *Perspectives on Psychological Science*, 13, 36-61. PMID: 29016274, PMCID: PMC5758421
24. Van Dam, N.T, van Vugt, M.K., Vago, D.R., Schmalzl, L., Saron, C., Olendzki, A., Meissner, T., Lazar, S.W., Kerr, C., Gorchov, J., Field, B.A., **Britton, W.B.**, Brefczynski-Lewis, J.A., Meyer, D.E. (2018). Reiterated Concerns And Further Challenges For Mindfulness And Meditation Research: A Reply To Davidson And Dahl. *Perspectives on Psychological Science*, 13, 6-69. PMID: 29016240, PMCID: PMC5817993
25. **Britton, W.B.**, Davis, J., Lindahl, J., Loucks, E.B., Peterson, B., Cullen, B., Rando, A., Rahrig, H., Lipsky, J., (2018). Dismantling Mindfulness-Based Cognitive Therapy: creation and validation of 8-week Focused Attention and Open Monitoring interventions. *Behaviour Research and Therapy. Special Issue on NIH's Science of Behavior Change*, 101, 92-107. PMID: 29106898, PMCID: PMC5801080 (impact factor 4.134)
26. Kang, Y., Rahrig, H., Eichel, K., Niles, H.F., Rocha, T., Lepp. N.E., Gold, J., and Britton, W.B. (2018). Gender Differences in Response to a School-Based Mindfulness Training Intervention for Early Adolescents. *Journal of School Psychology*, 68, 63-176. PMID: 29861026

27. **Britton, W.B.** (in press). Can mindfulness be too much of a good thing? *Current Opinions in Psychology*.

Underlined names = mentored student of Willoughby Britton

* denotes corresponding author

OTHER PEER-REVIEWED PUBLICATIONS

1. Shapiro, S., **Britton, W.B.**, and Walsh, R. (2004). An analysis of recent meditation research and suggestions for future directions. *Journal of Meditation Research*, 10, 2-27.
2. Payne, J. D., **Britton, W.B.**, Bootzin, R. R., and Nadel, L. (2005). Beyond acetylcholine: next steps for sleep and memory research. *Behavioral and Brain Sciences*, 28, 77.
DOI: 10.1017/S0140525X05340027
3. **Britton, W.B.** and Lindahl, J.R. (2015) Meditation. In Oxford Bibliographies in Psychology. Ed. Dana S. Dunn. New York: Oxford University Press.

BOOKS and BOOK CHAPTERS

1. Payne, J. D., **Britton, W.B.**, Nadel, L., and Jacobs, W. J. (2004). The biopsychology of trauma and memory. In D. Reisberg and P. Hertel (Eds.), *Memory and Emotion* (pp. 76-128). New York: Oxford University Press.
2. **Britton, W.B.**, Bootzin, R.R., Cousins, J.C., Hasler, B.P., Peck, T., and Shapiro, S.L. (2012). The contribution of mindfulness practice to a multi-component behavioral sleep intervention following substance Abuse treatment in adolescents. In Marcus, M., and Zgierska, A. (Eds). *Mindfulness-Related Treatments and Addiction Recovery*. London: Taylor and Francis.
3. **Britton, W.B.** , Brown, A.C., Kaplan, C.T., Goldman, R.E., DeLuca, M., Rojiani, R., Reis, H., Xi, M., Chou, J.C., McKenna, F., Hitchcock, P., Rocha, T.A. Himmelfarb, J., Margolis, D.M. Niles, H.F., Eckert, A.M., Frank, A.(2013) Contemplative Science: An Insider's Prospectus. In Marilla Svinicki (ed). *New Directions for Teaching and Learning: Contemplative Studies in Higher Education*. San Francisco: Jossey-Bass.
4. **Britton, W.B.** and Sydnor, A. (2015). Neurobiological Models of Meditation: Implications for Training Young People. In Willard, C. and Salzman, A. (Eds.) *Teaching Mindfulness Skills to Kids and Teens*. New York: Guilford
5. Garland, S.N., **Britton, W.B.**, Agagianian, N., Goldman, R.E., Carlson, L.E., Ong, J.C. (2015). Mindfulness, Affect, and Sleep: Current Perspectives and Future Directions. In K.A. Babson and M.T. Felder (eds) *Sleep and Affect*. New York: Elsevier.
6. **Britton, W.B.** (2016). (Chapter 5) Scientific literacy as a foundational competency for teachers of mindfulness-based interventions. In McCown, D., Reibel, D., and Micozzi, MS (eds). *Resources for Teaching Mindfulness: An International Handbook*. New York: Springer.

7. **Britton, W.B.** (2016). (Chapter 34) Self-Inquiry: Investigating Confirmation Bias. In McCown, D., Reibel, D., and Micozzi, MS (eds). *Resources for Teaching Mindfulness. An International Handbook*. New York: Springer.
8. Lindahl, J.R., **Britton, W.B.**, Cooper, D., Kirmayer, L.J., (in press) Challenging and Adverse Meditation Experiences: Toward A Person-Centered Approach. In Farias, M., Brazier, D., and Laljee, M., Eds). *The Oxford Handbook of Meditation*. Oxford University Press.

OTHER NON PEER- REVIEWED PUBLICATIONS

1. **Britton, W.B.** (2004). Book Review. *Cerebrum: The Dana Forum on Brain Science*, volume 5 (3) 2003, *Sleep* 27, 1606.
2. Bootzin R.R., Shapiro S.L, Bailey E.T., **Britton W.B.** (2005) *Sleep Treatment Manual for Adolescents*. Tucson AZ: University of Arizona.

PUBLICATIONS SUBMITTED OR IN PREPARATION

1. **Britton, W.B.** (under review). Can mindfulness be too much of a good thing?
2. Desbordes, G., Perters, S., Dumais, T., Moitra, E. Lipsky, J. Kimmel, H., Sager, L., Rahrig, H., Cheito, A., Acero, P., Scharf, J., Lazar, S., Vago., D., Schuman-Olivier, Z., Ferrer, R., Loucks, E., **Britton., W.B.** (under review) Self-Related Processes Engaged by Mindfulness-Based Interventions: A Systematic Review and Evidence Map of Constructs and Measures
3. Lipsky, J., Canby, N. Cullen, B., Eichel, K., and **Britton, W.B.** (under review). The Teacher Matters: Instructor Related Effects of a Pilot Mindfulness Intervention RCT in a School Setting
4. Lipsky, J., Dumais, T. Acero, P., Cho, L., Zhu, Z., Eichel, K., **Britton, W.B.** (in preparation). Mindfulness and sleep: interaction effects of practice type, measurement method and medication status in a 3-armed randomized controlled dismantling trial
5. Cho, L., Ahmed, F., Cullen, B., Eichel, K., **Britton, W.B.** (in preparation) Effects of mindfulness training on emotion and attention processing in a self-relevant context: evidence from the late positive potential and P300.
6. Cullen, B.H., Rahrig, H., Chang, B., Kini, N., **Britton, W.B.** (under review). The contributions of focused attention and open-monitoring in Mindfulness-Based Cognitive Therapy: a 3 armed randomized dismantling trial.
7. Eichel, K., Chau, S., Cheaito, A., Lipsky, J., Pham, A., Zhu, Z., ... **Britton, W. B.** (in preparation) Exclusion by Omission: A Systematic Review of Diversity Variables in Mindfulness Based Interventions.

8. Canby, N. Eichel, K., Cullen, B., Rahrig, J., Lindahl, J.R., Britton, W.B. (in preparation). Assessing the role of social relationship factors and therapist qualities in a clinical trial of Mindfulness-Based Cognitive Therapy.
9. Eichel, K. & Britton, W. B. (in preparation). Pay Attention to Focused Attention in Mindfulness-Based Interventions.
10. Cheaito, A., Guhde, I., Eichel, K., Lindahl, J., **Britton, W.B.** (in preparation) Harms reporting practices in mindfulness-based interventions: comparison with CONSORT Harms guidelines.
11. **Britton, W.B.**, Lindahl, J., Sargent, K. (in preparation) Meditation-related challenges and adverse events in mindfulness-based interventions: replication in a three armed clinical trial
12. Lindahl, J.L. and **Britton, W.B.** (in preparation) Changes in Sense of Self Reported by Western Buddhist Meditators: A Qualitative and Phenomenological Analysis
13. Sargent, K., Lindahl, J., **Britton, W.B.** (in preparation). Side effects of mindfulness: Psychopathology predicts anomalous meditation experiences.
14. Cosby, E., Mahdavi, G., **Britton, W.B.** (in preparation). Early adversity predicts treatment response and adverse reactions to mindfulness-based interventions.
15. Alejandre-Lara, A. Eichel, K., Lindahl, J., **Britton, W.B.** (in preparation) The Effects of Specific and Non-Specific Factors on Memory Biases in Subclinical Populations following Mindfulness-Based Interventions
16. Mahdavi, G., Cosby, E., **Britton, W.B.** (in preparation). Investigation of early trauma and executive function as moderators of treatment response to mindfulness-based cognitive therapy
17. Cheaito, A., Kreidler, P., Eichel, K., Ahmed, F., **Britton, W.B.** (in preparation). Psychophysiology of Emotion Reactivity and Regulation in Mindfulness-Based Interventions: A Randomized Controlled Trial.
18. Peters, S., Eichel, K., Canby, N., Cullen, B., Rahrig, H., and **Britton, W.B.** (in preparation). Predictors of meditation practice compliance in mindfulness-based interventions.
19. Loucks, E., **Britton, W.B.** Vago, D. (in preparation). Mindfulness-Based Blood Pressure Reduction (MB-BP) is Associated with Improved Self-Regulation, Blood Pressure and Determinants of Hypertension: Stage 1 Clinical Trial

ABSTRACTS

1. Thompson, A.C., **Britton, W.B.**, and Shippenberg, T.S. (1998). NMDA-induced dopamine response is blunted following repeated kappa-opioid receptor agonist treatment. Glutamate Cascade Symposium, National Institute of Health, Bethesda MD, May 3-5.

