

Neharika Chawla

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Seattle, WA 98103

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EDUCATION

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|-----------|--|
| 2010-2011 | Postdoctoral Research Associate
Addictive Behaviors Research Center, Department of Psychology
University of Washington |
| 2009-2010 | Yale University School of Medicine, New Haven, CT
Predoctoral Internship in Clinical and Community Psychology |
| 2004-2009 | University of Washington, Seattle, WA
Doctoral Program in Clinical Psychology |
| 2003-2004 | Temple University, Philadelphia, PA
Doctoral Program in Clinical Psychology |
| 1999-2000 | Brandeis University, Waltham, MA
M.A, Psychology |
| 1996-1999 | Delhi University, New Delhi, India
B.A, Psychology |

CERTIFICATION

Washington State Licensed Psychologist # PY60202830

CLINICAL EXPERIENCE

- | | |
|-----------------|---|
| 2011-present | Independent Practice, Seattle, WA |
| 08/2010-07/2011 | Research Therapist, Mindfulness Based Relapse Prevention,
University of Washington, <i>PI: Alan Marlatt, Ph.D.</i> |
| 07/2009-06/2010 | Predoctoral Intern, Substance Abuse Treatment Unit,
Yale University School of Medicine, <i>Director: Donna LaPaglia, PsyD</i> |
| 07/2009-06/2010 | Predoctoral Intern, Connecticut Mental Health Center,
Yale University School of Medicine, <i>Director: Allison Ponce, Ph.D</i> |
| 12/2005-06/2009 | Therapist, Psychological Services Training Center, University of Washington
<i>Director: Corey Fagan, Ph.D.</i> |

- 02/2008-11/2008 Therapist, Inpatient Psychiatric Unit, University of Washington Medical Center
Supervisors: Steven Vannoy, Ph.D and Mary Larimer, Ph.D.
- 06/2007-12/2007 Neuropsychological Evaluation, Northwest Immigrant Rights Project
Supervisors: Tedd Judd, Ph.D & Kim Barrett, Ph.D.
- 01/2007-04/2008 Research Therapist, Mindfulness Based Relapse Prevention,
University of Washington, *PI: Alan Marlatt, Ph.D.*
- 09/2006-05/2007 Consultation Team Member, Functional Analytic Psychotherapy
Supervisor: Mavis Tsai, Ph.D.
- 01/2006-05/2006 Consultation Team Member, Acceptance and Commitment Therapy
Supervisor: Madellon Bolling, Ph.D.
- 09/2005-05/2006 Research Therapist, Alcohol Skills Training Program
University of Washington, *Supervisor: Mary Larimer, Ph.D.*

TEACHING EXPERIENCE

Clinical Instructor: University of Washington

01/12-present Supervising graduate students in clinical psychology, Seattle, WA

Supervision: Mindfulness-Based Relapse Prevention

08/10-03/2011 Supervising therapists providing group treatment, Seattle, WA

Workshop Facilitation: Mindfulness-Based Relapse Prevention

05/04/2012 Antioch University, Seattle, WA

05/25/2011 David Berman 19th Annual Memorial Conference, Vancouver, BC

Intensive Training: Mindfulness-Based Relapse Prevention

04/21-04/26/2013 Chapin Mill Retreat Center, Batavia, NY
Sponsored by UCSD Center for Mindfulness, San Diego, CA

10/01-10/05/2012 Omega Institute, Rhinebeck, NY

09/11-09/16/2011 Chapin Mill Retreat Center, Batavia, NY
Sponsored by UCSD Center for Mindfulness, San Diego, CA

03/27-04/01/2011 Joshua Tree Retreat Center, Joshua Tree, CA
Sponsored by UCSD Center for Mindfulness, San Diego, CA

05/09-05/14/2010 Chapin Mill Retreat Center, Batavia, NY
Sponsored by UCSD Center for Mindfulness, San Diego, CA

09/20-09/25/2009 Joshua Tree Retreat Center, Joshua Tree, CA
Sponsored by UCSD Center for Mindfulness, San Diego, CA

