Simon B. Goldberg, PhD

Department of Counseling Psychology

University of Wisconsin – Madison

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###### 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

Core Faculty

Professional License

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

Honors and Fellowships

2023 Fellow, Mind & Life Institute

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

2022-Present U24 AT011289 Pilot Grant NIH/NCCIH

*Evaluating microbiota response to a mobile health well-being intervention.*

$49,880

Role: Co-Principal Investigator

2022-Present U24 AT011289 Pilot Grant NIH/NCCIH

*Evaluating inflammatory response to a mobile health well-being intervention.*

$99,960

Role: Co-Investigator

2021-Present Chan-Zuckerberg Initiative

*Scaling well-being for teachers*. $744,999

Role: Co-Principal Investigator

2021-Present Global Innovations for Character Development, Templeton Foundation

*Training character in Mexican healthcare providers as a pathway to mental*

*health and well-being*. $999,977

Role: Research Consultant

2020-Present K23 AT010879 NIH/NCCIH

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

*anxiety.* $786,228

Role: Principal Investigator

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

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

Role: Principal Investigator

Completed

2021-2022 Stakeholder and Patient Engagement Research Pilot Award, UW-Madison

*Engaging individuals affected by incarceration in developing an adapted*

*meditation intervention*. $99,849

Role: Co-Investigator

2020-2022 Chan-Zuckerberg Initiative DAF 2020-218037 (5022)

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

Role: Co-Principal Investigator

2020-2022 Fall Competition, UW-Madison

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

*naturalistic psychotherapy.* $41,878

Role: Principal Investigator

2018-2021 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

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

Peer-Reviewed Journal Publications

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

104. \*Simonsson, O., Hendricks, P. S., Chambers, R., Osika, W., & Goldberg, S. B.s (in press).

Prevalence and associations of challenging, difficult or distressing experiences using

classic psychedelics*. Journal of Affective Disorders*.

103. \*Jiwani, Z., Raval, V., Steele, M., & Goldberg, S. B.s (in press). Caste and COVID-19:

Magnified psychosocial disparities amongst rural Indian. *Journal of Social Issues*.

102. \*Hirshberg, M. J., Frye, C., Dahl, C. J., Riordan, K. M., Vack, N. J., Sachs, J., Goldman, R.,

Davidson, R. J., & Goldberg, S. B.s (in press). A randomized controlled trial of

a smartphone-based well-being training in public school system employees during the

COVID-19 pandemic*. Journal of Educational Psychology*.

doi: 10.1037/edu0000739

101. °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*. doi: 10.1017/S0033291720005346

100. \*Simonsson, O., & Goldberg, S. B.s (in press). Linkages between psychedelics and

meditation in a population-based sample in the United States. *Journal of Psychoactive*

*Drugs.* doi: 10.1080/02791072.2021.2022816

99. \*Goldberg, S. B., Babins-Wagner, R., Imel, Z. E., Caperton, D. D., Weitzmann, L., &

Wampold, B. E. (in press). Threat alert: The effect of outliers on the alliance-outcome

correlation*. Journal of Counseling Psychology*.

98. \*Hirshberg, M. J., Davidson, R. J., Goldberg, S. B.s (in press). Educators are not alright:

Mental health during COVID-19. *Educational Researcher*.

97. \*Grossmann, I., Rotella, A., Hutcherson, C. A., Sharpinskyi, K., Varnum, M. E. W.,

Achter, S., Dhami, M. K., Guo, X. E., Kara-Yakoubian, M., Mandel, D. R., Raes,

L., Tay, L., Vie, A., Wagner, L., Adamkovic, M., Arami, A., Arriaga, P., Bandara,

K., Baník, G.,…Goldberg, S. B.,…& The Forecasting Collaborative. (in press).

Insights into accuracy of social scientists’ forecasts of societal change. *Nature*

*Human Behaviour.*

96. Lam, S., Riordan, K. M., Simonsson, O., Davidson, R. J., & Goldberg, S. B.s (in press). Who

sticks with meditation? Rates and predictors in a population-based sample in the USA.

*Mindfulness*.

