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## BIOGRAPHICAL SKETCH

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NAME: **Vieten, Cassandra**

eRA COMMONS USER NAME (credential, e.g., agency login): vietenc

POSITION TITLE: Clinical Professor, Department of Family Medicine, UC San Diego

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### EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
California State University, San Bernardino	B.A.	06/1991	Psychology
California Institute of Integral Studies	Ph.D.	01/1998	Clinical Psychology
University of California, San Francisco	Postdoctoral	06/1999	Behavioral Genetics

I am a Clinical Professor in the Department of Family Medicine at UC San Diego, and am a psychologist and clinical researcher specializing in investigating integrative approaches to health and well-being. Early in my career as a post-doc at UCSF and then adjunct faculty, I coordinated a \$7M project interviewing 2000 families to attempt to localize genes for alcohol dependence. Over two decades as a clinical researcher, I have served as PI on NIH, State and Foundation-funded research developing and testing mindfulness-based interventions for pregnant and post-partum women, substance dependence, obesity, mood disorders, improving psychological well-being, and increasing prosocial emotions and behaviors, targeting patients from diverse age, socio-economic, racial/ethnic, gender/sexual orientation backgrounds, most recently completing an NIH U01 collaborative project on mindfulness, nutrition and exercise training for low-income diverse pregnant women. My recent research has focused on clinical trials with psychedelics for pain and well-being, virtual reality interventions, and dissemination and implementation science. I now direct the highly respected and internationally recognized UC San Diego Center for Mindfulness. I also direct the science programs at the highly respected and internationally recognized Arthur C. Clarke Center for Human Imagination. I have trained, supervised, and mentored students and faculty members, and helped clinician-scientists develop careers across multiple disciplines and career stages, and am currently a co-I on a program on Compassionate Mentoring in STEM. I have led multiple large multidisciplinary multi-stakeholder collaborative research and educational initiatives. Most recently I was PI on a large foundation-funded dissemination and implementation science project charting a roadmap for integration of competencies for addressing spiritual and religious multicultural diversity in mental health professional training, including convening three stakeholder meetings and resulting in a roadmap, curricula and training guidelines for advancing the next stages of the field. This project was a collaboration between five Universities and over 100 multidisciplinary constituents throughout academia, clinical practice, policy and lived experience. In another project I led an international working group to advance the science of meditation, including three invitational symposia, creation of a multimedia course on the topic, and collaborative development of a research agenda. I have experience leading multidisciplinary research teams, initiatives, and centers. I am also co-founder and Psychology Director of the UC San Diego Center for Psychedelic Research, where I have convened a consortium of researchers across UC campuses over the past two years.

### **B. POSITIONS AND HONORS**

2023-present Clinical Professor, Department of Family Medicine; Director, Center for Mindfulness; Director of Research, Clarke Center for Human Imagination; UC San Diego

2023 American Psychological Association Outstanding Researcher Award Division 36  
 2021-2023 Associate Scientist, Director of Research, Clarke Center for Human Imagination, UCSD  
 2019-2023 Executive Director, John W. Brick Mental Health Foundation  
 2019-present Senior Fellow, Institute of Noetic Sciences  
 2019-2021 Scholar in Residence, Clarke Center for Human Imagination, UC San Diego  
 2013-2019 President (& CEO 2013-2016, Research Director 2003-2013), Institute of Noetic Sciences  
 2003–2018 Scientist, California Pacific Medical Center Research Institute  
 2003–2008 Research Faculty, Institute for Transpersonal Psychology  
 1999–2005 Adjunct Faculty, The Wright Institute, Berkeley, CA  
 2001–2003 Adjunct Assistant Professor, Department of Neurology, UC San Francisco  
 1999–2001 Adjunct Instructor, Department of Neurology, UC San Francisco  
 1998–1999 Postdoctoral Fellow, Gallo Clinic and Research Center, UC San Francisco  
 1999 Junior Investigator Award, Research Society on Alcoholism

## **CONTRIBUTIONS TO SCIENCE**

### **1) Mindfulness-Based Interventions for Physical, Psychological, and Behavioral Health**

My early research as part of a team investigating the genetics of alcohol dependence focused on the role of emotion regulation in craving, relapse, and treatment of alcoholism. This interest led me to investigating methods of improving emotion regulation - in particular, mindfulness and acceptance-based interventions for managing craving and preventing relapse in alcohol and tobacco dependence. This interest extended to developing and testing mindfulness-based approaches to reducing stress and preventing postpartum depression in pregnant women, which showed not only reductions in stress for pregnant women, but also beneficial outcomes for their infants.

