Simon B. Goldberg, PhD

Department of Counseling Psychology

University of Wisconsin – Madison

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

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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*

Positions

2024-Present Department of Counseling Psychology, University of Wisconsin – Madison

Kellner Family Distinguished Chair in Education and Well-being

2023-Present Department of Counseling Psychology, University of Wisconsin – Madison

Associate Professor

2023-Present Department of Psychology, University of Wisconsin – Madison

Affiliate Faculty

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

Core Faculty

2018-2023 Department of Counseling Psychology, University of Wisconsin – Madison

Assistant Professor

Professional License

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

Honors and Fellowships

2024 Early Career Achievement Award, Society for Psychotherapy Research

2024 Fellow, mHealth Training Institute, UCLA

2023 Vilas Early-Career Investigator Award, UW-Madison

2023 Early Career Award, APA Division 29 (Psychotherapy)

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 in Economics, Tufts University

2004 Class of 1898 Prize, Tufts University

2000-2004 Dean’s List, Tufts University

2003 AmeriCorps Education Award

Research Funding

Active

2024-Present Grant 2023-32566, Templeton World Charity Foundation

*Personalized interventions and the scaling of human flourishing.*

$2,357,500

Role: Co-Principal Investigator

2024-Present R24 AT012845 NIH/NCCIH

*Advancing resources for systematic reviews and meta-analyses of complementary*

*and integrative health interventions*.

$3,179,503

Role: Multiple Principal Investigator

2024-Present R01DA061795, NIH/NIDA

*Effectiveness and implementation of a meditation app addressing substance use,*

*sexual health, and emotion regulation among legal-involved youth.*

$3,336,197

Role: Consultant

2024-Present R01AT012892, NIH/NCCIH

*Improving psychological wellbeing and decreasing psychological distress among*

*youth in the legal system: Multi-site feasibility trial of a mindfulness meditation*

*app.*

$1,693,357

Role: Consultant

2024-Present Young Investigator Grant 31479, Brain & Behavior Research Foundation

*The role of gut microbiome in the biology and behavior of depression.* $34,960

Role: Principal Investigator

2024-Present Varela Award, Mind & Life Institute

*Adherence in naturalistic use of digital meditation-based interventions.* $25,000

Role: Co-Principal Investigator (Zishan Jiwani Principal Investigator)

2023-Present STRENGTHEN Grant HR0011232003, DARPA

*Hybrid intervention to cultivate well-being: Mental exercise, physical exercise,*

*and transcranial electrical stimulation with temporal interference.* $14,163,731

Role: Co-Investigator

2023-Present R61/R33 MH129407 NIH/NIMH

*ActiveCBT for depression: Transforming treatment through exercise priming*.

$1,467,545

Role: Consultant

2023-Present Seedling Grant HR00112320017, DARPA

*Machine learning to predict well-being*. $3,076,700

Role: Co-Investigator

2023-Present Director’s Award, Center for Healthy Minds, UW-Madison

*The effects of digital well-being training on inflammatory biomarkers in asthma*.

$39,800

Role: Co-Principal Investigator

2021-Present U24 AT011289 NIH/NCCIH

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

*human flourishing*. $2,442,682

Role: Co-Investigator

2021-Present Global Innovations for Character Development, Templeton World Charity

Foundation

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

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

Role: Consultant

Completed

2023-2025 Out of Season Award, UW-Madison

*The biology and behavior of depression.* $40,000

Role: Principal Investigator

2022-2024 U24 AT011289 Pilot Grant NIH/NCCIH

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

$49,880

Role: Co-Principal Investigator

2022-2024 U24 AT011289 Pilot Grant NIH/NCCIH

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

$99,960

Role: Co-Investigator

2021-2025 Chan-Zuckerberg Initiative

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

Role: Co-Principal Investigator

2020-2025 K23 AT010879 NIH/NCCIH

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

*anxiety.* $786,228

Role: Principal Investigator

2020-2024 Defeating Depression Award, Hope for Depression Research Foundation

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

Role: Principal Investigator

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.

155. \*Linardon, J., Messer, M., Liu, C., Anderson, C., McClure, Z., Jarman, H., **Goldberg, S.**

**B.**, & Torous, J. (in press). The role of large language models in mental health research:

An international survey of researchers’ practices and perspectives*. BMJ Mental Health.*

154. \*Dyer, R. L., Zimmerman, K. M., Zhao, I., Xie, Q., Dahl, C. J., Quanbeck, A., & **Goldberg,**

**S. B.** (in press). Developing meditation practice in individuals with elevated

psychological distress via a meditation app intervention: An implementation science-

informed qualitative investigation of barriers and facilitators*. Psychological Services.*

153. \*Treves, I., Tierney, A., Goldberg, S. B., Carson, N., Rouleau, N., Schuman-Olivier, Z., &

Webb, C. A. (in press). Limited validity of breath-counting as a measure of mindfulness

in ruminative adolescents. *Psychophysiology*.

152. \*Linardon, J., Xie, Q., Swords, C. M., Torous, J., Sun, S., & Goldberg, S. B. (in press).

Methodological quality in randomised clinical trials of mental health apps: Systematic

review and longitudinal analysis. *BMJ Mental Health.*

151. °Torous, J., Linardon, J., Goldberg, S. B., Sun, S., Bell, I., Nicholas, J., Hassan, L., Hua, N.,

Milton, A., & Firth, J. (in press). The evolving field of digital mental health: Current

evidence and implementation issues for smartphone apps, generative artificial

intelligence, and virtual reality. *World Psychiatry.*

150. \*Simonsson, O., Goldberg, S. B., Osika, W., Stenfors, C. U. D., Chaturvedi, S., Swords, C.

M., Narayanan, J., & Hendricks, P. S. (in press). Longitudinal associations of psychedelic

use with psychotic and manic symptoms. *Psychological Medicine*.

149. \*Simonsson, O., Cahturvedi, S., Hendricks, P. S., Stenfors, C. U. D., Osika, W., Narayanan,

J., Palitsky, R., & Goldberg, S. B. (in press). Associations between psychedelic-related

and meditation-related variables: A longitudinal study. *Journal of Psychiatric Research*.

148. \*Treves, I., Bajwa, Z., Greene, K. D., Bloom, P. A., Kim, N., Wool, E., Goldberg, S. B.,

Whitfield-Gabrieli, S., Auerbach, R. P. (in press). Limited effectiveness of consumer grade neurofeedback with mindfulness meditation: A meta-analysis. *Journal of Medical Internet Research*.