95. \*Koslouski, J., Wilson-Mendenhall, C., Parsafar, P., Goldberg, S. B., Martin, M., &

Chafouleas, S. (2022). Measuring emotional well-being through subjective report: A

review of reviews. *BMJ Open*, *12*, e062120. doi:10.1136/bmjopen-2022-062120

94. \*Simonsson, O., Goldberg, S. B., & Osika, W. (2022). Man’s best friend(s): Effects of a

brief befriending meditation on human-animal relations. *PLOS ONE, 17*(12), e0278704.

doi: 10.1371/journal.pone.0278704

93. \*Riordan, K. M., MacCoon, D., Barrett, B., Rosenkranz, M. A., Chungyalpa, D., Lam, S.,

Davidson, R. J., & Goldberg, S. B.s (2022). Does meditation training promote pro-

environmental behavior? A cross-sectional comparison and a randomized controlled trial.

*Journal of Environmental Psychology* *, 84*, 101900. doi: 10.1016/j.jenvp.2022.101900.

92. \*Simonsson, O., Hendricks, P. S., Chambers, R., Osika, W., & Goldberg, S. B.s (2022).

Classic psychedelics, health behavior, and physical health*. Therapeutic Advances in*

*Psychopharmacology, 12*, 1-9. doi: 10.1177/20451253221135363

91. \*Webb, C. A., Hirshberg, M. J., Davidson, R. J., & Goldberg, S. B. (2022). Personalized

prediction of response to smartphone-delivered meditation training: A machine learning

approach*.* *Journal of Medical Internet Research, 24*(11), e41566.

90. \*Conway, L. C., Woodard, S. R., Zubrod, A., Tiburcio, M., Martzínez-Vélez, N., Sorgente,

A., Lanz, M., Serido, J., Vosylis, R., Fonseca, G., Lep, Z., Li, L., Zupančič, M., Crespo,

C., Relvas, A. P., Papageorgiou, K., Gianniou, F. M., Truhan, T. E., Mojtahedi, D.,

…Goldberg, S. B.,…& Balmores-Paulino, R. (2022). How culturally unique are

pandemic effects? Evaluating cultural similarities and differences in effects of age,

biological sex, and political beliefs on COVID impacts. *Fronters in Psychology, 13*,

937211. doi: 10.3389/fpsyg.2022.937211

89. °Goldberg, S. B., Torous, J., & Sun, S. (2022). Let’s decide what would be convincing,

conduct randomized trials with rigorous comparison conditions, and report tests of

moderation and publication bias in meta-analyses. *PLOS Digital Health,1*, e0000127.

doi: 10.1371/ journal.pdig.0000127

88. \*Jiwani, Z., Lam, S., Davidson, R. J., & Goldberg, S. B.s (2022). Motivation for

meditation and its association with meditation practice in a national sample of Internet

users. *Mindfulness, 13*, 2641-2651*.* doi: 10.1007/s12671-022-01985-6

87. \*Lam. S., Kirvin-Quamme, A., & Goldberg, S. B.s (2022). Overall and differential

attrition in mindfulness-based interventions: A meta-analysis. *Mindfulness, 13*, 2676-

2690. doi: 10.1007/s12671-022-01970-z

86. \*Simonsson, O., Goldberg, S. B., Chambers, R., Osika, W., & Hendricks, P. S. (2022).

Prevalence and associations of classic psychedelic-related seizures in a population-

based sample. *Drug and Alcohol Dependence, 239*, 109586.

doi: 10.1016/j.drugalcdep.2022.109586

85. °Xie, Q., Torous, J. & Goldberg, S. B.s (2022). E-mental health for people with personality

disorders: A systematic review. *Current Psychiatry Reports, 24*, 541-552.

doi: 10.1007/s11920-022-01360-1

84. \*Goldberg, S. B. (2022). A common factors perspective on mindfulness-based

interventions. *Nature Reviews Psychology, 1*, 605-619. doi: 10.1038/s44159-022-00090-8

83. \*Simonsson, O., Goldberg, S. B., Marks, J., Yan, L., & Narayanan, J. (2022). Bridging the

(Brexit) divide: Brief befriending meditation reduces affective polarization*. PLOS ONE,*

*17*(5), e0267493*.* doi: 10.1371/journal.pone.0267493

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

Hirshberg, M. J. (2022). Alliance with an unguided smartphone app: Validation of the

Digital Working Alliance Inventory*.* *Assessment, 29*(6), 1331-1345.

doi: 10.1177/10731911211015310

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

Wyman, M. F. (2022). Postdeployment treatment gap: Symptoms and utilization

among returning National Guard soldiers. *The Counseling Psychologist, 50*(4), 506-535. doi: 10.1177/00110000221074019

