

JEAN L. KRISTELLER, Ph.D.



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Professional Appointments

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| 2011 - | Professor Emerita, Indiana State University |
| 2002-2011 | Co-Director/Director Emerita, Center for the Study of Health, Religion and Spirituality, ISU. A Local Societies Initiative Center of the Metanexus Institute, and ISU Lilly-fund Program of Distinction. |
| 1997 - 2011 | Professor of Psychology, Indiana State University |
| 8/91 – 8/97 | Associate Professor of Psychology, Indiana State University |
| 1996-2001 | Director, Mary Margaret Walther Cancer Research Program at ISU/ Terre Haute Center for Medical Education |
| 1992- | Adjunct Associate Professor, Indiana University School of Medicine, Department of Psychiatry |
| 1992 | Licensed as Psychologist and Certified as Health Service Provider in Psychology, State of Indiana |
| 1987 -1991 | Assistant Professor of Medicine, University of Massachusetts Medical School |

- 1985 Licensed as Psychologist, Commonwealth of Massachusetts
- 1983-1985 Associate Director, Behavioral Medicine Service, Cambridge Hospital, and Clinical Instructor of Psychology, Department of Psychiatry, Harvard Medical School.
- 1972-1973 Research associate for Dr. Kenneth Gergen. Dept. of Educational Psychology, Kyoto University, Kyoto, Japan.

Education

- 1985-1987 Post-doctoral Fellow in Epidemiology and Preventive Medicine, University of Massachusetts Medical School
- 1883-1985 Post-doctoral service (part time): McLean Hospital Eating Disorders Unit.
- 1981-1982 Brown University School of Medicine, Clinical psychology internship.
- 1977-1983 Ph.D. -- Yale University, Clinical psychology (June, 1983)
- 1975-1977 M.S. -- Univ. of Wisconsin-Madison, Clinical psychology. (Dec., 1978)
- 1969-1974 B.A. -- Swarthmore College. Graduated with distinction. (June, 1974)
- 1971-1972 International Christian University, Tokyo, Japan (international student)

Clinical Positions and Clinical Teaching

- 1991- Graduate level courses in health psychology, research methodology, professional practice issues, psychology of meditation, and clinical supervision of doctoral students. Undergraduate courses in health psychology, psychology of meditation, and introduction to clinical skills.
- 1995- Therapist, Faculty Practice Plan, Indiana State Psychology Clinic
- 1986-1991 Therapist, Behavioral Medicine Clinic (outpatient) and the Behavioral Medicine Consultation Liaison Service (inpatient). UMMC. Approximately 50% time.

Selected Professional Activities and Honors

- 2011 Non-resident Faculty Scholar, Center for Spirituality, Theology and Health, Duke University School of Medicine
- 2011 Elected Fellow, American Psychological Association, Div. 12: Clinical Psychology
- 2011 - President of Board, The Center for Mindful Eating;
- 2010 Invited member of American Psychological Association 2011 national conference plenary planning committee (Focus: obesity, mindfulness, and religion/spirituality).
- 2008 United Kingdom Cancer Research, outside reviewer.
- 2008 Griffith University, School of Psychology, doctoral dissertation committee. Brisbane, Australia.
- 2007 -- Member of board: Maple Center for Integrative Medicine and Maternal Health, Terre Haute
- 2006 Theodore Dreiser Distinguished Research and Creativity Award, Indiana State University
- 2006 Member of the NIH-NHLBI Special Emphasis Panel -- Clinical Interventions RFA: Weight Loss in Obese Adults with Cardiovascular Risk Factors.

- 2006 Member, Canada Research Chairs College of Reviewers.
- 2005 Member, External Review Group for the Shamatha Project, UC-Davis, for the Fetzer Institute (of Kalamazoo, MI).
- 2005 - Co-Founder and board member. The Center for Mindful Eating/ www.tcme.org.
- 2005 Member of the California TRDRP Review Panel for behavioral smoking-related research.
- 2003 Member of the NIH RFA-OB-03-003 "Maintenance of Long Term Behavioral Change" *ad hoc* review panel. Office of Behavioral and Social Sciences Research (OBSSR).
- 2002 Member, NIH-NCI Review Board: RFA -"Centers for Excellence in Cancer Communication".
- 1998- Member, PDQ Supportive Care Editorial Board, National Cancer Institute, Cancer Information Service. Primary responsibility for spirituality and smoking statements.
- 1995-1998 Chair of Health Services Committee, Division of Health Psychology (Div. 38), APA, and member of board of Div. 38.
- 1994-1995 Japan-America Society of Indiana. ISU representative. Program Committee.
- 1991-1994 Society of Behavioral Medicine. Member of Board of Directors
- 1993- Associate Editor, American Journal of Health Behavior; [Translating Behav. Medicine – 2010];. Book Reviewer, Family Medicine; Ad Hoc Reviewer: Psychosomatic Medicine, Health Psychology, Family Medicine, Journal of Positive Psychology; Preventive Medicine, Journal of Consulting and Clinical Psychology, Tobacco Control, Journal of Health Psychology, Stress and Health (2009). Consulting Editor. Mind/Body Medicine Annals of Behavioral Medicine, Health Psychology.
- 1989 President, New England Society of Behavior Analysis and Therapy (AABT affiliate).