147. \*Treves, I. N., Kucyi, A., Park, M., Kral, T. R. A., Goldberg, S. B., Davidson, R. J.,

Rosenkranz, M. A., Whitfield-Gabrieli, S., & Gabrieli, J. D. E. (2024). Connectome

predictive modeling of trait mindfulness. *Human Brain Mapping*.

146. \*Linardon, J., Fuller-Tyszkiewicz, M., Firth, J., Goldberg, S. B., Anderson, C., McClure,

Z., & Torous, J. (in press). Systematic reviewand meta-analysis of adverse events in

clinical trials of mental health apps. *npj Digital Medicine.*

145. \*Hassanpour, P., Buchwald, S., Mehta, A., Goldberg, S. B., & Walsh, K. (in press). Sexual

violence and shame: A meta-analysis. *Trauma, Violence, & Abuse*.

144. \*Jiwani, Z., Goldberg, S. B., Stroud, J., Young, J., Curtin, J., Dunne, J. D., Simonsson, O.,

Webb, C. A., Carhart-Harris, R., & Schlosser, M. (in press). Can psychedelic use benefit

meditation practice? Examining individual, psychedelic, and meditation-related factors.

*PLOS ONE*. doi: 10.1101/2024.08.27.24312677

143. \*Zhang, X., Goldberg, S. B., Baldwin, S. A., Tanana, M., Weitzman, L., Narayanan, S.,

Atkins, D., & Imel, Z. E. (in press). Association of machine learning rated supportive

counseling skills with psychotherapy outcome*. Journal of Consulting and Clinical*

*Psychology*.

142. \*Meyer, J., Kelly, S., Gidley, J., Lansing, J., Smith, S., Churchill, S., Thomas, E., Goldberg,

S.B., Abercrombie, H.C., Murray, T.A,, Wade, N.G. (in press). Protocol for a randomized

controlled trial: Exercise-priming of CBT for depression (The CBT+ Trial). *Trials*.

141. \*Thomas, K., Hoyt, W. T., Goldberg, S. B., Abbas, M., Schultz, M., Hiserodt, M., &

Wyman, M. (in press). Examining the factor structure of the Acquired Capability for

Suicide Scale in a military population: Initial development and validation of a 4-factor version of the ACSS*. Psychological Services*.

140. °Simonsson, O., Goldberg, S. B., Hendricks, P. S. (in press). Into the wild frontier: Mapping

the terrain of adverse events in psychedelic-assisted therapies*. Journal of*

*Psychopharmacology*.

139. \*Raphaely, S. G., Goldberg, S. B., Stowe, Z. N., & Moreno, M. A. (in press). Association

between parental problematic internet use and adolescent depression. *Child Psychiatry &*

*Human Development.*

138. \*Sun, S., Simonsson, O., McGarvey, S., Torous, J., & Goldberg, S. B. (in press). Mobile

phone interventions to improve health outcomes among patients with chronic diseases:

An umbrella review and evidence synthesis from 34 meta-analyses. *The Lancet Digital*

*Health*.

137. \*Goldberg, S. B., Kendall, A. D., Hirshberg, M. J., Dahl, C. J., Nahum-Shani, I., Davidson,

R. J., & Bray, B. C. (in press). Is dosage of a meditation app associated with changes in

psychological distress? It depends on how you ask. *Clinical Psychological Science*.

136. \*Goldberg, S. B., Dahl, C. J., Bolt, D. M., Davidson, R. J., & Hirshberg, M. J. (in press).

Does it matter how meditation feels? An experience sampling study. *Journal of*

*Consulting and Clinical Psychology.*

135. \*Williams, C. Y., Owen, J., Rousmaniere, T., Harris, J., & Goldberg, S. B. (in press).

Developing therapists’ multicultural orientation using web-based deliberate practice: An

initial feasibility, usability, and acceptability study. *Professional Psychology: Research*

*and Practice*.

134. \*Hirshberg, M. J., Dahl, C. J., Bolt, D., Davidson, R. J., & Goldberg, S. B. (in press).

Psychological mediators of reduced distress: Preregistered analyses from a randomized

controlled trial of a smartphone-based well-being training. *Clinical Psychological*

*Science*.

133. \*Pardue-Bourgeois, S., Goldberg, S. B., Wyman, M. F., Abbas, M., Flynn, A. W. P.,

Domínguez Jr., S., & Tucker, R. P. (in press). The link between deployment-related

injuries and suicidal thinking in the Army National Guard: Examining the role of

perceived burdensomeness and hopelessness. *Archives of Suicide Research*.

132. \*Goldberg, S. B., Tanana, M., Stewart, S. H., Williams, C. Y., Atkins, D. C., Imel, Z. E., &

Owen, J. (in press). Automating the assessment of multicultural orientation through

machine learning and natural language processing*.* *Psychotherapy*.

131. \*Simonsson, O., Goldberg, S. B., Chambers, R., Osika, W., Simonsson, C., & Hendricks, P.

S. (in press). Psychedelic use and psychiatric risks*. Psychopharmacology.*

130. \*Xie, Q., Dyer, R. L., Lam. S., Frye, C., Dahl, C. J., Quanbeck, A., Nahum-Shani, I.,

Davidson, R. J., & Goldberg, S. B. (2024). Understanding the implementation of

informal meditation practice in a smartphone-based intervention: A qualitative analysis.

*Mindfulness, 15*(2), 479-490.

129. \*Xie, Q., Riordan, K. M., Baldwin, S. A., Simonsson, O., Hirshberg, M. J., Dahl, C. J.,

Nahum-Shani, I., Davidson, R. J., & Goldberg, S. B. (2024). Is informal practice

associated with outcomes in loving-kindness and compassion training? Evidence from

pre-post and daily diary assessments*. Behaviour Research and Therapy, 177*, 104537.

128. \*Torous, J., Firth, J., & Goldberg, S. B. (2024). Digital mental health’s unstable

dichotomy: Wellness and health. *JAMA Psychiatry, 81*(6), 539-540.

doi:10.1001/jamapsychiatry.2024.0532

127. \*Barrett, B., Walters, S., Checovich, M., Grabow, M., Middlecamp, C., Wortzel, B.,

Riordan, K. M., & Goldberg, S. B. (2024). Mindful eco-wellness: Steps toward

personal and planetary health*.* *Global Advances in Integrative Medicine and Health, 13*,

1-13.