80. \*Hirshberg, M. J., Goldberg, S. B., Rosenkranz, M., & Davidson, R. J. (2022). Prevalence

of harm in mindfulness-based stress reduction. *Psychological Medicine, 52*(6), 1080-

1088. doi: 10.1017/S0033291720002834

79. \*Simonsson, O., Bazin, O., Fisher, S. D., & Goldberg, S. B.s (2022). Effects of an eight-

week mindfulness course on affective polarization. *Mindfulness, 13*, 474-483*.*

doi: 10.1007/s12671-021-01808-0

78. \*Goldberg, S. B., Lam, S., Simonsson, O., Torous, J., & Sun, S. (2022). Mobile phone-

based interventions for mental health: A systematic meta-review of 14 meta-analyses of

randomized controlled trials. *PLOS Digital Health*, *1*(1), e0000002.

doi: 10.1371/journal.pdig.0000002

77. \*Sun, S., Goldberg, S. B., Loucks, E., & Brewer, J. (2022). Mindfulness-based

interventions among people of color: A systematic review and meta-analysis*.*

*Psychotherapy Research, 32*(3), 277-290. doi: 10.1080/10503307.2021.1937369

76. \*Goldberg, S. B., Lam, S., Britton, W. B., & Davidson, R. J. (2022). Prevalence of

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

*Psychotherapy Research, 32*(3), 291-305. doi: 10.1080/10503307.2021.1933646

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

Operario, D. (2022). 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, 69*(2), 157-

171. doi: 10.1037/cou0000568

74. \*Goldberg, S. B., Riordan, K., Sun, S., Davidson, R. J. (2022). The empirical status of

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

controlled trials. *Perspectives on Psychological Science, 17*(1), 108-130.

doi: 10.1177/1745691620968771

73. \*Simpson, T. L., Goldberg, S. B., Louden, D. K., Blakey, S. M., Hawn, S. E., Lott, A.,

Browne, K. C., Lehavot, K., & Kaysen, D. (2021). Efficacy and acceptability of

interventions for co-occurring PTSD and SUD: A meta-analysis*. Journal of Anxiety*

*Disorders, 84*, 102490*.* doi: 10.1016/j.janxdis.2021.102490

72. \*Simonsson, O., Bazin, O., Fisher, S. D., & Goldberg, S. B.s (2021). Effects of an eight-

week, online mindfulness program on anxiety and depression in university students

during COVID-19: A randomized controlled trial*.* *Psychiatry Research, 305,* 114222.

doi: 10.1016/j.psychres.2021.114222

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

Zgierska, A., & Rösner, S. (2021). Mindfulness-based interventions for substance use

disorders. *Cochrane Database of Systematic Reviews, 10*, CD011723.

doi: 10.1002/14651858.CD011723.pub2

70. \*Raphaely, S., Goldberg, S. B., Moreno, M., & Stowe, Z. (2021). Rates of assessment of

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

assessment survey. *JMIR Medical Education, 7*(3), e28495. doi: 10.2196/28495

69. \*Goldberg, S. B., Flook, L., Hirshberg, M. J., Davidson, R. J., & Schaefer, S. M. (2021).

Brief breath awareness training yields poorer working memory performance in the

context of acute stress. *Cognition and Emotion, 35*(5), 1009-1017.

doi: 10.1080/02699931.2021.1878113

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.

doi: 10.1017/S003329172000389X

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*

*Psychology, 67*(4), 438-448. doi: 10.1037/cou0000382

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.

doi: 10.1037/ser0000337

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.

doi: 10.1037/scp0000202

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.,… &

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(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.

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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.

doi: 10.1080/16506073.2018.1556330

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

(2019). Still facial photographs of long-term meditators are perceived by naïve observers

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*.*

doi: 10.1037/pst0000197

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*.*

doi: 10.4088/JCP.18m12689

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

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*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.

doi:10.1016/j.jsat.2019.07.018

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.

*Mindfulness, 10*(5), 775-785*.* doi: 10.1007/s12671-018-1032-y

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

Mindfulness meditation and psychopathology. *Annual Review of Clinical Psychology,*

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

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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

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November 15-18). *Protective dose-response effects of a mobile mindfulness intervention*

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70. Goldberg, S. B., Riordan, K. M., Sun, S., & Davidson, R. J. (2022, November 15-18).