Selected Professional Membership

American Psychological Association
 Association for Behavior and Cognitive Therapy
 Society of Behavioral Medicine
 Academy for Eating Disorders
 Eating Disorders Research Society

Selected Grants

Site principal investigator, ISU affiliate. P01 AT005013-01. RFA: Center for Excellence in Research on Complementary and Alternative Medicine (CERC), NIH-NCCAM. PI: Frederick Hecht, M.D. Metabolic and Immunologic Effects of Meditation. Osher Center for Integrative Medicine and the Center for Obesity Assessment, Study & Treatment. Univ. of California – San Francisco. Funded 9/08, through 9/13.

Co-Principal investigator, with Carla Miller, Ph.D., RD. "A Mindfulness-Based Approach to the Treatment of Obesity and Diabetes". R21. NIH-NIDDK. Ohio State University. Funded 7/09.

PI: Elissa Epel, Barbara Laraia, Nancy Adler Grant Number: HL097973
 Novel Interventions to Reduce Stress Induced Non-Homeostatic Eating

Programs of Distinction, ISU. Center for the Study of Health, Religion and Spirituality. Indiana State University. Internal competitive funding/Lilly Foundation funding. \$50,000.

Principal Investigator. UO1 AT002550-02-Mind/Body RFA: Mindfulness Meditation: Regulating Eating and Obesity. Funded 10/1/04. National Center for Complementary and Alternative Medicine. . Four years. With Univ. of Pennsylvania, Neuroimaging Supplement.

Principal Investigator. Living with Cancer: Spiritual Shifts and Transformation. With Tom Johnson, Ph.D.. Metanexus Institute. \$30,000. Supplemental funds of \$12,000.00 received 11/05. Completion date: 12/06.

Co-Investigator: Spirituality and Motives for Drinking and Not Drinking. With Tom Johnson, Ph.D. (PI) and Virgil Sheets, Ph.D. (Co-I) NIAAA, NIH. Completion date: 2/05.

Principal Investigator: R21: Meditation-based Treatment for Binge Eating Disorder. Multi-site study with Duke University. Funded by the NIH: National Center for Complementary and Alternative Medicine. \$356,089.00. Completion date: 12/04.

2000 Co-Principal Investigator. Training Medical Residents and Nurses to Address Spiritual Issues in Seriously Ill Medical Patients. With Lawrence Cripe, M.D. (IU Cancer Center). Clarian Health Partners. \$80,000.00 for 2 years.

1990 Principal Investigator. Physician Intervention Practices in Obesity. Sandoz Nutrition.

1989 Principal Site Investigator (UMMC). Fluoxetine vs. Placebo in Smoking Cessation. Lilly Research Laboratories.

1987 Co-investigator. Coronary Artery Smoking Intervention Study. (P.I.: Judith Ockene, Ph.D.). National Heart, Lung and Blood Institute.

1987 Co-investigator. Evaluation of physician delivered interventions for smoking prevention and cessation. (P.I.: Judith Ockene, Ph.D.) National Cancer Institute.

Publications

Books/Chapters in Preparation

Meditation, Self-Regulation, and Psychotherapy: Theory, Research and Practice. (working title). Under contract with Guilford Press. Sole authored book. Expected publication date: 2012.

Mindfulness-Based Eating Awareness Training: A Manual for Group Leaders. (working title). Under contract with Guilford Press. Kristeller and Wolever. Expected publication date: 2012.

Publications/in Press/Submitted for Publication

Kristeller, J.L. and Rappagay, L. (invited chapter). Buddhism and Psychology. In Pargament et al. (Eds.). APA Handbook of Psychology, Religion, and Spirituality.

Kristeller, J., Wolever, R.Q., and Sheets, V. (Under review). Mindfulness-Based Eating Awareness Treatment (MB-EAT) for Binge Eating Disorder: A randomized clinical trial.

Kristeller, J., Johnson, T., Sheets, V., and Frank, B. (In press). Understanding religion and spirituality in adjustment to cancer: individual patterns and differences Journal of Behavioral Medicine (special issue on religion and spirituality). DOI: 10.1007/s10865-011-9335-7.