126. \*Honk, L., Stenfors, C. U., Goldberg, S. B., Hendricks, P. S., Osika, W., Dourron, H. M.,

Lebedev, A., Petrovic, P., & Simonsson, O. (2024). Longitudinal associations between

psychedelic use and psychotic symptoms in the United States and United Kingdom.

*Journal of Affective Disorders, 351*, 194-201.

125. \*Strohmaier, S. & Goldberg, S. B. (2024). Longitudinal increases in mindfulness

practice quality are associated with changes in psychological outcomes and not vice

versa: A brief report*. Current Psychology, 43*, 18517-18520.

124. \*Galla, B., Karanam, A., Pelakh, A., Goldberg, S. B. (2024). Adolescents do not benefit

from universal school-based mindfulness interventions: A reanalysis of Dunning et al.

(2022). *Frontiers in Psychology, 15*, 1384531.

123. \*Simonsson, O., Hendricks, P. S., Stenfors, C. U. D., Goldberg, S. B., Honk, L., & Osika,

W. (2024). Longitudinal associations between psychedelic use and unusual visual

experiences in the United States and the United Kingdom. *Journal of*

*Psychopharmacology, 38*(1), 110-115.

122. \*Riordan, K. M., Simonsson, O., Frye, C., Vack, N. J., Sachs, J., Fitch, D., Goldman, R. I.,

Chiang, E. S., Dahl, C. J., Davidson, R. J., & Goldberg, S. B. (2024). How often

should I meditate? A randomized trial examining the role of meditation frequency when total amount of meditation is held constant. *Journal of Counseling Psychology, 71*, 104-114. doi: 10.1037/cou0000725

121. \*Simonsson, O., Osika, W., Stenfors, C. U. D., Goldberg, S. B., Honk, L., & Hendricks, P.

S. (2024). Longitudinal associations between psychedelic use and meditation practices in

the United States and the United Kingdom*. Psychological Medicine, 54*, 1228–1234.

doi: 10.1017/S0033291723003082

120. °Goldberg, S. B., & Davidson, R. J. (2024). Contemplative science comes of age: Looking

backward and forward 20 years after Baer (2003). *Clinical Psychology: Science and*

*Practice, 31*(1), 39–41. doi: 10.1037/cps0000186

119. \*Webb, C. A., Hirshberg, M. J., Gonzalez, O., Davidson, R. J., & Goldberg, S. B. (2024).

Revealing subgroup-specific mechanisms of change via moderated mediation: A

meditation intervention example. *Journal of Consulting and Clinical Psychology, 92*(1),

44–53. doi: 10.1037/ccp0000842

118. \*Gustafson, D. H. S., Landucci, G., Vjorn, O., Gicquelais, R. E., Goldberg, S. B., Johnston,

D., Curtin, J. J., Bailey, G., Shah, D. V., Pe-Romashko, K., & Gustfson, D. H. J. (2024).

Effects of bundling medication for opioid use disorder with an mHealth intervention

targeting addiction: A randomized clinical trial. *American Journal of Psychiatry, 181*(2),

115-124. doi: 10.1176/appi.ajp.20230055

117. \*Kuo, P. B., Tanana, M. J., Goldberg, S. B., Caperton, D. D., Narayanan, S., Atkins, D. C.,

& Imel, Z. E. (2024). Machine learning-based prediction of client distress from session

recordings. *Clinical Psychological Science, 12*(3), 435-446.

doi: 10.1177/216770262311726

116. \*Goldberg, S. B., Jiwani, Z., Bolt, D. M., Riordan, K. M., Davidson, R. J., & Hirshberg, M.

J. (2024). Evidence for bidirectional, cross-lagged associations between alliance and

psychological distress in an unguided mobile health intervention. *Clinical Psychological*

*Science, 12*(3), 517-525. doi: 10.1177/216770262311848

115. \*Goldberg, S. B., Sun, S., Carlbring, P., & Torous, J. (2023). Selecting and describing

control conditions in mobile health randomized controlled trials: A proposed typology.

*npj Digital Medicine, 6*(1), 181.

114. \*Linardon, J., Messer, M., Goldberg, S. B., & Fuller-Tyszkiewicz, M. (2023). The

efficacy of mindfulness apps on symptoms of depression and anxiety: An updated meta-

analysis of randomized controlled trials. *Clinical Psychology Review, 107*, 102370.

113. \*Treves, I. S., Olson, H. A., Ozernov-Palchik, O., Li, C. E., Wang, K. L., Arechiga, X. M.,

Goldberg, S. B., & Gabrieli, J. D. E. (2023). At-home use of app-based mindfulness

training in children: A randomized active-controlled trial*. Mindfulness, 14*(11), 2728-

2744.

112. \*Lam, S. U., Xie, Q., & Goldberg, S. B. (2023). Situating meditation apps within the

ecosystem of meditation practice: Population-based survey study. *JMIR Mental Health,*

*10*, e43565.

111. \*Simonsson, O., Carlbring, P., Carhart-Harris, R., Davis, A. K., Nutt, D. J., Griffiths, R. R.,

Erritzoe, D., & Goldberg, S. B. (2023). Assessing the risk of symptom worsening in

psilocybin-assisted therapy for depression: A systematic review and individual

participant data meta-analysis. *Psychiatry Research, 327*, 115349.

doi: 10.1016/j.psychres.2023.115349

110. \*Simonsson, O., Stenfors, C. U. D., Goldberg, S. B., Hendricks, P. S., & Osika, W. (2023).

Altered stated of leadership: Mindfulness meditation, psychedelic use, and leadership

development. *Frontiers in Psychology, 14*, 1151626. doi: 10.3389/fpsyg.2023.1151626.

109. \*Galante, J., Friedrich, C., Aeamla-Or, N., Arts-de Jong, M., Barrett, B., Bögels, S. M.,

Buitelaar, J. K., Checovich, M. M., Christopher, M. S., Davidson, R. J., Errazuriz, A.,

Goldberg, S. B., Greven, C. U., Hirshberg, M. J., Huang, S., Hunsinger, M., Hwang, Y.,

Medvedev, O., Rosenkranz, M. A.,…& White, I. R. (2023). Individual participant data

systematic review and meta-analysis of randomised controlled trials assessing adult

mindfulness-based programmes for mental health promotion in non-clinical settings.

