Simon B. Goldberg, PhD

Department of Counseling Psychology

University of Wisconsin – Madison

335 Education Building, 1000 Bascom Mall, Madison, WI, 53706

Email: sbgoldberg@wisc.edu, Tel: 608-265-8986, Fax: 608-265-4174

###### Education and Training

2017-2018 VA Puget Sound Health Care System – Seattle Division

University of Washington Department of Health Services

Postdoctoral Fellowship in Health Services Research & Development (HSR&D)

2010-2017 University of Wisconsin – Madison

PhD in Counseling Psychology (APA accredited)

Minor in Quantitative Methods

2016-2017 VA Puget Sound Health Care System – Seattle Division

Doctoral Internship in Clinical Psychology (APA accredited)

2000-2004 Tufts University

Bachelor of Arts in Sociology, *summa cum laude*

Present Position

2018-Present Department of Counseling Psychology, University of Wisconsin – Madison

Assistant Professor

2018-Present Center for Healthy Minds, University of Wisconsin – Madison

Affiliate Faculty

Professional License

2018-Present Psychologist, State of Wisconsin (3627–57)

Honors and Fellowships

2016 Canter Education and Training Award, APA Division 29 (Psychotherapy)

2010, 2016 University Fellowship, UW-Madison

2015 Barnett Psychotherapy Research Award, APA Division 29 (Psychotherapy)

2015 Howard Memorial Award, North American Society for Psychotherapy Research

2015 Rothney Award, Department of Counseling Psychology, UW-Madison

2004 Phi Beta Kappa, Tufts University

2004 Sociology Prize, Tufts University

2004 Class of 1898 Prize, Tufts University

2000-2004 Dean’s List, Tufts University

2003 AmeriCorps Education Award

Research Funding

Active

2020-Present K23 AT010879 NIH/NCCIH

*Mindfulness training delivered via mobile health to reduce depression and*

*anxiety.* $786,228

Role: Principal Investigator

2020-Present Chan-Zuckerberg Initiative DAF 2020-218037 (5022)

*Supporting healthy minds for teachers during COVID-19*. $203,500

Role: Co-Principal Investigator

2020-Present Defeating Depression Award, Hope for Depression Research Foundation

*Neurocognitive effects of mHealth mindfulness training for depression.* $499,999

Role: Co-Principal Investigator

2020-Present Fall Competition, UW-Madison

*Why do some therapists get better outcomes? Correlates of therapist effects in*

*naturalistic psychotherapy.* $41,878

Role: Principal Investigator

2018-Present 50th Anniversary Grant, Society for the Advancement of Psychotherapy

(APA Division 29)

*Why do some therapists get better outcomes? Correlates of therapist effects in naturalistic psychotherapy.* $30,000

Role: Principal Investigator

Completed

2016-2019 Varela Award, Mind & Life Institute

*Improving the measurement of mindfulness: Validation of observer-rated and*

*self-report measures of mindfulness training.* $15,000

Role: Principal Investigator

Co-PIs: Richard Davidson, PhD; Lisa Flook, PhD

Peer-Reviewed Journal Publications

\*Peer review; °invited; underlining denotes student or trainee; ssenior author for mentored project

79. \*Goldberg, S. B., Pace. B. T., Griskaitis, M., Willutzki, R., Skoetz, N., Thoenes, S.,

Zgierska, A., & Rösner, S. (in press). Mindfulness-based interventions for substance use

disorders. *Cochrane Database of Systematic Reviews*.

78. \*Raphaely, S., Goldberg, S. B., Moreno, M., & Stowe, Z. (in press). Rates of assessment of

social media use in the psychiatric interview, prior to and during COVID-19: A needs

assessment survey. *JMIR Medical Education*.

77. \*Sun, S., Goldberg, S. B., Loucks, E., & Brewer, J. (in press). Mindfulness-based

interventions among racial/ethnic minorities: A systematic review and meta-analysis*.*

*Psychotherapy Research.*

76. \*Goldberg, S. B., Lam, S. U., Britton, W. B., & Davidson, R. J. (in press). Prevalence of

meditation-related adverse effects in a population-based sample in the United States.

*Psychotherapy Research*.

75. \*Goldberg, S. B., Baldwin, S. A., Riordan, K. M., Torous, J., Dahl, C. J., Davidson, R. J., &

Hirshberg, M. J. (in press). Alliance with an unguided smartphone app: Validation of the

Digital Working Alliance Inventory*.* *Assessment*.

74. \*Sun, S., Lin, D., Goldberg, S. B., Shen, Z., Chen, P., Qiao, S., Brewer, J., Loucks, E., &

Operario, D. (in press). A mindfulness-based mobile health (mHealth) intervention

among psychologically distressed university students in quarantine during the COVID-19

pandemic: A randomized controlled trial. *Journal of Counseling Psychology*.

73. \*Goldberg, S. B., Flook, L., Hirshberg, M. J., Davidson, R. J., & Schaefer, S. M. (in press).

Brief breath awareness training yields poorer working memory performance in the

context of acute stress. *Cognition and Emotion*. doi: 10.1080/02699931.2021.1878113

72. \*Hirshberg, M. J., Goldberg, S. B., Rosenkranz, M., & Davidson, R. J. (in press). Response

to Van Dam and Galante’s correspondence “Underestimating harm in Mindfulness-Based

Stress Reduction.” *Psychological Medicine*.

71. \*Goldberg, S. B., Flynn, A., Abbas, M., Schultz, M., Hiserodt, M., Thomas, K., Kallio, K. &

Wyman, M. F. (in press). Post-deployment treatment gap: Symptoms and utilization

among returning National Guard soldiers. *The Counseling Psychologist*.

70. \*Goldberg, S. B., Riordan, K., Sun, S., Davidson, R. J. (in press). The empirical status of

mindfulness-based interventions: A systematic review of 44 meta-analyses of randomized

controlled trials. *Perspectives on Psychological Science*.

69. \*Hirshberg, M. J., Goldberg, S. B., Rosenkranz, M., & Davidson, R. J. (in press). Prevalence

of harm in mindfulness-based stress reduction. *Psychological Medicine*.

68. \*Goldberg, S. B., Bolt, D. M., & Davidson, R. J. (2021). Data missing not at random in

mobile health research: Assessment of the problem and a case for sensitivity analyses.

*Journal of Medical Internet Research, 23*(6), e26749. doi: 10.2196/26749

67. \*Sun, S., Goldberg, S. B., Lin, D., Qiao, S., & Operario, D. (2021). Psychiatric symptoms,

risk, and protective factors among university students in quarantine during the COVID-19

pandemic in China. *Globalization and Health, 17*(1), 1-14.

doi: 10.1186/s12992-021-00663-x

66. \*Goldberg, S. B., Tanana, M., Imel, Z. E., Atkins, D. C., Hill, C. E., & Anderson, T. (2021).

Can a computer detect interpersonal skills? Using machine learning to scale up the

Facilitative Interpersonal Skills task. *Psychotherapy Research,* *31*(3), 281-288.

doi: 10.1080/10503307.2020.1741047

65. \*Goldberg, S. B., Imhoff-Smith, T., Bolt, D., Wilson-Mendenhall, C. D., Dahl, C. J.,

Davidson, R. J., & Rosenkranz, M. A. (2020). Testing a multi-component, self-guided,

smartphone-based meditation app: Three-armed randomized controlled trial. *JMIR*

*Mental Health*, 7(11), e23825. doi: 10.2196/23825

64. \*Goldberg, S. B., Shechet, B., Nicholas, C., Ng, C. W., Deole, G., Chen, Z., & Raison, C.

(2020). Post-acute psychological effects of classical serotonergic psychedelics: A systematic review and meta-analysis. *Psychological Medicine, 50,* 2655-2666.

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63. \*Goldberg, S. B., Riordan, K., Sun, S., Kearney, D. J., & Simpson, T. L. (2020). Efficacy

and acceptability of mindfulness-based interventions for military veterans: A systematic

review and meta-analysis. *Journal of Psychosomatic Research, 138*(110232), 1-10.

doi: 10.1016/j.jpsychores.2020.110232

62. \*Chen, J. A., Glass, J. E., Bensley, K. M., Goldberg, S. B., Lehavot, K., & Williams, E. C.