2. Thompson, A.C., **Britton, W.B.**, and Shippenberg, T.S. (1998). Repeated administration of kappa-agonist U-69593 alters dopamine activity in the accumbens and striatum but not in the ventral tegmental area. Society for Neuroscience Annual Meeting, Los Angeles CA, Nov 7-12.
3. **Britton, W.B.**, Martinez, K. Bailey, E., Fridel, K. and Bootzin, R. (2002). Unusual REM pattern in near-death experiencers. *Sleep*, 25, A386.
4. **Britton, W.B.**, Martinez, K. Bailey, E., Fridel, K. and Bootzin, R. (2002). Increased temporal lobe paroxysmal EEG activity and altered sleep patterns in near-death experience sample: results of a single overnight polysomnographic study. Poster presented at Tucson5: Towards a Science of Consciousness, Tucson AZ. April 9-12.
5. Shapiro, S., **Britton, W. B.**, Penn, P., and Bootzin, R. R. (2003). Treating Insomnia with Mindfulness-Based Stress Reduction. Paper presented at the Society for Behavioral Medicine 25th Annual Conference, Salt Lake City. March 19-22.
6. Cousins, J.C., Bootzin, R.R., Fridel, K.W., **Britton, W.B.**, Bailey, E.T., Hasler, B., Klein, B., and Sidani, S. (2003). Effect of patient's treatment preference on outcome: A multi-site study of behavioral treatments of insomnia. Conference on Measurement, Methodology, and Evaluation: Festschrift in Honor of Lee Sechrest, University of Arizona, Tucson. April 28.
7. Bootzin, R.R., Stevens, S.J., Shapiro, S.L., Hitt, S., Bailey, E.T., **Britton, W.B.**, Cousins, J.C., Fridel, K.W., and Estrada, B. (2003). Treating sleep problems of adolescents with a history of substance abuse. *Sleep*, 26, A148.
8. **Britton, W.B.**, Shapiro, S.L., Penn, P.E., and Bootzin, R.R. (2003). Treating insomnia with mindfulness-based stress reduction. *Sleep*, 26, A309.
9. **Britton, W.B.**, Fridel, K.W., Payne, J.D., and Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation: a PSG Study. American Psychological Society 17th Annual Convention, Los Angeles, May 26-29.
10. Bootzin R, Stevens SJ, Shapiro S, Cousins JC, Fridel KW, Hasler B, Bailey ET, **Britton WB**, Hitt S, Cameron M, and Estrada B. (2005). Treating insomnia and daytime sleepiness in adolescents with a drug abuse history. *Sleep and Biological Rhythms*, 3, A4.
11. **Britton, W.B.**, Fridel, K.W., Payne, J.D., and Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation: a PSG Study. *Sleep* 28, A315.
12. Breslin, J. H., **Britton, W.B.**, Bootzin, R. R. (2005) Duration of previous depression predicts stress-related memory recall. Society for Neuroscience, November 12-16. Washington D.C.
13. Smith, L.J., **Britton, W.B.**, Breslin, J. H., Jacobs, W. J. and Bootzin, R.R. (2006). The effect of REM sleep disturbance on emotional memory recall in depressed, remitted and never-depressed individuals. *Sleep*, 29, A333.
14. Breslin, J.H., Britton, W.B., Bootzin, R.R., and Nadel, L. (2006). Both arousal and slow-wave sleep facilitate sleep-related memory. *Sleep*, 29, A377.

15. Ruiter, M., **Britton, W.B.**, Haynes, P., Fridel, K., and Bootzin R.R. (2006), Sleep disturbance following stress induction in chronically depressed individuals. *Sleep*, 29, A327.
16. **Britton, W.B.**, Fridel, K.W. and Bootzin, R.R. (2006) Paradoxes and promises: The effects of mindfulness meditation on sleep in depression, *Sleep*, 29, A325.
17. **Britton, W.B.**, Stone, K., Acebo, C., and Carskadon, M.A. (2007). Early REM sleep predicts first signs of affective disturbance in never-depressed adolescents. Poster presentation at Brown University Research Day, April 12.
18. Smith, L.J., **Britton, W.B.**, and Bootzin, R.R. (2007). Sleep's role in memory consolidation: different processes for remitted depressed and never depressed individuals. *Sleep*, 30, A331.
19. Stone, K. C., **Britton, W. B.**, Acebo, C., and Carskadon, M. (2007). Adolescent alcohol use associated with adolescent sleep and sleepiness. Poster session presented at the meeting of the Associated Professional Sleep Societies, June 9-14, Minneapolis, MN.
20. ***Britton, W.B.**, Stone, K., Acebo, C., Carskadon, M.A. (2007). Early night REM sleep as harbinger of affective disturbance in adolescents. Poster session presented at The 5th World Congress of the World Federation of Sleep Research and Sleep Medicine Societies, Cairns, Australia.
21. *Stone, K. C., **Britton, W. B.**, Acebo, C., and Carskadon, M. (2007, September). Sleep patterns and school performance of high school students across 16 weeks. Poster session presented at the The 5th World Congress of the World Federation of Sleep Research and Sleep Medicine Societies, Cairns, Australia.
22. Darling, E. and **Britton, W.B.** (2008). Mindfulness-Based Cognitive Therapy: patient perspectives on key practices at one year follow-up. 12th Annual Research Symposium on Mental Health Sciences. Department of Psychiatry and Human Behavior, Brown Medical School, Providence RI. March 27.
23. **Britton, W.B.**, Lepp, N., Sacchet, M., Farber, A., Karki, B., Silverstein, G., Mitchell J., Allard, R., Scult, M. (2008) Silence in school: a randomized controlled trial of mindfulness training in 6th graders. 12th Annual Research Symposium on Mental Health Sciences. Department of Psychiatry and Human Behavior, Brown Medical School, Providence RI. March 27.
24. Shahar, B., **Britton, W. B.** (2008). Cognitive mediators in mindfulness-based cognitive therapy for depression. Presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 6th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 9-13.
25. **Britton, W.B.**, Stone, K., Acebo, C., Carskadon, M.A. (2008). Duration of first REM episode in never-depressed adolescents: early indicator of affective disturbance? *Sleep*, 31, A315.
26. Smith, L.J., **Britton, W.B.**, and Bootzin, R.R. (2008). The impact of mood and sleep disturbance on emotional memory in remitted depressed participants. *Sleep*, 31, A367.

