

AMANDA GILBERT

Curriculum Vitae

Experience as a Meditation Teacher in mindfulness, meditation, and contemplative practice within the areas of secular mindfulness and eastern meditation traditions including Vedic and Buddhist meditation lineages. Practitioner since 2004.

Experience as a Clinical Research Collaborator Executive Director, and Center Director in the area of Contemplative Science and Health Psychology, within the department of Psychiatry at UCSF.

Certified UCLA Mindful Awareness Research Center Mindfulness Instructor, Certified Primordial Sound Meditation Instructor, Trained in Mindfulness-Based Stress Reduction, Qualified Mindfulness-Based Eating Awareness Instructor, Licensed Corporate Mindfulness Instructor.

Meditation & Mindfulness Instruction Skills:

- Group facilitation
- Corporate mindfulness facilitation
- Mindfulness mobile app curriculum development
- Personal instruction
- Formal sitting meditation practice
- Informal mindfulness practice
- Mindfulness Meditation Facilitation
- Mindfulness-based stress reduction
- Primordial Sound Meditation (Vedic mantra-based meditation)
- Corporate Mindfulness Classes (1 class or weekly formats)
- Open Awareness and breath-focused meditation (Zen/Buddhist meditation)
- Tools and techniques to work with mind-wandering and thoughts during practice
- Formal instruction: posture, alignment, breathe techniques
- Meditation 101: How to start a daily meditation practice
- Mindfulness 101: How to incorporate mindful awareness within daily life
- Resources, tools, and on-going support
- Personal reflection, awareness, and contemplative insight techniques
- Mindfulness-based eating awareness training and mindful eating

Advanced Meditation Training & Certifications

Certification Training in Mindfulness Facilitation

University of California, Los Angeles, Mindfulness Awareness Research Center
Los Angeles, CA, 2017

Licensed Journey Meditation Teacher

Journey Meditation, New York, NY
Journey Corporate Mindfulness Training, 2016

6-Month Study in Mindfulness

Against the Stream, Los Angeles, CA, 2016

Certified Primordial Sound Meditation Instructor

Chopra Center for Wellbeing, Carlsbad, CA
Primordial Sound Teachers Training Certification Course, 2016

Qualified Mindfulness-Based Eating Awareness Instructor (MB-EATS)

Center for Mindful Eating, Dr. Jeanne Kristeller,
MB-EATS Training for Professionals Course, 2016

Mindfulness-Based Stress Reduction (MBSR)

University of California, San Francisco, Osher Center for Integrative Medicine
8 Week Curriculum Training, 2015

Advanced Contemplative Research Training

Zen Brain: Complexity and Connectivity- Perspectives from Buddhism, Medicine, and Cognitive Science

Upaya Zen Center, 2016

- Lead by Richard Davidson PhD, Elissa Epel PhD, John Dunne PhD, Evan Thompson PhD.

Mind & Life Summer Research Fellow

Mind & Life Summer Research Institute
Garrison Institute, NY, 2015

- His Holiness the Dalai Lama's Mind & Life Foundation meditation and mindfulness research instruction intensive

Professional Experience

Meditation Teacher & Mindfulness Instructor

Amanda Gilbert Meditation

Los Angeles, CA & San Francisco, CA

- Personal Instruction
- Public Group Meditations
- Corporate Mindfulness
- Workshops
- Talks, Events, Brand Collaboration

Mindfulness Instructor**Mindful USC, University of Southern California**

Los Angeles, CA

September 2017- Present

- 5-week introduction to mindfulness series

Curriculum Developer, Program Developer, Meditation Teacher**Journey Meditation**

New York, New York

June 2016- Present

- Mindfulness-based curriculum development
- Contemplative science collaboration
- Teacher success program development
- Corporate Mindfulness Instructor

Collaborator**Aging, Metabolism and Emotions Laboratory**

University of California, San Francisco

Center for Health and Community, Department of Psychiatry, School of Medicine

June 2016- Present

- Mindfulness-based intervention development for high stress caregivers of autistic children
- Overseeing mindfulness mobile application development
- Writing and collaboration for on-going analysis for publication

Executive Director**Sugar Stress Environment & Weight Center**

University of California, San Francisco

January 2015 - June 2016

- Executive Director and Program Director for SSEW, a cross-UC campus collaboration focusing on new sugar science and obesity research.

Center Director**Aging, Metabolism and Emotions Laboratory**

University of California, San Francisco

Center for Health and Community, Department of Psychiatry, School of Medicine

August 2013 - June 2016

- Management and high-level strategic coordination of all AME Center research initiatives on mindfulness, meditation, and health-behavior modification health psychology research.

Research Associate**Clinical Research Biomarker Laboratory & The Chopra Foundation**

University of California, San Diego

Department of Psychiatry, School of Medicine

May 2014- June 2016

- Research Associate to Dr. Paul Mills, Ph.D. at the Clinical Research Biomarker Lab and the Mind-Body Medical Group on the Self Directed Biological Transformation Initiative Study and the Chopra Foundation.

Education

**University California, Berkeley, San Francisco, CA
Statistics, 2014**

Prescott College, Prescott, AZ

Bachelor of Arts: Sustainable Community Development, 2006

International Permaculture Design Certification, 2005

This degree supports the vision of creating ecological and socially healthy communities. Studies in Holistic Health and Sustainable Green Living Practices illuminated the inter-relationships between human and non-human realms. The holistic health studies focused on the integration of the human mind, body, and spirit using health practices as complimentary strategies to more western mainstream methods of healing.

