

# Brendan Cullen

Department of Psychology  
University of Oregon  
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## **EDUCATION**

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### **Doctoral Student, Psychology, 2017 – Present**

University of Oregon (Eugene, OR)  
Advisor: Dr. Elliot Berkman

### **M.S. Psychology, 2019**

University of Oregon (Eugene, OR)  
Master's Thesis Advisor: Dr. Elliot Berkman

### **B.A. Neuroscience, 2015**

Middlebury College (Middlebury, VT)  
Honor's Thesis Advisor: Dr. Kim Cronise  
Graduated Summa Cum Laude

## **HONORS & AWARDS**

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| 2020    | ❖ Center on Parenting and Opioids Pilot & Training Core Travel Award, University of Oregon   |
|         | ❖ Graduate School "Special Opps" Travel & Research Award, University of Oregon               |
| 2019    | ❖ Society for Personality and Social Psychology (SPSP) Graduate Travel Award                 |
|         | ❖ Graduate Education Committee Travel Award (Psychology), University of Oregon               |
| 2018    | ❖ National Science Foundation Graduate Research Fellowship                                   |
| 2017    | ❖ University of Oregon Graduate School Recruitment Award                                     |
|         | ❖ Mind and Life Summer Research Institute (MLSRI) Research Fellow                            |
| 2016    | ❖ International Symposium for Contemplative Studies scholarship                              |
| 2015    | ❖ B.A. in Neuroscience with High Honors, Summa Cum Laude, Middlebury College                 |
|         | ❖ Elected to Phi Beta Kappa, Middlebury College  |
|         | ❖ Rosalin Lieberman-Reiss Memorial Award, Middlebury College Psychology Department           |
|         | ❖ Mind and Life Summer Research Institute (MLSRI) Research Fellow                            |
| 2014    | ❖ International Symposium for Contemplative Studies scholarship                              |
|         | ❖ Academic Conference Travel Fund, Middlebury College  |
|         | ❖ Senior Research Project Supplement, Middlebury College                                     |
|         | ❖ Bicentennial Fund for Research Partnerships in the Sciences Fellowship, Middlebury College |
| 2013    | ❖ Fred M. Roddy Research Fellowship in Biomedical Science, Middlebury College                |
| 2011-15 | ❖ Dean's Honor List, Middlebury College (8 semesters)  |

## **PUBLICATIONS**

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Britton, W.B., Davis, J., Loucks, E.B., Peterson, B., **Cullen, B.H.**, Reuter, L., Rando, A., Rahrig, H., Lipsky, J. & Lindahl, J. (2018). Dismantling Mindfulness-Based Cognitive Therapy: Creation and validation of 8-week Focused Attention and Open Monitoring interventions within a 3-armed randomized controlled trial. *Behaviour and Research Therapy*, 101, 92-107. <https://doi.org/10.1016/j.brat.2017.09.010>

Wagner, B., Braddick, V. Batson, C., **Cullen, B.H.**, Miller, E. & Spritzer, M. (2018). Dose-dependent effects of testosterone on spatial memory in adult male rats. *Psychoneuroendocrinology*, 89, 120-130.  
<https://doi.org/10.1016/j.psyneuen.2017.12.025>

Xu, A., **Cullen, B.H.**, Penner, C., Zimmerman, C., Kerr, C.E., Schmalzl, L. (2018). Comparing embodiment experiences in expert meditators and non-meditators. *Consciousness and Cognition*, 65, 325-333.  
<https://doi.org/10.1016/j.concog.2018.09.003>

## **WORKS IN PROGRESS**

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**Cullen, B.H.**, Eichel, K., Lindahl, J., Rahrig, H., Kini, N., Flahive, J. & Britton, W.B. (under review). The contributions of focused attention and open monitoring in Mindfulness-Based Cognitive Therapy: a 3-armed randomized dismantling trial. Submitted to *Behaviour Research and Therapy*.

**Cullen, B.H.**, DeStasio, K., Cosme, D., & Berkman, E.T. (in prep). Cognitive versus affective predictors of craving.

Canby, N., Lipsky, J., **Cullen, B.H.**, Eichel, K., & Britton, W.B. (under review). The Teacher Matters: Instructor Related Effects of a Pilot Mindfulness Intervention RCT in a School Setting. Submitted to *Global Advances in Health and Medicine*.

## **POSTER SESSIONS**

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**Cullen, B.H.**, DeStasio, K., Cosme, D., & Berkman, E.T. (2019). Cognitive versus affective predictors of craving. Poster presented at Society for Personality and Social Psychology. Portland, OR. February 9.