(2020). Racial/ethnic and gender differences in receipt of brief intervention among

patients with unhealthy alcohol use in the U.S. Veterans Health Administration. *Journal*

*of Substance Abuse Treatment, 119*(108078), 1-9. doi: 10.1016/j.jsat.2020.108078

61. \*Simpson, T. L., Hawrilenko, M., Goldberg, S. B., Browne, K., Lehavot, K., & Borowitz,

M. (2020). Treatment receipt patterns among individuals with co-occurring PTSD and

substance use disorders. *Journal of Consulting and Clinical Psychology, 88*(11), 1039-

1051. doi: 10.1037/ccp0000600

60. \*Goldberg, S. B., Fortney, J. C., Chen, J. A., Young, B. A., Lehavot, K., & Simpson, T. L.

(2020). Military service and military health care coverage are associated with reduced

racial disparities in time to mental health treatment initiation. *Administration and Policy*

*in Mental Health and Mental Health Services Research, 47*, 555-568.

doi: 10.1007/s10488-020-01017-2

59. \*Campbell, S. B., Trachik, B., Goldberg, S. B., & Simpson, T. (2020). Identifying PTSD

symptom typologies: A latent class analysis. *Psychiatry Research, 285*(112779), 1-11.

doi: 10.1016/j.psychres.2020.112779

58. \*Goldberg, S. B., Hanley, A. W., Baldwin, S. A., Bernstein, A., & Garland, E. L. (2020).

Does mindfulness practice promote psychological functioning or is it the other way

around? A daily diary study*. Psychotherapy, 57*(3), 310–322. doi: 10.1037/pst0000286

57. \*Goldberg, S. B. & Tucker, R. P. (2020). Allegiance effects in mindfulness-based

interventions for psychiatric disorders: A meta-re-analysis. *Psychotherapy Research, 30,*

753-762. doi: 10.1080/10503307.2019.1664783

56. \*Goldberg, S. B., Flemotomos, N., Martinez, V. R., Tanana, M., Kuo, P., Pace, B. T.,…&

Atkins, D. C. (2020). Machine learning and natural language processing in

psychotherapy research: Alliance as example use case. *Journal of Counseling*

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55. \*Goldberg, S. B., Rowe, G., Malte, C. A., Ruan, H., Owen, J. J., & Miller, S. D. (2020).

Routine monitoring of therapeutic alliance to predict treatment engagement in a Veteran

Affairs substance use disorders clinic. *Psychological Services, 17*(3), 291–299.

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54. \*Goldberg, S. B., Pace, B. T., Nicholas, C. R., Raison, C. L., & Hutson, P. R. (2020). The

experimental effects of psilocybin on symptoms of anxiety and depression: A meta-

analysis. *Psychiatry Research, 284*, 1-4. doi: 10.1016/j.psychres.2020.112749

53. \*Goldberg, S. B., Knoeppel, C., Davidson, R. J., & Flook. L. (2020). Does practice quality

mediate the relationship between practice time and outcome in mindfulness-based stress

reduction? *Journal of Counseling Psychology, 67*(1), 115-122.

doi: 10.1037/cou0000369

52. \*Goldberg, S. B., Baldwin, S. A., Merced, K., Caperton, D., Imel, Z. E., Atkins, D. C., &

Creed, T. (2020). The structure of competence: Evaluating the factor structure of the

Cognitive Therapy Rating Scale. *Behavior Therapy,* *51*, 113-122.

doi: 10.1016/j.beth.2019.05.008

51. \*Zoogman, S., Goldberg, S. B., Vousoura, E., Diamond, M., & Miller, L. (2019).

Effectiveness of yoga-based interventions in anxiety disorders: A meta-analysis of

randomized controlled trials. *Spirituality in Clinical Practice, 6*(4), 256-279.

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50. \*Flückiger, C., Hilpert, P., Goldberg, S. B., Caspar, F., Wolfer, C., Held, J., & Vîslă, A.

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post-treatment: An evidence-based souvenir of overlooked clinical perspectives. *Journal of Counseling Psychology*, *66*(5), 613-625. doi:10.1037/cou0000336

49. \*Goldberg, S. B., Tucker, R. P., Abbas, M., Schultz, M., Hiserodt, M., Thomas, K., Anestis,

M., & Wyman, M. F. (2019). Firearm ownership and capability for suicide in post-

deployment National Guard service members. *Suicide and Life-Threatening Behavior, 49*(6), 1668-1679*.* doi: 10.1111/sltb.12551

48. \*Sun, S., Pickover, A. M., Goldberg, S. B., Bhimji, J., Nguyen, J. K., Evans, A.,… &

Kaslow, N. J.. (2019). For whom does Cognitively Based Compassion Training

(CBCT) work? An analysis of predictors and moderators among African American

suicide attempters. *Mindfulness, 10*(11), 2327-2340. doi: 10.1007/s12671-019-01207-6

47. \*Treves, I., Tello, L. Y., Davidson, R. J., & Goldberg, S. B.s (2019). Mindfulness and

body awareness: A systematic review and meta-analysis. *Scientific Reports, 9*,17386.

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46. \*Goldberg, S. B., Zeliadt, S., Hoggat, K. J., Simpson, T. L., Fortney, J. C., & Taylor, S. L.

(2019). Utilization and perceived effectiveness of mindfulness meditation in veterans:

Results from a national survey. *Mindfulness, 10*(12), 2596-2605.

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45. \*Goldberg, S. B., Tucker, R. P., Greene, P. A., Davidson, R. J., Kearney, D. J., & Simpson,

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symptoms: A meta-analysis. *Cognitive Behaviour Therapy, 48*(6), 445-462.

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44. \*Goldberg, S. B., Hirshberg, M. J., Tello, L., Weng, H., Flook, L., & Davidson, R. J.

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as less neurotic, more conscientious and more mindful than non-meditating controls.

*PLOS ONE, 4*(8), e0221782. doi: 10.1371/journal.pone.0221782

43. \*Kivlighan, D. M. III, Lin, Y. J., Egan, K. P., Pickett, T., & Goldberg, S. B. (2019). A

further investigation of the good-enough level (GEL) model: Premature termination and

treatment progress in accordance with the phase model. *Psychotherapy, 56*(2), 309-317*.*

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42. \*Hawkins, E., Goldberg, S. B., Malte, C., & Saxon, A. (2019). New opioid and

benzodiazepine co-prescribing and mortality among Veteran Affairs patients with

posttraumatic stress disorder. *Journal of Clinical Psychiatry, 80*(4), 18m12689*.*

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41. \*Goldberg, S. B., Livingston, W. S., Blais, R. K., Brignone, E., Suo, Y., Lehavot, K.,

Simpson, T. L., Fargo, J., & Gundlapalli, A. V. (2019). A positive screen for military

sexual trauma is associated with greater risk for substance use disorders in women

veterans. *Psychology of Addictive Behaviors, 33*(5), 477-483. doi: 10.1037/adb0000486

40. \*Goldberg, S. B., Simpson, T. L., Lehavot, K., Katon, J. G., Chen, J. A., Glass, J. E.,

Schnurr, P. P., Sayer, N., & Fortney, J. C. (2019). Mental health treatment delay: A

comparison among civilians and veterans of different service eras. *Psychiatric Services, 70*(5), 358-366. doi: 10.1176/appi.ps.201800444

39. \*Cerimele, J. M., Goldberg, S. B., Miller, C. J., Gabrielson, S. W., & Fortney, J. C. (2019). A

systematic review of bipolar disorder symptom measures for use in measurement-based

care. *Psychiatric Services, 70*(5), 396-408*.* doi: 10.1176/appi.ps.201800383

38. \*Roepke, A. M., Turner, A. P., Henderson, A. W., Goldberg, S. B., Norvell, D. C.,

Czerniecki, J. M., & Williams, R. M. (2019). A prospective longitudinal study of

depressive symptoms after dysvascular amputation. *Archives of Physical Medicine &*

*Rehabilitation, 100*(8), 1426-1433.doi: 10.1016/j.apmr.2018.11.024

37. \*McClintock, A. S., Goldberg, S. B., Coe, C. L., & Zgierska, A. (2019). Mindfulness

practice predicts interleukin-6 responses to a mindfulness-based alcohol

relapse prevention intervention. *Journal of Substance Abuse Treatment, 105*, 57-63.

