

**Brendan R. Ozawa-de Silva, Ph.D.**

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**Current Position**

Associate Teaching Professor, Center for Contemplative Science and Compassion-Based Ethics, Emory University, 2022-present.

Senior Faculty Fellow, Emory University Center for Ethics.

Affiliated Faculty, Center for Mind, Brain and Culture, Emory University.

**Education**

Doctor of Philosophy (Ph.D.), Emory University, 2015.

West and South Asian Religions. Dissertation title: “Becoming the Wish-Fulfilling Tree: Compassion and the Transformation of Ethical Subjectivity in the Lojong Tradition of Tibetan Buddhism.” Advisor: Dr. John Dunne. Graduate coursework in Psychology and Religion.

Doctor of Philosophy (D.Phil.), University of Oxford, 2003.

Modern History. Dissertation title: “The ‘Church In Socialism’: Protestant Church Leaders and the East German State, 1969-1989.” Supervisor: Prof. Timothy Garton Ash.

M.T.S. (Master of Theological Studies), Boston University, School of Theology, 2001, *summa cum laude*.

M.Phil. (Master of Philosophy) in Russian and East European Studies, University of Oxford, 1998.

B.S.F.S. (Bachelor of Science in Foreign Service), Georgetown University, School of Foreign Service, 1996, *cum laude*.

**Previous Positions**

Associate Director for Social, Emotional and Ethical Learning (SEE Learning), Center for Contemplative Science and Compassion-Based Ethics, Emory University, 2017-2021.

Associate Professor of Psychology, Department of Positive Human Development and Social Change, Life University, 2012-2017.

Director, The Chillon Project, Life University, 2015-2017.

Research Fellow, Emory-Tibet Partnership, 2007-2012.

Coordinator for the Visit of His Holiness the Dalai Lama, Emory University, 2007 and 2010.

Religious Life Scholar and Advisor for Buddhism, Office of Religious Life, Emory University, 2007-2014.

Associate Director for Buddhist Studies and Practice, Drepung Loseling Monastery, Atlanta, GA, 2005-2007.

Visiting Scholar, Candler School of Theology, Emory University, 2005-6.

Visiting Professor of World Religions and Spirituality, Candler School of Theology, Emory University, 2004-5.

Postdoctoral Fellow in Religious Practices and Practical Theology, Candler School of Theology and the Graduate Division of Religion, Emory University, 2003-4.

Earhart Foundation Research Fellow, Institute for the Study of Economic Culture, Boston University, 2000-1.

Intern, The US Department of State, Desk for German, Austrian and Swiss Affairs, 1996.

Intern, The White House, Office of the Advisor to the President for Domestic Policy, 1995.

Intern, The Office of Senator John Kerry, Boston, Massachusetts, 1995.

### **Publications (I): Peer-Reviewed Journal Articles**

Kaplan, Deanna M., Matthias R. Mehl, Thaddeus WW Pace, Lobsang Tenzin Negi, Brendan Ozawa-de Silva, Brooke D. Lavelle, Teri Sivilli et al. "Implications of a "null" randomized controlled trial of mindfulness and compassion interventions in healthy adults." *Mindfulness* (2022): 1-17.

Ozawa-de Silva, B. "Contemplative Science and Secular Ethics," *Religions*, vol. 7, no. 98 (2016).

Murphy, C., Ozawa-de Silva, B., and Winskell, M. "Towards Compassionate Global Citizenship: Educating the Heart through Development Education and Cognitively-Based Compassion Training," *Policy and Practice: A Development Education Review* 19 (2014).

Flores, T.V., Ozawa-de Silva, B., and Murphy, C. "Peace Studies and the Dalai Lama's Approach of Secular Ethics: Towards a Positive, Multidimensional Model of Health and Flourishing," *Journal of Healthcare, Science and the Humanities*, vol. 4, no. 2 (Fall, 2014), pp. 65-92.

Ozawa-de Silva, B. "Secular Ethics, Embodied Cognitive Logics, and Education," *Journal of Contemplative Inquiry*, No. 1 (2014).

Ozawa-de Silva, B., Dodson-Lavelle, B., Raison, C., and Negi, L.T. "Compassion and Ethics: Scientific and Practical Approaches to the Cultivation of Compassion as a Foundation for Ethical Subjectivity and Well-Being," *Journal of Healthcare, Science and the Humanities* vol. 2, no. 1. (February, 2012), 145-161.

Ozawa-de Silva, B. "Prophetic Courage and the Will of God: Comparative Ethics through the Writings of Dietrich Bonhoeffer and Nishida Kitaro," *Journal of Inter-religious Dialogue*, Issue 8 (February, 2012).

Pace, T.W.W., Negi, L.T., Dodson-Lavelle, B., Ozawa-de Silva, B., Reddy, S.D., Cole, S.P., Danese, A., Craighaid, L.W. and Raison, C.L. "Engagement with Cognitively-Based Compassion Training is associated with reduced salivary C-reactive protein from before to after training in foster care program adolescents," *Journal of Psychoneuroendocrinology* (Epub: July 2, 2012).