Complimentary studies in sustainability emphasized building green and eco-friendly infrastructures for humans to have symbiotic living with nature and their environment, as well as sustainable agriculture and permaculture practices.

Peer-Reviewed Publications

1. Bersani FS, **Gilbert A**, Coccia M, Saron C, Epel E. (2017) Trait mindfulness at baseline predicts increases in telomerase activity over time.
2. Cabeza De Baca T, Epel E, Robles TF, Coccia M, **Gilbert A**, Puterman E, Prather A. (2017) Sexual intimacy is associated with longer telomere length. *Psychoneuroendocrinology* 81 2017 46-51.
3. Aschbacher K, Milush J, **Gilbert A**, Almeida C, Sinclair E, Epling L, Grenon M, Puterman E, Epel E. (2016) Chronic Stress is Associated with Reduced Circulating Progenitor Cell Number: A Maternal Caregiving Model. *Brain Behavior & Immunity* 59 2017 245-252.
4. Epel E, Puterman E, Lin J, Blackburn E, Lum PY, Beckman N, Zhu J, Lee E, **Gilbert A**, Rissman R, Tanzi R, Schadt E. (2016). Meditation and relaxation impact disease-associated molecular phenotypes.
5. **Gilbert A**, Coccia M, Puterman E, Tanzi R, Epel E. (2016) A randomized controlled meditation retreat trial: The moderating role of early life adversity on wellbeing. *Translational Psychiatry* 6 2016.
6. Mason A, Saron C, **Gilbert A**, Coccia M, Epel E. (2016) A tailored mindfulness intervention for mothers: Effects on Daily Interactions.
7. **Gilbert A**, Mason AE, Coccia M, Arenander J, Saron C, Puterman E, Aschbacher K, Prather A, Epel E. (2015) Effects of a mindfulness training on intimate partner and child relationships.
Poster presented at Mind & Life Summer Research Institute, Garrison, NY.

8. **Gilbert A**, Coccia M, Arenander J, Hagan M, Epel E. (2015) Threat vs. challenge mindset upon waking, cortisol awakening response, and effects of a mindfulness intervention.
9. **Gilbert A**, Epel E, Arenander J, Shoup D, Prather A. (2014) The effects of a mindfulness-based intervention on subjective and objective sleep in high and low stress mothers.
Poster presented at the Society of Affective Science Conference, Oakland, Ca.
10. **Gilbert A**, Epel E, Tanzi R, Rearden R, Schilf S, Puterman E. (2014) A Randomized Trial Comparing a Brief Meditation Retreat to a Vacation: Effects on Daily Well-Being. *Journal of Alternative and Complimentary Medicine*, 20(5) PMID: 24805752.
Poster presented at the International Research Congress on Integrative Medicine and Health, Clinical Research Sessions, Miami, FL.
11. Aschbacher K, Saron C, **Gilbert A**, Arenander J, Epel E. (2014) Effects of Early Adversity and stress vulnerability on treatment response to mindfulness-based stress reduction. *Journal of Alternative and Complimentary Medicine*, 20(5) PMID: 24805631.

Publications in Preparation

1. Trauma and Meditation (manuscript in process) 2017
2. Breath wear devices during a body scan meditation: breath rate change and pre/post intervention change (in process) 2015
3. Qualitative interviews on relationships with partner and child after a 12-week mindfulness-based intervention (in process) 2015.

Presentations & Public Talks

1. **Gilbert, A.** (August 2017) ‘The Science of Meditation: Research at UCSF AME Center. Talk for UCLA summer course Mindfulness & Theory. PSY175.
2. **Gilbert, A.** (February 2017) ‘Mindfulness and the Heart: Heart Health and Mindfulness’. Pillsbury Law Associates. Los Angeles, CA. Private Industry Talk.
3. **Gilbert A.** (January 2017) ‘Mindfulness and New Years Intentions’. Savoir Agency. Los Angeles, CA. Public Talk.
4. **Gilbert, A.** (October 2016) ‘Early Life Adversity & Meditation’ Mind and Life International Symposium of Contemplative Practices. San Diego, CA. Oral Presentation.
5. **Gilbert, A.** (June 2015) ‘The effects of a Mindfulness-Based Intervention on Sleep.’ Mindfulness and Compassion Conference, San Francisco, CA. Oral Presentation.
6. **Gilbert, A.** (March 2015) ‘Mindfulness & Meditation: the science, the benefits, the practice.’ Omada Health, San Francisco, CA. Private industry talk.

7. **Gilbert A**, Mason A. (Dec. 2014) ‘Methodology & Analysis for a Qualitative Interview Sub-Study in H.E.A.R.T.’ UCSF Community and UC Davis Collaborators; Aging Metabolism and Emotions Laboratory cross-disciplinary group meeting
8. Prather A, **Gilbert A**. (Oct. 2014) ‘Mind Your Sleep: Mindfulness and Sleep Studies, Measures and Results in H.E.A.R.T.’ UCSF Community; Aging Metabolism and Emotions Laboratory cross-disciplinary group meeting

Honors and Scholarships

1. Young Investigator dana-based scholarship to Zen Brain: Complexity and Connectivity- Perspectives from Buddhism, Medicine, and Cognitive Science. (Feb 2016) Santa Fe, NM.
2. Mind & Life Summer Research Fellow (June 2015) Garrison, NY
3. Young investigator scholarship recipient to the International Symposium for Contemplative Studies Research Conference. (Oct 2014) Boston, MA.