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69. Xie, Q., & Goldberg, S. B. (2022, September 18-21). *E-mental health for people with*

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68. Goldberg, S. B., Frye, C., Dahl, C. J., Riordan, K. M., Vack, N. J., Sachs, J., Goldman, R.,

Davidson, R. J., & Hirshberg, M. J. (2022, September 18-21). *A randomized controlled*

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67. Larson, E., Quintana, S., Goldberg, S. B., Quintanilla, Y., & Follansbee, B. (2022, August

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*college students* [Poster presentation]. World Federation of Occupational Therapy in

Paris, France.

66. Lam, S.U., Quintana, S.S., Goldberg, S.B. (2022, August 4-6). *International student*

*therapist in the US: Their strengths, challenges, and training needs* [Poster presentation].

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65. Goldberg, S. B., Lam, S., Britton, W. B., & R. J. Davidson. (2022, July 6-9). *Prevalence of*

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Denver, CO.

64. Xie, Q., Riordan, K.M., Simonsson, O., Hirshberg, M. J., Davidson, R. J., & Goldberg, S. B.

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*assessments* [Paper presentation]. In S. B. Goldberg (Chair), *Meditation as psychological*

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63. Lam, S., & Goldberg, S. B. (2022, July 6-9). *Who sticks with meditation practice? Correlates*

*of meditation practice persistence in a population-based sample in the United*

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*intervention.* Society for Psychotherapy Research meeting in Denver, CO.

62. Jiwani, Z., & Goldberg, S. B. (2022, July 6-9). *Motivation matters: Motivation for meditation*

*and its association with meditation practice in a population-based sample in the United*

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*intervention.* Society for Psychotherapy Research meeting in Denver, CO.

61. Lam, S.U., Xie Q., & Goldberg, S. B. (2022, June 6-10). *Assessing the relationship between*

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*practice* [Poster presentation]. Mind and Life Summer Research Institute online.

60. Xie, Q., Hirshberg, M. J., Tatar R., Wilson-Mendenhall, C., Dahl, C., Davidson, R. J., &

Goldberg, S. B. (2022, June 6-10). *Self-reported mindful awareness goes down before it*

*goes up: Results from a randomized controlled trial* [Poster presentation]. Mind and

Life Summer Research Institute online.

59. Jiwani, Z. & Goldberg, S. B. (2022, June 13-14). *Digital equity in mental health*

*interventions: Can a freely available meditation app reduce disparities?* [Paper

presentation]. Society for Digital Mental Health meeting online.

58. Lam, S., Sun, S., Simonsson, O., & Goldberg, S. B. (2022, June 13-14). *Mobile phone-based*

*interventions for mental health: A systematic meta-review of 14 meta-analyses* [Poster

presentation]. Society for Digital Mental Health meeting online.

57. Riordan, K. M., Simonsson, O., Goldberg, S. B. (2022, May 26-29). *How often should I*

*meditate? Massed and distributed practice are equally effective when total amount of*

*practice is held constant* [Poster presentation]. Association for Psychological Science

meeting in Chicago, IL.

56. Goldberg, S. B., & Baldwin, S. A. (2021, June 23-26). *Methodological foundations and*

*innovations in quantitative psychotherapy research* [Paper presentation].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.* Society for Psychotherapy Research

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55. Baldwin, S. A., Goldberg, S. B., Davidson, R. J, & Hirshberg, M. J. (2021, June 23-26).

*Alliance with an app? Evaluating the Digital Working Alliance Inventory* [Paper

presentation]. In J. K. Swift (Chair), *Novel understandings of the working alliance and*

*ruptures in psychotherapy.* Society for Psychotherapy Research meeting in Heidelberg,

Germany and online.

54. Tanana, M., Goldberg, S. B., Atkins, D. C., & Imel, Z. E. (2021, June 23-26). *Some things*

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

*research* [Paper presentation].In N. Shapira (Chair), *Using natural language processing*

*and machine learning approaches to advance psychotherapy research.* Society for

Psychotherapy Research meeting in Heidelberg, Germany and online.

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

June 23-26). *Can a computer detect interpersonal skills? Using machine learning to*

*scale up the Facilitative Interpersonal Skills task* [Paper presentation]. In S. B. Goldberg

(Chair), *Novel methods for bottling old wine: Biological and statistical innovations for*

*studying interpersonal processes in psychotherapy.* Society for Psychotherapy Research

meeting in Heidelberg, Germany and online.