Daubenmier, J., Lin, J., Blackburn, E., Hecht, F.M., Kristeller, J., Maninger, N., Kuwata, M., Bacchetti, P., Havel, P., & Epel, E. Changes in stress, dietary behavior, and metabolic factors predict changes in telomerase activity among women enrolled in a randomized trial of a mindfulness intervention. *Psychoneuroendocrinology*, in press.

Publications in Peer-Reviewed Journals

Daubenmier, J., Kristeller, J., Hecht, R., Maninger, N., Kuwata, M., Jhaveri, K., Lustig, R. H., Kemeny, M., Karan, L., & Epel, E. (2011). Mindfulness intervention for stress eating on cortisol and abdominal fat among overweight and obese women: An exploratory randomized controlled study. *J of Obesity*. 13 pages. doi:10.1155/2011/651936.

Kristeller, J.L., and Wolever, R.Q. (2011). Mindfulness-Based Eating Awareness Training for treating binge eating disorder: The conceptual foundation. Eating Disorders, 19, 49-61.

Nidich, S.I., Fields, J.A., Rainforth, M.V., Pomerantz, R., Cella, D., Kristeller, J., Salerno, J.W., Schnieder, R.H. (2009). A randomized controlled trial of the effects of Transcendental Meditation on quality of life in older breast cancer patients. *Integrative Cancer Therapies*. 8 (3), 228-234.

Carmody, J., Reed, G., Kristeller, J., Merriam, P. (2008). Mindfulness, spirituality, and health-related symptoms. *Journal of Psychosomatic Research*. 69(4), 393-403.

Johnson, T., Sheets, V., Kristeller, J., (2008). Identifying mediators of the relationship between religiousness/spirituality and alcohol use. *Journal of Studies on Alcohol and Drugs*. 69, 160-170.

Johnson, T., Sheets, V., Kristeller, J., (2008). Empirical identification of dimensions of religiousness and spirituality. *Mental Health, Religion and Culture*, 11(8), 745-767.

Kristeller, J., Rhodes, M., Cripe, L. & Sheets, V. (2005). Oncologist Assisted Spiritual Intervention Study (OASIS): patient Acceptability and initial evidence of effects. *International Journal of Psychiatry in Medicine*. 35(4), 329-347.

Cropsey, K., Kristeller, J. (2005). The effects of a prison smoking ban on smoking behavior and withdrawal symptoms. Addictive Behaviors. 30 (3), 589-594.

Kristeller, J., Johnson, T. (2005). Cultivating loving kindness: A two-stage model of the effects of meditation on empathy, compassion, and altruism. Zygon, 40, 391-407.

Kristeller, J.L. (2003) Mindfulness, Wisdom and Eating: Applying a Multi-Domain Model of Meditation Effects. Journal Of Constructivism In The Human Sciences. 8 (2), 107-118.

Cropsey, K.L. & Kristeller, J.L. (2003). Motivational factors related to quitting smoking among prisoners during a smoking ban. *Addictive Behaviors*, 28, 1081-1093.

Fisch, M.J., Titzer, M.L., Kristeller, J.L., Shen, J., Loehrer, P.J., Jung, S.H., Passik S., Einhorn, L.H. (2003). Assessment of Quality of Life in Outpatients with Advanced cancer: The accuracy of clinician estimations and the relevance of spiritual well-being. A Hoosier Oncology Group Study. Journal of

Clinical Oncology. 21 (14), 2754-2759.

Fisch, M.J., Loehrer, P.J., Kristeller, J.L., Passik S., Jung, S.H., Shen, J., Brames, M.J., Einhorn, L.H. (2003). Fluoxetine versus Placebo in Advanced Cancer Outpatients: A Double-Blinded Trial of the Hoosier Oncology Group. Journal of Clinical Oncology. 21 (10), 1937-1943.

Cropsey, K.L. & Kristeller, J.L. (2003). Motivational factors related to quitting smoking among prisoners during a smoking ban. Addictive Behaviors, 28, 1081-1093.

Niaura, R., Spring, B., Borrelli, B., Goldstein, M., Keuthen, N., DePue, J., Kristeller, J. et al. (2002). Multicenter trial of fluoxetine as an adjunct to behavioral treatment for smoking cessation. Journal of Consulting and Clinical Psychology. 70, 887-896.

Kristeller, J.L., Zumbun, C.S., Schilling, R. (1999). "I would if I could": How oncologists and oncology nurses address spiritual distress in cancer patients. Psycho-Oncology. Special issue on spirituality. 8: 451-458.

Borrelli, B., Spring, B., Niaura, R., Kristeller, J., Ockene, J.K., Keuthen, N.J. (1999). Weight suppression and weight rebound in ex-smokers treated with fluoxetine. Journal of Consulting and Clinical Psychology. 67(1), 124-131.