27. Stone, K. C., **Britton, W. B.**, Acebo, C., and Carskadon, M. (2008). Sex differences in human adolescent nocturnal activity: implications for actigraphic sleep measurement. *Sleep*, 31, A345.
28. Ruiter, M., **Britton, W.B.**, Bootzin, R.R. and Lichstein, K.L. (2008). The interaction between depression and sleep complaints affects emotional reactions to stressful events and objective sleep. *Sleep*, 31, A320.
29. Darling, E., **Britton, W.B.** (2009). Depressed patients prefer single-pointed concentration practice which may reduce depression via increased physiological activation. Poster presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 7th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, March 18-22.
30. Roberts-Wolfe, D., Sacchet, M., Itzoe, M., **Britton, W.B.** (2009). Changes in emotional memory recall following mindfulness meditation vs music training: implications for affective disorders. 13th Annual Research Symposium on Mental Health Sciences. Department of Psychiatry and Human Behavior, Brown Medical School, Providence RI. March 26.
31. Silverstein, G., Ziemba, L., Devlin, K., Rothamel, K., Coleman, C., **Britton, W.B.** (2009). The role of mindfulness in the treatment of female sexual dysfunction. 13th Annual Research Symposium on Mental Health Sciences. Department of Psychiatry and Human Behavior, Brown Medical School, Providence RI. March 26.
32. Lepp, N.E., Bhatnagar, R. **Britton, W.B.** (2009). Impact of classroom meditation on mental health of 6th grade students in providence, Rhode Island: a two-year randomized, wait list-controlled pilot study. 13th Annual Research Symposium on Mental Health Sciences. Department of Psychiatry and Human Behavior, Brown Medical School, Providence RI. March 26.
33. Lepp, N.E., Bhatnagar, R. and **Britton, W.B.** (2009). Impact of classroom meditation on mental health of 6th grade students in providence, Rhode Island: a two-year randomized, wait list-controlled pilot study. Poster presentation at Brown Public Health Research Day. April 14.
34. Darling, E., and **Britton, W.B** (2009). School-based mindfulness training as a novel delivery system for the treatment of depression in college age women. Association for Behavioral and Cognitive Therapies Conference, New York. November 19-21.
35. Roberts-Wolfe, D., Sacchet, M., Roth, H., and **Britton, W.B.** (2010). Changes in emotional memory recall following mindfulness meditation vs music training: implications for affective disorders. Poster presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 8th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 7-11.
36. Sacchet, M., Roberts-Wolfe, D., Roth, H., and **Britton, W.B.** (2010). Mindfulness training alters emotional information processing: possible implications for affective disorders. Poster presented at the World Congress of Behavioral and Cognitive Therapies. June 2-5, Boston MA.
37. Capecelatro, M., and **Britton, W.B.** (2010). Linguistic markers of positive treatment response to mindfulness-based cognitive therapy for depression. Poster presented at the World Congress of Behavioral and Cognitive Therapies. June 2-5, Boston MA.

38. Silverstein, G., Roth, H., and **Britton, W.B.** (2010). The role of mindfulness in the treatment of female sexual dysfunction. Poster presented at the World Congress of Behavioral and Cognitive Therapies. June 2-5, Boston MA.
39. Capecelatro, M., and **Britton, W.B.** (2010). Spontaneous word use reflects depression-related brain function. Poster presented at the International Congress of Behavioral Medicine. August 4-7, Washington DC.
40. Silverstein, G., Roth, H., and **Britton, W.B.** (2010). Body Awareness and female sexual arousal: A mindfulness intervention. International Congress of Behavioral Medicine. August 4-7, Washington DC.
41. Silverstein, G., Roth, H., and **Britton, W.B.** (2010). The role of mindfulness in the treatment of female sexual dysfunction. Poster presented at the Mind and Life Summer Research Institute, Garrison NY. June 14-20.
42. Lepp, N., Darling, E., Roth, H. and **Britton, W.B.** (2010). School-based mindfulness training in middle school and college students. Mind and Life Summer Research Institute, Garrison NY. June 14-20.
43. Shahar, B., and **Britton, W. B.** (2011). Mechanisms of change in mindfulness-based cognitive therapy. A paper presented in the 42th International Meeting of the Society for Psychotherapy Research, Bern, Switzerland. June 17.
44. DeJong, M., **Britton, W. B.** et al (2012). Mindfulness Based Cognitive Therapy for Chronic Pain and Depression: Background and Design of a Randomized Controlled Trial. Poster presented at the International Symposium for Contemplative Studies. Denver, CO April 24-26.
45. Van Dam, N.T., Mole, T.B. Jake H. Davis, J.H., Schlosser, Z., Colin G. DeYoung, C.G., **Britton, W.B.** & Judson A. Brewer, J.A. (2012). Development and Validation of a Buddhist Temperament Questionnaire. Mind and Life Summer Research Institute, Garrison NY. June 16-22.
46. Kaplan, C.T., Winget, E., Fisher, N. & **Britton, W.B.** (2012). Adverse effects and difficult stages of the contemplative path. Mind and Life Summer Research Institute: New Frontiers in Contemplative Science. Garrison NY, June 16-22.
47. Smith, V., **Britton, W.B.** Roth, H., & Sydnor, A., (2012). Contemplative Studies: Applied Neuroplasticity and Whole Person Learning. Poster presented at the Sheridan Center for Teaching and Learning 2th Anniversary. Brown University, November 7.
48. Loucks E.B., **Britton W.B.**, Houseman E.A., Eaton C.B., Buka S.L. (2013). Self-reported mindfulness is associated with specific CHD risk factors. Society for Behavioral Medicine Conference.
49. Hitchcock, P.F., Capecelatro, M, Sacchet, M., Miller, S.M., Britton, W.B. (2013). Sex and Chocolate: Depression History Affects Appetitive Information Processing. Poster accepted for presentation at the 25th APS Annual Convention. Washington, D.C. May 23-26.

50. Loucks E.B., **Britton W.B.**, Howe C.J., Eaton C.B., Buka S.L. (2014) Positive Associations of Mindfulness with Cardiovascular Health. *Psychosomatic Medicine*. Presented at the American Psychosomatic Society (APS) March 12-15, San Francisco, CA
51. De Jong, M., **Britton, W.B.**, Hoge, E., Peeters, F., Lazar., S. M., Fava, M. (2014). A Randomized Controlled Pilot Study on Mindfulness-Based Cognitive Therapy for Unipolar Depression in Patients With Chronic Pain. Poster presented at the Annual Meeting of the American Psychological Association (APA). New York, NY, May 3-7.
52. Fisher, N., Lindahl, J.R., **Britton, W.B.** (2014) Nonlinear Contemplative Development in Contemporary Theravadin Buddhist and Jewish Mystical Traditions. The Mind and Life International Symposium for Contemplative Studies. Boston, MA. Oct 31
53. Chou, J.C., Santoyo, J.F., Kang, Y., Roth, H., **Britton, W.B.** (2014) University Meditation Course Cultivates Inhibitory Control and Emotional Awareness. The Mind and Life International Symposium for Contemplative Studies. Boston, MA. November 1
54. Loucks E.B., **Britton W.B.**, Howe C.J., Eaton C.B., Buka S.L. (2015). Associations of Dispositional Mindfulness With Obesity and Central Adiposity: The New England Family. American Psychosomatic Society. Savannah, GA March 18-21
55. Goldstein, M.R., **Britton, W.B.**, Allen, J.B., Bootzin, R.R. (2015). Effects of a mindfulness-based depression relapse prevention program on quantitative sleep EEG. Joint Conference of the Associated Professional Sleep Societies (APSS) and American Academy of Sleep Medicine, Seattle WA. June 6-10.
56. Cullen, B., Rahrig, H., Dumais, Canby, N., Lindahl, J.R., **Britton, W.B.** (2016) Assessing the role of social relationship factors in a clinical trial of Mindfulness-Based Cognitive Therapy. Brown University Department of Psychiatry and Human Behavior Mind Brain Research Day. Brown University Providence RI, March 30.
57. Eichel, K. & **Britton, W. B.** (2016). Effects of Focused Attention and Open Monitoring Meditation on Sustained Attention - Behavioral and Neurophysiological Changes. Paper at the Mind and Life International Symposium for Contemplative Studies, San Diego, CA, USA
58. Canby, N., Margolis., C., Cullen, B., Rahrig, H., Alexandre-Lara, A., Noorani, M., Lindahl, J.R., Britton, W.B. (2016). The role of social relationships in contemplative development. Mind and Life Summer Research Institute, Garrison NY. June 11-18.
59. Dumais, T., Spas, J., Marco, C., Britton, W.B., (2017). How Does Mindfulness Affect Sleep?: Differential Effects of Focused Attention and Open Monitoring Meditation. School of Public Health Research Day, Brown University, Providence RI. April 13.
60. Goldstein, M.R., **Britton, W.B.**, Ong, J.C., Turner, A.D., Sholtes, D., Wyatt, J.K, Manber, R., Allen, J.B. (2017). Mindfulness meditation and cortical arousal indicated by sleep EEG: Potential implications for understanding insomnia and its treatment. Towards a Science of Consciousness. San Diego CA, June 5-10.