Roubinov, D.S., Epel, E.S., Coccia, M., Coleman-Phox, K., **Vieten, C.**, Adler, N.E., Laraia, B. and Bush, N.R., (2022). Long-term effects of a prenatal mindfulness intervention on depressive symptoms in a diverse sample of women. *Journal of consulting and clinical psychology*, 90(12), p.942.

Noroña-Zhou, A.N., Coccia, M., Epel, E., **Vieten, C.**, Adler, N.E., Laraia, B., Jones-Mason, K., Alkon, A. and Bush, N.R., (2022). The Effects of a Prenatal Mindfulness Intervention on Infant Autonomic and Behavioral Reactivity and Regulation. *Psychosomatic Medicine*, 84(5), pp.525-535.

Epel E, Laraia B, Coleman-Phox K, Leung C, **Vieten C**, Mellin L, Kristeller J, Thomas M, Stotland N, Bush N (2019). Effects of a mindfulness-based intervention on distress, weight gain, and glucose control for pregnant low-income women: A quasi experimental trial using the ORBIT mode. *International Journal of Behavioral Medicine*, 1-13.

**Vieten, C.**, Laraia, B., Kristeller, J., Adler, N., Coleman-Phox, K., Bush, N., Wahbeh, H., Duncan, L.G., Epel, E. (2018). The Mindful Moms Training: Development of a mindfulness-based intervention to reduce stress and overeating during pregnancy. *BMC Pregnancy and Childbirth*, (18), 201.

### **2) Spiritual Competencies for Mental Health Professionals**

While patients would like their providers to attend to their spiritual and religious lives in their care, and most professionals agree that these would be important competencies, most have received little to no training in how to navigate spiritual and religious diversity or include it in assessment and care.

Through a Templeton Foundation grant, my colleagues and I are currently completing a study to enhance training for providers across mental health care professions, and I am co-chair of the APA Task Force to develop Professional Practice Guidelines for addressing spiritual and religious diversity in psychology, and co-author of a textbook on the topic.

Tanega, C., Currier, J., Fox, J., Pittman, J., & **Vieten, C.** (2025). Promoting training in spiritual and religious competencies for mental health care: Understanding barriers and facilitators in graduate education. *Psychology of Religion and Spirituality*. Advance online publication. <https://doi.org/10.1037/rel0000549>

- Vieten, C.**, Currier, J., & Fox, J. (2024). Spiritual and religious competency training for mental health care professionals: How much is enough?. *Counselor Education and Supervision*. Advance online pub.
- Currier, J. M., Fox, J., **Vieten, C.**, Pearce, M., & Oxhandler, H. K. (2023). Enhancing competencies for the ethical integration of religion and spirituality in psychological services. *Psychological Services*, 20(1), 40.
- Vieten, C.**, Oxhandler, H. K., Pearce, M., Fry, N., Tanega, C., & Pargament, K. (2023). Mental health professionals' perspectives on the relevance of religion and spirituality to mental health care. *BMC psychology*, 11(1), 439.
- Vieten, C.** & Lukoff, D. (2022). Spiritual and religious competencies in psychology. *American Psychologist*. 77(1), 26–38. <https://doi.org/10.1037/amp0000821>
- Vieten, C.**, Scammell, S., Pierce, A., Pilato, R., Ammondson, I., Pargament, K. I., & Lukoff, D. (2016). Competencies for psychologists in the domains of religion and spirituality. *Spirituality in Clinical Practice*, 3(2), 92-114.

### 3) Worldview Transformation and the Development of Empathy, Compassion, Prosocial Emotions

A primary focus of my research career has been investigating experiences and practices that transform people's worldviews in ways that change their relationship to themselves, others, and the planet, including transformative practices and experiences, and cultivation of compassion, empathy, and interconnectedness.