*Nature Mental Health, 1*, 462-476. doi: 10.1038/s44220-023-00081-5

108. \*Goldberg, S. B., Anders, C., Stuart-Maver, S. L., & Kivlighan, D. M. (2023).

Meditation, mindfulness, and acceptance methods in psychotherapy: A systematic

review. *Psychotherapy Research, 33*(7), 873-885. doi: 10.1080/10503307.2023.2209694

107. \*Trachik, B., Fawver, B., Trapp, S. K., Goldberg, S. B., Ganulin, M. L., Kearns, N. T.,

McKeon, A. B., Dretsch, M. N., & Sowden, W.J. (2023). Measurement validity of the

six-factor model of psychological well-being in a military sample: Implications for

measuring wellbeing in service members. *Psychological Assessment, 35*(9), 729-739.

doi: 10.1037/pas0001239

106. \*Simonsson, C., Chambers, R., Hendricks, P. S., Goldberg, S. B., Osika, W., Schlosser, M.,

Ryde, A., Christersson, E., & Simonsson, O. (2023). Classic psychedelic use and

current meditation practice. *Mindfulness, 14*(4), 763-768.

doi: 10.1007/s12671-023-02103-w

105. \*Jiwani, Z., Tatar, R., Dahl, C., Wilson-Mendenhall, C. D., Hirshberg, M. J., Davidson, R.

J., & Goldberg, S. B. (2023). Examining equity in access and utilization of a freely

available meditation app. *npj Mental Health Research, 2*(1), 5.

doi: 10.1038/s44184-023-00025-y.

104. \*Simonsson, O., Hendricks, P. S., Chambers, R., Osika, W., & Goldberg, S. B.(2023).

Prevalence and associations of challenging, difficult or distressing experiences using

classic psychedelics*. Journal of Affective Disorders, 326*, 105-110.

doi: 10.1016/j.jad.2023.01.073

103. \*Jiwani, Z., Raval, V., Steele, M., & Goldberg, S. B. (2023). Caste and COVID-19:

Magnified psychosocial disparities amongst rural Indian. *Journal of Social Issues, 79*(2),

646-666. doi: 10.1111/josi.12532

102. °Hirshberg, M. J., Goldberg, S. B., Rosenkranz, M., & Davidson, R. J. (2023). Response

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

Stress Reduction.’ *Psychological Medicine, 53*, 1662–1664.

doi: 10.1017/S0033291720005346

101. \*Simonsson, O., & Goldberg, S. B. (2023). Linkages between psychedelics and

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

*Drugs, 55*(1), 11-18.doi: 10.1080/02791072.2021.2022816

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

Wampold, B. E. (2023). Threat alert: The effect of outliers on the alliance-outcome

correlation*. Journal of Counseling Psychology, 70*(1), 81-89. doi: 10.1037/cou0000638

99. \*Hirshberg, M. J., Davidson, R. J., Goldberg, S. B. (2023). Educators are not alright:

Mental health during COVID-19. *Educational Researcher, 52*(1), 48-52.

doi: 10.3102/0013189X221142595

98. \*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. (2023).

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

*Human Behaviour, 7*, 484-501*.* doi: 10.1038/s41562-022-01517-1

97. \*Lam, S., Riordan, K. M., Simonsson, O., Davidson, R. J., & Goldberg, S. B. (2023).

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

USA. *Mindfulness, 14*(1), 66-78. doi: 10.1007/s12671-022-02061-9

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

Davidson, R. J., & Goldberg, S. B. (2022). 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, 114*(8), 1895–1911.

doi: 10.1037/edu0000739

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. (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. (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,

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9. Dahl, C., Simonsson, O., & Goldberg, S. B. (2025, April). Can two anxiety practices unlock

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

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

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

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116. Lam, S.U., Goldberg, S. B., Xie, Q., Kim, S., Hsu, W., Xu, H. (2025, August 7-9). *A*

*dialectical approach to enhancing training for international student therapists in the U.S*.

[Discussion presentation]. American Psychological Association Annual Convention in

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115. Xie, Q., Dyer, R. L., Lam, S., Frye, C., Dahl, C. J., Quanbeck, A., Nahum-Shani I.,

Davidson, R. J., & Goldberg, S. B. (2025, August 7-9). *Understanding the*

*implementation of informal meditation practice in a smartphone-based intervention: A*

*qualitative analysis.* [Psych-Science-in-3, oral presentation; finalist]. American

Psychological Association Annual Convention in Denver, CO, USA.

114. Xie, Q., Zhu, Y., Lin, T., Yin, Z., & Goldberg, S. B. (2025, August 7-9). *Bridging the*

*mental health care gap for international students via digital interventions*. [Poster

presentation]. American Psychological Association Annual Convention in Denver, CO,

USA.

113. Arnon, H., Huppert, J., Carlbring, P., Hadjistavropoulos, H., & Goldberg, S. B. (2025,

August 4-7). *Engagement with and adherence to internet-based interventions: When*

*overlapping terms lead to divergent results.* [Structured discussion]. International Society

for Research on Internet Interventions meeting in San Diego, CA, USA.

112. Goldberg, S. B., Xie, Q., Jiwani, Z., Wagner, S., Tatar, R., Dahl, C. J., Nahum-Shani, I., &

Davidson, R. J. (2025, August 4-7). *Optimizing the integration of human and digital*

*support in meditation apps: A pilot hybrid factorial and micro-randomized trial.* [Paper

presentation]. In J. Yarrington (Chair), *Improving access to and engagement with mental*

*health treatment: Coach-supported digital interventions.* Symposium conducted at the

International Society for Research on Internet Interventions meeting in San Diego, CA,

USA.

111. Jiwani, Z., Simonsson, O. & Goldberg, S. B. (2025, June 27-29). *Adverse effects in single*

*session meditation interventions: Insights from a randomized trial*. [Poster presentation].

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110. Jiwani, Z., Curtin, J. J., Umaranche, A., Babins-Wagner, R., Caperton, D., Medinilla, V., &

Goldberg, S. B. (2025, June 25-28). *Substance use and trajectories of change in*

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Kraków, Poland.