Hitsman, B., Pingitore, R., Spring, B., Mahabeshwarkar, J., Mizes, J.S., Segraves, K.A., Kristeller, J., Xu, W. (1999). Antidepressant pharmacotherapy helps some cigarette smokers more than others. Journal of Consulting and Clinical Psychology, 67, 547-554.

Kristeller, J.L., Hallett, B. (1999). Effects of a Meditation-Based Intervention in the Treatment of Binge Eating. Journal of Health Psychology. 4(3), 357-363.

McDaniel, A., Kristeller, J.L., Hudson, D. (1999). Chart reminders increase referrals for inpatient smoking cessation. Nicotine and Tobacco Research. 1(2), 175-180.

Mizes, J.S., Sloan, D.M., Segraves, K., Spring, B., Pingitore, R., Kristeller, J. (1998). The influence of weight-related variables on smoking cessation. Behavior Therapy, 29, 371-385.

Kristeller, J.L., Hoerr, R.A. (1997). Physician attitudes toward managing obesity: Differences among six specialty groups. Preventive Medicine. 26, 542-549.

Kristeller, J.L., Hebert, J.R., Edmiston, K., Liepman, M., Wertheimer, M., Ward, A., & Luippold, R. (1996). Attitudes toward risk factor behavior of relatives of cancer patients. Preventive Medicine. 25, 162-169.

Ockene, J.K., Kristeller, J.L., Pbert, L., Hebert, J.R., Goldberg, R.J., Luippold, R., Bennet, N., Landon, J., & Kalan, K. (1994). The physician-delivered smoking intervention project: Can short-term interventions produce long-term effects? Health Psychology. 13, 278-281.

Kristeller, J.L. (1994). The hard core smoker: Finding a definition to guide intervention. Health Values, 17, 25-32.

Kristeller, J.L., Merriam, P.A., Ockene, J.K., Ockene, I.S., & Goldberg, R.J. (1993). Smoking intervention for cardiac patients: In search of more effective strategies. Cardiology, 82, 317-324.

Orleans, C.T., Kristeller, J.L., Gritz, E.R. (1993). Helping hospitalized smokers quit: New directions for

treatment and research. Journal of Consulting and Clinical Psychology. 61, 778-789.

Goldberg, R., Ockene, J.K., Kristeller, J., Kalan, K., Landon, J., Hosmer, D.W. (1993). Factors associated with heavy smoking among men and women: The Physician-Delivered Smoking Intervention Project. American Heart Journal. 125 (3), 818-823.

Goldberg, R., Ockene, I.S., Ockene, J.K., Merriam, P., Kristeller, J. (1993). Physicians' attitudes and reported practices toward smoking intervention. Journal of Cancer Education. 8, 133-139.

Kristeller, JL, Rossi, JS, Ockene, JK, Prochaska, JO. (1992). Processes of change in smoking cessation: A cross-validation study in cardiac patients. Journal of Substance Abuse. 4, 263-276.

Hebert, JR, Kristeller, JL, Ockene, JK, Landon, J, Goldberg, R. (1992). Patient characteristics and the effect of three physician-delivered smoking interventions. Preventive Medicine. 21, 557-573.

Ockene, JK, Kristeller, J, Goldberg, R, et al. (1992). Smoking cessation and severity of disease: The Coronary Artery Smoking Intervention Study. Health Psychology. 11(2), 119-126.

Stone, S.L., Kristeller, J. (1992). Attitudes of adolescents towards smoking cessation. American Journal of Preventive Medicine. 8, 221-225.

Kabat-Zinn, J., Massion, A, Kristeller, J. et al. (1992). Effectiveness of a meditation-based stress reduction intervention in the treatment of anxiety disorders. American Journal of Psychiatry. 149(7), 936-943.

Kristeller, JL. (1991). Psychological issues in nicotine addiction and treatment: A perspective for medical practitioners. Substance Abuse. 12(2).

Ockene, JK, Kristeller, JL, Goldberg, R et al. (1991). Increasing the efficacy of physician-delivered smoking interventions: A randomized clinical trial. Journal of General Internal Medicine. 6:1-8.

Quirk, M, Ockene, JK, Kristeller, JL, et al. (1991). Training family practice and internal medicine residents to counsel patients who smoke: Improvement and retention of counseling skills. Family Medicine. 23:108-111.

Frid, D, Ockene, IS, Ockene, JK, Goldberg, R, Merriam, P., Kristeller, J, Barrett, S. (1991). Severity of angiographically proven coronary artery disease predicts smoking cessation. American Journal of Preventive Medicine. 7(3), 131-135.

Kristeller, JL, Rodin, J. (1989) Identifying eating patterns in male and female undergraduates using cluster analysis. Addictive Behaviors. 14, 631-642.

Ockene, JK, Quirk, ME, Goldberg RJ, Kristeller, JL, et al. (1988). A residents' training program for the development of smoking intervention skills. Archives of Internal Medicine, 148, 1039-1045.

