



National Center for
Complementary and
Integrative Health

Maximizing the Impact of Mind and Body Interventions:

Strategic Use of Intervention Adaptation

July 23–24, 2026

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Agenda

Open Session

(All times are Eastern Time)

WORKSHOP DAY 1: JULY 23, 2026

1:00 p.m. | Opening Remarks

David Shurtleff, Ph.D. (NCCIH)

Jane Simoni, Ph.D. (OBSSR)

1:15 p.m. | Overview of the NCCIH Research Framework and Workshop Key Questions

Jennifer Baumgartner, Ph.D. (NCCIH)

1:25 p.m. | Setting the Stage: Defining Key Terms and Introduction to the Science of Adapting Evidence-Based Interventions

David Chambers, D.Phil., (NCI)

1:45 p.m. | Opening Keynote: Adapting Evidence-Based Interventions for Implementation

Shannon Wiltsey Stirman, Ph.D. (Stanford University)

Moderator: Wynne Norton, Ph.D., (NCI)

2:15 p.m. | Moderated Discussion

David Chambers, D.Phil., (NCI)

Shannon Wiltsey Stirman, Ph.D. (Stanford University)

Moderator: Wynne Norton, Ph.D., (NCI)

2:35 p.m. | Break

2:50 p.m. | Panel: Considerations for Mind and Body Intervention Core Functions, Forms, and Dose

Sarah Birken, Ph.D., M.S.P.H. (Wake Forest University School of Medicine)

Tamar Mendelson, Ph.D. (Johns Hopkins University)

Diana Burgess, Ph.D. (University of Minnesota)

Moderator: Wendy Weber, N.D., Ph.D., M.P.H. (NCCIH)

KEY QUESTION 1: WHY MIGHT YOU NEED TO ADAPT MIND AND BODY INTERVENTIONS INSTEAD OF USING EVIDENCE-BASED INTERVENTIONS AS THEY WERE DEVELOPED?

3:35 p.m. | Case-Based Discussion of Key Question 1

Julie Wetherell, Ph.D. (University of California, San Diego)

Anna Lau, Ph.D. (University of California, Los Angeles)

Moderator: Jennifer Alvidrez, Ph.D. (ODP)

4:20 p.m. | Moderated Discussion With Panel and Audience on Key Question 1

Moderator: Jennifer Alvidrez, Ph.D. (ODP)

4:40 p.m. | Day 1 Closing Remarks and Description of Day 2

Moderator: Lanay Mudd, Ph.D. (NCCIH)

5:00 p.m. | Adjourn

WORKSHOP DAY 2: JULY 24, 2026

1:00 p.m. | Welcome and Overview of Workshop Day 2

Jennifer Baumgartner, Ph.D. (NCCIH)

KEY QUESTION 2: WHEN SHOULD ADAPTATIONS OF MIND AND BODY INTERVENTIONS BE MADE DURING THE TRANSLATIONAL PIPELINE OF RESEARCH?

1:05 p.m. | Panel To Address Key Question 2

Judith Moskowitz, Ph.D., M.P.H. (Northwestern University)

Roni Evans, Ph.D, D.C. (University of Minnesota)

Brittany Cooper, Ph.D. (Washington State University)

Moderator: Amy Goldstein, Ph.D. (NIDA)

1:50 p.m. | Moderated Discussion With Panel and Audience on Key Question 2

Moderator: Amy Goldstein, Ph.D. (NIDA)

KEY QUESTION 3: HOW DO YOU CONDUCT ADAPTATIONS OF MIND AND BODY INTERVENTIONS RIGOROUSLY?

2:10 p.m. | Session on Approaches To Address Key Question 3

The WWHAM Framework: Understanding the Why, When, and How of Adapting Mindfulness-Based Programs

Eric Loucks, Ph.D. (Brown University)

The ADAPT-ITT Framework: Relevance for Maximizing the Impact of Mind-Body Interventions

Gina Wingood, Sc.D., M.P.H. (Columbia University)

Methods To Document Adaptations Before and During Implementation

Borsika Rabin, Ph.D., M.P.H., Pharm.D. (University of California, San Diego)

2:55 p.m. | Moderated Discussion With Panel and Audience on Key Question 3

Moderator: Melissa Riddle, Ph.D. (NIA)

3:15 p.m. | Break

3:30 p.m. | Closing Keynote: Mindfulness-Oriented Recovery Enhancement (MORE): Treatment Adaptation Across the Translational Pipeline To Address the Opioid Crisis

Eric Garland, Ph.D. (University of California, San Diego)

Moderator: Eric Loucks, Ph.D. (Brown University)