52. Lam, S., Britton, W., Davidson, R. J., & Goldberg, S. B. (2021, June 6-11). *Prevalence of*

*meditation-related adverse effects in a population-based sample* [Poster presentation].

Mind & Life Institute Summer Research Institute online.

51. Riordan, K. M., Davidson, R. J., & Goldberg, S. B. (2021, June 6-11). *Does long- or short-*

*term meditation training influence environmental attitudes or behaviors?* [Poster

presentation]. Mind & Life Institute Summer Research Institute online.

50. Lam, S., Kirvin-Quamme, A., & Goldberg, S. B. (2020, November 5-8). *Attrition in*

*mindfulness-based interventions: A meta-analysis*[Poster presentation]. Mind and Life

Contemplative Research Conference online.

49. Hirshberg, M. J., Goldberg, S. B., Frye, C., & Davidson, R. J. (2020, November 5-8).

*Supporting educators during COVID-19* [Paper presentation]. In S. B. Goldberg (Chair),

*Expanding access to contemplative practices through digital technology.* Mind & Life

Institute Contemplative Research Conference online.

48. Goldberg, S. B., Davidson, R. J., & Rosenkranz, M. A. (2020, November 5-8). *Awareness,*

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

*randomized controlled trial* [Paper presentation]. In S. B. Goldberg (Chair), *Expanding*

*access to contemplative practices through digital technology.* Mind & Life Institute

Contemplative Research Conference online.

47. Riordan, K. M., Goldberg, S. B., Sun, S., Davidson, R. J. (2020, November 5-8). *The*

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

*analyses of randomized controlled trials* [Paper presentation]. Mind & Life Institute

Contemplative Research Conference online.

46. Riordan, K.M., Goldberg, S. B., Sun, S., Kearney, D. J., & Simpson, T. L. (2020, June 17-

20). *Mindfulness-based interventions for military veterans: A systematic review and*

*meta-analysis* [Poster presentation]. Society for Psychotherapy Research meeting in

Amherst, MA. (Conference canceled)

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

June 17-20). *Can a computer detect interpersonal skills? Using machine learning to*

*scale up the Facilitative Interpersonal Skills task* [Paper presentation]. In S. B. Goldberg

(Chair), *Novel methods for bottling old wine: Biological and statistical innovations for*

*studying interpersonal processes in psychotherapy.* Society for Psychotherapy

Research meeting in Amherst, MA. (Conference canceled)

44. Riordan, K.M., Goldberg, S. B., & Davidson, R. J. (2020, June 8-14). *What do we know*

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

[Poster presentation]. Mind & Life Institute Summer Research Institute in Garrison, NY.

43. Riordan, K., Goldberg, S. B., & Davidson, R. J. (2020, May 21-24). *What do we know about*

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

presentation]. 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 2-5). *Injury during deployment is associated with suicidal*

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

[Poster presentation].Society of Counseling Psychology meeting in New Orleans, LA.

(Conference canceled)

41. Cozart, J., Pederson, A., & Goldberg, S. B. (2020, April 2-5). *What makes a good therapist?*

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

[Poster presentation]. Society of Counseling Psychology meeting in New Orleans, LA.

(Conference canceled)

40. Sun, S., Goldberg, S. B., Brewer, J. (2019, June 8-14). *Mindfulness-based interventions for*

*racial and ethnic minorities: A meta-analysis* [Poster presentation]. Mind & Life Summer

Research Institute meeting in Garrison, NY.

39. Simpson, T. L., Goldberg, S. B., & Hawrilenko, M. (2019, June 22-26). *Treatment receipt*

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

[Poster presentation]. Research Society on Alcoholism meeting in Minneapolis, MN.

38. Simpson, T. L., Hawrilenko, M., & Goldberg, S. B. (2019, June 22-26). *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 presentation]. 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 8-11). *Examining the factor structure of the Acquired*

*Capability for Suicide Scale in a National Guard population* [Poster presentation]. 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 8-11). *Prevalence and predictors of treatment seeking among post-deployment National Guard service members: A longitudinal analysis* [Poster presentation]. 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 8-11). *Mindfulness-based cognitive therapy for patients with*

*current depression: A meta-analysis* [Paper presentation]. 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 8-11). *Utilization and perceived effectiveness of mindfulness*

*meditation in veterans: Results from a national survey* [Poster presentation]. 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

27-29). *Evaluating the quality of therapeutic alliance from session content* [Paper

presentation]. In Z. E. Imel (Chair), *The Digital Exploration of Psychotherapy (DEPTH)*

*Project.* 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 27-

29). *Patient socioeconomic status and treatment outcomes in naturalistic psychotherapy*.