- Reddy, S., Negi, L.T., Dodson-Lavelle, B., Ozawa-de Silva, B., Pace, T.W., Cole, S.P., Raison, C.L., and Craighead, L. "Cognitive-Based Compassion Training: A promising prevention strategy for at-risk adolescents." *Journal of Child and Family Studies* (21 February, 2012).
- Ozawa-de Silva, B. and Dodson-Lavelle, B. "An Education of Heart and Mind: Practical and Theoretical Issues in Teaching Cognitive-Based Compassion Training to Children," *Practical Matters*, Issue 4 (Spring, 2011).
- Ozawa-de Silva, C. and Ozawa-de Silva, B. "Mind/Body Theory and Practice in Tibetan Medicine and Buddhism," *Body & Society*, vol. 17, no.1 (2011), pp. 95-119.
- Ozawa-de Silva, C. and Ozawa-de Silva, B. "Secularizing Religious Practices: Subjectivity and Existential Transformation in Naikan Therapy," *Journal for the Scientific Study of Religion* vol. 49, no. 1 (2010), pp. 147-161.
- Ozawa-de Silva, B. "Peace, Pastors and Politics: Tactics of Resistance in East Germany," *Journal of Church and State*, vol. 47 (Summer 2005), pp. 503-529.

### **Publications (II): Book Chapters**

- Frazier, Tyralynn and Brendan Ozawa-de Silva, "Cultivating Student Intrapersonal Social and Emotional Learning (SEL) Skills." Rimm-Kaufmann, S., et al., eds., *Social and Emotional Learning in Action: Creating Systemic Change in Schools* (New York: Guilford, 2023).
- Ozawa-de Silva, Brendan, and Chikako Ozawa-de Silva. "Contemplative Practice/Sacred Spaces/Cultural Resilience." *International Handbook of Practical Theology* (2022): 289.
- Dodson-Lavelle, B., Ozawa-de Silva, B., Raison, C.L. and Negi, L.T. "Healing Through Compassion: Cognitively-Based Compassion Training for Foster Care Youth." In Follette, V. et al., eds., *Contemplative Methods in Trauma Treatment: Integrating Mindfulness and Other Approaches* (Guilford Press, 2015).
- Ozawa-de Silva, B. "Religion, Spirituality, and Mental Health: Towards a Preventive Model Based on the Cultivation of Basic Human Values." In Ellen Idler, ed., *Religion as a Social Determinant of Public Health: Interdisciplinary Inquiries* (Oxford University Press: New York, 2014).
- Negi, L.T. and Ozawa-de Silva, B. "Refuge Meditation in Tibetan Buddhism." In Ellen Idler, ed., *Religion as a Social Determinant of Public Health: Interdisciplinary Inquiries* (Oxford University Press: New York, 2014).
- Ozawa-de Silva, B. and Negi, L.T. "Cognitively-Based Compassion Training: Protocol and Key Concepts." In Singer, T., and M. Bolz, *Compassion: Bridging Theory and Practice*, 2013. Online access at [www.compassion-training.org](http://www.compassion-training.org).
- Ozawa-de Silva, B. "The Protestant Church and the East German State: An Organizational Perspective" in *East Germany: Continuity and Change*, ed. Paul Cooke and Jonathan Grix (Rodopi Press: Atlanta, Ga, 2000).

## **Publications (III): Other**

### Books

*The SEE Learning Playbook* (Emory University, 2021). One of three co-authors with Christa Tinari and Lindy Settevendemie.

*The SEE Learning Curriculum* (Emory University, 2019). 3 volumes (Early Elementary, Late Elementary, Middle School). Co-author and lead writer.

*The SEE Learning Companion* (Emory University, 2019). One of two lead co-authors with Lobsang Tenzin Negi.

### Articles and Forewords

Ozawa-de Silva, C. and Ozawa-de Silva, B. "A Vaccine for the Loneliness Epidemic." *Diplomatic Courier*. January 20, 2023.

Ozawa-de Silva, B. "Foreword." Elaine Miller-Karas, *Building resilience to trauma: The trauma and community resiliency models*, Taylor & Francis, 2023.

Bauer-Wu, S., Butler, A., Rajendra, J., Whitworth, R., Pagnoni, G., Hasenkamp, W., Wilson-Mendenhall, C., Lebois, L., Drucker, J., Simmons, W. K., Dunne, J., Ozawa-de Silva, B., Barrett, L., Barsalou, L. "Experienced meditators, cancer survivors, and matched controls assemble different neural resources to process emotion." *MindRxiv Papers*, 2017. doi 10.17605/OSF.IO/V9HNE

Pace, T.W.W., Negi, L.T., Dodson-Lavelle, B., Ozawa-de Silva, B., Reddy, S.D., Cole, S.P., Craighaid, L.W. and Raison, C.L. "Cognitively-Based Compassion Training reduces peripheral inflammation in adolescents in foster care with high rates of early life adversity." *BMC Complementary and Alternative Medicine* 2012, 12 (Suppl 1):175.

### Posters

Fernandez Carriba, S., Robbins, E., Jarzabek, E., Dodson-Lavelle, B., Ozawa-de Silva, B., Pace, T., Raison, C.L., Rochat, P. & Negi, L.T. "Compassion meditation in parents of children with ASD and potential effects on stress, parenting skills and children's outcomes." International Society for Autism Research (IMFAR) Annual Meeting, Salt Lake City, Utah, May 13-16, 2015.

Fernandez-Carriba, S., Robbins, E., Dodson-Lavelle, B., Ozawa-de Silva, B., Pace, T., Raison, C.L., Rochat, P., Negi, L.T. "Effects of Cognitively-Based Compassion Training (CBCT) on Relational Competence in Children, Teachers and Parents." CCARE Science of Compassion, San Francisco, CA, November 10-11, 2014.

### Book Reviews

Ozawa-de Silva, B., Review of Geoffrey Hill, *The Orchards of Syon*. *Chicago Review* (Summer 2004).