09/18-09/19/2008 Recovery Centers of King County, Kent, WA

12/06-12/07/2007 Burnaby Addictions Services, Burnaby, BC, Canada

01/19-01/21/2007 University of Washington, Seattle, WA

University of Washington Tacoma: Invited Lectures

06/10/2011 Mindfulness for Substance Use Disorders, Chemical Dependency

University of Washington Seattle: Invited Lectures

04/23/2009 Mindfulness-Based Treatments, Introduction to Clinical Psychology
02/26/2009 Mindfulness-Based Treatments, Introduction to Clinical Psychology
03/10/2008 Mindfulness-Based Relapse Prevention, Cognitive-Behavioral Therapies
03/05/2008 Mindfulness-Based Treatments, Introduction to Clinical Psychology
11/07/2007 Mindfulness-Based Treatments, Introduction to Clinical Psychology
07/26/2007 Mindfulness-Based Treatments, Introduction to Clinical Psychology
03/05/2007 Mindfulness-Based Treatments, Introduction to Clinical Psychology

University of Washington Bothell: Invited Lecture

02/05/2009 Mindfulness: Science and Clinical Applications, Buddhist Philosophy and Contemporary Life

Evergreen State College: Invited Lecture

05/26/2007 Mindfulness and Addictive Behaviors, Clinical Applications of Mindfulness

University of Washington Seattle: Teaching Assistant

Fall, 2004; Introduction to Psychology: led quiz sections, created quizzes, held weekly
Winter, 2004 office hours

Temple University: Teaching Assistant

Fall, 2003; Introduction to Psychology: led discussion sections for large introductory
Spring 2004 course, created lesson plans, held weekly office hours, created and graded
quizzes and exams.

RESEARCH EXPERIENCE

08/2007-06/2009 Principle Investigator, Experiential Avoidance and Substance Use Relapse
Department of Psychology, University of Washington
Faculty Mentor: Alan Marlatt, Ph.D; Funded by NIDA

06/2006-07/2007 Graduate Research Assistant: Efficacy of Mindfulness-Based Relapse Prevention
Department of Psychology, University of Washington
PI: G. Alan Marlatt, Ph.D; Funded by NIDA

09/2005-06/2006 Graduate Research Assistant: Alcohol Research Collaborative, Freshman Health
Project; Department of Psychiatry and Behavioral Sciences, Univ. of Washington
PI: Mary Larimer, Ph.D; Funded by NIAAA

03/2005-09/2005 Graduate Research Assistant: Posttraumatic Stress Disorder and Alcohol Use in
Female Victims of Physical and Sexual Assault
Department of Psychiatry and Behavioral Sciences, University of Washington
*PI: Debra Kaysen, Ph.D; Funded by the Alcohol Beverage Medical Research
Foundation*

08/2000-08/2002 Research Coordinator: The Longitudinal Course of Post-traumatic Symptoms in
Children Hospitalized for Acute Burns and Injuries
Department of Child and Adolescent Psychiatry, Boston Medical Center
PI: Glenn N. Saxe, M.D; Funded by NIMH

09/1999-05/2000 Research Assistant: Project Connect, Program Evaluation for Children's Mental Health Program; Department of Psychology, Brandeis University
Supervisor: Ted P. Cross, Ph.D.

GRANTS

Principal Investigator, National Institute on Drug Abuse, 2007-2009.
Project title: Experiential Avoidance and Substance Use Relapse (F31 1DA023287-01).
Total Direct Costs: \$32,581.

AWARDS

2007 Robert C. Bolles Graduate Research Fellowship, University of Washington, Seattle, WA
2006 Travel Award, Nathaniel Wagner Memorial Endowment Fund, University of Washington, Seattle, WA
2005 Travel Award, Nathaniel Wagner Memorial Endowment Fund, University of Washington, Seattle, WA