61. Cullen, B., Canby, N., & Britton, W. B. (2017). Teacher effects in a school-based mindfulness intervention. Mind and Life Summer Research Institute, Garrison NY. June 5-11.
62. Chang, B., Cullen, B., Kini, N., Rahrig, H., & **Britton, W.B.** (2017). Dismantling effects of focused attention and open monitoring techniques in Mindfulness-Based Cognitive Therapy for affective disturbances. Annual Meeting and Expo of the American Public Health Association: Integrative, Complementary and Tradition Health Practices Section. Atlanta, GA, November 4-8.
63. Lipsky, J., Acero, P., Cho, L., Kreidler, P., Zhu, Z., Britton, W.B. (2017) Where is your (Mind)fulness? It Matters for Sleep. Brown University Department of Psychiatry and Human Behavior Mind Brain Research Day. Brown University, Providence RI, March 28, 2017.
64. Lipsky, J., Acero, P., Cho, L., Kreidler, P., Zhu, Z., Britton, W.B. (2017) Where is your (Mind)fulness? It Matters for Sleep. Brown University School of Public Health Research Day. Brown University, Providence RI, April 13, 2017.
65. Lipsky, J., Acero, P., Cho, L., Kreidler, P., Zhu, Z., Britton, W.B. (2017) Where is your (Mind)fulness? It Matters for Sleep. Society for Affective Science Annual Conference. Boston MA, April 27-29, 2017.
66. Lipsky, J., Acero, P., Cho, L., Kreidler, P., Zhu, Z., Britton, W.B. (2017) Where is your (Mind)fulness? It Matters for Sleep. Association for Psychological Science Annual Convention. Boston MA, May 25-28, 2017.
67. Cosby, E., and **Britton, W.B.** (2017) Childhood Maltreatment Predicts Poor Mindfulness-Based Cognitive Therapy Treatment Outcomes for Active Depression. Society for Affective Science Annual Conference, Boston MA, April 27.
68. Sargent, K., and **Britton, W.B.** (2017, April) Side effects of mindfulness: Psychopathology predicts anomalous meditation experiences. Poster session presented at: The Society for Affective Science Annual Conference, Boston, MA.
69. Eichel, K. & **Britton, W. B.** (2017). Pay Attention to Focused Attention in Mindfulness-Based Interventions. Paper at the Mindfulness Symposium - Triangulations, Copenhagen, Denmark
70. Eichel, K., Essien, G., Cullen, B., Rogers, A. & Britton, W.B. (2017). Sustained Attention in Focused Attention versus Open Monitoring Meditation - Behavioral and Neurophysiological Changes. Poster at the 29th Association for Psychological Science Annual Convention, Boston, MA, USA. May 25.
71. Yam, D., Eichel, K., Britton, W.B. (2017) Emotion Regulation: Across the Lifespan and Throughout Mindfulness. Undergraduate Teaching and Research Awards Poster Session Brown University, Providence RI, August 4.
72. Masur, J., Eichel, K., Britton, W.B. (2017) *Relating Conscientiousness and Mindfulness*. Undergraduate Teaching and Research Awards Symposium, Brown University, Providence RI, August 4.

73. Yam, D., Eichel, K., Britton, W.B. (2017) Emotion Regulation: Across the Lifespan and Throughout Mindfulness. Ivy League Undergraduate Research Symposium, University of Pennsylvania, November 10.
74. Masur, J., Eichel, K., Britton, W.B. (2017) *Relating Conscientiousness and Mindfulness*. Ivy League Undergraduate Research Symposium, University of Pennsylvania, Philadelphia PA, November 10.
75. Yam, D., Eichel, K., Britton, W.B. (2018) Emotion Regulation: Across the Lifespan and Throughout Mindfulness. Mind Brain Research Day. Brown University Medical School. Providence RI, March 27.
76. Cheaito, A., Kreidler P. Eichel, K., Britton W. B. Psychophysiology of Emotion Reactivity and Regulation in Mindfulness-Based Interventions: A Randomized Controlled Trial, Mind Brain Research Day, Brown University, Providence RI, March 27.
77. Raldiris, T. L., Brown, K. W., Berry, D. R., **Britton, W. B.** (2018). How Do Focused Attention vs. Open Monitoring Meditation Training Compare in Emotion Regulation Effects?: An Event-Related Potential Study. Society for Personality and Social Psychology Annual Convention. Atlanta, Georgia, March 1-3.
78. Eichel, K., Chao, S., Cheaito, A., Lipsky, J., Pham, A., Zhu, Z., ... Britton, W. B. (April 19th-20th, 2018). *Exclusion by Omission: A Systematic Review of Diversity Variables in Mindfulness Based Interventions*. Paper at the Mindfulness On The Margins Unconference, Birmingham, UK
79. Cheaito, A., Kreidler P. Eichel, K., Britton W.B. (2018) Psychophysiology of Emotion Reactivity and Regulation in Mindfulness-Based Interventions: A Randomized Controlled Trial, Social Affective Neuroscience Society Conference, New York NY, May 3-5.
80. Cho, L. Eichel, K. **Britton, W.B.** (2018) Effects of mindfulness training on emotion processing in a self-relevant context: evidence from the late positive potential. The Social and Affective Neuroscience Society. Brooklyn NY, May 3-5.
81. Eichel, K. & **Britton, W. B.** (2018). Pay Attention to Focused Attention in Mindfulness-Based Interventions. Paper at the Mindfulness Symposium - Triangulations, Copenhagen, Denmark. May 10-11.
82. Cheaito, A., Kreidler P. Eichel, K., Britton W.B. (2018). Psychophysiology of Emotion Reactivity and Regulation in Mindfulness-Based Interventions: A Randomized Controlled Trial. International Symposium for Contemplative Research, Phoenix, AZ, November 8–11.

*underlined name = mentored student of Willoughby Britton

SCHOLARLY WORK PUBLISHED IN ANOTHER MEDIA

1. **Britton, W.B.** (2011): Why a neuroscientist would study meditation. TED Talk.
<http://tedxtalks.ted.com/video/TEDxBrownUniversity-Willoughby>

2. **Britton, W.B.** (2010): Meditation and Sleep: Paradoxes and Promises. Huffington Post. www.huffingtonpost.com/willoughby-britton/sleep-tips-meditation-for_b_597600.html
3. **Britton, W.B.** (2005). The Physiology of Stress and Depression and Reversal by Meditative Techniques. Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 4th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 1-4. 3 hr DVD available for purchase through the Center for Mindfulness, University of Massachusetts Medical School.

INVITED PRESENTATIONS

1. **Britton, W.B.** (2001). Assessment of temporal lobe functioning in near-death trauma survivors. Invited research panelist at the International Association for Near-Death Studies (IANDS) North American Conference, Seattle WA. July 17-20.
2. **Britton, W.B.** (2001). Near-death Experiences and the temporal Lobe. Newman Center Colloquium for Science and Theology, Tucson AZ. Nov 4.
3. **Britton, W.B.** and Bootzin, R. (2002). Temporal lobe paroxysmal EEG and altered sleep patterns in Near-death experiencers. Presented at the Parapsychological Association 45th Annual Convention, Paris, France, August 4-7.
4. **Britton, W.B.** (2002). Psychophysiological effects of meditation: Implications for mind-body medicine. Invited Colloquium Speaker. Program in Integrated Medicine Enrichment Elective for Medical Students, University of Arizona Medical School, Tucson AZ. November 4.
5. **Britton, W.B.** (2003). Near-death experiences and the temporal lobe: New Research. St. Albert the Great Forum in Theology and the Sciences, Newman Center, University of Arizona. April 2.
6. **Britton, W.B.** (2005). Possible physiological mechanisms of mindfulness meditation in depression. part I: sleep and REM disturbances. Presented at the Mind and Life Summer Research Institute. Garrison NY, June 28-July 2.
7. **Britton, W.B.**, Fridel, K.W., Payne, J.D., and Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation: a PSG study. Presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 4th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 1-4.
8. **Britton, W.B.** (2005). The physiology of stress and depression and reversal by meditative techniques. Presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 4th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 1-4.
9. **Britton, W.B.**, Fridel, K.W., Payne, J.D., and Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation: a PSG study. Presented at the World Federation of Sleep Research and Sleep Medicine Societies. India Habitat Center, New Delhi, India, September 22-26.

10. **Britton, W.B.**, Fridel, K.W., Payne, J.D., and Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation. Presented at the American Association for Behavioral and Cognitive Therapies. Washington D.C., October 17-20.
11. **Britton, W.B.**, and Bootzin, R.R. (2006). Neurocognitive and emotional changes following Mindfulness-based Cognitive Therapy for depression. Presented at the Mind and Life Summer Research Institute, Garrison NY, June 11-17.
12. **Britton, W.B.**, Haynes, P.L. Fridel, K.W., and Bootzin, R.R. (2006). Changes in sleep and depression following mindfulness meditation. Presented at the Center for Mindfulness, University of Massachusetts Medical School. April 1-4.
13. **Britton, W.B.**, and Bootzin, R.R. (2006). Neurocognitive and emotional changes following Mindfulness-based Cognitive Therapy for depression. Presented at the Center for Mindfulness, University of Massachusetts Medical School. April 1-4.
14. **Britton, W.B.** (2006). The physiology of stress and depression and reversal by meditative techniques. Presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 4th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 1-4.
15. **Britton, W.B.**, Haynes, P.L. Fridel, K.W., and Bootzin, R.R. (2006). Changes in sleep and depression following mindfulness meditation. Presented at the Towards a Science of Consciousness Conference, Tucson AZ, April 4-8.
16. **Britton, W.B.** (2006). The physiology of stress and depression and reversal by meditative techniques. Presented at the Center for Mindfulness, University of Wales, Bangor UK. June 18-25.
17. **Britton, W.B.**, Haynes, P.L. Fridel, K.W., and Bootzin, R.R. (2006). Electroencephalographic sleep profiles before and after mindfulness meditation training in partially remitted depression. Providence Sleep Research Interest Group, Bradley Sleep Research Lab, Brown University. Sept 18.
18. **Britton, W.B.** (2006). Meditation-based interventions: History and Applications in Medicine. Contemplative Studies Initiative 2006-7 Invited Lecture Series. List Auditorium, Brown University. November 29, 2006.
19. **Britton, W.B.** (2007). Mindfulness-Based Cognitive Therapy for depression: overview and empirical findings. Department of Psychiatry, Women and Infants Hospital, Providence RI. Nov 1.
20. **Britton, W.B.** (2007). Mindfulness-Based Cognitive Therapy for depression: effects on polysomnographic sleep and stress reactivity and information processing. The Contemplative Studies Medical School Steering Committee, Butler Hospital, Providence, RI. Nov 8.
21. **Britton, W.B.** (2007). Death bed visions and near-death experiences. Lecture Series in Contemplative Palliative Care, Brown University Medical School, November 13.