### Published Conference Papers

Ozawa-de Silva, B. "The State as Legitimate God-Given Authority? Some Thoughts on Ethical Historiography and the Future of Europe." Published paper from the conference *The Contours of Legitimacy in Central Europe: New Approaches in Graduate Studies*, 25 May 2002, Oxford, United Kingdom

#### Film, Video and Podcasts

Podcast: *Mind and Life*. Featured guest. May 4, 2023.

Podcast: *Reason 55 with Steph B*. Featured guest. February 14, 2023.

Podcast: *Resiliency Within*. "Cultivating Resilience and Compassion in k-12 Education." Featured guest. March, 2021

Appearance in the documentary film, *Raising Compassion*, on the study and practice of compassion meditation. Available at: [www.compassion-training.org](http://www.compassion-training.org).

"Paying Attention to the Contents of Mindfulness: Meditation within the Context of Secular Ethics," Presentation at McGill University Advanced Study Institute, 2013. Available at: <https://blogs.mcgill.ca/tcpsych/tag/brendan-ozawa-de-silva/>

"Educating the Heart and Mind: Teaching Cognitive-Based Compassion Training to Children." Presentation to H.H. the Dalai Lama at Emory University, October 8, 2010. Available at: <http://www.youtube.com/watch?v=tVes5vao2a8>

#### **Other Scholarly and Service Positions and Activities**

Senior Faculty Fellow, Center for Ethics, Emory University, 2023-present.

Fellow, Mind and Life Institute, 2017-present.

Founding Board Member, Association for Higher Education in Prison (AHEP), 2017-2022.

Associate Director of the Center for Compassion, Integrity and Secular Ethics, Life University, 2014-2018.

Associate Director for Buddhist Studies and Practice Programs, Drepung Loseling Monastery, Inc., 2005-2007.

Associate Editor and Founders Advisory Board Member, *The Journal of Healthcare, Science and the Humanities*, 2014-present.

Steering Committee Member, Moral Injury Group, American Academy of Religion, 2015-2017.

Founding Associate Editor for Production, *Practical Matters: An interdisciplinary multimedia journal at Emory University*. [www.practicalmattersjournal.org](http://www.practicalmattersjournal.org)

Program Director, A.A. in Positive Human Development and Social Change degree program at Lee Arrendale State Prison, Life University, 2016-2017.

Program Assistant and Instructor, Tibetan Mind/Body Sciences Summer Study Abroad Program in Dharamsala (2009-2012). Responsible for helping to design and lead a summer study abroad program for American undergraduates in Dharamsala, India, studying Tibetan contemplative and medical science in dialogue with western science, including teaching classes on “Culture of Buddhist Tibet” and “Mind, Body and Medicine.”

Steering Committee Member, National Conference on Higher Education in Prisons, 2015-2018.

### **Peer Reviewer**

Journals:

*Body & Society*

*Journal of Research on Adolescence*

*Journal for the Scientific Study of Religion*

*Mindfulness*

*PLOS ONE*

*Psychophysiology*

*Transcultural Psychiatry*

Conferences:

International Symposium for Contemplative Research (Mind and Life Institute), scientific reviewer  
American Academy of Religion, Moral Injury Working Group

### **Research Studies**

Co-Investigator, “Creation of a performance-based measure of compassion for use with children.”

Principal Investigator: Tyralynn Frazier (Emory University). 2020-present.

Principal Investigator, “Evaluating Effects of Educational and Contemplative Interventions in Carceral Settings.” Co-investigators: Dr. Michael Karlin (Life University), Dr. Thomas Fabisiak (Life University), Dr. Linda Grabbe (Emory University), Dr. Peggy Samples (Life University), Dr. Chikako Ozawa-de Silva (Emory University), Ms. Tatenda Mangurenje (Emory University), Ms. Tali Abraham (Life University), Funded by Life University Office of Sponsored Research, 2016-2017. Co-investigator, 2017-present.

Principal Investigator, “Effects of Cognitively-Based Compassion Training for Teachers on Elementary School Children.” Co-investigators: Dr. Lobsang Tenzin Negi (Emory University) and Dr. Erin Robbins (Emory University). Funded by Life University Office of Sponsored Research, 2014-2016.

Co-Investigator, “The Impact of Cognitive-Based Compassion Training on the Perceived Experience of Workplace Incivility among Neonatal Intensive Care Nurses.” Co-investigators: Dr. Lobsang Tenzin Negi (Emory University), Myra Rolfes (Children’s Healthcare of Atlanta), Lori Schuyler-Hickey (Children’s Healthcare of Atlanta), Brenda Presha (Children’s Healthcare of Atlanta), Brooke Cherven (Children’s Healthcare of Atlanta), Courtney McCracken (Emory University). Funded by Children’s Healthcare of Atlanta, Dudley L. Moore Endowment. 2014-present.

Co-Investigator, “Cognitively Based Compassion Training for Parents of Children with Autism Spectrum Disorder.” Principal investigator: Dr. Samuel Fernandez Carriba (Marcus Institute). 2014-present.

Co-Investigator, “Evaluating Cognitive-Based Compassion Training for Children in an Educational Setting.” Co-investigators Dr. Philippe Rochat, Dr. Lobsang Tenzin Negi, and Dr. Charles Raison. 2011-2013. Funded by the Religion and Public Health Collaborative, Emory University.

Co-Investigator, “In the Eyes of Others: Youth, Suicide, and Meaning in Contemporary Japan and America.” Co-investigators: Dr. Corey Keyes, Dr. Chikako Ozawa-de Silva and Dr. Susan Bauer-Wu. 2011-2013. Funded by the Religion and Public Health Collaborative, Emory University.