[Paper presentation]. In S. L. Budge (Chair), *Gender and class: Analyzing change in*

*psychotherapy based on identity factors.* North American Society for Psychotherapy

Research meeting in Park City, UT.

31. Yulish, N. E., Goldberg, S. B., & Wampold, B. E. (2018, September 27-29). *Focusing on the*

*problem: A meta-analysis of anxiety treatments* [Paper presentation]. In J. K. Swift

(Chair), *Tailoring psychotherapy to the individual client: Client’s perspectives,*

*preferences, and experiences in psychotherapy.* North American Society for

Psychotherapy Research meeting in Park City, UT.

30. Thompson, M. N., Goldberg, S. B., & Nielsen, S. L., (2018, August 9-12). *Patient-rated*

*financial distress as an indicator of social class in naturalistic psychotherapy* [Paper

presentation]. In M. N. Thompson (Chair), *Social class in psychotherapy research:*

*Consideration for measurement, design, and analysis.* American Psychological

Association meeting in San Francisco, CA.

29. Thompson, M. N., Goldberg, S. B., & Nielsen, S. L., (2018, August 9-12). *Searching for the*

*impact of social class on psychotherapy outcome* [Paper presentation]. In S. L. Nielsen

(Chair), *Pulling psychotherapy into the big data research era.* 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 9-12). *Mindfulness-based cognitive therapy for patients with current*

*depression: A meta-analysis* [Poster presentation]. 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 9-12).*Examining dimensions of social support as*

*moderators of the relationship between combat exposure and PTSD symptoms over time*

[Poster presentation].American Psychological Association meeting in San Francisco,

CA.

26. Yulish, N., Goldberg, S. B., & Wampold, B. E. (2018, June 27-30). *The importance of*

*problem focused treatments* [Paper presentation]*.* In B. E. Wampold (Chair),

*Psychotherapy relationships that work II: Credibility, culture, and problem focus.*

Society for Psychotherapy Research meeting in Amsterdam, Netherlands.

25. Goldberg, S. B. & Sachter, L. (2018, May 31 – June 2). *The Zentensive: A*

*psychodynamically informed retreat for psychotherapists* [Poster presentation]. 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 22-25). *A prospective longitudinal*

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

presentation]. Rehabilitation Psychology Conference in Dallas, TX.

23. Hawkins, E. J., Malte, C. A., Goldberg, S. B., & Saxon, A. J. (2017, July 18-20). *All-cause*

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

*with PTSD* [Poster presentation]. Veterans Affairs (VA) Health Services Research &

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

22. Goldberg, S. B. & Simpson, T. L. (2016, November 10-13). *Are mindfulness-based*

*interventions still “alternative” therapies? A disorder-specific meta-analysis* [Poster

presentation]. 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 4-7). *Do psychotherapists improve with time and*

*experience?* [Paper presentation]. In Z.E. Imel (Chair), *The determination and promotion*

*of expertise in psychotherapy.* American Psychological Association meeting in Denver,

CO.

20. Pace, B. T., Goldberg, S. B., Huebner, L., Davies, R., & Imel, Z. E. (2016, August 4-7).

*Therapist and client variability via alliance, satisfaction, and cultural competence*

*ratings* [Paper presentation]. In Z. E. Imel (Chair), *The determination and promotion of*

*expertise in psychotherapy.* American Psychological Association meeting in Denver, CO.

19. Goldberg, S. B., & Hoyt, W. T. (2016, August 4-7). *Group as social microcosm: Congruence*

*between within group and outside group interpersonal style* [Paper presentation]. In D.

Kivlighan (Chair), *What happens in group: Evaluating group psychotherapy process and*

*outcomes in clinical and training settings.* 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 24-27). *Trajectories of change: Does the “good enough level” depend on the*

*therapist?* [Paper presentation]. In B. E. Wampold (Chair), *Therapist effects: New wave.*

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 24-27). *Is therapist effectiveness a global construct?*

[Paper presentation]. In B. E. Wampold (Chair), *Therapist effects: New wave.* 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 24-27).