4:25 p.m. | Putting It All Together and Next Steps

Jennifer Baumgartner, Ph.D. (NCCIH)

4:30 p.m. | Closing Remarks

Moderator: Wendy Weber, N.D., Ph.D., M.P.H. (NCCIH)

5:00 p.m. | Adjourn

Workshop Day 1

Opening Remarks



David Shurtleff, Ph.D., Acting Director, National Center for Complementary and Integrative Health



Jane Simoni, Ph.D., Director, Office of Behavioral and Social Sciences Research

Overview of the NCCIH Research Framework and Workshop Key Questions



Jennifer Baumgartner, Ph.D., Program Director, Clinical Research in Complementary and Integrative Health Branch, National Center for Complementary and Integrative Health

Setting the Stage: Defining Key Terms and Introduction to the Science of Adapting Evidence-Based Interventions



David Chambers, D.Phil., Deputy Director for Implementation Science, National Cancer Institute

Dr. Chambers is deputy director for implementation science in the Office of the Director in the Division of Cancer Control and Population Sciences at the National Cancer Institute. He manages a team focusing on efforts to build and advance the field of implementation science through funding opportunities, training programs, research activities, dissemination platforms, and enhancement of partnerships and networks to integrate research, practice, and policy. Prior to his arrival at the National Institutes of Health, Dr. Chambers worked as a member of a research team at Oxford University, where he studied national efforts to implement evidence-based practice within health care systems. He publishes on strategic directions in implementation science

and serves as a plenary speaker at numerous scientific conferences. He received his A.B. degree (with honors) in economics from Brown University, and his M.Sc. and D.Phil. degrees in management studies (organizational behavior) from Oxford University.

Opening Keynote: Adapting Evidence-Based Interventions for Implementation



Shannon Wiltsey Stirman, Ph.D., Stanford University

Dr. Wiltsey Stirman is a professor in the Department of Psychiatry and Behavioral Sciences at Stanford and a psychologist at the National Center for PTSD's Dissemination and Training Division. Her areas of research emphasis include implementation science (particularly training, fidelity, adaptation, and sustainment); evidence-based treatment for post-traumatic stress disorder (PTSD), depression, and suicide prevention; and use of technology to support access to evidence-based mental health interventions. With collaborators, she developed the Framework for Reporting Adaptations and Modifications-Expanded (FRAME) for interventions and the FRAME for Implementation Strategies (FRAME-IS). As a co-lead of her department's Mental Health Innovation and Technology Hub, she worked with a team to develop Pause

a Moment, a digital well-being program for health care workers who experience COVID-19 stressors. Most recently, she has worked on large language models to support implementation of evidence-based mental health interventions. She is the co-author of *Getting Unstuck from PTSD: Using Cognitive Processing Therapy to Guide Your Recovery*. She has served on the board of directors for the American Psychological Association and as the chair of the Established Network of Expertise for the Society for Implementation Research Collaboration. She received the Association of Behavior and Cognitive Therapy's Mid-Career Innovator award in 2018.



Moderator: Wynne Norton, Ph.D., Program Director, Implementation Science Team, Office of the Director, Division of Cancer Control and Population Sciences, National Cancer Institute

Moderated Discussion



David Chambers, D.Phil., Deputy Director for Implementation Science,
National Cancer Institute

(See biography on page 9)



Shannon Wiltsey Stirman, Ph.D., Stanford University

(See biography on page 10)



**Moderator: Wynne Norton, Ph.D., Program Director, Implementation
Science Team, Office of the Director, Division of Cancer Control and
Population Sciences,** National Cancer Institute

Panel: Considerations for Mind and Body Intervention Core Functions, Forms, and Dose



Sarah Birken, Ph.D., M.S.P.H., Wake Forest University School of Medicine

Dr. Birken is an associate professor in the Department of Implementation Science in the Wake Forest University School of Medicine. With the objective of improving conditions for patients, health care professionals, and their communities, Dr. Birken brings to her research, teaching, and service a deep understanding of how power, politics, and technology impede or facilitate organizational change. Dr. Birken's research has been funded by agencies including the National Cancer Institute, the Agency for Healthcare Research and Quality, and the Centers for Disease Control and Prevention. Her work has been published in journals such as the *Journal of Clinical Oncology*, *Implementation Science*, and *Medical Care*. Dr. Birken has served as an expert consultant for policymakers including the American College of Surgeons' Commission

on Cancer and the Chilean public health system. She serves on the board of directors of two organizations that seek to reduce food insecurity, Fuel Up for Kids and the Center for Food Equity in Medicine. Dr. Birken is also committed to the advancement of individuals who have historically been underrepresented in academia, publishing on the topic in *The Chronicle of Higher Education*, authoring the Dear AcaDame Substack, and publicly speaking about thriving as a woman in academia.