109. Thairu, M. W., Goldberg, S. B., Lau, W., Rosenkranz, M. A., Sankaran, K., Davidson, R. J.,

& Handelsman, J. (2025, June 9-12). *Investigating changes in the gut microbiome in*

*response to app-based well-being training.* [Poster presentation].

PsychoNeuroImmunology Research Society Annual Conference in Bordeaux, France.

108. Goldberg, S. B., Hildago, N., Lewis, R., Prabhu, Y., Xu, N., Hendry, N., Kaharudin, M.,

Lau, W., Swords, C. M., Valdivia, G., Rahrig, H., Singh, V., Wilson-Mendenhall, C.,

Picard, R., & Davidson, R. J. (2025, May 22-25). *Detecting distress and well-being from*

*video-based ecological momentary assessment.* [Paper presentation]. In H. Fisher (Chair),

*Leveraging artificial intelligence and multimodal assessment to advance affect detection*

*and treatment personalization.* Symposium conducted at the Association for

Psychological Science meeting in Washington, D.C., USA.

107. Garza, M., Thairu, M., Aghdam, R., Sankaran, K., Davidson, R. J., Goldberg, S. B., &

Handelsman, J. (2025, May 12-15). *Identifying biomarkers for depression in the human*

*gut microbiome.* [Poster presentation]. Great Lakes Bioinformatics Conference in

Minneapolis, MN, USA.

106. Tan, S. F.. Siddiqui, H., Paur, B., Elfenbein, D. M., Davidson, R. J., & Goldberg, S. B.

(2025, May 6-8). *The Healthy Minds Program: A feasible and scalable well-being*

*intervention.* [Paper presentation]. Association for Program Directors in Surgery Annual

Meeting in Seattle, WA, USA.

105. Tan, S. F., Siddiqui, H., Paur, B., Tetreault, K., Chen, G., Elfenbein, D. M., Davidson, R. J.,

& Goldberg, S. B. (2025, February 20-22). *Are work hours actually linked to burnout in*

*residents?* [Paper presentation]. Accreditation Council of Graduate Medical Education

Annual Educational Conference in Nashville, TN, USA.

104. Tan, S. F., Siddiqui, H., Paur, B., Tetreault, K., Chen, G., Elfenbein, D. M., Davidson, R. J.,

& Goldberg, S. B. (2025, February 11-13). *Are work hours actually linked to burnout*

*among surgery residents?* [Paper presentation]. Annual Academic Surgical Conference in

Las Vegas, NV, USA.

103. Tan, S. F., Siddiqui, H., Paur, B., Tetreault, K., Chen, G., Elfenbein, D. M., Davidson, R. J.,

& Goldberg, S. B. (2024, November 8-9). *Are work hours actually linked to burnout*

*among surgery residents?* [Paper presentation]. Wisconsin Surgical Society Fall

Conference in Kohler, WI, USA.

102. Thairu, M. W., Sankaran, K., Goldberg, S. B., Davidson, R. J., & Handelsman, J. (2024,

October 19-21). *Behavior, Biology, and Well-being: Investigating changes in the gut*

*microbiome in response to app-based well-being training*. [Paper presentation]. Mind-

Body Interface International Symposium &Workshop in Taichung, Taiwan.

101. Lam, S.U., Hsu, W., Gaus Hinojosa, G., Graham, S., Goldberg, S. B. (2024, August 8-10).

*Sharing training directors’ voices: Issues of multilingual supervision and training in the*

*US* [Paper presentation]. American Psychological Association meeting in Seattle, WA,

USA.

100. Kagan, E., Zohar Puris, S., Yuval, K., Gebremariam, S., Goldberg, S. B., Aviad, N., &

Bernstein, A. (2024, July 28-31). *Nonrandomized open trial of a mobile health*

*mindfulness- and compassion-based selective preventive intervention for forcibly*

*displaced people: Pilot test of feasibility, engagement, and protective effects* [Poster

presentation]. Psychedelic Medicine Conference, Tel Aviv, Israel.

99. Jiwani, Z., Curtin, J., Murphy, M., Goldberg, S. B., Xu, S., Chen, R. & Sun, S. (2024, July

16-18). *Identifying key correlates of suicide ideation and attempts among young adults in*

*China: A machine learning approach using XGBoost and SHAP Values* [Poster

Presentation]. Computational Psychiatry Conference in Minneapolis, MN, USA.

98. Bloch-Elkhouby, S., Aafjes-van Doorn, K., Atzil-Slonim, D., Goldberg, S. B., Schwartz, B.,

& Zilcha-Mano, S. (2024, June 26-29). *“I don’t want to talk to a robot”: Can artificial*

*intelligence research promote more effective treatments and clinical training*

*approaches?* [Structured discussion]. Society for Psychotherapy Research meeting in

Ottawa, Canada.

97. Goldberg, S. B. (2024, June 26-29). *Is more meditation better? Examining dose-response*

*relationships with the Healthy Minds Program app* [Paper presentation]. In S. Youn and

B. Jaso (Chairs), *Therapeutic dosage: How to identify who needs what? And implications*

*for therapeutic practice.* Symposium conducted at the Society for Psychotherapy

Research meeting in Ottawa, Canada.

96. Baldwin, S., & Goldberg, S. B. (2024, June 26-29). *Alliance with an unguided smartphone*

*app* [Paper presentation]. In S. Goldberg (Chair), *A new era of alliance research*.

Symposium conducted at the Society for Psychotherapy Research meeting in Ottawa,

Canada.

95. Lam, S.U., Gaus Hinojosa, G., Hsu, W., Graham, S., Goldberg, S. B. (2024, June 26-29).

*Utilizing multilingual supervision and training to address the global mental health crisis:*

*A qualitative study* [Poster presentation]. Society for Psychotherapy Research meeting in

Ottawa, Canada.

94. Lam, S.U., Gao, S., Swords, C. M., Hoyt, W., Goldberg, S. B. (2024, June 26-29). *The*

*crossover effects of mindfulness in couple relationships* [Paper presentation]. Society for

Psychotherapy Research meeting in Ottawa, Canada.