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36. \*Goldberg, S. B., Tucker, R. P., Greene, P. A., Simpson, T.L., Hoyt, W. T., Kearney, D.

J., & Davidson, R. J. (2019). What can we learn from randomized clinical trials about

the construct validity of self- report measures of mindfulness? A meta-analysis.

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35. °Wielgosz, J., Goldberg, S. B., Kral, T. R. A., Dunne, J. D., & Davidson, R. J. (2019).

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*15*(1), 1-32. doi: 10.1146/annurev-clinpsy-021815-093423

34. \*Hirshberg, M. J., Goldberg, S. B., Schaefer, S., Flook, L., Findley, D., & Davidson, R.J.

(2018). Divergent effects of brief contemplative practices in responses to an acute

stressor: A randomized controlled trial of brief breath awareness, loving-kindness,

gratitude or an attention control practice*.* *PLOS ONE 13*(12): e0207765.

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33. \*Hayes, J. A., Gelso, C. J., Goldberg, S. B., & Kivlighan, D. M. III. (2018).

Countertransference management and effective psychotherapy: Meta-analytic findings.

*Psychotherapy, 55*(4), 496-507. doi: 10.1037/pst0000189

32. \*Goldberg, S. B., Buck, B., Raphaely, S., & Fortney, J. C. (2018). Measuring psychiatric

symptoms remotely: A systematic review of remote measurement-based care. *Current*

*Psychiatry Reports, 20*(10). doi: 10.1007/s11920-018-0958-z

31. \*Goldberg, S. B. (2018). Why mindfulness belongs in counseling psychology: A

synergistic clinical and research agenda. *Counselling Psychology Quarterly, 31*(3), 317-

335. doi: 10.1080/09515070.2017.1314250

30. \*Lehavot, K., Goldberg, S. B., Chen, J. A., Katon, J. G., Glass, J. E., Fortney, J. C., &

Schnurr, P. P. (2018). Do trauma type, stressful life events, and social support explain

women veterans’ high rates of PTSD? *Social Psychiatry and Psychiatric Epidemiology,*

*53*, 943-953. doi: 10.1007/s00127-018-1550-x

29. \*Thompson, M., Goldberg, S. B., & Nielsen, S. L. (2018). Patient financial distress and

treatment outcomes in naturalistic psychotherapy. *Journal of Counseling Psychology,*

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28. \*Goldberg, S. B., Hoyt, W. T., Nissen-Lie, H. A., Nielsen, S. L., & Wampold, B. E. (2018).

Unpacking the therapist effect: Impact of treatment length differs for high- and low-

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27. \*Goldberg, S. B., Tucker, R. P., Greene, P. A., Davidson, R. J., Wampold, B. E., Kearney, D.

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26. \*Goldberg, S.B., & Sachter, L.W. (2018). The Zentensive: A psychodynamically oriented

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25. \*Davis, J. M., Goldberg, S. B., Angel, K. S., Silver, R. H., Kragel, E.A., & Lagrew, D. J.

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cessation program. *Mindfulness, 8*(6), 1689-1698. doi: 10.1007/s12671-017-0744-8

24. \*Yulish, N., Goldberg, S. B., Frost, N. D., Abbas, M., Oleen-Junk, N. A., Kring, M…&

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analysis of anxiety treatments. *Psychotherapy, 54*(4), 321-338. doi: 10.1037/pst0000144

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Predicting psychotherapy outcome based on therapist interpersonal skill: A five-year

longitudinal study of a therapist group assessment protocol. *Psychotherapy Research,*

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19. \*Goldberg, S. B., Wielgosz, J., Dahl, C., Schuyler, B., MacCoon, D. S., Rosenkranz, M.,

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16. \*Nissen-Lie, H. A., Goldberg, S. B., Hoyt, W. T., Falkenström, F., Holmqvist, R., Nielsen, S.

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15. \*Kivlighan, D. M. III, Goldberg, S. B., Abbas, M., Pace, B. T., Yulish, N. E., Thomas, J.

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14. \*Davis, J. M., Manley, A. R., Goldberg, S. B., Stankevitz, K. A., & Smith, S. S. (2015).

Mindfulness training for smokers via web-based video instruction with phone support: a

prospective observational study. *BMC Complementary & Alternative Medicine, 15*, 1-9.

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13. \*Goldberg, S. B., & Hoyt, W. T. (2015). Group as social microcosm: Within group

interpersonal style is congruent with outside group relational tendencies. *Psychotherapy,*

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12. \*Hase, C. N., Goldberg, S. B., Smith, D., Stuck, A., Campain, J. (2015). Impacts of

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school students. *Psychology in the Schools, 52*, 607-617.doi:10.1002/pits.21841

11. \*Flook, L., Goldberg, S. B., Pinger, L., & Davidson, R. J. (2015). Promoting prosocial

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10. \*Zoogman, S., Goldberg, S. B., Hoyt, W. T., & Miller, L. (2015). Mindfulness interventions

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9. \*Davis, J. M., Manley, A. R., Goldberg, S. B., Smith, S. S., & Jorenby, D. E. (2014).

Randomized trial comparing mindfulness training for smokers to a closely matched

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8. \*Goldberg, S. B., Manley, A. R., Smith, S. S., Greeson, J. M., Russel, E., VanUum, S., Koren,

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for smokers. *Journal of Alternative and Complementary Medicine, 20*, 630-634.

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7. \*Goldberg, S. B., Del Re, A. C., Hoyt, W. T., & Davis, J. M. (2014). The secret ingredient in

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6. \*Davis, J. M., Goldberg, S. B., Anderson, M. C., Manley, A. R., Smith, S. S., & Baker, T. B.

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disadvantaged population. *Substance Use and Misuse, 49,* 571-585.

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5. \*Baardseth, T. P., Goldberg, S. B., Pace, B. T., Wislocki, A. P., Frost, N. D., Siddiqui,

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4. \*Del Re, A. C., Flückiger, C., Goldberg, S. B., & Hoyt, W. T. (2013). Monitoring mindfulness

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3. \*Flook, L., Goldberg, S. B., Pinger, L., Bonus, K., & Davidson, R. J. (2013). Mindfulness for

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2. \*Goldberg, S. B., Davis, J. M., & Hoyt, W. T. (2013). The role of therapeutic alliance in

mindfulness interventions: Therapeutic alliance in Mindfulness Training for Smokers.

*Journal of Clinical Psychology*, *69*, 936-950. doi:10.1002/jclp.21973

1. \*Valdez, C., Shewakramani, V., Goldberg, S. B., & Padilla, B. (2013). Parenting influences on

Latino children’s social competence in the first grade: Parental depressed mood and

parent involvement at home and school. *Child Psychiatry and Human Development, 44*,

646-657.doi:10.1007/s10578-013-0358-x

Book Chapters

3. Baldwin, S., & Goldberg, S. B. (in press). *Methodological foundations and innovations in*

*psychotherapy research*. In M. Barkham, W. Lutz, and L. Castonguay (Eds.), Bergin and

Garfield's Handbook of Psychotherapy and Behavior Change (7th ed.) Hoboken, NJ:

Wiley & Sons.

2. Hayes, J. A., Gelso, C. J., Kivlighan, D. M. III, & Goldberg, S. B. (2018). *Managing*

*countertransference.* In J. C. Norcross & M. J. Lambert (Eds.), *Psychotherapy*

*relationships that work (3rd ed.)*. New York: Oxford University Press.