Sirota, AD, Schwartz, GE, Kristeller, JK. (1987). Facial muscle activity during induced mood states: Differential growth and carry-over of elated versus depressed patterns. Psychophysiology, 24(6), 691-698.

Kristeller, JL, Schwartz, GE, & Black, H. (1982). The use of Restricted Environmental Stimulation Therapy (REST) in the treatment of essential hypertension: Two case studies. Behavior Research and Therapy, 20, 561-566.

Suedfeld, P, & Kristeller, JL (1982). Stimulus reduction as a technique in health psychology. Health Psychology, 1, 337-357.

Cuthbert, B, Kristeller, JL, Simons, R & Land, PJ (1981). Strategies of arousal control: Biofeedback, meditation, and motivation. Journal of Experimental Psychology: General, 110, 518-546.

Gergen, KJ, Morse, SJ & Kristeller, JL (1973). The manner of giving: Cross national continuities in reactions to aid. Psychologia, 16, 50-59.

Kristeller, JL (1972) Mishima's suicide: A psycho-cultural analysis. Psychologia, 16, 50-59.

Other Journals/Publications

Popular press coverage of research in: Time magazine; Self magazine; Martha Stewart's Healthy Living; Redbook.

Kristeller, J.L. (2005). Know your hunger. Spirituality & Health. The Soul/Body Connection. Vol. 8 (2). 28-35.

Kristeller, J.L., Ockene, J.K. (1996). Tobacco curriculum for medical students, residents and practicing physicians. Indiana Medicine, 89 (2), 199-204.

Chapters

Kristeller, J.L. Spirituality and meditation. (2011). In Aten, J., McMinn, M., Worthington, E. (Eds.) Spiritually-Oriented Interventions for Counseling and Psychotherapy. American Psychological Association Books: Washington, D.C.

Kristeller, J. (2010). Spirituality as a mechanism of change in mindfulness- and acceptance-based interventions (Invited chapter). In Baer, R. (Ed.). *Assessing Mindfulness and Acceptance: Illuminating the Processes of Change*. New Harbinger Press: Oakland, CA. pp. 155-184.

Kristeller, J., Rikhye, K. (2008). Meditative traditions and contemporary psychology. In K.R. Rao. Ed. Handbook of Indian Psychology. Cambridge University Press India.

Kristeller, J.L. (2007). Mindfulness meditation. In P. Lehrer, R.L. Woolfolk, & W.E. Simes. *Principles and Practice of Stress Management*. 2nd Edition. New York: Guilford Press.

Kristeller, J. (2007). Meditation. In G. Fink. (Ed.). *Encyclopedia of Stress*. Elsevier. 2nd Edition.

Kristeller, J., Baer, R., & Quillian-Wolever, R. (2006). Mindfulness-based approaches to eating disorders. In R. A. Baer (Ed.). Mindfulness-based Treatment Approaches. San Diego: Elsevier.

Kristeller, J., Hummel, L. (2006). Spiritual engagement and transformation in cancer patients: The experience of the patient, the role of the physician. In J.D. Koss-Chiono & P. Hefner (Eds.). Spiritual Transformation and Healing: Anthropological, Religious, Medical and Biological Perspectives.

Kristeller, J., Jones, J. (2006). Mindfulness and wisdom in the Buddhist tradition: Lessons for the treatment of compulsive eating. In D.K. Nauriyal. The Validation of the Buddha's Way: the Confluence

of Buddhist Doctrine and Cognitive Science. Routledge Curzon.

Kristeller, J., Baer, R., & Quillian-Wolever, R. (2006). Mindfulness-based approaches to eating disorders. In R. A. Baer (Ed.). Mindfulness-based Treatment Approaches. San Diego: Elsevier.

Kristeller, J. (2004). Meditation: An Integrated Model across Six Domains of Function. In Blows et al., Ed. The relevance of the wisdom traditions in contemporary society: The Challenge to Psychology. Delft, Netherlands: Eburon Publishers. Pp. 21 – 37.

Kristeller, J. (2003). Finding the Buddha/Finding the Self: Seeing with the Third Eye. In Seth Segal (Ed.) Encountering Buddhism. **SUNY Press. Series in Transpersonal and Humanistic Psychology**. Albany, N.Y.: SUNY Press. Series in Transpersonal and Humanistic Psychology. Pp. 109-130.

Kristeller, J.L. (1999). Managing smoking as a risk factor in cardiac disease: An educational, behavioral and pharmacological perspective. Chapter in: James Rippe (Ed.) The Textbook of Medicine, Exercise, Nutrition and Health. Oxford, England. Blackwell Science. pp. 67-80.

Marlatt, G.A., Kristeller, J.L.. (1999). Mindfulness and meditation. In W. R. Miller (Ed.). Integrating Spirituality in Treatment. American Psychological Association Books. pp. 67-84.