93. Galante, J., Friedrich, C., Kosugiyama, N., Chapman, A., White, I., Jones, P. B., Dalgeish, T.,

Aeamla-Or, N., Arts-de Jong, M., Barrett, B., Bögels, S. M., Buitelaar, J. K., Checovich,

M. M., Christopher, M. S., Davidson, R. J., Errazuriz, A., Goldberg, S. B., Greven, C.

U., Hirshberg, M. J., Huang, S., Hunsinger, M., Hwang, Y., Medvedev, O., Rosenkranz,

M. A.,…& Tomfohr-Madsen, L. (2024, June 19-23). *Who benefits from and who*

*deteriorates with preventative mindfulness-based programs? Insights from an individual*

*participant data meta-analysis of RCTs* [Poster presentation]. International Society for

Contemplative Research in Padova, Italy.

92. Tan, S. F., Elfenbein, D. M., Davidson, R. J., & Goldberg, S. B. (2024, June 2-8). *Steady*

*mind, steady hands: How contemplative practice can inform surgical training.* [Poster

presentation]. Mind and Life Summer Research Institute, Garrison, NY, USA.

91. Jiwani, Z., Goldberg, S. B., Young, J., Curtin, J. J., & Schlosser, M. (2024, June 2-8). *Can*

*psychedelic use benefit meditation practice? Examining individual-, psychedelic-, and*

*meditation-related factors* [Poster presentation]. Mind and Life Summer Research

Institute, Garrison, NY, USA.

90. Xie, Q., Dyer, R. L., Lam, S., Frye, C., Dahl, C. J., Quanbeck, A., Nahum-Shani I., Davidson,

R. J., & Goldberg, S. B. (2024, May 23-26). *Understanding the implementation of*

*informal meditation practice in a smartphone-based intervention: A qualitative analysis*

[Paper Presentation]. In Q. Xie (Chair), *Advancing scalability and accessibility of*

*meditation-based interventions through implementation science*. Symposium conducted

at the Association for Psychological Science Annual Convention in San Francisco, CA,

USA.

89. Kaharudin, M., Hendry, N., Prabhu, Y., Tang L., Singh, V., Li, Y., Goldberg, S. B., Rahrig,

H., Vack, N., Tatar, R., Davidson, R., Wilson-Mendenhall, C.. (2024, May 23-26).

*Assessing the quality of videos recorded during a novel ecological momentary*

*assessment study* [Poster presentation]. Association for Psychological Science Annual

Convention in San Fransisco, CA, USA.

88. Hendry, N., Kaharudin, M., Goldberg, S. B., Rahrig, H., Singh, V., Li, Y., Yang, R., Vack,

N., Tatar, R., Davidson, R. J., Wilson-Mendenhall, C. (2024, May 23-26). *Emotions on*

*the go: A novel video ecological momentary assessment study* [Poster presentation].

Association for Psychological Science Annual Convention in San Francisco, CA, USA.

87. Thairu, M. W., Sankaran, K., Goldberg, S. B., Davidson, R. J., & Handelsman, J. (2024, May

13-15). *Behavior, Biology, and Well-being: Investigating changes in the gut microbiome*

*in response to app-based well-being training*. [Paper presentation]. Midwest Microbiome

Symposium, West Lafayette, Indiana, USA.

86. Barrett B., Walters, S., Middlecamp, C., Riordan, K. M., & Goldberg, S. B. (2024, April 11-

13). *Mindful eco-wellness: Steps toward personal and planetary health* [Poster

presentation]. International Congress on Integrative Medicine & Health meeting in

Cleveland, OH, USA.

85. Jiwani, Z., Keita, N., Singh, S., Ramírez Stege, A., French, B., Halifax, J., & Goldberg, S. B.

(2024, January 18-19). *Toward a social justice-oriented framework for engaged*

*mindfulness* [Poster presentation]. National Multicultural Summit in Santa Fe, NM,

USA.

84. Kendall, A.D., Hirshberg, M.J., Bray, B.C., Davidson, R.J., & Goldberg, S. B. (2023,

November 16-19). *Is dosage of app-based meditation practice associated with changes in*

*psychological distress? It depends how you ask* [Paper presentation]. Association for

Behavioral and Cognitive Therapies meeting in Seattle, WA, USA.

83. Ruan, H., DelVentura, J., Katz, A., Meyer, W., Chen, J., & Goldberg, S. B. (2023, September

5-8). *Structured mindfulness training promotes independent home practice, practice*

*quality, and improvements in functioning in Veterans with chronic pain: Results from a*

*pilot study* [Poster Abstract]. PAINWeek National Conference, Las Vegas, NV, USA.

82. Xie, Q., Baldwin, S. A., Flook, L., Davidson, R. J., & Goldberg, S. B. (2023, August 3-5).

*Can MBSR Teachers Detect Students’ Mindfulness? Evaluating the Teacher Observation*

*Questionnaire* [Poster presentation]. American Psychological Association meeting in

Washington, D.C., USA.

81. Lam, S.U., Hsu, W., Gaus Hinojosa, G., Graham, S., Goldberg, S. B. (2023, August 3-5).

*Critical conversation: Exploring multilingual training opportunities among APA training*

*sites* [Structured discussion]. American Psychological Association meeting in

Washington, D.C., USA.

80. Lam, S.U., Goldberg, S. B., Kim, S., Hsu, W., Xu, H. (2023, June 21-24). *Reconceptualizing*

*the challenges of international student therapists in the US: From a dialectical*

*perspective* [Poster presentation]. Society for Psychotherapy Research meeting in

Dublin, Ireland.

79. Xie. Q., & Goldberg, S. B. (2023, June 20-21). *Is more meditation better?: Examining dose*

*effects in a freely available meditation app* [Paper presentation]. Society for Digital

Mental Health meeting online.

78. Vago, D., Hu, E., Goldberg, S. B., & Huberty, J. (2023, February 2-5). *Challenges and*

*opportunities in mobile mind-body health: Digital therapeutics research and*

*implementation* [Panel presentation]*.* International Symposium for Contemplative

Research meeting in San Diego, CA, USA.

77. Riordan, K. M. & Goldberg, S. B. (2023, February 2-5). *How often should I meditate? A*

*randomized trial* [Paper presentation]*.* International Symposium for Contemplative

Research meeting in San Diego, CA, USA.

76. Lam, S., Xie, Q., & Goldberg, S. B. (2023, February 2-5). *Situating meditation apps within*

*the ecosystem of meditation practice: A population-based survey study in the United*

*States* [Paper presentation]*.* International Symposium for Contemplative Research

meeting in San Diego, CA, USA.