22. **Britton, W.B** (2007). Meditation-based interventions: a scientific overview. Tucson Community Meditation Center, Tucson, AZ. December 5.
23. Bauer-Wu, S., Rosenbaum, E., and **Britton, W. B.** (2008) Beyond the MBSR manual and study protocol: Refining instructors' skills and maintaining the essence of the practice. Research panel at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 4th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 9-13.
24. **Britton, W. B.** (2008). Issues of "dosage" in meditation research: frequency, duration and intensity. Presented at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 4th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 9-13.
25. **Britton, W.B** (2008). Meditation-based interventions: clinical applications. Academic Grand Rounds. Akron General Hospital, Akron OH. Oct 23.
26. **Britton, W.B** (2008). Physiology of stress and relevance to medicine. Invited Keynote. Stress: Clinical Perspectives and Prescriptions for Wellness Conference. Metrohealth Medical Center, Cleveland OH, Oct 23.
27. **Britton, W.B** (2008). Introduction to mindfulness meditation. Workshop. Stress: Clinical Perspectives and Prescriptions for Wellness Conference. Metrohealth Medical Center, Cleveland OH, Oct 23.
28. **Britton, W. B.** (2008). Meditation and sleep: evidence for a dosage effect. Presented at the Integrating Clinical and Neuroscience Perspectives on Mindfulness Training and Emotion Regulation Conference, Inaugural Meeting of the Mindfulness Research Working Group (MRWG). Mt. Sinai Hospital, Toronto, Canada. December 4-5
29. **Britton, W.B.** (2009). Prophylactic promise: school-based mindfulness training. Invited presentation at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 6th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, March 18-22.
30. **Britton, W.B.** (2009). Clinical applications of mindfulness meditation. Invited daylong workshop sponsored by Akron General Hospital. April 25th.
31. **Britton, W.B.** (2009). When science trumps popular assumptions: the case of meditation and sleep. Brown University Contemplative Studies Meditation and Neuroscience Lecture Series. Oct 29th.
32. **Britton, W.B.,** Grant, J. Rainville, P., Cho, F., Arnold, D., and Dunne, J. (2009). The science of meditation? findings, problems and future potential. Invited panelist to the Buddhist Philosophy and Science, Technology and Religion Group, American Academy of Religion, Montreal, Canada. November 7-10.
33. **Britton, W.B.** and Smith, V. (2009). Theory and praxis of contemplative pedagogy. The Harriet W. Sheridan Center for Teaching and Learning, Brown University. November 11.

34. **Britton, W.B.** (2009). The fallacy of subjective data: objective measures of meditation's effects on sleep. The Osher Institute, Harvard Medical School. November 17th.
35. **Britton, W.B.** (2009). Paradoxes and promises: the effects of meditation on sleep. West Virginia University Neuroscience Seminar Series. West Virginia University, Morgantown WV. Dec 9.
36. **Britton, W.B.** (2010). Meditation and sleep: a consumers guide. Providence Public Library Lecture Series. Providence RI. March 29.
37. **Britton, W.B.** (2010). When empirical investigation dissolves assumptions: The case of mindfulness and sleep. Invited presentation at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 7th Annual Conference for Clinicians, Researchers and Educators. Worcester, MA, April 7-12.
38. **Britton, W.B.** (2010). Contemplative science: progress and pitfalls. Arizona Meditation Research Group (AMRIG), Department of Psychology, University of Arizona (Alfred Kaszniak, Chair). April 14
39. Lindahl, J., and **Britton, W.B.** (2010). Cultivating luminous awareness in Greek Christian and Tibetan Buddhist contemplation. Architecture of Minds and Cultures: Cognitive Science Approaches to the Humanities Conference, Brown University. March 27
40. **Britton, W.B.** (2010). Meditation-based interventions: applications in medicine. Pre-Clinical Elective in Integrative Medicine, Brown University Medical School. April 21
41. Roth, H., and **Britton, W.B.** (2010). Contemplative studies: an emerging academic field. Invited symposium, Mind and Life Summer Research Institute, June 14-20. Garrison NY
42. **Britton, W.B.** (2010). Mindfulness in medicine: training the whole physician. Brown University Medical School. Sept 22.
43. **Britton, W.B.**, and Roth, H. (2010). Effects of school based mindfulness training on attention, emotion regulation and sleep. Invited presentation at the Association for Contemplative Mind in Higher Education. Amherst MA, Sept 24-26.
44. **Britton, W. B.**, Fridel, K. W., Haynes, P. L., and Bootzin (2010). Effects of Mindfulness-Based Cognitive Therapy on sleep in partially remitted depression. *Psychophysiology*, 47, 12.
45. **Britton, W.B.**, Kornfield, J., and Schlosser, Z. (2010). Potential adverse effects of meditation practices. Invited presentation at the 2nd meeting of the Mindfulness Research Working Group. Center for Investigating Healthy Minds, Madison Wisconsin. Oct 25-27.
83. **Britton, W.B.**, Kornfield, J., and Schlosser, Z. (2010). Difficult stages of the contemplative path. Invited presentation at the Boston Contemplative Science Working Group. Massachusetts General Hospital, Harvard Medical School, Nov 19.

84. **Britton, W.B.**, Kornfield, J., and Schlosser, Z. (2010). Difficult stages of the contemplative path. Invited presentation at the Metro-Area Research Group on Awareness and Meditation (MARGAM), New York University, Dec 8.
85. **Britton, W.B.**, Kornfield, J., and Schlosser, Z. (2010). Difficult stages of the contemplative path. Invited presentation at the Tucson Community Meditation Center, Dec 17.
86. **Britton, W.B.**, Davis, J., Oates, C., Schlosser, Z., and Kornfield, J. (2011). Adverse effects and difficult stages of the contemplative path. Mind and Life Summer Research Institute: New Frontiers in Contemplative Science. Garrison NY, June 12-18.
87. **Britton, W.B.**, Schlosser, Z., Kaplan, C., Winget, E., and Kornfield, J. (2011). Adverse effects and difficult stages of the contemplative path. Institute of Noetic Science, Petaluma CA. Dec 13.
88. **Britton, W.B.**, Schlosser, Z., Kaplan, C., Winget, E., and Kornfield, J. (2012). The trajectory of Contemplative Development: what is the shape of the path? 1st Annual Contemplative Development Mapping Project Conference. Barre Center for Buddhist Studies, Jan 1-2.
89. **Britton, W.B.** (2012). Mindfulness: Overview of research and applications education and medicine Brown University Health Services. January 17.
90. **Britton, W.B.** (2012). Mindfulness: Neural mechanisms and applications in medicine. Brown University Center for Alcohol and Addiction Studies Grand Rounds. Feb 17.
91. **Britton, W.B.**, (2012). Adverse effects and difficult stages of the contemplative path. Invited private presentation to His Holiness the Dalai Lama. Mind and Life Institute. Rochester MN, April 24. (see video of this talk on lab website)
92. **Britton, W.B.** (2012). Mindfulness-Based Cognitive Therapy and emotional reactivity to social threat: results from a randomized controlled trial. International Symposia for Contemplative Studies, Denver CO. April 26-28.
93. **Britton, W.B.** (2012). Managing emotions through contemplative training: Insights from neurobiology. Keynote: Meditation and Psychotherapy Conference, Harvard Medical School, Boston MA. May 11-12.
94. **Britton, W.B.**, (2012). The trajectory of Contemplative Development: what is the shape of the path? Barre Center for Buddhist Studies, June 7.
95. **Britton, W.B.** (2012). Adverse effects and meditation-related difficulties. Association for Contemplative Mind in Higher Education. Smith College, August 1.
96. **Britton, W.B.**, Noel, P., Canby, N., Calhoun, A. (2012). Mindfulness in Medicine: Results from a pilot trial for oncology staff. Miriam Hospital, Brown University Medical School. August 6.
97. **Britton, W.B.** (2012). Mindful binge drinkers and blobology: the promises and perils of contemplative neuroscience. Buddhist Geeks: the Confluence of Buddhism, technology and Global culture. Boulder Colorado, August 9-11