Meditation instructor, “A Study of Cognitively-Based Compassion Training (CBCT) to Enhance Health and Well-Being in Adolescents in Foster Care in Metropolitan Atlanta.” Principle Investigators: Dr. Charles Raison (Emory University), Dr. Linda Craighead (Emory University) and Dr. Lobsang Tenzin Negi (Emory University). Funded by the Georgia Department of Family and Child Services, 2009-2011.

Meditation instructor, CALM research study on effects of compassion meditation among healthy adults. Principal Investigators: Dr. Charles Raison (Emory University) and Dr. Lobsang Tenzin Negi (Emory University). Funded by the National Institutes of Health (NIH), 2008-2013.

Research Assistant, MASTER research study on the effects of mindfulness meditation on autologous bone-marrow transplant cancer patients. Principal Investigator: Dr. Susan Bauer-Wu (Emory University). 2007-2009.

### **Certifications**

Level 2 certified instructor for Cognitively-Based Compassion Training (CBCT). Certified by Emory University. 2005-present.

Level 1 certified instructor for the Trauma Resiliency Model (TRM). Certified by the Trauma Resource Institute. 2016-present.

Certified Skills Trainer, Community Resiliency Model (TRM). Certified by the Trauma Resource Institute. 2017-present.

### **Conference Presentations**

Emory University, Juliet Shields Compassion Symposium. Panel moderator. Atlanta, GA. October 20-21, 2022.

International Symposium for Contemplative Research, Phoenix, 8-11 November 2018. Presentation: “Adapting Cognitively Based Compassion Training in a Prison Setting.”

Practical Matters Conference, Atlanta, GA, 22-24 March 2018. Presentation title: “Secular Ethics in Education.”

33<sup>rd</sup> Mind and Life Dialogue with H.H. the Dalai Lama, “Reimagining Human Flourishing,” Dharamsala, India, 12-16 March 2018. Invited discussant for panel on education.

National Conference on Higher Education in Prison, Dallas, 2-5 November 2017. Opening keynote: “Trauma, Resilience, and Beyond: Implications of Science, Theory and Practice for Higher

Education in Prison Programs.” Panel: “Trauma, Moral Injury, and Motherhood in Prison: A Sharing of Teaching Experiences and On-going Research.”

International Symposium for Contemplative Studies. San Diego, 10-13 November 2016. Panel and paper, “Designing and Implementing Secular Ethics and Contemplative Pedagogy-Based Degree Programs for Main Campus Students, Incarcerated Students, and Others.” Second panel and paper, “Off the Cushion and Into the World: Training Compassion Where It Really Hurts.”

National Conference on Higher Education in Prison, Nashville, 3-6 November, 2016. Panel chair and paper: “Launching and Researching The Chillon Project at Life University: A New Associates of Arts Degree Program in Positive Human Development and Social Change for Incarcerated Women.” Second panel: “Working With Those Who Have Harmed Others.”

Second Conference on “Rethinking Mass Incarceration in the South,” University of Mississippi, Oxford, MS, April 14-16, 2016. Paper title: “Secular Ethics Education as a Vehicle for Addressing the Crisis of Mass Incarceration: The Chillon Project.”

American Psychological Association, Division 39 Annual Conference, April 6-10, 2016, Atlanta, GA. Panel presentation on “Contemplative Practices and Psychoanalytic Process.”

Sixth Annual Conference on Conflict Management at Kennesaw University, Marietta, GA, March 29, 2016. Paper title: “The Dalai Lama’s Approach of Secular Ethics as a Resource for Inter-religious Dialogue, Peace and Reconciliation.”

Global Health and Humanitarian Summit, Atlanta, GA, March 19, 2016. Paper title: “Higher Education for Incarcerated Students: The Chillon Project.”

American Academy of Religion, Atlanta, GA, November 23, 2015. Panel on “Buddhist Approaches to Moral Injury and Recovery.” Presentation title: “Theoretical and practical resources of the Tibetan Lojong (*blo sbyong*) tradition for addressing moral injury.”

American Academy of Religion, Atlanta, GA, November 21, 2015. Panel on “Listening Closely: Toward an Interdisciplinary Ethnographic Neuroscience of Contemplative Practice.” Presentation title: “Contemplative Science, Secular Ethics, and the Lojong Tradition: A Case Study.”

National Conference on Higher Education in Prisons, University of Pittsburgh, Pittsburgh, PA, November 6-8, 2015. Presentation title: “The Chillon Project: Developing and Implementing an AA/BA Degree Program for Incarcerated Students and Correctional Officers in Positive Human Development and Social Change.”

World Congress of the International Positive Psychology Association, Orlando, FL, June 25-28, 2015. Panel symposium: “Contemplative Science as a Resource for Positive Psychology: Empirical Findings and Practice Insights from the Buddhist Mind Training Tradition”; Discussion hour on “Defining and Measuring Compassionate Integrity”; and Workshop on “Systematic Training in Sustainable Forms of Compassion.”

Conference on “Buddhism and Well-Being: Therapeutic Approaches to Human Flourishing,” University of British Columbia, Vancouver, Canada, May 28-30, 2015. Paper title: “Healing through Compassion: The Implementation of Buddhism-Derived Compassion Training in Schools and Other Contexts.”