Ockene, JK, Kristeller, J, Donnelly, G. (1999). Tobacco. In M. Galanter, H.D. Kleber (Eds.). The American Psychiatric Press Textbook of Substance Abuse Treatment. 2nd Ed. The American Psychiatric Press. Washington, D.C. pp. 215-238 (Ch. 21).

Kristeller JL, Johnson, TJ. (1997). Smoking effects and cessation. In J.A. Rosenfeld (Ed). Women's Health in Primary Care. Ch. 6.2. pp. 93-116. Williams and Wilkins. Baltimore, MD.

Ockene, J.K., Kristeller, J.L. (1996). Stimulants and related drugs: Tobacco withdrawal and dependence. In G.O. Gabbard & S.D. Atkinson (Eds.) Synopsis of Treatments of Psychiatric Disorders, 2nd Edition. The American Psychiatric Press. Washington, D.C., pp. 323-328.

Kristeller, J.L., Ockene, J.K. (1996). Obesity. In HL Greene, RJ Glassock, MA Kelley. (eds). Introduction to Clinical Medicine, Philadelphia: B. C. Decker, Inc. 2nd Edition. Ch. 56. pp. 262-265.

Ockene, JK, Kristeller, J. (1995). Tobacco withdrawal and tobacco dependence. In G.O. Gabbard (Ed.). Treatments of Psychiatric Disorders Second Edition. The American Psychiatric Press. Washington, D.C., pp. 733-742.

Ockene, JK, Kristeller, J. (1994). Tobacco. In M. Galanter & H. Kleber (Ed.). The American Psychiatric Press Textbook of Substance Abuse Treatment. The American Psychiatric Press. Washington, D.C. Ch. 11, pp. 157-178.

Goldberg, R, Ockene, J., Kalan, K. & Kristeller, J. (1994). Chapter 3. Training of physicians in training. Section: Interventions for smoking prevention and cessation. In Tobacco and the Clinician: Interventions for Medical and Dental Practice. Monograph 5. National Cancer Institute. USDHHS. NIH Publ. No. 94-3693.

Gritz, E.R., Kristeller, J., & Burns, D.M. (1993). High-risk groups and patients with medical co-morbidity. In C.T. Orleans, J. Slade (Eds). Nicotine Addiction: Principals and Management. New York: Oxford University Press.

Kahn, KL, Ockene, JK, Kristeller, JL. (1990). Obesity. In HL Greene, RJ Glassock, MA Kelley. (eds).

Introduction to Clinical Medicine, Philadelphia: B. C. Decker, Inc.

Kristeller, JL, Ockene JK. (1989, 1987). Assessment and treatment of smoking on a consultation service. In J. Cavenar (ed.) Consultation Liaison Psychiatry and Behavioral Medicine. Vol. 3: Psychiatry. Philadelphia: Lippincott Press.

Ockene, JK, Kristeller JL, Donnelly, G. (1989). Treatment of tobacco withdrawal and tobacco dependence. In H. Kleber (ed.). Treatment of Substance Abuse Disorders. American Psychiatric Association. Washington, D.C.

Kristeller, JL, & Rodin, J (1984). The role of attention in compliance, adherence and maintenance: A three stage model. In A. Baum, S Taylor, & J Singer (Eds.), The Handbook of Social Psychology and Health. Vol. 4. (pp. 85-112). New York: Erlbaum.

Kristeller, JL (1980). Heart rate slowing: Biofeedback vs. meditation. In DJ Osborne, MM Gruneberg, & JR Eiser (Eds.) Research in Psychology and Medicine. Vol. 1 (pp. 183-190). London: Academic Press.

Kristeller, JL. (1977). Meditation and biofeedback in the regulation of internal states. In Swami Ajaya (Ed.), Meditational Therapy. Glenview, Ill.: Himalayan International Institute Press.

Other Professional Publications/Outlets

Kristeller, J.L (2003). Statement on Spirituality. PDQ. National Cancer Institute Office of Cancer Communication. <http://www.cancer.gov/cancerinfo/pdq/supportivecare/spirituality/healthprofessional/>

Kristeller, J.L (2002). Statement on Smoking. PDQ. National Cancer Institute Office of Cancer Communication. <http://www.cancer.gov/cancerinfo/pdq/supportivecare/smokingcessation/healthprofessional/>

Kristeller, J.L. (1995). [Review of the book PM Lehrer & RL Woolfolk (Eds.). Principals and Practice of Stress Management. Second Edition. The Guilford Press, 1993.] Child & Family Behavior Therapy, 17, 63-65.

Kristeller, J.L. (1995). Book review of: AS Kaplan & PE Garfinkel. Medical Issues and the Eating Disorders: The Interface. Brunner/Mazel Publ., 1993. In Family Medicine, 27, 207-208.