98. **Britton, W.B.** (2012). Integrative Contemplative Pedagogy: Quantitative and Qualitative Results. Fourth Annual Association for Contemplative Mind in Higher Education Conference: “Contemplative Approaches in the Diverse Academic Community: Inquiry, Connection, Creativity and Insight,” September 21-23, 2012.
99. **Britton, W.B.** (2012). Clinical and Neurophysiological Perspectives on the Narrative Self. Invited Keynote. Buddhism and the Narrative Self. Portland Oregon October 19-21.
100. **Britton, W.B.** (2012). Mindful Medicine. The Gold Humanism Honors Society Visiting Professorship Medical Grand Rounds. Brown Medical School, November 13.
101. **Britton, W.B.** (2012). Dismantling Mindfulness: Which types of attention training have what effect for whom? Mindfulness Research Collaborative. Massachusetts General Hospital, Harvard Medical School.
102. **Britton, W.B.** (2013). Awakening is not a metaphor: The effect of contemplative practices on basic wakefulness and relevance to clinical disorders. Advances in Meditation Research: Neuroscience and Clinical Applications. New York Academy of Sciences. January 17.
103. **Britton, W.B.** (2013). The promises and perils of Buddhism Modernism: A study of western practitioners. Secular Buddhism Conference. Barre Center for Buddhist Studies.
104. **Britton, W.B.,** (2013). Adverse Effects and Meditation-Related Difficulties: An Empirical Analysis. 11th Annual International Scientific Conference Center for Mindfulness in Medicine, Health Care, and Society. Norwood MA. April 17-21.
105. **Britton, W.B.,** Kaplan, C, Fisher, N. (2013). The Varieties of Contemplative Experience: empirical research update. The Contemplative Development Mapping Project Symposium. The Barre Center For Buddhist Studies. Barre MA. May 24-26.
106. **Britton, W.B.,** (2013). The Varieties of Contemplative Experience. The Future of Meditation Conference. Institute of Noetic Sciences Esalen Institute Big Sur CA. May 25-31.
107. **Britton, W.B.,** (2013). The politics of Consciousness: Response to Robert Sharf and Al Kaszniak. Mind and Life Summer Research Institute. Garrison, NY June 15-21.
108. **Britton, W.B.,** (2013). Integrative Contemplative Pedagogy: Quantitative results. Brown University Contemplative Pedagogy Certification Program
109. **Britton, W.B.,** (2013). The Promises and Perils of Buddhist Meditation in the West. Clinical Applications of Buddhist meditation: Self and No-self. New Dialogues Between Buddhism and Science: Researching the Effects of Meditation and Compassion on Health and Well-Being. Ligmincha Institute, Shipman VA. Oct 9-10.
110. **Britton, W.B** and Stone, M. (2013) Fine-tuning Mindfulness with Neuroscience: Promises and Perils. 2-day workshop for clinicians and educators. Leading Edge Seminars, Toronto CA. Nov 14-15.

111. **Britton, W.B** and Fisher, N. (2014). The Dark Side of Meditation: An Empirical Research Study. Invited Keynote at Mind Matters 4 Conference. University of Toronto, Toronto, Canada. March 1.
112. **Britton, W.B.** Galla, B. and Morey, J. (2014). Inward Bound Mindfulness Education's (iBme) Teen Retreat Program. Invited presentation at the Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. 12th Annual Conference for Clinicians, Researchers and Educators. Norwood, MA, April 4.
113. **Britton, W.B.** (2014). Physiology of Stress and Depression. Webinar for the Mindful Schools Curriculum. April 15.
114. **Britton, W.B.** (2014). Adverse Effects and Meditation-Related Difficulties. International Webinar for the UK's National Health Service (NHS), Scotland.
115. **Britton, W.B.** and Lindahl, J.R. (2014). Varieties of Contemplative Experiences: Non-linear trajectories and best practices for supportive management. Training for Community Dharma Leaders Annual Retreat. Barre Center for Buddhist Studies. Barre MA.
116. **Britton, W.B.,** and Lindahl, J.R. (2014) The Varieties of Contemplative Experience: Interdisciplinary Perspectives. Interacting Minds Centre, Aarhus University, Denmark. August 15.
117. **Britton, W.B.,** and Lindahl, J.R. (2014) The Varieties of Contemplative Experience: Interdisciplinary Perspectives. University of Oslo, Norway.
118. **Britton, W.B.** (2014) Meditation and Trauma: Clinical considerations. Department for Trauma Treatment, Modum Bad Psychiatric Center. Oslo, Norway.
119. **Britton, W.B.** (2014) The Varieties of Contemplative Experience: Contexts Matters. The Mind and Life International Symposium for Contemplative Studies. Boston, MA. Oct 31
120. **Britton, W.B.,** and Lindahl, J.R. (2014) The Varieties of Contemplative Experience: An Empirical Study of American Buddhist Meditators. Smith College, Department of Religion. November 13.
121. **Britton, W.B.** (2015). The Promises and Perils of Mixing Buddhism with Western Psychiatry. Invited keynote. Scott Symposium, Middlebury College, Middlebury VT (March 13-14).
122. **Britton, W.B.** (2015). Contemplative Science: Uniting inner and outer technologies. Wesleyan University. Middletown CT. April 9.
123. **Britton, W.B.,** and Lindahl, J.R. (2015) Contemplative Pedagogy. Wesleyan University. Middletown CT. April 9.
124. **Britton, W.B.** (2015). Is meditation always good? Institute for Meditation and Psychotherapy. Boston MA. May 8-9.
125. **Britton, W.B.** (2015) "When doing nothing, too hard, is too much: adverse effects of meditation – perils, pitfalls and resolution". Mindfulness Summit, UC Davis Center for Mind and Behavior, Davis, CA. May 21-22.

126. **Britton, W.B.**, and Lindahl, J.R. (2015) The Varieties of Contemplative Experience. UC Santa Barbara. May 26.
127. **Britton, W.B.** (2015). The Promises and Perils of Mixing Buddhism with Western Psychiatry. Invited keynote. Mindfulness and Compassion: The Art and Science of Contemplative Practice conference, San Francisco State University, San Francisco, CA. June 3-7.
128. **Britton, W.B.**, and Lindahl, J.R. (2015) Fear and Trust in the Study and Practice of Meditation. Mind and Life Summer Research Institute Garrison NY, June 13-19.
129. **Britton, W.B.**, and Lindahl, J.R. (2015) Fostering Interdisciplinary Collaboration between Scientists and Humanists. Mind and Life Summer Research Institute Garrison NY, June 13-19.
130. **Britton, W.B.** (2015). Meditation-Induced Changes in Sense of Self Reported by American Buddhists: Neurobiology and Cross-cultural Psychiatry. Cross-Cultural and Cognitive Approaches to Changes in Sense of Self. The American Academy of Religion (AAR). Atlanta, GA. Nov 21-24.
131. Loucks, E. and **Britton, W.B.** (2015). “Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications”. Science of Behavior Change (SOBC). National Institutes of Health (NIH). Bethesda, MD. Dec 3-5).
132. **Britton, W.B.** (2016). Psychopathology: Benefits and Limitations. Theoretical and Methodological Challenges in Mindfulness Research: Setting an Agenda for a Programmatic Research Initiative to Study the Neurobiological, Clinical and Real-Life Changes Associated with Mindfulness-Based Contemplative Practice. Harvard University. Jan 21-22
133. **Britton, W.B.** and Lindahl, J.L. (2016). The Contemplative Development Mapping Project. 11th Annual Bial Foundation Symposium: Placebo effects, healing and meditation. Porto, Portugal. March 30-April 2.
134. **Britton, W.B.**, Mahdavi, G., Cosby, E. (2016). Mindfulness-based interventions: adverse effects and predictors of treatment outcome. The Clinical Science of Mindfulness-Based Cognitive Therapy, Oxford Mindfulness Centre, Oxford University, UK. August 20-21.
135. **Britton, W.B.** and Lindahl, J.L. (2016). Meditation-related difficulties: A mixed-methods study of Buddhist practitioners and a clinical population. Beyond the Hype: Buddhism and Neuroscience. Columbia University. November 11.
136. **Britton, W.B.** (2017). The Varieties of Contemplative Experience Through the Lens of Transcultural Psychiatry. The Body, Emotion and Trauma: Contemplative Practice Across Cultures Conference. Cogut Center for the Humanities, Brown University. March 3.
137. **Britton, W.B.** and Lindahl, J.L. (2017) Meditation and the self: Perspectives from neuroscience and religious studies. *Culture, Mind, and Brain: Introduction to Critical Neuroscience*. McGill University, Montreal CA. June 8.