1. Goldberg, S. B., Miller, S. D., & Babins-Wagner, R. (2017).Nurturing expertise in mental

health agencies*.* In T. Rousmaniere, R. Goodyear, S. Miller, and B.E. Wampold (Eds.),

*The Cycle of Excellence: Using Deliberate Practice in Supervision, Training, and*

*Independent Practice*, (pp. 199-217). Hoboken, New Jersey: Wiley Press.

Online Publications

7. Goldberg, S. B. (2021, July). Does mindfulness meditation actually work? Probably for some

things. *Society for Personality and Social Psychology Character & Context blog.*

Retrieved from: https://www.spsp.org/news-center/blog/goldberg-mindfulness-meditation

6. Goldberg, S. B. (2020). Predicting the therapist effects: Study rationale and what we have

learned without even looking at the data. *Society for the Advancement of Psychotherapy*

*Bulletin, 55*(2), 6-12.

5. Goldberg, S. B. (2020). Finding and providing mentorship in psychotherapy research:

Six suggestions for mentors and mentees. *Society for the Advancement of Psychotherapy*

*Bulletin, 22*, 45-48.

4. Goldberg, S. B. & Segal, Z. V. (2019, April). *Mindfulness-based cognitive therapy for*

*depression.* American Psychological Association Society of Clinical Psychology

(Division 12) empirically-supported treatments list. Retrieved from: https://www.div12.org/treatment/mindfulness-based-cognitive-therapy/

3. Goldberg, S. B. (2019, February). *Mindfulness-based cognitive therapy for the treatment of*

*current depressive symptoms: A meta-analysis.* Invited blog post for Cognitive Behaviour

Therapy blog. Retrieved from: https://www.cognbehavther.com/mindfulness-cognitive-therapy-depressive-meta/

2. Goldberg, S. B., Rousmaniere, T., & Wampold, B. E. (April, 2016). *Do psychotherapists*

*improve with time and experience?* Invited blog post for APA Division 12 (Clinical

Psychology) Clinical Bulletin. Retrieved from: https://www.div12.org/do-

psychotherapists-improve-with-time-and-experience/

1. Flook, L. & Goldberg, S. B. (2014, January). *The oasis within: Mindfulness practice for*

*teachers.* Invited blog post for The George Lucas Foundation Edutopia.org. Retrieved

from https://www.edutopia.org/blog/oasis-within-mindfulness-practice-teachers-lisa-

flook

Unpublished Treatment Manuals

1. Goldberg, S. B. (2016). Behavioral therapies for treating tobacco use. In J. M. Davis

(Ed.) *Duke-UNC Tobacco Treatment Specialist Training Manual*.

National/International Peer-Reviewed Presentations

56. Lam, S. U., Britton, W., Davidson, R. J., & Goldberg, S. B. (2021, June). *Prevalence of*

*meditation-related adverse effects in a population-based sample.* Poster presented at

the Mind & Life Institute Summer Research Institute online.

55. Riordan, K. M., Davidson, R. J., & Goldberg, S. B. (2021, June). *Does long- or short-term*

*meditation training influence environmental attitudes or behaviors?* Poster presented at

the Mind & Life Institute Summer Research Institute online.

54. Goldberg, S. B., & Baldwin, S. A. (2021, June). *Methodological foundations and innovations*

*in quantitative psychotherapy research.* In M. Barkham, W. Lutz, and L. G. Castonguay

(Chairs), *Traditions and new beginnings in psychotherapy research: The 50-year*

*anniversary edition of the Bergin and Garfield Handbook of Psychotherapy and Behavior*

*Change.*

53. Baldwin, S. A., Goldberg, S. B., Davidson, R. J, & Hirshberg, M. J. (2021, June). *Alliance*

*with an app? Evaluating the Digital Working Alliance Inventory.* In J. K. Swift (Chair),

*Novel understandings of the working alliance and ruptures in psychotherapy.* Panel

conducted at the Society for Psychotherapy Research meeting in Heidelberg, Germany

and online.

52. Tanana, M., Goldberg, S. B., Atkins, D. C., & Imel, Z. E. (2021, June). *Some things machine*

*learning and natural language processing can and cannot do for psychotherapy*

*research.* In N. Shapira (Chair), *Using natural language processing and machine*

*learning approaches to advance psychotherapy research.* Panel conducted at the Society

for Psychotherapy Research meeting in Heidelberg, Germany and online.

51. Goldberg, S. B., Tanana, M., Imel, Z. E., Atkins, D. C., Hill, C. E., & Anderson, T. (2021,

June). *Can a computer detect interpersonal skills? Using machine learning to scale up*

*the Facilitative Interpersonal Skills task.* In S. B. Goldberg (Chair), *Novel methods for*

*bottling old wine: Biological and statistical innovations for studying interpersonal*

*processes in psychotherapy.* Panel conducted at the Society for Psychotherapy

Research meeting in Heidelberg, Germany and online.

50. Lam, S.U., Kirvin-Quamme, A., & Goldberg, S. B. (2020, November). *Attrition in*

*mindfulness-based interventions: A meta-analysis.*Poster presented at the Mind and Life

Contemplative Research Conference online.

49. Hirshberg, M. J., Goldberg, S. B., Frye, C., & Davidson, R. J. (2020, November). *Supporting*

*educators during COVID-19*. In S. B. Goldberg (Chair), *Expanding access to*

*contemplative practices through digital technology.* Paper presented at the Mind & Life

Institute Contemplative Research Conference online.

48. Goldberg, S. B., Davidson, R. J., & Rosenkranz, M. A. (2020, November). *Awareness,*

*Connection, and Insight: Testing a multi-component meditation app in a three-armed*

*randomized controlled trial*. In S. B. Goldberg (Chair), *Expanding access to*

*contemplative practices through digital technology.* Paper presented at the Mind & Life

Institute Contemplative Research Conference online.

47. Riordan, K. M., Goldberg, S. B., Sun, S., Davidson, R. J. (2020, November). The empirical

status of mindfulness-based interventions: A systematic review of 44 meta-analyses of

randomized controlled trials. Paper presented at the Mind & Life Institute Contemplative

Research Conference online.

46. Riordan, K.M., Goldberg, S. B., & Davidson, R. J. (2020, May). *What do we know about*

*mindfulness-based interventions now? A systematic review of meta-analyses.* Poster

presented at the Mind & Life Institute Summer Research Institute in Garrison, NY.

45. Riordan, K., Goldberg, S. B., Sun, S., Kearney, D. J., & Simpson, T. L. (2020, June).

*Mindfulness-based interventions for military veterans: A systematic review and meta-*

*analysis.* Poster presented at the Society for Psychotherapy Research meeting in

Amherst, MA. (Conference canceled)

44. Goldberg, S. B., Tanana, M., Imel, Z. E., Atkins, D. C., Hill, C. E., & Anderson, T. (2020,

June). *Can a computer detect interpersonal skills? Using machine learning to scale up*

*the Facilitative Interpersonal Skills task.* In S. B. Goldberg (Chair), *Novel methods for*

*bottling old wine: Biological and statistical innovations for studying interpersonal*

*processes in psychotherapy.* Symposium conducted at the Society for Psychotherapy

Research meeting in Amherst, MA. (Conference canceled)

43. Riordan, K., Goldberg, S. B., & Davidson, R. J. (2020, May). *What do we know about*

*mindfulness-based interventions now?: A systematic review of 45 meta-*

*analyses.* Poster presented at the Association for Psychological Science meeting in

Chicago, IL.

42. Flynn, A., Goldberg, S. B., Tucker, R. P., Domínguez, S., Trachik, B., Abbas, M., &

Wyman, W. (2020, April). *Injury during deployment is associated with suicidal ideation*

*in National Guard service members: Examining potential mechanisms of action.* Poster

presented at the Society of Counseling Psychology meeting in New Orleans, LA.

(Conference canceled)

41. Cozart, J., Pederson, A., & Goldberg, S. B. (2020, April). *What makes a good therapist?*

*A systematic review and meta-analysis of therapist-level predictors of treatment outcome.*

Poster presented at the Society of Counseling Psychology meeting in New Orleans, LA.