*Alone in the crowd: The evaluation of counselor expertise* [Poster presentation]. 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 24-27). *The enduring effects of psychodynamic*

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

[Poster presentation]. 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 13-19). *Does the Five Facet Mindfulness*

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

*controlled randomized clinical trial* [Poster presentation]. 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 30 – November

2). *The secret ingredient in mindfulness interventions: A case for practice quality over*

*quantity* [Poster presentation]. International Symposium for Contemplative Studies

meeting in Boston, MA.

12. Goldberg, S. B., Flook, L., & Davidson, R. J. (2014, October 30 – November

2). *Mindfulness for teachers* [Paper presentation]. International Symposium for

Contemplative Studies meeting in Boston, MA.

11. Hase, C., Goldberg, S. B., Sun, S. (2014, March 13-16). *Subjective reactions mediate*

*outcomes in cyberbullied youth* [Poster presentation]. 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

presentation].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 17-19). *Are we better yet? Using benchmarks and*

*data from naturalistic settings to assess effectiveness* [Paper presentation].In B. E.

Wampold & T. Minami (Chairs), *Psychotherapy outcomes from randomized controlled*

*trials to naturalistic settings: Present and future.* 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 17-19). *Rethinking analysis of symptom*

*questionnaires* [Paper presentation].In B. E. Wampold & T. Minami (Chairs),

*Psychotherapy outcomes from randomized controlled trials to naturalistic settings:*

*Present and future.* North American Society for Psychotherapy Research meeting in

Memphis, TN.

7. Goldberg, S. B., Hoyt, W. T., Lindemann, A. M. (2013, October 17-19). *Testing the social*

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

presentation]. North American Society for Psychotherapy Research meeting in Memphis,

TN.

6. Goldberg, S. B., Valdez, C., Shewakramani, V., & Padilla, B. (2013, April 18-20). *Parenting*

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

*mood and parent involvement at home and school* [Paper presentation]. In C. Valdez

(Chair), *The social context of depression in low-income Latino parents: Implications for*

*children’s development.* Society for Research in Child Development meeting in Seattle,

WA.

5. Goldberg, S. B., Davis, J. D., & Hoyt, W. T. (2012, June 20-23). *The role of alliance in*

*mindfulness interventions* [Paper presentation]. In F. Pagnini (Chair), *Mindfulness-based*

*interventions with clinical populations: Researches and experiences.* Society for

Psychotherapy Research meeting in Virginia Beach, VA.

4. Siddiqui, J., Goldberg, S. B., Pace, B., & Wampold, B. E. (2012, June 20-23). *A qualitative*

*investigation into the process of psychotherapy supervision in randomized controlled*

*trials* [Paper presentation].In B. E. Wampold & T. Minami (Chairs), *Supervision in*

*clinical settings and clinical trials: Best practices?* Society for Psychotherapy Research

meeting in Virginia Beach, VA.

3. Zoogman, S., Goldberg, S. B., Miller, L. (2012, June 8-10). *A meta-analysis of mindfulness*

*interventions with youth* [Poster presentation]. New York State Psychological Association

meeting in Saratoga Springs, NY.

2. Goldberg, S. B., Veazie, S. P., Flook, L., & Davidson, R. J. (2012, April 26-29). *Thin Slices:*

*Do observer ratings predict teacher stress and well-being?* [Poster presentation].

International Symposia for Contemplative Studies meeting in Denver, CO.

1. Robinson, M., Miller, H., Goldberg, S. B. (2012, February 9-11). *Latino families, institutional*

*climate, and parental empowerment* [Paper presentation]. Society for Research in Child

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

FL.

Local/Regional/Invited Presentations

43. Goldberg, S. B. (2022, December). *Harnessing digital technology to promote well-being and*

*decrease suffering*. Paper presented at Friends of Affective Neurosciencemeeting for

undergraduate research assistants at the Center for Healthy Minds at UW-Madison in Madison, WI.

42. Goldberg, S. B. (2022, November). *Well-being can be (cross)trained: An experiential tour of*

*the ACIP model.* Paper presented at the National Alliance on Mental Illness UW-Madison

chapter meeting in Madison, WI.

41. Dunne, J., & Goldberg, S. B. (2022, October). *Cautionary tales from contemplative science*

*for psychedelic research.* Paper presented at the Symposium on Psychedelics at UW-

Madison in Madison, WI.