138. **Britton, W.B.** (2017) Meditation Safety: Research Overview. Keynote Speech at “A Critical Look at Mindfulness: Safety, Ethics and Integrity” Conference. Sponsored by the Sussex Centre for Mindfulness and NHS Foundation Trust. Brighton, England. June 30.
139. **Britton, W.B.** (2017) Meditation Safety: Building Competency. Workshop at “A Critical Look at Mindfulness: Safety, Ethics and Integrity” Conference. Sponsored by the Sussex Centre for Mindfulness and NHS Foundation Trust. Brighton, England. June 30
140. **Britton, W.B.** (2017) Meditation-Related Difficulties: A Mixed Methods Approach. Keynote Speech at the Centre for Mindfulness Research and Practice Conference. Chester, England. July 6-11.
141. **Britton, W.B.** (2017) Meditation-Related Difficulties: Building Competency. All-Day Workshop at the Centre for Mindfulness Research and Practice Conference. Chester, England. July 6-11.
142. Lindahl, J.R. and **Britton, W.B.** (2017). Buddhist Meditation and Fear: A Cognitive Model of Arousal and Hypersensitivity. Paper presented at the Cognitive Historiography Panel, Cognitive Science of Religion group, American Academy of Religion Conference. Boston MA. Nov 20.
143. **Britton, W.B.** (2017) Meditation Safety: Research and Practice Update. Science of Mindfulness and Compassion. Cambridge Health Alliance and Harvard Medical School, Harvard University. Nov 18.
144. **Britton, W.B.** (2018). The Neuroscience of Meditation. Webinar for the Mindful Schools Curriculum. March 21.
145. **Britton, W.B.**, Lindahl, J.L., Treleaven, D. (2018). First, Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 3-day (20-hour) Meditation Safety Training for MBI providers, meditation teachers and clinicians. UMASS Center for Mindfulness, Shrewsbury MA. April 6-8.
146. **Britton, W.B.**, Lindahl, J.L., Treleaven, D. (2018). First, Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 3-day (20-hour) Meditation Safety Training for MBI providers, meditation teachers and clinicians. Mindfulness Montreal, True North Insight. Montreal, Canada, April 6-8.
147. **Britton, W.B.** (2018). Adverse Effects of Meditation: How to Practice Safely. Meditation and Psychotherapy: Enhancing Mindfulness and Compassion. Course offered by Cambridge Health Alliance and Harvard Medical School. Boston MA. May 4-5.
148. **Britton, W.B.**, Treleaven, D. (2018) Meditation Safety: Research and Practice. Webinar for Mindful Schools. June 21.
149. **Britton, W.B.**, Lindahl, J.L. (2018). First, Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 1-day Meditation Safety Training for MBI providers, meditation teachers and clinicians. Amsterdam, Netherlands. July 8.

150. **Britton, W.B.**, Lindahl, J.L. (2018). Meditation Safety: Research and Practice. Half-day Meditation Safety Training for MBI providers, meditation teachers and clinicians. International Conference on Mindfulness. Amsterdam, Netherlands. July 13.
151. **Britton, W.B.**, Lindahl, J.L. (2018). First, Do No Harm: Foundational Competencies for Working Skillfully with Meditation-Related Challenges. 3-day (20-hour) Meditation Safety Training for MBI providers, meditation teachers and clinicians. Institut Pleine Conscience. Brussels, Belgium. July 14-16.
152. **Britton, W.B.** (2018). Meditation safety: Some things to consider as we go digital. Symposium on Technology-Assisted Meditation. Harvard University, Cambridge MA. Sept 29.

Underlined name = mentored student of Willoughby Britton

GRANTS

Past Support

1. Social and Behavioral Sciences Research Institute Dissertation Award

Mindfulness Meditation and Depression: Possible Neurophysiological Mechanisms"
Britton (PI) 12/1/03-11/31/03, \$500

2. Philanthropic Educational Organization (PEO) Scholar Award

"Mindfulness Meditation and Depression: Possible Neurophysiological Mechanisms"
Britton (PI) 1/1/04-12/31/05 \$10,000

3. American Association for University Women Dissertation Grant

"Mindfulness Meditation and Depression: Possible Neurophysiological Mechanisms"
Britton (PI) 6/1/04-5/31/05, \$20,000

4. NCCAM T32-AT001287

National Research Service Award, Predoctoral Fellowship

This award provided training in complementary and alternative medicine research at the University of Arizona's Program in Integrative Medicine (Director Andrew Weil, M.D.)

Iris Bell (PI) 6/1/05-5/31/06 , \$20,772

5. Mind and Life Institute Varela Grant

"Mindfulness Meditation and Depression: Possible Neurophysiological Mechanisms"
Britton (PI) 12/1/04-11/30/08, \$20,000

6. T32 MH067533-05

National Research Service Award, Postdoctoral Fellowship

This award supported in training in treatment research, including several controlled trials of mindfulness meditation in school-based populations.

Ivan Miller (PI) 6/30/08-6/29/10, \$84,996

7. Mind and Life Institute Varela Grant,

The Effects of School-based Mindfulness Training

Britton (PI) 2/1/09-9/31/11, \$30,000

8. The Hershey Foundation

Contemplative Studies Program Development grant for interdisciplinary research, and faculty support.

Roth, Britton (co-PIs) 7/1/11-6/30/14 Total Award = \$150,000

Role: Director of Clinical Research (PI) \$15,000

9. Mind and Life Institute

Contemplative Studies Fellowship

Roth (PI) 9/1/12-8/30/14, Direct Costs: \$30,000

Role: Director of Clinical Research

10. Mind and Life Varela Award

“The Varieties of Contemplative Experience”

Britton (PI) 1 /1/2013 - 12 / 31 / 2015 Direct Costs: \$15,000

11. Michigan Center for Urban African American Aging Research

NIH P30 AG015281

Vicki Johnson-Lawrence (PI)

07/01/2015-06/30/2016

The New Jim Crow Won't Kill Me: The feasibility of a culturally appropriate mindfulness based intervention to reduce chronic stress and poor health among African Americans with incarcerated family members

Role: Consultant

12. NCCAM/ NIH K23 AT006328-01A1, Mentored Patient Oriented Career Development Award

Britton (PI) 8/1/2011-7/30/2017, Direct Costs: \$668,385

13. Bial Foundation

The Contemplative Development Mapping Project

Britton (PI) 1 /1/2013 - 12 / 31 / 2016, Direct Costs: \$60,559 (45,400 Euros)

14. 1440 Foundation

Britton/Lindahl (PIs)

6/1/15-12/31/17

Assessing Beneficial Relationship Factors that Support Contemplative Development

The goals of this study is to assess how different types of social relationships (parents, friends, instructor etc.) impact (promote/undermine) meditation practice success or mindfulness-based treatment outcomes, including adverse effects, non-compliance and attrition

15. Lenz Foundation

Britton (PI)

11/20/2014-5/31/18

Brown Contemplative Studies Community Engagement Internships

This grant funds summer internships for Brown Contemplative Studies students at community organizations that provide mindfulness-based programs

16. Robert H. N. Ho Family Foundation Research Grant (PI, Lindahl)

8/1/16-7/31/17

“Liberating the Impurities from the Body: A Cross-Cultural Comparison of Somatic Experiences among American and Indian Meditators in the Goenka Vipassanā Tradition”. This project investigates somatic experiences and Indian and American Buddhist meditators.

Role: Co-I Direct costs: \$130,960

Current Support

1. 5UH3AT009145-04 (Loucks, Britton, King, co-PIs) 09/15/2015 – 08/31/2020
This project offers the opportunity to clarify which self-regulation measures are of greatest clinical use related to Mindful-Based Interventions (MBI) and clinical behavior change outcomes. Furthermore, this study should identify which MBI elements may be most efficacious at engaging self-regulation, with resulting impacts on clinical behavior change outcomes including medical regimen adherence.
Role: PI, Direct Costs (year 1): \$1,249,998 Total Costs: \$4,699,129

2. NIH 1UH2AT009145-01 (Loucks, Britton, King, co-PIs) 10/1/15-8/30/20
“Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications”
This project offers the opportunity to clarify which self-regulation measures are of greatest clinical use related to Mindful-Based Interventions (MBI) and clinical behavior change outcomes. Furthermore, this study should identify which MBI elements may be most efficacious at engaging self-regulation, with resulting impacts on clinical behavior change outcomes including medical regimen adherence.
Role: PI, Direct Costs (year 1): \$763,928 Total Costs: \$4,699,129

2. NIH 1UH2AT009145-01 (Loucks, Britton, King, co-PIs) 10/1/16-9/30/17
“Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications”
Administrative Supplement. This supplement supports a systematic review and meta-analysis of mindfulness-based interventions on self-regulation-related targets. Role: PI Total Costs: \$50,000

3. Brown University Grant Resubmission Award (Loucks, Britton, coPIs) 10/1/17-9/30/18
For a resubmission of the competitively scored R01 grant entitled “Meditation Safety: Creation of a valid measurement tool” to NIH. Grant activities include raising public awareness about adverse effects of meditation practices.
Role: PI, Total Costs: \$15,000

UNIVERSITY TEACHING ROLES

University of Arizona Teaching

Fall 1999, Spring 2000, Spring 2001 **Teaching Assistant**, The Structure of Mind and Behavior
Psychology Department, University of Arizona. Instructors: Jake Jacobs, Ph.D.,
Kit Taylor, Ph.D., Suzanne Delaney, Ph.D.