Kristeller, J. (1993). Behavioral aspects of smoking withdrawal. In The Costs of Smoking. A Special Report, published by Hospital Practice. New York: HP Publishing. 9-16.

Kristeller, J.L. & Kendall, J. (1993). Summary & Commentary, on DiClemente et al. (1991) The Process of smoking cessation: An analysis of precontemplation, contemplation, and preparation stages of change. Journal of Consulting and Clinical Psychology. Invited review for Diabetes Spectrum, 6, 46-47.

Gritz, ER, et al. (1992). Report of Task Force 3: Implications with respect to intervention and prevention. Proceedings of the National Working Conference on Smoking and Body Weight, Memphis, TN, Sept. 10-13, 1990. Health Psychology, 11 (supplement), 17-25. (Contributor).

Kristeller, JL. (1990). Summary and Comment on Cummings, SR, et al. (1989) "Smoking counseling and preventive medicine", Diabetes Spectrum, 3, 107-108.

Kristeller, JL, Ockene, J, Prochaska, J, et al. (1988). Smoking cessation in cardiac patients: Processes of change. In M. Aoki, S. Hisamichi, S. Tominaga (Eds.) Smoking and Health. Proceedings of the 6th

World Conference on Smoking and Health. Tokyo. pp. 227-229. Elsevier Science Pub., Amsterdam.

Kristeller, J.L. (1986). Biofeedback: An interview with Dennis Russo. Computers in Psychiatry/Psychology, 8(2), 5-8.

Selected Participation in Professional Programs and Lectures (2001-2011)

Mindful approaches to weight loss: Engaging the brain's power for self-regulation. National meeting, American Psychological Association, Washington, D.C. Invited plenary address.

Mindfulness-Based Eating Awareness Training: A Five-Day Professional Training. (Omega Institute: 8/01-8/06, 2010; 2011; Kripalu Center for Yoga and Health: 2011).

Mindfulness-Based Eating Awareness Training: Treating compulsive eating through mindfulness. (2/18/10). COAST 3rd Annual Mary Dallman Symposium . "The Drive to Overeat: Integrating the Psychological, Behavioral, and Physiological Underpinnings". Univ. of California – San Francisco.

Mindfulness-Based Eating Awareness Training. (2/13/10). Behavioral Research in Diabetes Group Exchange annual meeting. Las Vegas, NV.

As the New Year Begins: Cultivating You (Mind, Body, and Spirit). Full day workshop. (1/10) Sponsored by OLLI. Indiana State University. Community event.

MB-EAT: Mindfulness-Based Eating Awareness Training. (12/9/09). National Institute for the Clinical Application of Behavioral Medicine (NICABM). Hilton Head, SC. Invited talk.

Mindfulness-Based Eating Awareness Training: Theory, research and practice. (12/1/09). Dept. of Prev. Medicine, Rush University Medical Center, Chicago, IL. Invited talk.

Rhythms and meditation: The role of repetition in contemplative practices. (11/6/09). Presented at Healing Rhythms: A research conference on music, movement and meditation. Sponsored by CSHRS. Dept. of Psychology, Indiana State University.

MB-EAT (10/8/09). Facilitating Interdisciplinary Research: Methodological and Technological Innovation in the Behavioral and Social Sciences. Sponsored by NIH Roadmap for medical research.

Invited talk. (9/30/09). Spiritual Issues in Cancer Care: How to Talk to Your Patients and Support Recovery. Methodist University Hospital. Oncology Grand Rounds. Memphis, TN.

Mindfulness-Based Eating Awareness Training (MB-EAT): Theory and Practice. (7/24/09). Dept. of Psychology, Griffith University, Brisbane, Australia.

Mindfulness-Based Eating Awareness Training: A Five-Day Professional Training. (8/24-8/28, 2009). Omega Institute.

Mindfulness-Based Eating Awareness Training: Theory and Applications. (11/6-7/08). Toronto. Invited 2 day workshop. Leading Edge Seminars.

Oncologist-Assisted Spirituality (OASIS) Training. (9/08). Invited plenary. Palliative Care. MD Anderson Cancer Center.

Invited talk. (8/9/07). Mindful eating: A randomized trial for treating binge eating and obesity. Oxford University.

Invited talk. (6/7/07). Contemplative clinical science: Models, mechanisms, and research in 'executive cognitive control'. Mind and Life Summer Research Institute. New York.

Kristeller, J. (6/3/07). Quiet mind, emerging wisdom: A transtheoretical understanding of the wisdom process. Metanexus Institute. Philadelphia.

Kristeller, J., Sheets, V., & Wolever, R. (5/2-5/07). Mindfulness-Based Eating Awareness Training (MB-EAT): Final results of a randomized clinical trial. Academy of Eating Disorders, Baltimore.