(Conference canceled)

40. Sun, S., Goldberg, S. B., Brewer, J. (2019, June). *Mindfulness-based interventions for racial*

*and ethnic minorities: A meta-analysis.* Poster presented at the Mind & Life Summer

Research Institute meeting in Garrison, NY.

39. Simpson, T. L., Goldberg, S. B., & Hawrilenko, M. (2019, June). *Treatment receipt patterns*

*among NESARC-III respondents with lifetime PTSD/A-DUD: Who went where?* Poster

presented at the Research Society on Alcoholism meeting in Minneapolis, MN.

38. Simpson, T. L., Hawrilenko, M., & Goldberg, S. B. (2019, June). *Where did they go and how*

*did they fare? Latent class analysis of treatment receipt among NESARC-III respondents*

*with lifetime PTSD/A-DUD.* Poster presented at the Research Society on Alcoholism

meeting in Minneapolis, MN.

37. Thomas, K., Hoyt, W. T., Abbas, M., Schultz, M., Hiserodt, M., Umucu, E., Goldberg, S. B.,

& Wyman, M. F. (2019, August). *Examining the factor structure of the Acquired*

*Capability for Suicide Scale in a National Guard population*. Poster presented at the American Psychological Association meeting in Chicago, IL.

36. Goldberg, S. B., Flynn, A., Abbas, M., Schultz, M., Hiserodt, M., Thomas, K., & Wyman,

M. F. (2019, August). *Prevalence and predictors of treatment seeking among post-deployment National Guard service members: A longitudinal analysis*. Poster presented at the American Psychological Association meeting in Chicago, IL.

35. Goldberg, S. B., Tucker, R. P., Greene, P. A., Davidson, R. J., Kearney, D. J., & Simpson,

T.L. (2018, November). *Mindfulness-based cognitive therapy for patients with current*

*depression: A meta-analysis.* Paper presented at the International Symposium

for Contemplative Research meeting in Phoenix, AZ.

34. Goldberg, S. B., Zeliadt, S. B., Hoggatt, K. J., Simpson, T. L., Fortney, J. C., & Taylor, S. L.

(2018, November). *Utilization and perceived effectiveness of mindfulness meditation in*

*veterans: Results from a national survey*. Poster presented at the International

Symposium for Contemplative Research meeting in Phoenix, AZ.

33. Goldberg, S. B., Tanana, M., Imel, Z. E., Narayanan, S., & Atkins, D. C. (2018, September).

Evaluating the quality of therapeutic alliance from session content. In Z. E. Imel (Chair),

*The Digital Exploration of Psychotherapy (DEPTH) Project.* Symposium conducted at

the North American Society for Psychotherapy Research meeting in Park City, UT.

32. Ibarra, N., Fetter, A., Goldberg, S. B., Nielsen, S. L., & Thompson, M. (2018, September).

Patient socioeconomic status and treatment outcomes in naturalistic psychotherapy. In S.

L. Budge (Chair), *Gender and class: Analyzing change in psychotherapy based on*

*identity factors.* Symposium conducted at the North American Society for Psychotherapy

Research meeting in Park City, UT.

31. Yulish, N. E., Goldberg, S. B., & Wampold, B. E. (2018, September). Focusing on the

problem: A meta-analysis of anxiety treatments. In J. K. Swift (Chair), *Tailoring*

*psychotherapy to the individual client: Client’s perspectives, preferences, and*

*experiences in psychotherapy.* Symposium conducted at the North American Society for

Psychotherapy Research meeting in Park City, UT.

30. Thompson, M. N., Goldberg, S. B., & Nielsen, S. L., (2018, August). Patient-rated financial

distress as an indicator of social class in naturalistic psychotherapy. In M. N. Thompson

(Chair), *Social class in psychotherapy research: Consideration for measurement, design,*

*and analysis.* Symposium conducted at the American Psychological Association meeting

in San Francisco, CA.

29. Thompson, M. N., Goldberg, S. B., & Nielsen, S. L., (2018, August). Searching for the

impact of social class on psychotherapy outcome. In S. L. Nielsen (Chair), *Pulling*

*psychotherapy into the big data research era.* Symposium conducted at the American

Psychological Association meeting in San Francisco, CA.

28. Goldberg, S. B., Tucker, R. P., Greene, P. A., Davidson, R. J., Kearney, D. J., & Simpson,

T.L. (2018, August). *Mindfulness-based cognitive therapy for patients with current*

*depression: A meta-analysis.* Poster presented at the American Psychological Association

meeting in San Francisco, CA.

27. Abbas, M., Hiserodt, M., Schultz, M., Thomas, K. A., Goldberg, S. B., Tucker, R. P., &

Wyman, M. F. (2018, August).*Examining dimensions of social support as moderators of*

*the relationship between combat exposure and PTSD symptoms over time*. Poster

presented at the American Psychological Association meeting in San Francisco, CA.

26. Yulish, N., Goldberg, S. B., & Wampold, B. E. (2018, June). The importance of problem

focused treatments. In B. E. Wampold (Chair), *Psychotherapy relationships that work II:*

*Credibility, culture, and problem focus.* Symposium conducted at the Society for

Psychotherapy Research meeting in Amsterdam, Netherlands.

25. Goldberg, S. B. & Sachter, L. (2018, May). *The Zentensive: A psychodynamically informed*

*retreat for psychotherapists.* Poster presented at the Society for the Exploration of

Psychotherapy Integration meeting in New York City, NY.

24. Roepke, A. M., Turner, A. P., Goldberg, S. B., Henderson, A. W., Norvell, D. C., Hakimi, K.

N.,…& Williams, R. M. (2018, February). *A prospective longitudinal*

*study of depressive symptoms in the first year after dysvascular amputation*. Poster

presented at the Rehabilitation Psychology meeting in Dallas, TX.

23. Hawkins, E. J., Malte, C. A., Goldberg, S. B., & Saxon, A. J. (2017, July). *All-cause*

*mortality associated with new opioid and benzodiazepine co-prescribing among Veterans*

*with PTSD*. Poster presented at the Veterans Affairs (VA) Health Services Research &

Development (HSR&D) meeting in Washington, DC.

22. Goldberg, S. B. & Simpson, T. L. (2016, November). *Are mindfulness-based interventions*

*still “alternative” therapies? A disorder-specific meta-analysis.* Poster presented at the

International Symposium for Contemplative Studies meeting in San Diego, CA.

21. Goldberg, S. B., Rousmaniere, T., Babins-Wagner, R., Miller, S. D., Berzins, S., Whipple,

J. L.,…Wampold, B. E. (2016, August). Do psychotherapists improve with time and

experience? In Z.E. Imel (Chair), *The determination and promotion of expertise in*

*psychotherapy.* Symposium conducted at the American Psychological Association meeting in Denver, CO.

20. Pace, B. T., Goldberg, S. B., Huebner, L., Davies, R., & Imel, Z. E. (2016, August).

Therapist and client variability via alliance, satisfaction, and cultural competence ratings.

In Z. E. Imel (Chair), *The determination and promotion of expertise in*

*psychotherapy.* Symposium conducted at the American Psychological Association meeting in Denver, CO.

19. Goldberg, S. B., & Hoyt, W. T. (2016, August). Group as social microcosm: Congruence

between within group and outside group interpersonal style*.* In D. Kivlighan (Chair),

*What happens in group: Evaluating group psychotherapy process and outcomes in clinical and training settings.* Symposium conducted at the American Psychological Association meeting in Denver, CO.

18. Goldberg, S. B., Nissen-Lie, H. A., Wampold, B. E., Nielsen, S. L., & Hoyt, W. T. (2015,

June). Trajectories of change: Does the “good enough level” depend on the therapist?

In B. E. Wampold (Chair), *Therapist effects: New wave.* Symposium conducted at the

Society for Psychotherapy Research meeting in Philadelphia, PA.