PUBLICATIONS

PEER REVIEWED JOURNALS

- Bowen, S., Witkiewitz, K., Clifasefi, S., Grow, J., **Chawla, N.**, Hsu, S., Douglas, H., Harrop, E., Collins, S., Lustyk, K., & Larimer, M. (under review). Relative Efficacy of Mindfulness-based Relapse Prevention, Relapse Prevention and Standard Aftercare Treatment in Preventing Relapse to Substance Use.
- Bowen, S. W., Witkiewitz, K., **Chawla, N.**, & Grow, J. (2011). Integrating Mindfulness Meditation and Cognitive Behavioral Traditions for the Long-Term Treatment of Addictive Behaviors. *Journal of Clinical Outcomes Management*, 18, 10, 1-7.
- Chawla, N.**, Collins, S., Hsu, S., Grow, J., Douglass, A., & Marlatt, G. A. (2010). The mindfulness-based relapse prevention adherence and competence scale: Scale development, inter-rater reliability and validity. *Psychotherapy Research*, 4, 1-10.
- Collins, S. E., Hsu, S., **Chawla, N.**, Grow, J., Douglass, A., Garner, M., & Marlatt, G. A. (2009). Linguistic correlates of alcohol and other drug outcomes following mindfulness-based relapse prevention. *Psychology of Addictive Behaviors*, 23, 743-749.
- Bowen, S., **Chawla, N.**, Witkiewitz, K., Hsu, S., Grow, J., Clifasefi, S., Collins, S., Garner, S., Douglass, A., Larimer, M., and Marlatt, G. A. (2009). Mindfulness-based relapse prevention for substance use disorders: Implementation and efficacy. *Journal of Substance Abuse*, 30, 295-305.

- Lustyk, K., **Chawla, N.**, Nolan, R., & Marlatt, G. A. (2009). Mindfulness Meditation Research: Issues of participant screening, safety procedures, and researcher training. *Advances in Mind-Body Medicine, 24*, 20-30.
- Zgierska, A., Rabago, D., **Chawla, N.**, Kushner, K., Kohler, R., Marlatt, A. (2009). Mindfulness Meditation for Substance Use Disorders: A Systematic Review. *Journal of Substance Abuse, 30*, 266-294.
- Chawla, N.**, Neighbors, C., Logan, D., Lewis, M., & Fossos, N. (2009). Self-Determination and drinking among college students: The relative influence of parents and peers. *Journal of Studies on Alcohol and Drugs, 70*, 92-100.
- Kaysen, D., Pantalone, D., **Chawla, N.**, Clum, G. A., Lee, C. M., & Resick, P. A. (2008). Posttraumatic Stress Disorder, Alcohol Use, and Physical Health Concerns. *Journal of Behavioral Medicine, 31*, 115-125.
- Neighbors, C., O'Connor, R. M., Lewis, M. A., **Chawla, N.**, Lee, C. M., & Fossos, N. (2008). The relative impact of descriptive and injunctive norms on college student drinking: The role of reference group. *Psychology of Addictive Behaviors, 22*, 576-581.
- Chawla, N.**, Neighbors, C., Lewis, M., Lee, C. M., and Larimer, M. (2007). Attitudes and Perceived Approval of Drinking as Mediators of the Relationship between the Importance of Religion and Alcohol Use. *Journal of Studies on Alcohol and Drugs, 68*, 410-418.
- Chawla, N.**, & Ostafin, B. (2007). Experiential Avoidance as a Functional Dimensional Approach to Psychopathology: An Empirical Review. *Journal of Clinical Psychology, 63*, 871-890.
- Marlatt, G. A., & **Chawla, N.** (2007). Meditation and alcohol use. *Southern Medical Journal, 100*, 451-453.
- Simpson, T. L., Kaysen, D., Bowen, S., MacPherson, L. M., **Chawla, N.**, Blume, A., Marlatt, G. A., & Larimer, M. (2007). PTSD Symptomatology, Substance Use, and Vipassana Meditation in an Incarcerated Sample. *Journal of Traumatic Stress, 20*, 1-11.
- Bowen, S., Witkiewitz, K., Dillworth, T., **Chawla, N.**, Simpson, T., Ostafin, B., Larimer, M., Blume, A., Parks, G. A., & Marlatt, G. A. (2006). Mindfulness Meditation and Substance Use in an Incarcerated Population. *Psychology of Addictive Behaviors, 20*, 343-347.
- Ostafin, B., **Chawla, N.**, Bowen, S., Dillworth, T., Witkewitz, K., & Marlatt, G. A. (2006). Intensive mindfulness training and the reduction of psychological distress: A preliminary study. *Clinical and Behavioral Practice, 13*, 191-197.
- Hall, E., Saxe, G., Stoddard, F., Kaplow, J.B., Koenen, K., **Chawla N.**, Lopez C., King L., & King D. (2005). Posttraumatic stress symptoms in parents of children with acute burns. *Journal of Pediatric Psychology, 31*, 403-412.
- Saxe, G. N., Stoddard, F., **Chawla, N.**, Lopez, C., Hall, E., Sheridan, R., King, D., & King, L. (2005). Risk factors for acute stress disorder in children with burns. *Journal of Trauma and Dissociation, 6*, 37-49.