- Kohn, J. N., Troyer, E. A., Wilson, K. L., Reddy, R., **Vieten, C.**, Viirre, E., ... & Hong, S. (2025). Virtual reality communication training in pain medicine: effects on medical students' racial bias, empathy, and interview performance with virtual patients. *Pain Medicine*, 26(2), 120-123.
- Vieten, C.**, Rubanovich, C.K., Khatib, L., Sprengel, M., Tanega, C., Polizzi, C., Vahidi, P., Malaktaris, A., Chu, G., Lang, A.J. and Tai-Seale, M., (2024) Measures of empathy and compassion: A scoping review. *Plos one*, 19(1).
- Wahbeh H, Yount G, **Vieten C**, Radin D, Delorme A. Exploring Personal Development Workshops' Effect on Well-Being and Interconnectedness. *J Integr Complement Med*. 2022 Jan; 28(1):87-95.
- Wahbeh, H., Radin, D., Mossbridge, J., **Vieten, C.**, Delorme, A. (2018). Exceptional experiences reported by scientists and engineers. *Explore: The journal of science and healing*. 14(5), 329-341.
- Vieten, C.**, Estrada, M., Cohen, A. B., Radin, D., Schlitz, M. M., & Delorme, A. (2014). Engagement in a community-based integral practice program enhances well-being. *International Journal of Transpersonal Studies*, 33(2), 3.

Complete List of Published Work in MyBibliography:

<https://www.ncbi.nlm.nih.gov/myncbi/cassandra.vieten.1/bibliography/public/>

### Current and Recently Completed Projects

#### **Current**

“Psilocybin in Treatment of Phantom Limb Pain” Cohen Foundation, UCSD, \$1.7M, 2020-2025, PI Adam Halberstadt, Co-I (5% effort)

“Compassionate Mentoring” Sanford Institute for Empathy and Compassion UCSD, Sanford Institute for Empathy and Compassion UCSD, \$1.3M, 2020-2025, PI Gentry Patrick, Co-I (5% effort)

“An Antidote to Burnout: Virtual Reality Approaches to Stress Reduction in Advanced Practice Professionals” Sanford Institute for Empathy and Compassion UCSD, \$100,000 2024-2025, PI (10% effort)

## **Recently Completed**

“Police Officer Wellness and Resilience (POWR)” California State Commission on Peace Officer Standards and Training, UCSD Contract, \$4,200,000, 2022-2025, PI (35% effort), Centers for Integrative Health, Dept. of Family Medicine, UCSD

“Integrating Religious and Spiritual Competencies in Mental Health Care Through Training and Systems-Level Change” The John Templeton Foundation, \$5,188,878, UCSD Subcontract \$735,205, 2021-2024, PI, (25% effort), Arthur C Clarke Center for Human Imagination, Division of Physical Sciences, UCSD

“The Neural and Linguistic Mediators of Compassion-Centered Spiritual Health at the Hospital Bedside” Sanford Institute for Empathy and Compassion, UCSD/Emory University, \$149,985, 2022-2023, Emory PI Jennifer Mascaro, UCSD PI, Co-I (30% effort)

The MAMAS Study: Novel Interventions to Reduce Non-homeostatic Eating in Pregnant Women, Five-year NIH-funded project to adapt and test a mindfulness-based intervention for stress reduction, healthy eating, and active lifestyle in low-income pregnant women. NIH, U24, UC San Francisco, \$5,107,413, 2012-2016. Principal Investigators: Elissa Epel, Barbara Laraia, Nancy Adler, University of California, San Francisco, Co-I, California Pacific Medical Center Research Institute, San Francisco (20% effort).

A Mindfulness-based Intervention for Relapse Prevention, 2006–2008, NIAAA, \$250,000, PI (20% effort), California Pacific Medical Center Research Institute, San Francisco.

Mindfulness-Based Relapse Prevention for Nicotine Dependence. State of California, 2005 – 2007, \$100,000, PI (25% effort), California Pacific Medical Center Research Institute, San Francisco.