17. Nissen-Lie, H. A., Goldberg, S. B., Hoyt, W. T., Nielsen, S. L., Falkenström, F., Holmquist,

R., & Wampold, B.E. (2015, June). Is therapist effectiveness a global construct? In B. E.

Wampold (Chair), *Therapist effects: New wave.* Symposium conducted at the Society for

Psychotherapy Research meeting in Philadelphia, PA.

16. Pace, B.T., Goldberg, S.B., Styvers, M., Atkins, D.C., & Imel, Z.E. (2015, June). *Alone in*

*the crowd: The evaluation of counselor expertise.* Poster presented at the Society for

Psychotherapy Research meeting in Philadelphia, PA.

15. Kivlighan, D. M. III, Goldberg, S. B., Abbas, M., Pace, B. T., Yulish, N. E., Thomas, J.

G.,…Wampold, B. E. (2015, June). *The enduring effects of psychodynamic treatments*

*vis-à-vis alternative treatments: A multilevel longitudinal meta-analysis.* Poster

presented at the meeting of the Society for Psychotherapy Research in Philadelphia, PA.

14. Goldberg, S. B., Wielgosz, J., Schuyler, B. S., Perlman, D. M., Dentico, D., Rosenkranz,

M. A.,…Davidson, R. J. (2015, June). *Does the Five Facet Mindfulness Questionnaire*

*measure what we think it does? Construct validity evidence from an active controlled*

*randomized clinical trial.* Poster presented at the Mind & Life Summer Research

Institute meeting in Garrison, NY.

13. Goldberg, S. B., Del Re, A. C., Hoyt, W. T., & Davis, J. D. (2014, October). *The secret*

*ingredient in mindfulness interventions: A case for practice quality over quantity.* Poster

presented at the International Symposium for Contemplative Studies meeting in Boston,

MA.

12. Goldberg, S. B., Flook, L., & Davidson, R. J. (2014, October). *Mindfulness for teachers.*

Paper presented at the International Symposium for Contemplative Studies meeting in

Boston, MA.

11. Hase, C., Goldberg, S. B., Sun, S. (2014, March). *Subjective reactions mediate outcomes in*

*cyberbullied youth.* Poster presented at the Society of Counseling Psychology meeting in

Atlanta, GA.

10. Lindemann, A. M., Oleen-Junk, N., Hase, C., Vohnoutka, R., Rieland, M., Goldberg, S. B.,

& Hoyt, W. T. (2014, March). *Mindfulness implementation in counselor training.* Poster

presented at the Society of Counseling Psychology meeting in Atlanta,

GA.

9. Pace, B. T., Goldberg, S. B., Kopta, M. S., Abbas, M., Wislocki, A.P ., Burns, V.

R.,…Wampold, B. E. (2013, October). Are we better yet? Using benchmarks and data

from naturalistic settings to assess effectiveness.In B. E. Wampold & T. Minami

(Chairs), *Psychotherapy outcomes from randomized controlled trials to naturalistic settings: Present and future.* Symposium conducted at the North American Society for Psychotherapy Research meeting in Memphis, TN.

8. Abbas, M., Wislocki, A. P., Goldberg, S. B., Pace, B. T., Burns, V. R., Brown, G.

S.,…Wampold, B. E. (2013, October). Rethinking analysis of symptom questionnaires.

In B. E. Wampold & T. Minami (Chairs), *Psychotherapy outcomes from randomized*

*controlled trials to naturalistic settings: Present and future.* Symposium conducted at the

North American Society for Psychotherapy Research meeting in Memphis, TN.

7. Goldberg, S. B., Hoyt, W. T., Lindemann, A. M. (2013, October). *Testing the social*

*microcosm hypothesis: A social relations analysis of group perceptions.* Poster presented

at the North American Society for Psychotherapy Research meeting in Memphis, TN.

6. Goldberg, S. B., Valdez, C., Shewakramani, V., & Padilla, B. (2013, April). Parenting

influences on Latino children’s social competence in the first grade: Parental depressed

mood and parent involvement at home and school. In C. Valdez (Chair), *The social*

*context of depression in low-income Latino parents: Implications for children’s*

*development.* Symposium conducted at the Society for Research in Child Development

meeting in Seattle, WA.

5. Goldberg, S. B., Davis, J. D., & Hoyt, W. T. (2012, June). The role of alliance in mindfulness

interventions.In F. Pagnini (Chair), *Mindfulness-bsaed interventions with clinical*

*populations: Researches and experiences.* Symposium conducted at the Society for

Psychotherapy Research meeting in Virginia Beach, VA.

4. Siddiqui, J., Goldberg, S. B., Pace, B., & Wampold, B. E. (2012, June). A qualitative

investigation into the process of psychotherapy supervision in randomized controlled

trials.In B. E. Wampold & T. Minami (Chairs), *Supervision in clinical settings and*

*clinical trials: Best practices?* Symposium conducted at the Society for Psychotherapy

Research meeting in Virginia Beach, VA.

3. Zoogman, S., Goldberg, S. B., Miller, L. (2012, June). *A meta-analysis of mindfulness*

*interventions with youth.* Poster presented at the meeting of the New York State

Psychological Association meeting in Saratoga Springs, NY.

2. Goldberg, S. B., Veazie, S. P., Flook, L., & Davidson, R. J. (2012, April). *Thin Slices: Do*

*observer ratings predict teacher stress and well-being?* Poster presented at the

International Symposia for Contemplative Studies meeting in Denver, CO.

1. Robinson, M., Miller, H., Goldberg, S. B. (2012, February). *Latino families, institutional*

*climate, and parental empowerment.* Paper presented at Society for Research in Child

Development themed meeting (Positive Development of Minority Children) in Tampa, FL.

Local/Regional/Invited Presentations

34. Goldberg, S. B. (2021, May). *Delivering meditation training through mobile technology: A*

*psychotherapy research perspective.* Paper presented to the University of Washington

Behavioral Research in Technology and Engineering (BRiTE) Center in Seattle, WA.

33. Goldberg, S. B. (2021, April). *Promoting wellbeing through science and practice.* Workshop

presented to the UW-Madison Physics Learning Center Peer Mentor Tutor teaching

seminar in Madison, WI.

32. Goldberg, S. B. (2020, December). *Measurement-based care: What it is and what it can do*

*for you (and your clients).* Paper presented at the Counseling Psychology Training Clinic

in-service at the UW-Madison Department of Counseling Psychology in Madison, WI.

31. Owen, J. J., Harris, J., Goldberg, S. B., & Rousmaniere, T. (2020, November). *Self-guided*

*multicultural orientation deliberate practice training.* Webinar presented through the Deliberate Practice Institute.

30. Riordan, K. M. & Goldberg, S. B. (2020, May). *Using a mindfulness- and lovingkindness-*

*based mobile health intervention to promote prosocial behavior and well-being among*

*undergraduate students.* Poster presented at the Mindful Schools, Families, and

Communities Conference in Madison, WI. (Conference cancelled)

29. Goldberg, S. B. (2020, February). *Leveraging common factors and mindfulness training to*

*reduce suffering and promote wellbeing.* Paper presented at the UW-Madison

Department of Psychiatry Psychology Intern Seminar Series in Madison, WI.

28. Goldberg, S. B. (2020, January). *Living in the full catastrophe: An introduction to*

*mindfulness meditation.* Workshop presented to the UW-Madison Graduate Student

Services Coordinators Brown Bag Presentation Series in Madison, WI.

27. Goldberg, S. B. (2019, November). *Studying health disparities using publicly available data.*

Paper presented to the UW-Madison Department of Counseling Psychology Graduate

Training Program in Mental Health Equity in Madison, WI.

26. Goldberg, S. B. (2019, November). *An introduction to mindfulness meditation.* Workshop

presented at the UW-Madison Department of Economics Success Beyond the Classroom

event in Madison, WI.

25. Goldberg, S. B. (2019, November). *An introduction to lovingkindness meditation.* Workshop

presented to the UW-Madison Department of Sociology Health and Wellness Committee

in Madison, WI.