Tamar Mendelson, Ph.D., Johns Hopkins University

Dr. Mendelson is a Bloomberg Professor of American Health at the Johns Hopkins Bloomberg School of Public Health. She directs the Center for Adolescent Health and chairs the adolescent health area steering committee of the Bloomberg American Health Initiative. Her work addresses the prevention of mental health issues and promotion of positive development in adolescents, with a focus on young people growing up in low-resourced urban communities. For over 15 years, with funding from the National Institutes of Health and other Federal agencies, Dr. Mendelson has led school-based trials on mindfulness-based interventions to improve student mental health. She takes a community-engaged approach in her work and seeks feedback and involvement from young people. Dr. Mendelson completed her Ph.D. in clinical psychology at Duke

University, her internship at the University of California, San Francisco, and a fellowship through the Robert Wood Johnson Foundation's Health and Society Scholars Program at Harvard University.



Diana Burgess, Ph.D., University of Minnesota

Dr. Burgess is a core investigator and director of the U.S. Department of Veterans Affairs (VA) Advanced Fellowship Program in Health Systems Research at the Center for Care Delivery and Outcomes Research at the Minneapolis Veterans Affairs Health Care System, director of the VA Quality Enhancement Research Initiative (QUERI) Complementary and Integrative Health Evaluation Center, and professor of medicine at the University of Minnesota. As a social psychologist with additional training in organizational behavior and health services research, Dr. Burgess has more than 20 years of experience conducting research in health equity and chronic pain. Her current research focuses on innovative approaches to delivering complementary and integrative approaches for chronic pain conditions, with an emphasis on improving access, quality, and equity.



Moderator: Wendy Weber, N.D., Ph.D., M.P.H., Acting Deputy Director,
National Center for Complementary and Integrative Health

Key Question 1

Why might you need to adapt mind and body interventions instead of using evidence-based interventions as they were developed?

Case-Based Discussion of Key Question 1



Julie Wetherell, Ph.D., University of California, San Diego (UCSD)

Dr. Wetherell is a board-certified geropsychologist at the U.S. Department of Veterans Affairs (VA) San Diego Health Care System and a professor of psychiatry at the University of California, San Diego. She earned a B.A. at Yale University and a Ph.D. in clinical psychology at the University of Southern California. After a geropsychology internship at the VA Palo Alto Health Care System, she completed a postdoctoral fellowship at the University of California, San Diego's Advanced Center for Interventions and Services Research in Geriatric Mental Health. Dr. Wetherell's research on behavioral interventions for anxiety, pain, and preservation of cognitive function has been funded by the Veterans Health Administration and the National Institutes of Health since 1997. She has published over 150 peer-reviewed research articles and 30 book

chapters on the topic of mental health and aging. Dr. Wetherell is a fellow of the Behavioral and Social Sciences Section of the Gerontological Society of America and has received the David Shakow Early Career Award for Contributions to Clinical Psychology and the M. Powell Lawton Award for Distinguished Contributions to Clinical Geropsychology from the American Psychological Association.



Anna Lau, Ph.D., University of California, Los Angeles (UCLA)

Dr. Lau is a clinical psychologist and professor of psychology and an associate dean of inclusive excellence at UCLA. Dr. Lau's translational research on risk and protective factors for youth in immigrant families and her identification of racial disparities in youth mental health services have informed her efforts to adapt and implement evidence-based interventions in community settings to promote equity. Dr. Lau's recent projects have examined the implementation of evidence-based interventions in schools, including mindfulness interventions to reduce mental health and physical health disparities. In another line of investigation, Dr. Lau has examined how community therapists meet the needs of racially diverse youth within a system-driven implementation of evidence-based intervention in children's mental health services in Los Angeles County. Her

research has been supported by the National Institute of Mental Health (NIMH), including an NIMH Method to Extend Research in Time (MERIT) Award. Dr. Lau received the 2024 NIMH James S. Jackson Memorial Award for her work in mental health disparities, and she served the president of the Society for Clinical Child and Adolescent Psychology in 2022.