Invited talk. (4/25/07). Training Physicians to Engage Spiritual Concerns. The 10th Annual Spirituality Research Symposium. University of Pennsylvania.

Invited talk. (4/18/07). Mindful eating: A randomized trial for treating binge eating and obesity. Osher Center, Harvard University Medical School.

Invited talk (3/2/07). Varieties of Spiritual and Religious Experience ~~ and Health Effects. Winter meeting of Div. 36: Psychology of Religion and Spirituality. Loyola Univeristy, Maryland.

Symposium organizer/presenter (12/06). Living with Cancer: Spiritual engagement and transformation. International Society of Behavioral Medicine. Bangkok.

Invited talk. (12/06). Spiritual Intelligence: Engaging Wisdom through Meditation. Chulalongkorn University, Bangkok.

Workshop. (6/06). MB-EAT: Mindfulness-Based Eating Awareness Training. Academy of Eating Disorders. Barcelona.

Kristeller, J. Invited talk. (10/27/05). Mindfulness-Based Eating Awareness Training. Osher Center, University of California-San Francisco.

Kristeller, J. Invited talk. (10/14/05). MB-EAT in the treatment of binge eating and obesity: Attentional and emotional regulation. University of Heidelberg, Mannheim.

Kristeller, J. Invited talk (6/15/05). Mindfulness-Based Eating Awareness Training (MB-EAT): Theory, Practice, and Research. International Congress of Cognitive Psychology. Gothenburg, Sweden.

Kristeller, J. Invited talk. (5/15/05). Oncologist-Assisted Spirituality Intervention Study. American Society of Clinical Oncology, Orlando, FL.

Kristeller. (03/26/04). A randomized clinical trial for the treatment of binge eating therapy. Annual MBSR meeting: Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society. Worcester, MA.

Kristeller, J. Invited talk. (7/31/04). Psychology of contemplative space. American Psychological Association. Honolulu, HA.

Kristeller, J. Invited talk. (11/04). The use of mindfulness meditation in clinical practice: An example from eating disorders. Indiana Psychological Association meeting. Indianapolis.

Kristeller, J.L. (6/17/03). Spiritual Intelligence and religious experience: Constructed or universal?. Invited paper. 8th International Congress of Constructivism & Psychotherapy. Bari-Monopoli, Italy.

Kristeller, J. (6/17/03). Mindfulness, wisdom and eating: Applying a multi-domain model of meditation effects. Invited talk. 8th International Congress of Constructivism & Psychotherapy. Bari-Monopoli, Italy.

Kristeller, J., Johnson, T.J. (2003 June). Cultivating Loving-Kindness: A Two-Stage Model for the Effects of Meditation on Compassion, Altruism and Spirituality. Paper presented at: Works of Love: Scientific & Religious Perspectives on Altruism, Philadelphia.

Kristeller, J. (4/7/03). Mindfulness Meditation: A Novel Approach for Treating Binge Eating Disorder. Invited talk. Dept. of Psychology, Trinity University, San Antonio, TX.

Kristeller, J., Rhodes, M., Cripe, L., Johns, S. (3/22/03). Addressing Spiritual Concerns In The Medical Environment: Physicians' Experiences And Patients' Responses. Presented paper in symposium: Addressing Spirituality In Health Care: It Is Important; It Can Be Done; It Makes A Difference. Chair: J. Kristeller. Society of Behavioral Medicine Annual Meetings. Salt Lake City.

Kristeller, J. (11/25/02). Mindfulness Meditation as a Treatment for Binge Eating Disorder. Invited Talk, Center for Integrative Medicine, Duke University.

Kristeller, J. (10/8/02). "Meditation and the Psychology of Wisdom: Steps toward Meditation-based Therapies." Invited talk. Swarthmore College, Swarthmore, PA.

Kristeller, J. (7/19/02). Meditation: An Integrated Model across Six Domains of Function. Invited talk. 7th International Conference of the Transnational Network for the Study of Physical, Psychological and Spiritual Well-Being. Wollongong, Australia.

Kristeller, J. (7/02). Invited talk. Spirituality and Adjustment to Cancer. Brisbane, Australia.

Kristeller, J. (4/12/02). Invited workshop/talk and panel presenter. "Impact of religion and spirituality on health care outcomes". Conference entitled Cultural Competence for Physicians: Improving Patient Care. IU School of Medicine, Indianapolis.

Kristeller, J. (June 4, 2001). Meditation: Multiple Effects, A Single Process? Paper presented at the CTNS Advanced Workshop: "Neuroscience, Religious Experience and the Self." Montreal.

Kristeller, J.L. (April 13, 2001). Addressing spirituality in cancer care: A randomized clinical trial. Invited talk. M.D. Anderson Cancer Center. Houston, TX.