Fall 2000 **Teaching Assistant**, The Psychology of Religion and Spirituality
Psychology Department, University of Arizona.
Instructor: Carlton Clark, M.S.W.

2000-2003 **Course Instructor**, The Psychology of Death and Loss
Department of Psychology, University of Arizona

2000-2006 **Course Instructor**, Practicum in EEG and Sleep
Sleep Research Laboratory, Psychology Department, University of Arizona.

Spring 2002 **Teaching Assistant**, Sleep and Sleep Disorders
Psychology Department, University of Arizona.
Instructor: Richard Bootzin, Ph.D.

Fall 2002 **Teaching Assistant**, Psychopathology
Psychology Department, University of Arizona.
Instructor: Harold Arkowitz, Ph.D.

Fall 2003 **Teaching Assistant**, Introduction to Statistics
Psychology Department, University of Arizona.
Instructor: Terrence Daniels, Ph.D.

Brown University Teaching:

2008-present **Guest Instructor (co-taught with Harold Roth, East Asian Studies)**
UNIV540 "Introduction to Contemplative Studies"

2008-present **Course Instructor**
BIOL1950/1960 Directed Research/Independent Study. Brown University.

2008-9 **Course Instructor**
BIOL5420 "Mindfulness in Clinical Practice: A Primer for Medical Students".
Team taught with other Medical School faculty in Psychiatry, Internal, Emergency and
Family Medicine. Brown University Medical School.

2009-10 **Course Instructor**
BIOL3710N "Seminar in Mindfulness and Balanced Living". Team taught with other
Medical School faculty in Psychiatry, Internal, Emergency and Family Medicine.
Brown University Medical School.

2010 Fall **Course Instructor**
GISP0005 "Lucid Dreaming: Interdisciplinary Perspectives"

2011-present **Course Instructor (co-taught with Cathy Kerr and Jake Davis)**
UNIV0900 "Meditation and the Brain"

2014-15 Fall **Course Instructor (co-taught with Jared Lindahl, Mitchell Levy and Fred Schiffman)**
HMAN1971 Cross Cultural Approaches to Death and Dying

2016 Fall **Course Co-Instructor (co-taught with Jared Lindahl)**
HMAN1972i Me Myself and I: Exploring Senses of Self from a Multidisciplinary
Perspective

2017 Fall **Course Instructor (co-taught with Jared Lindahl)**
COST 0200 "Meditation and the Brain"

2018 Fall **Course Instructor (co-taught with Jared Lindahl)**
COST 0200 "Meditation and the Brain"

Brown University Advising:

Master's Thesis Advisor:

Pamela Acero ('18) (Public Health)
Hannah Kimmel ('17) (Public Health)
Sarah Peters ('17) (Public Health)
Lauren Sager ('17) (Public Health)
Graham Diguiseppi '16 (Public Health)
Nathaniel Lepp, MA '09 (Public Health)

Solsbery Fellowship Advisor:

Eden Castro '14
Halsey Niles '13

UTRA Advisor

Jessica Masur '18
Dorothy Yam '19
Elizabeth Cosby '17
Claudia Norton '14

LINK Fellowship Advisor:

Michelle Schnayder '15
Rahil Rojiani '13
Zachary Schlosser '11

Senior Honors Thesis Advisor:

Lianne Cho '18 (Neuroscience)
Fadwa Ahmed '18 (Cognitive Neuroscience)
Jessica Masur '18 (Cognitive Neuroscience)
Elizabeth Cosby '17 (Neuroscience)
Kaia Sargent ('17) (Cognitive Neuroscience)
Ana Alajandre-Lara ('17) (Contemplative Studies)
Golnoosh Madahvi '14.5 (Neuroscience)
Juan Santoyo '14.5 (Neuroscience)
Puneet Uppal '14 (Neuroscience)
Roberta Goldman '13 (Cognitive Neuroscience)
Rahil Rojinani '13 (Contemplative Music)
Annie Brown '12 (Contemplative Cognition)
Tomas Rocha '11 (Education)
Matthew Sacchet '10 (Contemplative Studies)

Senior Capstone Advisor:

Gloria Eissen '17 (Contemplative Studies)
Misbah Noorani '17 (Contemplative Studies)
Alicia Adams '11 (Human Biology)
Maria Capecelatro '10 (Human Biology)
Gina Silverstein '09.5 (Human Biology)
Richa Bhatnagar '09 (Human Biology)

Undergraduate Concentration Advisor:

Juan Santoyo '14.5 (Neuroscience)
Rahil Rojiani 12.5 (Independent)

Anne-Catherine Brown '12 (Independent)
Josh Himmelfarb '10.5 (Independent)

Medical School Concentration Advisor:

Sarah Schmidhofer MD '13 (Contemplative Studies)
Jonathan D. Lin MD '12 (Contemplative Studies)
Mason Hedberg MD '12 (Contemplative Studies)

Independent Study Students:

Dorothy Yam '19
Palak Walia '16
Jonathan Chou '13
Samuel Miller '13 (Psychology)
Christopher Oates '12 (Religious Studies)
Julia Bond '12 (Human Biology)
Halsey Niles '12 (Psychology and East Asian Studies)
Evan Winget '12 (Neuroscience)
Elizabeth Hastings '12 (Psychology)

HOSPITAL and CLINICAL TEACHING ROLES:

- 2004-06 **Instructor/Supervisor**
Internship in Mindfulness-Based Cognitive Therapy.
Interns attend 8 weekly 3-hr MBCT sessions with patients, followed by a 1-hr discussion of the session.
Department of Psychology, University of Arizona.
- Spring 2005 **Instructor**
Clinical Workshop: Mindfulness-Based Cognitive Therapy.
Introductory overview and short 1-day practicum to clinical faculty and graduate students. Department of Psychology, University of Arizona.
- 2005 **Invited Lecturer**
The physiology of stress and depression and reversal by meditative techniques.
Program in Integrated Medicine Enrichment Elective for Psychiatry Residents, University of Arizona Medical School, Tucson AZ. May 11.
- 2006 Spring **Practicum Instructor**, Mindfulness-Based Cognitive Therapy.
Semester-long course for advanced clinical psychology graduate students.
Department of Psychology, University of Arizona.
Supervisor: Richard Bootzin, PhD.
- 2006 **Invited Lecturer**
The physiology of stress and depression and reversal by meditative techniques.
Program in Integrated Medicine Enrichment Elective for Psychiatry Residents, University of Arizona Medical School, Tucson AZ. May 28.
- 2006 **Invited Lecturer**
Stress and Diabetes. Diabetes Management Group

Behavioral Medicine Clinic, The Miriam Hospital. Oct 19.

- 2006 **Invited Speaker**
Meditation-based interventions: History and Applications in Medicine.
American Medical Student Association Annual Retreat
Haffenreffer Center, Brown University. Oct 14.
- 2007 **Invited Workshop Leader**
Mindfulness in Medicine: Retreat for Psychiatry Residents. Brown University Medical School. Dec 10.
- 2007-present **Instructor/Supervisor**
Internship in Mindfulness-Based Stress Reduction
Interns attend 8 weekly 3-hr MBSR sessions with patients, followed by a 1-hr discussion of the session. Neurodevelopment Center
- 2008-present **Clinical Mentor**, Scholarly Concentration in Contemplative Studies, Brown University Medical School. Supervise Medical Students in directed research and clinical work.
- 2010 **Medical Resident Annual Retreat Facilitator**
Mindfulness in Medicine: Retreat for Family Medicine Residents. Brown University Medical School. May 6.
- 2011 **Medical Resident Annual Retreat Facilitator**
Mindfulness in Medicine: Retreat for Triple Board Residents. Brown University Medical School. May14.
- 2012 **Mindfulness-Based Stress Reduction Course Instructor**
Two 8 week (32 hour) courses and weekly follow- up sessions for Hospital Staff Oncology Unit, Miriam Hospital
- 2012 **Gold Humanism Honor Society Visiting Professorship**
Includes Medical Grand Rounds, day-long retreat with residents and fellows, Nov 13
- 2013 **Britton, W.B** and Stone, M. (2013) Fine-tuning Mindfulness with Neuroscience: Promises and Perils. 2-day workshop for clinicians and educators. Leading Edge Seminars, Toronto CA. Nov 14-15.
- 2014 **Britton, W.B.** Mindfulness in Medicine. Mindfulness Interest Group, Brown University Medical School. October 7
- 2014 **Britton, W.B.** Meditation and Pain. PHP 0050: Pain and the Human Condition. Brown University School of Public Health. October 21.