Healthcare Chaplaincy Network Conference: Caring for the Human Spirit, Orlando, FL, April 20-22, 2015. Presentation title: "The Impact of Cognitively-Based Compassion Training on the Perceived Experience of Workplace Incivility among Neonatal Intensive Care Nurses." With Myra Rolfes, N, BSN, RNC-NICRN, and Brenda Prescha, MDiv, CT, BCC.

Society for Psychological Anthropology Biennial Meeting, Boston, MA, April 9-12, 2015. Member on panel: "The Promise and Perils of Compassion in Everyday Suffering." Paper: "The Cultural Psychology of Mindfulness and Compassion: The Secularization, Translation and Adaptation of Normative Meditation Practices."

Emory University, "Religion as a Social Determinant of Health," organized by the Religion and Public Health Collaborative, Emory University, Atlanta, GA, November 6-7, 2014. Member on two panels: "Public Health in the Practices of the World's Faith Traditions" and on "Religion and Public Health across the Life Course."

International Symposium on Contemplative Studies, Boston, MA, October 30-November 2, 2014. Paper title: "The Rhetoric of Nonconceptuality and the Role of Analysis in Meditation and Mindfulness: Reconciling Traditional Buddhist and Modern Scientific Approaches."

University of North Georgia, Arts & Letters Conference on "Utopia in the Arts, Humanities and Social Sciences," Dahlonega, GA, February 28-March 2, 2014. Paper title: "Secular ethics, spiritual practice, and utopia."

University of West Georgia Annual Interdisciplinary Conference in the Humanities: Professions, Carrollton, GA, November 2, 2013. Paper title: "Secular Ethics: Conceptual and Practical Issues in Bringing Compassion, Mindfulness and Basic Human Values into Education."

Advanced Study Institute on "Mindfulness in Cultural Context," McGill University, Montreal, Canada, June 3-5, 2013. Paper title: "Attending to the Contents of Mindfulness."

Global Health and Humanitarian Summit, Atlanta, GA, April 13, 2013. Paper title: "Secular Ethics and Compassion: How We Can Train Ourselves and Our Children in Basic Human Values that Promote Flourishing and Resilience."

First International Symposium on Contemplative Studies, Denver, CO, April 27, 2012. Paper title: "Cognitively-Based Compassion Training (CBCT): Theoretical Framework, Teaching Approaches and Preliminary Findings."

"How to Train Compassion" International conference, hosted by the Max Planck Institute for Social Neuroscience. Berlin, Germany. July 20-23, 2011. Presentation title: "Cognitively-Based Compassion Training."

American Academy of Religion, Atlanta, GA, November 1, 2010. Panel organizer and member: "What's at Stake in Contemplative Science? Secularism, Reductionism and Other Key Issues in the Scientific Study of Contemplative Practices." Paper title: "Embodied Cognitive Logics: Putting Body and Mind Together Again."

"Compassion Meditation: Mapping Current Research and Charting Future Directions." A conference with H.H. the Dalai Lama, Emory University, Atlanta, GA, October 18, 2010. Conference organizer and speaker. Presentation title: "Educating the Heart and Mind: Teaching Cognitive-Based Compassion Training to Children."

SECSOR (Southeastern Commission for the Study of Religion), Atlanta, GA, March 6, 2010. Panel member: “Contemplative Science: A Panel Discussion on Current Research, Methodological Concerns and the Development of Cross Disciplinary Discourse.”

“From the Brain to Human Culture: Intersections between the Humanities and Neuroscience,” an interdisciplinary conference sponsored by the Comparative Humanities Program at Bucknell University, April 20-22, 2007. Paper title: “Reading and Meditation: Cognitive Science Approaches.” Co-presented with Prof. Nancy Chase, Georgia State University.

SECSOR (Southeastern Commission for the Study of Religion), March 16-18, 2007. Invited panel member: “Embodied Pedagogy: Best Practices.”

NEXUS Interdisciplinary Conference on Religion and Nation, University of Tennessee, April 7-8, 2006. Invited speaker. Paper title: “Religious Practices and Religious Imagination as Resources for Social Change.”

SECSOR (Southeastern Commission for the Study of Religion), March 10-12, 2006. Paper title: “Truth, Practice and Diversity: Teaching World Religions as Dialogue.”

American Academy of Religion, Atlanta, GA, November 2003. Paper title: “Lessons from East Germany: Intersections of Historiography, Ethics, and Theology Moving into the Twenty-first Century.”

International Conference on “The Contours of Legitimacy in Central Europe: New Approaches in Graduate Studies,” St. Antony’s College, Oxford University, May 24-26, 2002. Paper title: “The State as Legitimate God-Given Authority? *Obrigkeit* and the East German Churches.”

“East Germany: Continuity and Change” conference at Birmingham University, U.K, May, 1998. Paper title: “The Protestant Church and the East German State: An Organizational Perspective.”

### **Invited Talks and Presentations (selected list)**

Emory Center for Innovation, “Resilience for Innovators.” Atlanta, GA, October 4, 2023.

Life University Gerard Clum Lasting Purpose Legacy Lecture. “Integrity, Humility and Lasting Purpose.” Atlanta, GA, September 28, 2023.

All Saints Episcopal Church. “Resilience, Compassion and Our Mental Health.” Atlanta, GA, April 3-5, 2023.

Woodward Academy. STL in ATL workshop for educators on SEE Learning. March 13-14, 2023.

Emory University Carlos Museum. Annual Endowed Docent Lecture. Atlanta, GA. February 20 and 27, 2023

Emory University Carlos Museum. “The Practice of Śamatha Meditation.” Atlanta, GA. October 18, 2022.