75. Jiwani, Z. & Goldberg, S. B. (2023, February 2-5). *Sitting vs. active: Understanding*

*variation in utilization* [Paper presentation]*.* International Symposium for Contemplative

Research meeting in San Diego, CA, USA.

74. Jiwani, Z. & Goldberg, S. B. (2023, February 2-5). *Digital mindfulness interventions: What’s*

*needed and what’s enough?* [Paper presentation]*.* In S. B Goldberg (Chair), *Can*

*contemplative practices support social justice and health equity in marginalized*

*communities?* International Symposium for Contemplative Research meeting in San

Diego, CA, USA.

73. Goldberg, S. B. & Sun, S. (2023, February 2-5). *Mindfulness-based interventions for people*

*of color* [Paper presentation]*.* In S. B Goldberg (Chair), *Can contemplative practices*

*support social justice and health equity in marginalized communities?* International

Symposium for Contemplative Research meeting in San Diego, CA, USA.

72. Goldberg, S. B. (2023, February 2-5). *A brief case for common factors as candidate*

*mechanisms of change in meditation-based interventions* [Paper presentation]*.*

International Symposium for Contemplative Research meeting in San Diego, CA, USA.

71. Zohar, S., Goldberg, S. B., Yuval, K., Aizik-Reebs, A., Gebreyohanes Gebremariam S., Blay

Benzaken, Y., Phung, Y., Reem, O., Hadash Y., Aviad, N., Bernstein, A. (2022,

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

*for refugees: A nonrandomized open trial pilot* [Paper presentation]*.* In N. Van

Dam (Chair), *Too much or not enough of a good thing? Exploring dose-response in*

*mindfulness and meditation.* International Conference on Mindfulness Asia-Pacific in

Melbourne, Australia and online.

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

*Evaluating the empirical status of mindfulness-based interventions through meta-review*

*methodology* [Paper presentation]*.* In J. Galante (Chair), *Systematic reviews and meta-*

*analyses of mindfulness trials: A discussion on methodological challenges and solutions.*

International Conference on Mindfulness Asia-Pacific in Melbourne, Australia and

online.

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

*personality disorders: A systematic review* [Poster presentation]. International Society

for Research on Internet Intervention meeting in Pittsburgh, PA, USA.

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*

*trial of a smartphone-based well-being training in public school system employees during*

*the COVID-19 pandemic* [Plenary paper presentation]. International Society for Research

on Internet Intervention meeting in Pittsburgh, PA, USA.

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

28-31). *5Minutes4Bienestar: Tailoring an occupation-based wellness program for Latinx*

*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].

American Psychological Association meeting in Minneapolis, MN, USA.

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

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

[Paper presentation]. In J. Rosendahl (Chair), *Negative effects and adverse events in*

*psychotherapy: The bad and the ugly.* Society for Psychotherapy Research meeting in

Denver, CO, USA.

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

(2022, July 6-9). *Is informal practice associated with outcomes in app-based*

*lovingkindness and compassion training? Evidence from pre-post and daily diary*

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

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

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*

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

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

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*

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

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

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

*perceived barriers of meditation, exposure to meditation teachers, and meditation*

*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, USA.

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

meeting in Heidelberg, Germany and online.

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, USA. (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, USA. (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,

USA.

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, USA.

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,

USA. (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,

USA. (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, USA.

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,

USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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,

USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, D.C., USA.

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, USA.

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, USA.

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,

USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

Local/Regional/Invited Presentations

66. Goldberg, S. B. (2025, May). *What have we learned from two decades of randomized trials*

*testing meditation-based interventions?* Grand Rounds presentation delivered remotely

for Harvard Medical School Cambridge Health Alliance Center for Mindfulness and

Compassion.

65. Swords, C. M., Raphaely, S. G., Dottori, L. T., Song, H. Q., Lau, W., & Goldberg, S. B.

(2025, April). *Efficacy of a smartphone-delivered meditation intervention for problematic*

*and risky internet use.* [Poster presentation]. Undergraduate Research Symposium,

University of Wisconsin-Madison, Madison, WI, USA.

64. Eckhardt, S. R., Swords, C. M., Goldberg, S. B., & Rosenkranz, M. (2025, April).

*Psychosocial health as a buffer for inflammation and depression.* [Poster presentation].

Undergraduate Research Symposium, University of Wisconsin-Madison, Madison, WI,

USA.

63. Goldberg, S. B., Gregg, E., Walsh, E. (2025, April). *Mindfulness matters.* Panel discussion

hosted by UW-Madison Healthy Minds on Campus in Madison, WI, USA.

62. Goldberg, S. B. (2025, April). *A few things a psychiatrist may want to know about*

*mindfulness-based interventions.* Paper presented at the UW-Madison Department of

Psychiatry Residency Seminar Series in Madison, WI, USA.

61. Goldberg, S. B. (2025, February). *Things have come to be this way, now let’s see what*

*happens next.* Paper presented to the Windhorse Zen Community in Alexandar, NC,

USA.

60. Goldberg, S. B. (2025, February). *Does digital meditation training help and/or harm?* Paper

presented at Friends of Affective Neurosciencemeeting for undergraduate research

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

59. Goldberg, S. B. (2024, November). *Promoting well-being at scale: Optimizing the Healthy*

*Minds Program.* Invited talk presented online for Health and Human Performance Lab,

Carnegie Mellon University.

58. Goldberg, S. B. (2024, May). *Flourishing.* Flash talk presented at the Association of

Children’s Museums InterActivity Conference in Madison, WI, USA.

57. Goldberg, S. B. (2024, May). *Nine 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, USA.

56. Goldberg, S. B. (2024, April). *Training a healthy mind.* Workshop presented to the UW-

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

USA.

55. Goldberg, S. B., Rosenkranz, M. A., Lau, W., Valdivia, G., Converse, E., Swords, C. M., &

McDade, T. (2024, March). *Self-collection of blood-based biomarkers in the field:*

*Lessons from the Behavior, Biology, and Well-being Study.* Paper present at the National

Institutes of Health Emotional Well-being Networks Annual Meeting in Bethesda, MA

and online.

54. Goldberg, S. B. (2024, March). *Promoting well-being at scale: The Healthy Minds*

*framework.* Paper presented at the UW-Madison Academic Staff Institute in Madison,

WI, USA.