- Saxe, G., Stoddard, F., Hall, E., **Chawla, N.**, Lopez, C., Sheridan, R. King, D., King, L., & Yehuda, R. (2005). Pathways to PTSD I: Children with burns. *American Journal of Psychiatry*, *162*, 1299-1304.
- Saxe, G. N., **Chawla, N.**, Stoddard, F., Kassam-Adams, N., Courtney, D., Cunningham, K., Lopez, C., Sheridan, R., King, D., & King, L. (2003). The child stress disorders checklist: A measure of ASD and PTSD in children. *Journal of the American Academy of Child and Adolescent Psychiatry*, *42*, 972-978.
- Saxe, G. N., **Chawla, N.**, & Van der Kolk, B. (2002). Self-destructive behavior in people with dissociative disorders. *Suicide and Life Threatening Behavior*, *32*, 313-320.
- Saxe, G. N., Stoddard, F., Courtney, D., Cunningham, K., **Chawla, N.**, Sheridan, R., King, D., & King, L. (2001). The relationship between acute morphine and the course of PTSD in children with burns. *Journal of the American Academy of Child and Adolescent Psychiatry*, *40*, 1-7.

BOOKS

- Bowen, S., **Chawla, N.**, & Marlatt, G. A. (2010). *Mindfulness-Based Relapse Prevention for Substance Use*. New York: Guilford Press.

BOOK CHAPTERS

- Bowen, S., **Chawla, N.**, & Witkiewitz, K. (in press). Mindfulness-Based Relapse Prevention for Addictive Behaviors. In R. A. Baer (Ed) *Mindfulness-Based Treatment Approaches: A Clinician's Guide (2nd edition)*, San Diego, CA, US: Elsevier Academic Press.
- Bowen, S., Witkiewitz, K., & **Chawla, N.** (in press). Integrating Cognitive Behavioral and Mindfulness-Based Therapies for Treatment of Substance Use Disorders. In S. C. Hayes & M. Levin (Eds), *Acceptance, Mindfulness, Values, and Addictive Behavior*. Oakland: New Harbinger Publications.
- Chawla, N.**, & Marlatt, G. A. (2011). Mindfulness-Mindfulness. In R. Corsini (Ed), *The Corsini Encyclopedia of Psychology and Behavioral Science, 4th edition*. New York: Wiley.
- Marlatt, G. A., Bowen, S. **Chawla, N.**, & Witkiewitz, K. (2008). Mindfulness-Based Relapse Prevention for Substance Abusers: Therapist Training and Therapeutic Relationships. In S. Hick and T. Bien (Eds), *Mindfulness and the Therapeutic Relationship* (pp. 107-121). New York: Guilford Press.
- Chawla, N.**, & Marlatt, G. A. (2006). The Varieties of Buddhism. In E. T Dowd & S. L Nielsen (Eds.), *The Psychologies in Religion: Working with the Religious Client* (pp. 271-286). New York: Springer.

POSTERS AND PRESENTATIONS

- Douglas, H. A. C., Shilling, B., Harrop, E., Bowen, S., **Chawla, N.**, & M. Lustyk, K. B. (2011).