Emory University Carlos Museum. Workshop for Teachers. Atlanta, GA. October 15, 2022.

Emory University School of Medicine. "Community Resiliency Model." Atlanta, GA. March 20, 2017.

The Rubicon Conference. Presentation title: "The Role of Compassion and Integrity in Health and Healing." London, England. March 8, 2016.

International Society for Psychological and Social Approaches to Psychosis, US Chapter. Presentation title: "Cultivating compassion in the prisons of society as a metaphor for the treatment of prisoners of psychosis." Cambridge, MA. December 13, 2015.

Western State Connecticut University, Center for Compassion, Creativity and Innovation. "Mindfulness and Compassion in Schools." Danbury, CT. September 18, 2015.

Centers for Disease Control and Prevention (CDC), Division of Adolescent and School Health (DASH). "Mindfulness and Compassion Meditation in Schools." Atlanta, GA, September 9, 2014.

Moderator for "Social Connectivity & Well-being: Emerging Insights from Cognitively-Based Compassion Training Research." Drepung Loseling Monastery, Atlanta, GA, September 4, 2014.

Moderator for "A Conversation Among Presidents: The Evolving Social Contract," featuring the Presidents of Emory University, Georgia State University, Georgia Institute of Technology, Agnes Scott College and Moorehouse College. Emory University, April 2, 2014.

Children in Crossfire TIDAL (Teachers in Development and Learning) Workshop. "Teaching Compassion." Derry, Northern Ireland, March 21, 2014.

Peachtree United Methodist Church. January 22, 2014. "Compassion and Spiritual Development: Science and Practice."

International Community School, October 30, 2013. "Cognitively-Based Compassion Training for Children."

Berkeley Lake Town Hall, June 20, 2013. "Cognitively-Based Compassion Training."

Agnes Scott Summer Institute for Teachers, Agnes Scott College, Decatur, Georgia, June 20, 2013. Workshop on "Cognitively-Based Compassion Training in Schools."

Educating the Heart: Engaging Educators in an Exploration of Compassion for Teaching and Learning in Northern Ireland. An Audience with His Holiness the Dalai Lama. Organized by Children in Crossfire. Derry, Northern Ireland, April 18, 2013. "Educating Children in Compassion: Methods and Preliminary Results."

Global Health and Humanitarian Summit, Atlanta, GA, April 14, 2013. "Cognitively-Based Compassion Training: Developing Mindfulness and Compassion through Meditation for Health, Well-Being and Constructive Relationships."

Meditation Research Seminar, Emory University, Atlanta, GA. "Designing Graduate Curricula in Secular Ethics and Contemplative Practices." February 27, 2013.

Jewish Family and Career Services, Clinical Division, Atlanta, GA. "Cognitively-Based Compassion Training as an Evidence-Based Intervention for Promoting Health, Flourishing and Resilience." February 27, 2013.

National Association for College and University Chaplains, Annual Meeting. "Buddhism in the Media." February 19, 2013.

Drepung Loseling Monastery, Inc., Atlanta, GA. Traditions in Dialogue Series. "Compassion in the Classroom: Cognitively-Based Compassion Training for Children and His Holiness the Dalai Lama's Vision for Secular Ethics in Education." January 15, 2013.

Carlos Museum, Atlanta, GA. "The Body and Mandala in the Tibetan Buddhist Practice of Kalachakra: Interpreting the Kalachakra Scroll." February 8, 2012.

Carlos Museum, Atlanta, GA. "Communing with the Unseen: The Role of Oracles and Divination in Tibetan Politics, Medicine and Spirituality." October 23, 2011.

Meditation Research Seminar, Emory University, Atlanta, GA. "Investigating the Effects of Meditation on Positive Mental Health Cross-Culturally: Some Initial Findings among Japanese and Tibetans." October 19, 2011.

Meditation Research Seminar, Emory University, Atlanta, GA. "Secularizing Religious Practices: Theoretical and Empirical Issues." November 20, 2009.

Haydn Celebration performance of "The Seven Last Words of Christ" with the Vega String Quartet, October 25, 2009, Emerson Hall, Schwartz Center, Emory University.

Mary & Martha's Place. Atlanta, GA. "Meditation and the Mind-Body Connection." February 28, 2009.

Piedmont College, Athens, GA. Conference on "Who is My Neighbor? The Changing Religious South." Talk title: "Cultivating Compassion." February 20-21, 2009.

"Depression, Buddhism and the Work of Culture: Implications for Contemplative Studies." Meditation Research Seminar, Emory University, Atlanta, GA. February 13, 2009.

Program on "Ethics, Religion and Spirituality." Organized by the Health Care Ethics Consortium of Georgia and the Center for Ethics at Emory University, at Southern Regional Medical Center, Atlanta. Panel member. November 30, 2006.

Emory University School of Nursing, Interfaith panel member in class for graduating nursing school students. November 21, 2006.

Festival of India, Interfaith Seminar, Atlanta. Panel member. August 19, 2006.

"Buddhism." Marcus Jewish Community Center, Atlanta, Comparative Religion Series. May 4, 2006.

"Symbols of the Sacred in Tibetan Buddhism." Carlos Museum, Emory University. March 20, 2006.

"The Four Noble Truths." Piedmont College, World Religions Class. September 20, 2005.

"Religious Education as Spiritual Formation." Candler School of Theology, Religious Education Retreat. February 26, 2005.

"Lecture on Buddhism." Oak Grove United Methodist Church, Atlanta, GA. Feb 13, 2005.