24. Goldberg, S. B. (2019, July). *Are post-9/11 veterans engaging with mental health treatment*

*faster than previous eras?* Paper presented at the Mental Health Clinic / PTSD Clinical

Team Journal Club at the W. S. Middleton Memorial Veterans Hospital in Madison, WI.

23. Goldberg, S. B. (2019, April). *Eight suggestions for more than surviving the academic rat*

*race.* Paper presented at the Primary Care Research Fellows Seminar at the UW-Madison

Department of Family Medicine and Community Health in Madison, WI.

22. Goldberg, S. B. (2018, December). *Measurement-based care: What it is and what it can do*

*for you (and your clients).* Paper presented at the Counseling Psychology Training Clinic

in-service at the UW-Madison Department of Counseling Psychology in Madison, WI.

21. Goldberg, S. B. (2018, December). *An introduction to mindfulness meditation.* Workshop

presented to the UW-Madison Department of Sociology Health and Wellness Committee

in Madison, WI.

20. Goldberg, S. B. (2018, July). *Science, faith, and mindfulness*.Paper presented to the Under

40 Practice Group of the Seattle Insight Meditation Society in Seattle, WA.

19. Goldberg, S. B. (2018, May). *Measurement-based care: What is it, why does it matter, and*

*how might it help improve psychotherapy outcomes*.Paper presented in the Intern

Seminar Series at the VA Puget Sound Health Care System – Seattle Division in Seattle,

WA.

18. Goldberg, S. B. (2017, November). *Leveraging common factors and mindfulness training to*

*reduce suffering and promote wellbeing.* Paper presented at the VA Puget Sound Health

Care System – Seattle Division Health Services Research & Development Fellows Works

in Progress Meeting in Seattle, WA.

17. Goldberg, S. B. (2017, October). *Leveraging common factors and mindfulness training to*

*reduce suffering and promote wellbeing.* Paper presented at the University of Washington

Department of Psychiatry & Behavioral Sciences Population Health Division Works in

Progress Meeting in Seattle, WA.

16. Goldberg, S. B. & Simpson, T. L. (2017, June). *Are mindfulness-based interventions*

*still “alternative” therapies? A disorder-specific meta-analysis.* Poster presented at the

University of Washington Department of Psychiatry & Behavioral Sciences Research

Retreat in Seattle, WA.

15. Goldberg, S. B. (2017, October). *Pursuing a research postdoctoral fellowship*. Panel

presentation for the Intern Seminar Series at the VA Puget Sound Health Care

System – Seattle Division in Seattle, WA.

14. Goldberg, S. B., Villatte, J. (2017, September). *What is (and isn’t) therapeutic alliance?*

*And why should we care?* Paper presented to the Behavioral Research in Technology and

Engineering Center DEPTH Team at the University of Washington Department of

Psychiatry & Behavioral Sciences in Seattle, WA.

13. Goldberg, S. B. (2017, September). *Can measurement-based care improve mental health*

*outcomes for Veterans?* Paper presented to the PTSD and Comorbid Disorders Journal

Club at the VA Puget Sound Health Care System – Seattle Division in Seattle, WA.

12. Goldberg, S. B. & Simpson, T. L. (2017, June). *Are mindfulness-based interventions*

*still “alternative” therapies? A disorder-specific meta-analysis.* Poster presented at the

Mental Health Service Research and Evaluation Day at the VA Puget Sound Health

Care System – Seattle Division in Seattle, WA.

11. Goldberg, S. B. (2017, May). *How does psychotherapy work? How can we make it work*

*better?* Paper presented in the Intern Seminar Series at the VA Puget Sound Health Care

System – Seattle Division in Seattle, WA.

10. Goldberg, S. B. (2017, April). *Mindfulness-based interventions for psychiatric disorders: A*

*buffet of meta-analyses.* Paper presented to the PTSD Research Forum at the VA Puget

Sound Health Care System – Seattle Division in Seattle, WA.

9. Goldberg, S. B. & Krenek, M. (2016, November). *What do psychotherapies for PTSD have*

*in common? A chance to lump and split.* Paper presented to the PTSD and Comorbid

Disorders Journal Club at the VA Puget Sound Health Care System – Seattle Division, in

Seattle, WA.

8. Goldberg, S. B. (2016, May). *Mindfulness research: Where we’ve been and where we’re*

*going*.Invited presentation for the UW Health Integrative Medicine mindfulness teacher

group in Madison, WI.

7. Goldberg, S. B. (2016, February). *Graduate studies in psychology*. Panel presentation at

Friends of Affective Neurosciencemeeting for undergraduate research assistants in Dr.

Richard Davidson’s laboratory at UW-Madison in Madison, WI.

6. Goldberg, S. B. (2015, August). *Mindfulness training for smokers: A psychotherapy process*

*and outcomes perspective*.Invited presentation for the Duke University Mindfulness

Clinical Research Interest Group in Durham, NC.

5. Goldberg, S. B. (2015, August). *Mindfulness training for smokers: A psychotherapy process*

*and outcomes perspective*.Invited presentation for the Duke University Center for

Smoking Cessation, in Durham, NC.

4. Goldberg, S. B. (2015, January). *Teacher Observation Questionnaire: Preliminary reliability*

*and validity*.Paper presented to the UW Health Integrative Medicine mindfulness teacher

group in Madison, WI.

3. Thomas Prince, L., & Goldberg, S. B. (2014, November). *Mindfulness in early childhood*

*education: Research findings and clinical applications.* Paper presented at the meeting of

the Wisconsin Early Childhood Association in Middleton, WI.

2. Thomas Prince, L., & Goldberg, S.B. (2014, May). *Mindfulness in education: Research*

*findings and clinical applications.* Paper presented at the University of Wisconsin

Teaching and Learning Symposium in Madison, WI.

1. Goldberg, S. B. & Baker, L. (2014, January). *Mindfulness and HIV.* Paper presented to the

University of Wisconsin Hospital HIV/AIDS Comprehensive Care Program, Madison,

WI.

Research Experience

2021-Present U24 NIH/NCCIH

*The plasticity of well-being: A research network to define, measure, and promote*

*human flourishing*

Network Scholar

2019-Present NIMH T32 Training Program in Emotion Research, UW-Madison

Faculty Mentor

2017-Present Veterans’ Mental Health and Deployment Study

William S. Middleton Memorial Veterans Affairs Hospital, Madison, WI

Research collaborator

2017-2018 Behavioral Research in Technology and Engineering (BRiTE) Center

University of Washington, Department of Psychiatry & Behavioral Sciences

Core Faculty

2016-2017 Center for Excellence in Substance Abuse Treatment and Education (CESATE), VA Puget Sound Health Care System – Seattle Division

Psychology Intern Research Rotation

2010-2017 Center for Healthy Minds, UW-Madison

Research Assistant

2010-2016 Wisconsin Therapeutic Factors, Department of Counseling Psychology, UW-Madison

Research Assistant

2014-2016 Mood & Memory Lab, Department of Psychiatry, University of Wisconsin School of Medicine and Public Health

Clinical Interviewer

2015 Jessica Cook Laboratory, William S. Middleton Memorial Veterans Affairs Hospital, Madison, WI

Clinical Interviewer

2011-2014 Data Analysis Group, Department of Counseling Psychology, UW-Madison

Research Assistant

2011-2012 Wisconsin Center for Education Research, UW-Madison

Project Assistant

2010-2013 Center for Tobacco Research and Intervention, UW-Madison

Research Assistant

2005-2007 Orelena Hawks Puckett Institute, Asheville, NC

Research Assistant

Clinical Experience

2017-2018 VA Puget Sound Health Care System – Seattle Division

Psychology Postdoctoral Fellow

Concentration: Family Therapy Program, Mental Health Outpatient Clinic

2016-2017 VA Puget Sound Health Care System – Seattle Division

Psychology Intern

Rotations: Addiction Treatment Center, Family Therapy Program, Primary Care / Mental Health Integration