Moderator: Jennifer Alvidrez, Ph.D., Health Scientist Administrator, Office of Disease Prevention

Moderated Discussion With Panel and Audience on Key Question 1

Moderator: Jennifer Alvidrez, Ph.D., Health Scientist Administrator, Office of Disease Prevention

Day 1 Closing Remarks and Description of Day 2

Lanay Mudd, Ph.D., Acting Chief, Clinical Research in Complementary and Integrative Health Branch, National Center for Complementary and Integrative Health



Workshop Day 2

Welcome and Overview of Workshop Day 2



Jennifer Baumgartner, Ph.D., Program Director, Clinical Research in Complementary and Integrative Health Branch, National Center for Complementary and Integrative Health

Key Question 2

When should adaptations of mind and body interventions be made during the translational pipeline of research?

Panel To Address Key Question 2



Judith Moskowitz, Ph.D., M.P.H., Northwestern University

Dr. Moskowitz is a professor and vice chair for scientific and faculty development in the Department of Medical Social Sciences at Northwestern University Feinberg School of Medicine. With a background in social psychology, Dr. Moskowitz has dedicated the past 20 years to studying behavioral and psychosocial factors in the context of health-related and other stressful life events. Her current research focuses on a positive emotion regulation intervention developed by her team, which aims to increase positive emotions, reduce stress and depression, and improve health behaviors in at-risk populations. This includes trials with Alzheimer's caregivers, people living with HIV, and frontline gun violence prevention staff. Recently, Dr. Moskowitz has begun integrating this intervention into clinical settings, conducting hybrid

implementation-effectiveness trials across various delivery modes, and expanding its application to more general population samples.



Roni Evans, Ph.D., D.C., University of Minnesota

Dr. Evans is an associate professor and the director of the Integrative Health & Wellbeing Research Program at the University of Minnesota's Center for Spirituality & Healing. Clinically trained as a chiropractor and scientifically trained as a clinical trialist, Dr. Evans has designed and studied a range of whole person-oriented mind-body interventions for promoting healthy pain management behaviors. Her current research focuses on making effective pain management strategies more accessible to those minoritized by race, ethnicity, income, and geography.



Brittany Cooper, Ph.D., Washington State University

Dr. Cooper is professor of human development and graduate faculty in the Prevention Science Ph.D. program at Washington State University. She co-leads the IMproving Prevention through ACTion (IMPACT) Research Lab, which aims to close the gap between the science and real-world practice of prevention by better understanding what it takes to get effective, culturally responsive prevention programs and policies widely disseminated, implemented with high quality, and sustained. Dr. Cooper also served as president of the Society for Prevention Research from 2023 to 2025 and is currently director of the Substance Abuse and Mental Health Services Administration–funded Northwest Prevention Technology Transfer Center, which provides training and technical assistance to prevention providers across Alaska, Idaho, Oregon, and

Washington. For more than 15 years, Dr. Cooper’s research, teaching, and outreach has prioritized the translation of prevention science for public health impact. Throughout this time, she has collaborated with Federal, state, and other community leaders to improve the field’s understanding of how best to support the integration of effective prevention programs in diverse community settings. Dr. Cooper received her Ph.D. in human development and family studies from Penn State University in 2009.



Moderator: Amy Goldstein, Ph.D., Branch Chief, Prevention Research Branch, National Institute on Drug Abuse

Moderated Discussion With Panel and Audience on Key Question 2

Moderator: Amy Goldstein, Ph.D., Branch Chief, Prevention Research Branch, National Institute on Drug Abuse

Key Question 3

How do you conduct adaptations of mind and body interventions rigorously?

Session on Approaches To Address Key Question 3



The WWHAM Framework: Understanding the Why, When, and How of Adapting Mindfulness-Based Programs

Eric Loucks, Ph.D., Brown University

Dr. Loucks is a professor, researcher, and innovator in the study of mindfulness and health. As director of the Mindfulness Center at Brown University, he leads efforts to advance the science and application of mindfulness-based practices to improve well-being and address public health challenges. Dr. Loucks developed the Mindfulness-Based College for Young Adults (MB-College) program and the Mindfulness-Based Blood Pressure Reduction (MB-BP) program, both of which have been rigorously evaluated through National Institutes of Health-funded randomized controlled trials. His research encompasses mindfulness epidemiology, evidence synthesis, and implementation science, with a focus

on translating mindfulness research into practical tools that support health and well-being. During his career, Dr. Loucks held teaching positions at Harvard, McGill, and Brown Universities. His work has been featured in prominent media outlets, such as *The New York Times*, *TIME Magazine*, and the *BBC*. He has provided numerous presentations to national and state governmental bodies. Committed to bridging rigorous science with real-world impact, Dr. Loucks empowers individuals and communities to thrive through mindfulness practices where evidence supports their efficacy.