40. Goldberg, S. B. (2022, October). *VA Career Development Awards and NIH K Awards.* Panel

presentation at VA Puget Sound – Seattle Division PTSD Research Forum in Seattle,

WA and online.

39. Goldberg, S. B. (2022, October). *Promoting well-being and reducing suffering: A*

*contemplative science and psychotherapy research perspective*. Paper presented at

Lawrence University in Appleton, WI.

38. Goldberg, S. B. (2022, September). *Promoting well-being at scale: Testing the Healthy*

*Minds Program in the real world*. Paper presented at The World We Make at UW-

Madison in Madison, WI.

37. Goldberg, S. B. (2022, April). *Training a healthy mind.* Workshop presented to the UW-

Madison Physics Learning Center Peer Mentor Tutor teaching seminar in Madison, WI.

36. Goldberg, S. B. (2021, September). *PTSD Treatment in the US VA.* Invited webinar

presentation at Client-Reported Outcomes Monitoring Information System (CROMIS)

Initiative 2.0: Champion Training for Veterans Affairs Canada.

35. Goldberg, S. B. (2021, September). *Student and tutor well-being at the time of transition.*

Panel presented at the UW-Madison Tutor Development Conference in Madison, WI.

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 well-being 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 well-being.* 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 well-being.* 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 well-being.* 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*.Paper presented for the UW Health Integrative Medicine mindfulness teacher

group in Madison, WI.

7. Goldberg, S. B. (2016, February). *Graduate studies in psychology*. Panel presented 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*.Paper presented 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 AT011289 NIH/NCCIH

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

*human flourishing*

Network Scholar

2021-Present Transdisciplinary Center for Research in Psychoactive Substances, UW-

Madison

Advisory Committee Member

2019-Present NIMH T32 MH018931Training 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, 2021, Instructor

2023 UW-Madison, Department of Counseling Psychology

Course: *Psychology of Mindfulness* (19 students)

2019, 2020 Instructor

UW-Madison, Department of Counseling Psychology

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

2018, 2019 Instructor

UW-Madison, Department of Counseling Psychology

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

2015-2016 Co-Instructor

UW-Madison, Department of Counseling Psychology

Course: *Supervised Practicum in Counseling* (9 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)

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)

2022 Guest Lecturer

Lawrence University, Department of Psychology and Department of Religious Studies

*Meditation: Psychological and Buddhist Perspectives*

Lecture: “Varieties of Contemplative Practice: The ACIP Model”

2022 Guest Lecturer

University of Iowa, Department of Psychological and Quantitative Foundations

*Process and Outcome in Counselling and Psychotherapy*

Lecture: “Expertise and deliberate practice in psychotherapy”

2019, 2020 Guest Lecturer

Marquette University, Department of Theology

*Prayer and Mystical Experience*

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

2019, 2021 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-present Consulting Editor, *Psychotherapy Research*

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

2018-2022 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*

*Clinical Psychology: Science and Practice*

*Cognitive, Affective, and Behavioral Neuroscience*

*Cognitive Behaviour Therapy*

*Cognitive Therapy & Research*

*Complementary Therapies in Medicine*

*Comprehensive Psychiatry*

*Counselling Psychology Quarterly*

*Design Science*

*Educational Research Review*

*Emotion*

*JAMA Psychiatry*

*JMIR mHealth and uHealth*

*JMIR Mental Health*

*JMIR Research Protocols*

*Journal of Consulting and Clinical Psychology*

*Journal of Counseling Psychology*

*Journal of Medical Internet Research*

*Journal of Psychiatric Research*

*Journal of Psychotherapy Integration*

*Journal of Psychosomatic Research*

*Lancet Psychiatry*

*Learning and Individual Differences*

*Learning and Instruction*

*Mind, Brain, & Education*

*Mindfulness*

*Nature Human Behaviour*

*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*

*VA Evidence Synthesis Program*

Service

2022, 2023 Patient-Centered Outcomes Research Institute (PCORI)

PCORI Grant Merit Reviewer

2021 Department of Veterans 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

2018-2022 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)

International Society for Contemplative Research (ISCR)

International Society for Research on Internet Interventions (ISRII)

Society for the Exploration of Psychotherapy Integration (SEPI)

Society for Psychotherapy Research (SPR)