2013-2016 William S. Middleton Memorial Veterans Affairs Hospital, Madison, WI

Practicum Therapist

Rotations: PTSD Clinic, General Mental Health Clinic, Alcohol and Drug Treatment Program (ADTP), Community Living Center (CLC), Geriatric Research Education and Clinical Center (GRECC)

2015-2016 Psychology Research and Training Clinic, Department of Psychology, UW-Madison

Practicum Therapist

2012-2016 Meriter Hospital, Madison, WI

Mindfulness Instructor

2013-2014 HIV Clinic, University of Wisconsin Hospital and Clinics

Practicum Therapist

2011-2013 Wisconsin Psychiatric Institute and Clinics, Department of Psychiatry, University of Wisconsin School of Medicine and Public Health

Practicum Therapist, Mindfulness Assistant

2011-2012 Counseling Psychology Training Clinic, Department of Counseling Psychology, UW-Madison

Practicum Therapist

2011 Department of Counseling Psychology, UW-Madison

CBT for African American Women with Depression Group Study Therapist

2011 Center for Tobacco Research and Intervention, UW-Madison

Smoking Cessation Group Facilitator, Mindfulness Assistant

2011, 2015 UW Health Integrative Medicine, UW-Madison

Mindfulness Assistant

2005 Child & Adolescent Psychiatric Unit, Mission Hospital, Asheville, NC

Psychiatric Technician

Supervisory Experience

2018 Counseling Psychology Training Clinic, Department of Counseling Psychology, UW-Madison

Group and Individual Supervisor

2015-2016 Department of Counseling Psychology, UW-Madison

Masters Practicum Supervisor (9 supervisees)

Teaching Experience

2019, 2020 Instructor

UW-Madison, Department of Counseling Psychology

Course: *Abnormal Behavior and Psychopathology* (29 students)

2019, 2021 Instructor

UW-Madison, Department of Counseling Psychology

Course: *Psychology of Mindfulness* (19 students)

2018, 2019 Instructor

UW-Madison, Department of Counseling Psychology

Course: *Research Methods in Counseling Psychology* (8 students)

2015 Instructor

UW-Madison, Integrated Liberal Studies

Course: *Exploring the Foundations of Liberal Education* (18 students)

2015 Instructor

UW-Madison, Data Analysis Group, Department of Counseling Psychology

Seminar: *Introduction to R* (8 students)

2015-2016 Co-Instructor

UW-Madison, Department of Counseling Psychology

Course: *Supervised Practicum in Counseling* (9 students)

2012-2015 Teaching Assistant

UW-Madison, Department of Counseling Psychology

*Meta-Analysis* (12 students)

*Multiple Regression and Correlation Techniques* (15 students)

*Psychopathology: Diagnosis and Intervention* (18 students)

*Theories of Counseling* (10 students)

2019, 2020 Guest Lecturer

Marquette University, Department of Theology

*Prayer and Mystical Experience*

Lecture: “Buddhist meditation from path to awakening to clinical intervention”

2019 Guest Lecturer

UW-Madison, Department of Psychology

*Seminar on Emotion*

Lecture: “Leveraging common factors and mindfulness training to reduce

suffering and promote well-being”

2011-2016, Guest Lecturer

2018-Present UW-Madison, Department of Counseling Psychology

*Counseling Psychology Research in Individual Interventions*

Lecture: “Expertise in psychotherapy: Could outcome monitoring and deliberate

practice hold the key?”

*Legal & Ethical Bases of Counseling Psychology*

Lecture: “Crisis: Clinical, legal, and ethical considerations”

Lecture: “Mindfulness and ethics”

*Professional Counseling Orientation*

Lecture: “A less than linear journey in counseling psychology”

*Professional Development and Clinical Practice*

Lecture: “Incorporating measurement into clinical practice”

Lecture: “Measurement, assessment, diagnosis, and sharing impressions with

clients”

*Research Methods*

Lecture: “Six easy steps for getting involved in research as a graduate student”

Lecture: “Mindfulness training for smokers: A process and outcomes

perspective”

*Research Practicum in Counseling Psychology*

Lecture: “A dissertation story: Or how I learned that a good dissertation is a

done dissertation”

2010 Guest Lecturer

University of North Carolina – Asheville, Department of Psychology

*Abnormal Psychology*

Lecture: “Mindfulness in clinical psychology”

Editorial Review Board

2019-2021 Consulting Editor, *Psychotherapy Research*

2019-2021 Consulting Editor, *Journal of Counseling Psychology*

2018-2021 Consulting Editor, *Psychotherapy*

Ad Hoc Reviewing Experience

*Addiction Science & Clinical Practice; Addictive Behaviors; BMC Complementary and Alternative Medicine; British Journal of Educational Psychology; Clinical Psychological Science; Clinical Psychology & Psychotherapy; Clinical Psychology Review; Cognitive, Affective, and Behavioral Neuroscience; Cognitive Behaviour Therapy; Cognitive Therapy & Research; Complementary Therapies in Medicine; Comprehensive Psychiatry; Counselling Psychology Quarterly; Educational Research Review; Emotion; JMIR mHealth and uHealth; JMIR Research Protocols; Journal of Consulting and Clinical Psychology; Journal of Counseling Psychology; Journal of Medical Internet Research; Journal of Psychotherapy Integration; Journal of Psychosomatic Research; Learning and Individual Differences; Learning and Instruction; Mind, Brain, & Education; Mindfulness; Perspectives on Psychological Science; Psychiatric Services; Psychiatry Research; Psychological Assessment; Psychological Medicine; Psychology, Crime, & Law; Psychoneuroendocrinology; Psychosomatic Medicine; Psychotherapy; Psychotherapy and Psychosomatics; Psychotherapy Research; Training and Education in Professional Psychology*

Service

2021 Department of Veteran Affairs

Behavioral Health & Community Reintegration SPiRE Grant Reviewer

2020 Naropa University Compassion Think Tank

Think Tank Member

2020 Vice Chancellor for Research and Graduate Education

UW2020 Grant Reviewer

2019-Present Officer Education Committee, UW-Madison

Committee Member

2019 Social Sciences and Humanities Research Council of Canada

Insight Grants Application Reviewer

2018-Present Faculty Senate, UW-Madison

Senator

2018-2020 Masters Training Committee, Department of Counseling Psychology, UW – Madison

Committee Member

2018 Mind & Life Institute

Varela Award Grant Application Reviewer

2017-2018 Windhorse Zen Community, Alexander, NC

Zentensive Board Member

2017-2018 Diversity Committee, VA Puget Sound Health Care System – Seattle Division

Committee Member

2017, 2019 APA Division 17 (Counseling Psychology)

APA Conference Abstract Reviewer

2016-2018 APA Division 49 (Group Psychology and Group Psychotherapy)

APA Conference Abstract Reviewer

2016-2017 Intern Seminar Planning Committee, VA Puget Sound Health Care System – Seattle Division

Committee Member

2010-2013 Diversity Dialogues, Department of Counseling Psychology, UW-Madison

Co-Facilitator

2011 Clinical Communication Course, School of Veterinary Medicine, UW-Madison

Volunteer Consultant

2008-2010 Windhorse Zen Community, Alexander, NC

Meditation Retreat Center Volunteer Staff

2002-2003 AmeriCorps National Civilian Community Corps, Charleston, SC

Corps Member

Consultation

2020 Walter Reed Army Institute of Research, Silver Spring, MD

Subject Matter Expert and Suicide Gatekeeper Training Manual Contributor

2017-2018 A Collaborative Outcomes Resource Network (ACORN), Salt Lake City, UT

Scientific Advisory Board Member

2017-2018 Carepaths: EHR and Practice Management for Behavioral Health

Statistical Consultant

2017-2018 National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Statistical Consultant

Professional Affiliations

American Psychological Association (APA)

Division 5 (Evaluation, Measurement, & Statistics)

Division 17 (Counseling Psychology)

Division 18 (Psychologists in Public Service)

Division 29 (Psychotherapy)

Association for Psychological Science (APS)

Society for the Exploration of Psychotherapy Integration (SEPI)

Society for Psychotherapy Research (SPR)