“The Poetry of Meditation.” Candler School of Theology, MTS Colloquy. Atlanta, GA. November 16, 2004.

“Teaching Spiritual Practices / Teaching as a Spiritual Practice: The Role of the Guru in Tantric Buddhism.” Emory University, Faculty Seminar on Religious Practices and Practical Theology. March 5, 2004.

“Crossing Boundaries” Workshop. Mary & Martha’s Place. Talk title: “Buddhism, Human Potential, and the Christian Life.” Atlanta, GA. February 28, 2004.

“The Bodhisattva Way of Life: How Buddhists and Christians Can Get Into Spiritual Relationship.” Vedanta Center of Atlanta. January 25, 2004. Invited again on October 10, 2004.

### **Accredited CE Workshops**

“Mindfulness, Acceptance, and Flourishing in the Context of Physical and Mental Health,” with Richard Shook, Ph.D., and Corey Keyes, Ph.D. Life University, Marietta, GA, October 3, 2015.

### **Conferences Organized**

Planning committee member, National Conference on Higher Education in Prison, Indianapolis, IN, 8-11 November, 2018.

Planning committee member, National Conference on Higher Education in Prison, Dallas, TX, 2-5 November, 2017.

Planning committee member, National Conference on Higher Education in Prison, Nashville, TN, 3-6 November, 2016.

Co-organizer for the annual Octagon Conferences at Life University on “Integrity and Citizenship,” Marietta, GA, 2014-2019.

Conference organizer for “Compassion: Issues in the secularization and scientific study of compassion meditation as a practice of ethical formation” at Emory University, Atlanta, GA, April 25, 2011. Funded by the Initiative in Religious Practices and Practical Theology, Emory University.

Executive committee member and co-organizer of the International Conference on Tibetan Buddhism, October 18-20, 2010, at Emory University, Atlanta, GA. This conference, hosted by Emory University and the Office of Tibet in New York, brought over 350 leaders, scholars, teachers, translators, administrators and other related individuals from over a dozen countries across the Tibetan Buddhist world to discuss the key issues facing the Tibetan Buddhist tradition over a period of two-and-a-half days. Served as one of the two executive committee members from Emory University who oversaw all aspects of conference planning and execution.

Conference organizer and speaker for “Compassion Meditation: Mapping Current Research and Charting Future Directions,” Emory University, Atlanta, GA, October 18, 2010. This conference brought leading scientists, scholars, and educators together to interact with each other and with H.H. the Dalai Lama on the topic of the scientific study of compassion meditation and its

implementation in diverse settings before an audience of over 3,000 attendees. Served as the principal coordinator among four executive committee members responsible for this conference.

Conference organizer for “Mindfulness, Compassion, and the Treatment of Depression,” Emory University, October 20, 2007. This conference, co-hosted by the Mind and Life Institute, brought together leading scientists and scholars to interact with each other and H.H. the Dalai Lama to discuss the scientific study of compassion, meditation, and depression. Served as the principal coordinator among four executive committee members responsible for this conference.

### **Grants & Scholarships**

(Principal grant writer for grants unless otherwise noted.)

Mind and Life PEACE Grant. “Creation of a performance-based measure of compassion for use with children.” Co-written with Tyrallynn Frazier. 2020. Amount: \$100,000.

Life University Office of Sponsored Research Grant for the study “Evaluating Effects of Educational and Contemplative Interventions in Carceral Settings,” 2017. Amount: \$16,000.

Laughing Gull Foundation, grant to fund the Chillon Project, a program to develop and implement degree programs for incarcerated women in the state of Georgia. 2015-2018. Amount: \$120,000.

Life University Office of Sponsored Research Grant for the study “Effects of Cognitively-Based Compassion Training for Teachers on Elementary School Children,” 2014-2016. Amount: \$16,000.

Dissertation Completion Award, Initiative in Religious Practices and Practical Theology, Emory University, 2012-2013. Amount: \$8,000.

Religion and Public Health Collaborative Seed Grant, 2011. “Evaluating Cognitive-Based Compassion Training for Children in an Educational Setting.” Principle Investigators: Dr. Brendan Ozawa-de Silva, Dr. Philippe Rochat, Dr. Charles Raison, Dr. Lobsang Tenzin Negi. Amount: \$21,250.

Religion and Public Health Collaborative Seed Grant, 2011. “In the Eyes of Others: Youth, Suicide, and Meaning in Contemporary Japan and America.” Principle Investigators: Dr. Chikako Ozawa-de Silva, Dr. Brendan Ozawa-de Silva, Dr. Corey Keyes, Dr. Susan Bauer-Wu. Amount: \$21,250.

Full tuition graduate scholarship with stipend, Emory University, 2007-2015.

Earhart Foundation, H.B. Earhart Graduate Fellowship recipient, 2000-2001. Amount: \$12,000.

Lilly Endowment Grant, 1999-2000. Amount: \$10,000.

Two-year Merit Scholarship, Boston University School of Theology, 1999-2001.

Maurice Latey Award, Oxford University, Spring, 1998. Re-awarded in Fall, 1998.

National Merit Scholarship, 1992-1996.

### **Degree Programs Designed**

Master of Science (MS) in Positive Psychology with specialized track in Contemplative Science and Secular Ethics, Life University

Bachelor of Arts (BA) in Positive Human Development and Social Change. (Interdisciplinary degree program based on the approach of secular ethics. Co-designed with Dr. Thomas V. Flores.)

Associate of Arts (AA) in Positive Human Development and Social Change. (Interdisciplinary degree program offered at Lee Arrendale State Prison based on the approach of secular ethics. Co-designed with Dr. Thomas V. Flores.)