Cardiovascular responses to a Laboratory Stressor in Substance Abusers After Treatment with Mindfulness-Based Relapse Prevention. Paper and poster to be presented at the annual convention for the Association for Behavioral and Cognitive Therapies, Toronto, CA.

Marlatt, A., Bowen, S., & **Chawla, N.** (2009). *Mindfulness-based Relapse Prevention for Substance Use Disorders: A Pilot Trial.* Paper presented at the annual convention for the Center for Mindfulness in Medicine, Health Care and Society, Worcester, MA.

Chawla, N., Witkiewitz, K., Bowen, S., & Marlatt, G. (2008). *Mindfulness-based Relapse Prevention for Substance Use Disorders: A Pilot Efficacy Trial.* Paper presented at the annual convention for the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Chawla, N., Neighbors, C. (2008). *Ethnicity as a Moderator of the Relationship between Controlled Orientation and Drinking.* Poster presented at the annual convention for the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Chawla, N., Neighbors, C. (2008). *The Perceived Approval of Friends and Drinking: Academic Self-Worth as a Moderator.* Poster presented at the annual convention for the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Collins, S. E., Hsu, S., Grow, J., **Chawla, N.**, Douglass, A., & Marlatt, A. (2008). *Linguistic Correlates of Alcohol and Other Drug Use Outcomes Following Mindfulness-based Relapse Prevention.* Poster presented at the annual convention for the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Chawla, N., Kaysen, D., Marlatt, A., & Larimer, M (2006). *The Role of Mindfulness as a Protective Factor in the Development of PTSD.* Poster presented at the annual convention for the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Chawla, N., Neighbors, C., Lewis, M., Lee, C., & Larimer, M. (2006). *Personal Attitudes & Injunctive Norms as Mediators of the Relationship between Religiosity and Alcohol Use.* Poster presented at the annual convention for the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Dutton, M. A., Batten, S. V., Walser, R., **Chawla, N.**, & Follette, V. (2006). *Mindfulness and trauma: Theoretical framework, applications, and practical issues.* Round table discussion at the annual convention for the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Chawla, N., Ostafin, B., Bowen, S., Dillworth, T., Witkiewitz, K., Marlatt, A. (2005). *Vipassana meditation and psychological well-being.* Paper and poster presented at the Addiction and Spirituality Conference, Terre Haute, IN.

Ostafin, B.D., Marlatt, G.A., **Chawla, N.**, Geurts, A., & Stabbert, J. (2005). *Mindfulness-based acceptance as a moderator of the relation between automatic appetitive responses and at-risk drinking.* Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, D.C

Stoddard, F., Saxe, G. N., **Chawla, N.**, Courtney, D., Cunningham, K., Lopez, C., Sheridan, R., King, D., & King, L. (2001). *Lack of correlation of parental and child stress symptoms in a*

longitudinal study. Poster presented at the American Burn Association's Annual Convention, Boston, MA.

Cross, T., Parson, D. G., White, A. W., Salgado, D. M, **Chawla, N.**, & Edmundson, K (2000). *Evaluation research in a small mental health program for children: The experience of Project Connect*. Paper and poster presented at the Conference for Building on Family Strengths, Portland, OR.

Saxe, G. N, Stoddard, F., Courtney, D., Cunningham, K., **Chawla, N.**, Sheridan, R., King, D., & King, L. (2000). *PTSD in children with burns: A longitudinal study*. Poster presented at the International Society for Traumatic Stress Studies 16th Annual Meeting, New York.

EDITORIAL CONSULTATION

Ad hoc reviewer for the following journals:

Journal of Addiction Medicine

Journal of Clinical Psychology

Assessment

American Psychologist

Alcohol and Drug Review

Psychology of Addictive Behavior

Journal of Studies on Alcohol and Drugs

Journal of Personality and Individual Differences

Book reviews:

Brilliant Sanity: Buddhist Approaches to Psychotherapy, Francis J. Kaklauskas, Susan Nimanheminda, Louis Hoffman, and MacAndrew Jack

Intoxication: The Universal Drive for Mind Altering Substances, Ronald K. Siegel