The ADAPT-ITT Framework: Relevance for Maximizing the Impact of Mind-Body Interventions

Gina Wingood, Sc.D., M.P.H., Columbia University

Dr. Wingood is the Sidney and Helaine Lerner Endowed Professor of Public Health Promotion, professor in the Department of Sociomedical Sciences, and founding director of the Lerner Center for Public Health Promotion at the Columbia University Mailman School of Public Health. Dr. Wingood is an internationally recognized expert in designing, implementing, evaluating, and adapting evidence-based HIV interventions. Her Sisters Informing Sisters about Topics on AIDS (SISTA) intervention is the most widely disseminated HIV intervention for African-American women. Dr. Wingood is also the lead developer of [ADAPT-ITT](#), a widely used framework for adapting evidence-based

interventions in population and public health. Dr. Wingood has published more than 325 peer-reviewed papers and has served as principal investigator (PI) or multiple principal investigator (MPI) on more than 20 National Institutes of Health (NIH)-funded grants. She is an MPI for the NIH-funded Multicenter AIDS Cohort Study (MACS)/Women's Interagency HIV Study (WIHS) Combined Cohort Study (MACS/WIHS-CSS), the largest and longest running study of people living with HIV or at risk of HIV. Dr. Wingood serves as the director of the National Institute of Mental Health-funded predoctoral T32 training grant on Social Determinants of HIV. Dr. Wingood received her doctorate in society and health from the Harvard University School of Public Health.



Methods To Document Adaptations Before and During Implementation
Borsika Rabin, Ph.D., M.P.H., Pharm.D., University of California, San Diego (UCSD)

Dr. Rabin is a professor at the UCSD Herbert Wertheim School of Public Health and Human Longevity Science and the co-director of the UCSD Dissemination and Implementation Science Center. Her research focuses on improving population health outcomes in clinical and public health settings through co-creation with partners with the intent to increase the equitable reach, adoption, implementation, and sustained use of evidence-based interventions. Dr. Rabin has developed and implemented novel capacity-building approaches for implementation science including the [Dissemination and Implementation \(D&I\) Models in Health webtool](#) and serves as the co-director for the Adult and Child

Center for Health Outcomes Research and Delivery Science (ACCORDS) D&I Science Certificate Program at the University of Colorado. She has expertise in developing and operationalizing methodology for the documentation of adaptations across the life cycle of programs in individual studies and large consortia and published an *Annual Review of Public Health* paper in 2025 to describe these methods.

Moderated Discussion With Panel and Audience on Key Question 3



Moderator: Melissa Riddle, Ph.D., Health Scientist Administrator, Division of Behavioral and Social Research, National Institute on Aging

Closing Keynote: Mindfulness-Oriented Recovery Enhancement (MORE): Treatment Adaptation Across the Translational Pipeline To Address the Opioid Crisis



Eric Garland, Ph.D., University of California, San Diego

Dr. Garland is Endowed Professor in Health Sciences at the T. Denny Sanford Institute for Empathy and Compassion, professor in the Department of Psychiatry at UCSD, and director of UCSD Optimized Neuroscience-Enhanced Mindfulness Intervention Design (ONEMIND). Dr. Garland is the founder of the Mindfulness-Oriented Recovery Enhancement (MORE) Science Institute and the developer of MORE, an evidence-based, neuroscience-informed therapy for addiction, emotional distress, and chronic pain that has been hailed as one of the greatest breakthroughs in behavioral treatment in the past 30 years. He has more than 290 scientific publications and has received more than \$95 million in research grants from Federal agencies including the National Institutes of Health (NIH) and the Department of Defense to develop and test MORE and

related therapies for addiction and chronic pain. In 2019, he was appointed by then-NIH Director Dr. Francis Collins to the Helping to End Addiction Long-term Initiative®, or NIH HEAL Initiative®, Multi-Disciplinary Working Group comprised of national experts on pain and addiction research to help guide scientific solutions to halt the opioid crisis. Dr. Garland is also a licensed psychotherapist and Distinguished Fellow of the National Academies of Practice, with more than 20 years of clinical experience. In multiple [bibliometric analyses of mindfulness research published over the past 55 years](#), Dr. Garland was found to be the [most prolific author of mindfulness research in the world](#).



Moderator: Eric Loucks, Ph.D., Brown University

(See biography on page 19)

Putting It All Together and Next Steps



Jennifer Baumgartner, Ph.D., Program Director, Clinical Research in Complementary and Integrative Health Branch, National Center for Complementary and Integrative Health

Closing Remarks



Wendy Weber, N.D., Ph.D., M.P.H., Acting Deputy Director, National Center for Complementary and Integrative Health