## **Courses Designed and Taught**

### Psychology

- “Foundations of Contemplative Science.” Designed and taught. (Graduate, Life University)
- “Positive Psychology of Meaning.” Designed and taught. (Graduate, Life University)
- “Psychology of Forgiveness.” Designed and taught. (Graduate, Life University)
- “Introduction to Secular Ethics.” Designed and taught. (Graduate, Life University)
- “Mindfulness Meditation Lab.” Designed and taught. (Graduate, Life University)
- “Compassion Meditation Lab.” Designed and taught. (Graduate, Life University)
- “Research Methods and Statistics.” Taught. (Graduate, Life University)
- “Compassion and Secular Ethics.” Designed and taught. (Undergraduate, Life University)
- “Positive Psychology.” (Undergraduate, Life University)
- “Psychology of Mind and Body.” (Undergraduate, Life University)
- “Psychology of Religion and Spirituality.” (Undergraduate, Life University)
- “Mind and Brain from the Perspectives of Buddhism and Western Science.” Center for Mind, Brain and Culture (CMBC) sponsored graduate seminar, cross-listed in Psychology and Religion. Co-designed and co-taught. Fall, 2009. (Doctoral seminar, Emory University)

### Religion

- “Buddhist Meditation.” Undergraduate. Co-taught, Fall, 2023. (Emory University).
- “Buddhist-Christian Dialogue.” Master’s-level seminar. Designed and taught. Spring, 2005. (Emory University)
- “Buddhist and Christian Spiritual Practices and Social Change.” Master’s level-seminar. Designed and taught, 2004 and 2005. (Emory University)
- “Poetry of Meditation in Zen, Sufism, and Christianity.” Master’s-level seminar. Designed and taught. Fall, 2004. (Emory University)
- “Introduction to Church and Community Ministries.” Required Master’s-level course for MDiv students. Taught twice, 2003 and 2004. (Emory University)
- “Buddhist Philosophy.” Undergraduate course. Served as a teaching assistant for Geshe Lobsang Tenzin. Fall, 2008. (Emory University)

### Interdisciplinary

- “Compassion and Human Health.” HLTH 386. Undergraduate class. Designed and taught. (Emory University, Spring 2023.)
- “Secular Ethics: The Dalai Lama’s Approach.” Undergraduate class. Co-taught. (Emory University, Fall 2022, Fall 2023.)
- “The Life and Works of H.H. the 14<sup>th</sup> Dalai Lama.” Undergraduate seminar. Designed and co-taught. Cross-listed in Religion and Interdisciplinary Studies. Fall, 2010, Emory University.
- “Religion and Therapy.” Doctoral-level graduate seminar. Cross-listed in Anthropology and Religion. Co-designed and co-taught. 2003-2010. (University of Chicago and Emory University).
- “Compassion, Contemplation, and Conflict Transformation.” Master’s-level seminar on the potential for the Buddhist and Christian contemplative traditions to contribute to the field of conflict transformation and social change. Co-designed and co-taught. Spring, 2009. (Emory University).
- “Culture of Buddhist Tibet.” Undergraduate seminar on Tibetan Buddhist religion and culture with a focus on practices related to healing. Co-taught in Dharamsala, India, as part of Emory

University's Tibetan Mind/Body Sciences summer study abroad program. Summers 2009-2012.  
(Emory University)

“Mind, Body and Medicine.” Undergraduate seminar on Tibetan Buddhist contemplative theory and practice, the scientific study of meditation, and Tibetan medicine. Co-designed and co-taught in Dharamsala, India, as part of Emory University's Tibetan Mind/Body Sciences summer study abroad program. Summers 2009-2012. (Emory University)

At Lee Arrendale State Correctional Facility for Women (2013-2017)

“Compassion and Secular Ethics”

“Positive Psychology”

“Cognitively-Based Compassion Training”

“Advanced Seminar in Cognitively-Based Compassion Training”

“Tibetan Buddhism: The *Lojong* Tradition”

“Compassion and Secular Ethics”

Directed Studies

“Church and Community”

“Buddhist and Christian Spiritual Practices and Social Change”

“Poetry of Meditation”

“The Religious Poetry of Geoffrey Hill.”

**Supervision and Advising**

Doctoral students/theses:

Sara McConnell, PhD., Clinical Psychology. Completed in 2020. Sophia University.

Masters theses:

Olivia Barber, M.A. in Educational Psychology, Columbia University, 2017-present.

Lobsang Yeshe, Master's of Positive Psychology, Life University, 2017-2018.

Danielle Munson, Master's of Positive Psychology, Life University, 2014-2017.

Jonell Perez, Master's of Positive Psychology, Life University, 2014-2016.

Melissa Range, Candler School of Theology, Emory University, 2003-2005. Thesis: “‘A word we have not learned’: The Religious Impulse in the Poetry of Gerard Manley Hopkins and Gjertrud Schnackenberg.”

Undergraduate honors theses (Emory University):

Emily Jang, ongoing.

Kitty Graham, ongoing.

Alex Campo, ongoing.

Lucy Ferry, 2023, high honors.

**Languages**

Fluent German; Intermediate French, Tibetan, Sanskrit, Russian, Latin. Basic: Japanese.

**Professional Associations**

The Mind and Life Institute

The American Psychological Association



The American Academy of Religion  
The American Anthropological Association  
The International Positive Psychology Association  
The Society for Psychological Anthropology  
The Society for the Scientific Study of Religion