53. Goldberg, S. B. (2024, March). *The varieties of psychotherapy and a case for common*

*factors.* Paper presented at the UW-Madison Department of Psychiatry Residency

Seminar Series in Madison, WI, USA.

52. Goldberg, S. B. (2023, December). *Evaluating and scaling meditation-based interventions.*

Invited talk presented online to Chemnitz University of Technology colloquium in

Chemnitz, Germany.

51. Davidson, R. J., Rosenkranz, M. A., & Goldberg, S. B. (2023, June). *Intervention*

*development and clinical trials design.* Paper presented at the UW-

Madison U24 Plasticity of Well-being Summer Workshop in Madison, WI, USA.

50. Goldberg, S. B. (2023, April). *Promoting well-being at scale.* Paper presented at the UW-

Madison Alumni Association Central Ohio Founder’s Day in Columbus, OH, USA.

49. Goldberg, S. B. (2023, April). *Promoting well-being at scale.* Paper presented at the UW-

Madison AEPi fraternity chapter meeting in Madison, WI, USA.

48. Goldberg, S. B., & Baldwin, S. A. (2023, April). *What do range restriction, statistical power,*

*and preregistration have to do with my data?* Paper presented at the Bergin and Garfield

Handbook (7th edition) Webinar Series co-hosted by the Society for Psychotherapy

Research, the Society for the Exploration of Psychotherapy Integration, and the Society

for the Advancement of Psychotherapy (APA Division 29).

47. Goldberg, S. B. (2023, April). *Promoting well-being at scale.* Paper presented at the UW-

Madison Department of Psychology Clinical Psychology Area Group Lunch and Learn

in Madison, WI, USA.

46. Goldberg, S. B. (2023, March). *Promoting well-being at scale.* Paper presented at the UW-

Madison Alumni Association Tampa Bay Founder’s Day in Tampa, FL, USA.

45. Goldberg, S. B. (2023, March). *The varieties of psychotherapy and a case for common*

*factors.* Paper presented at the UW-Madison Department of Psychiatry Residency

Seminar Series in Madison, WI, USA.

44. Goldberg, S. B. (2023, February). *Applying to PhD program 101.* Panel discussion for the

Department of Psychology at UW-Madison in Madison, WI, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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

and online.

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 online.

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 and

online.

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 and

online.

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 and online.

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,

USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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,

USA.

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, USA.

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,

USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

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, USA.

Research Experience

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

Clinical Supervision 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)

2023 Guest Lecturer

UW-Madison, Department of Psychology

*The Art and Science of Human Flourishing*

Lecture: “Mindfulness: Making your mind your friend”

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

2024 UW-Madison, Department of Psychology

*Seminar on Emotion*

Lecture: “Leveraging common factors and mindfulness training to reduce

suffering and promote well-being”

Lecture: “Promoting well-being at scale”

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”

Lecture: “Suicide risk management in a fully-remote clinical trial”

*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”

Trainings Delivered

2024 Future of Adaptive Interventions Research (FAIR) Summit

Training institute at the Data Science for Dynamic Decision-Making Center

(d3c), University of Michigan, November 9-10, 2024.

Editorial Review Board

2025-present Consulting Editor, *American Psychologist*

2019-present Consulting Editor, *Psychotherapy Research*

2019-2024 Consulting Editor, *Journal of Counseling Psychology*

2018-2022 Consulting Editor, *Psychotherapy*

Ad Hoc Reviewing Experience

*Addiction*

*Addiction Science & Clinical Practice*

*Addictive Behaviors*

*American Psychologist*

*BMC Complementary and Alternative Medicine*

*BMJ*

*British Journal of Educational Psychology*

*Clinical Psychological Science*

*Clinical Psychology & Psychotherapy*

*Clinical Psychology Review*

*Clinical Psychology: Science and Practice*

*Cogent Mental Health*

*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*

*Nature Medicine*

*npj Digital Medicine*

*Perspectives on Psychological Science*

*Psychiatric Services*

*Psychiatry Research*

*Psychological Assessment*

*Psychological Bulletin*

*Psychological Medicine*

*Psychology, Crime, & Law*

*Psychoneuroendocrinology*

*Psychosomatic Medicine*

*Psychotherapy*

*Psychotherapy and Psychosomatics*

*Psychotherapy Research*

*Scientific Reports*

*Training and Education in Professional Psychology*

*VA Evidence Synthesis Program*

Service

2025 Society for Psychotherapy Research

Awards committee member

2025 NIH/NCCIH

ZAT1 MH (12) Grant Reviewer

2024 Elsevier

Book Proposal Reviewer

2024 Faculty Search Committee, Department of Counseling Psychology, UW-

Madison

Committee Chair

2024 Faculty Search Committee, Department of Counseling Psychology, UW-

Madison

Committee Member

2024 NIH

NCCIH JM(16) Loan Repayment Program Grant Reviewer

NCCIH ZAT1 MQ (03) 1 Grant Reviewer

2024 Institute for Clinical and Translational Research, UW-Madison

Stakeholder and Patient Engaged Research Award Grant Reviewer

2023 University of Haifa

Deutsch-Israelische Projektkooperation (DIP) Pre-Proposal Grant Reviewer

2023 NIH/NCCIH

ZAT BH(01) Grant Reviewer

2023-Present HRSA T32 HP10010 Primary Care Research Fellowship, UW-

Madison

Faculty Mentor

2023 Faculty Search Committee, Department of Educational Psychology, UW-

Madison

Committee Member

2023 Palgrave Macmillan

Book Proposal Reviewer

2022 Lippincott / Wolters Kluwer

Book Proposal Reviewer

2022 Patient-Centered Outcomes Research Institute (PCORI)

PCORI Merit Grant Reviewer

2021 Department of Veterans Affairs

Behavioral Health & Community Reintegration SPiRE Grant Reviewer

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

Madison

Advisory Committee Member

2020 Naropa University Compassion Think Tank

Think Tank Member

2020 Vice Chancellor for Research and Graduate Education, UW-Madison

UW2020 Grant Reviewer

2019, 2023, Masters Training Committee, Department of Counseling Psychology, UW-

2024 Madison

Admissions Chair

2019-Present NIH/NIMH T32 MH018931 Training Program in Emotion Research, UW-

Madison

Faculty Mentor

2019-2024 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

2008-2010 Windhorse Zen Community, Alexander, NC

Meditation Retreat Center 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)