DeStasio, K., **Cullen, B.H.**, Shaffer, K., & Berkman, E.T. (2019). Personalized stop-signal training to improve inhibitory control among adults who experienced early adversity. Poster presented at Society for Personality and Social Psychology. Portland, OR. February 9.

Zimmerman, C., Penner, C., Temereanca, S., Daniels, D., **Cullen, B.H.**, Jones, S., & Kerr, C. (2018). A pilot randomized control trial investigating brain-body mechanisms of Qigong meditative movement practice for cancer-related fatigue. Poster presented at Society for Neuroscience, San Diego, CA. November 6.

**Cullen, B.H.**, Canby, N., & Britton, W. B. (2017). Teacher effects in a school-based mindfulness intervention. Poster presented at the Mind and Life Summer Research Institute, Garrison, NY. June 6.

Eichel, K., Essien, G., **Cullen, B.H.**, Rogers, A. & Britton, W.B. (2017). Sustained Attention in Focused Attention versus Open Monitoring Meditation: Behavioral and Neurophysiological Changes. Poster presented at the 29th Association for Psychological Science Annual Convention. Boston, MA. May 28.

Spritzer, M.D., Batson, C.G., Braddick, V.C., Chyr, C.U., **Cullen, B.H.**, Goins, E.C., Jaeger, E.C.B., Miller, L.E., Super, C., & Wagner, B.A. (2017). Dose-dependent effects of testosterone on spatial memory in young and adult male rats. Poster presented at the International Meeting for Steroids and the Nervous System. Turin, Italy, February 11.

**Cullen, B.H.**, Santoyo, J., Black, C., McFarlane-Blake, C. & Kerr, C. (2016). An Open-Source System for EEG Neurofeedback and Transcranial Current Stimulation Control: Applications for Meditation Research. Poster presented at the International Symposium for Contemplative Studies. San Diego, CA, November 12. Also presented at Society for Neuroscience. San Diego, CA, November 15.

- Santoyo, J., **Cullen, B.H.**, & Kerr, C. (2016). A Neurofeedback Informed Meditation Technique (NIMT) for modulating posterior cingulate cortex activity—proof-of concept for a novel mental-training paradigm with clinical applications. Poster presented at the International Symposium for Contemplative Studies. San Diego, CA, November 12. Also presented at Society for Neuroscience. San Diego, CA, November 15 and the Brown University Mind Brain Research Day. Providence, RI, March 30.
- Canby, N., Margolis, C., **Cullen, B.H.**, Rahrig, H., Alejandra-Lara, A., Noorani, M., Lindahl, J. & Britton, W. (2016). The role of social relationships in contemplative development. Poster presented at the Mind and Life Summer Research Institute. Garrison, NY, June 13.
- Cullen, B.H.**, Rahrig, H., Dumais, T., Canby, N., Lindahl, J., & Britton, W (2016). The impact of social relationship factors on clinical outcomes in Mindfulness-Based Interventions. Poster presented at the Brown University Mind Brain Research Day. Providence, RI, March 30. Also presented at Brown University Public Health Research Day. Providence, RI, April 13.
- Cullen, B.H.**, Bruns, M., Paritsky, A., McGuirk, E., Ogle, T., Kimble, M., & Cronise, K. (2015). Neurophysiological correlates of self-referential activity in meditators and non-meditators. Poster presented at the Mind and Life Summer Research Institute. Garrison, NY, June 14. Also presented at Advances in Meditation Research. New York, NY, September 25.
- Cullen, B.H.**, Stallworthy, I., Lesenskyj, A., Boles, L., Weinert-Stein, M., Percelay, R., Kahn, H.; McGuirk, E., Sellers, J., & Cronise, K. (2015). Do expert meditators differ from novice and non-Meditators in emotion identification, physiological competitive reactions, or prosocial responses? Poster presented at the University of Vermont's Annual Neuroscience, Behavior and Health Research Forum. Burlington, VT, January 24. Also presented at Science of Compassion, San Francisco, CA, November 11, 2014 and International Symposium for Contemplative Studies, San Diego, CA, November 12, 2016.
- Cullen, B.H.**, Spritzer, M., Batson, C., Spillane, S., & Wagner, B. (2014). Effects of Testosterone Dose on Spatial Memory in Adult Male Rats. Poster presented at the Annual Meeting of the Society for Neuroscience. Washington, D.C, November 18.
- Cullen, B.H.**, Boles, L., & Percelay, R. (2014). A theoretical framework for the neurobiological relationship between mindfulness meditation and compassion. Poster presented at the Middlebury College Spring Student Symposium. Middlebury, VT, April 14.

## **TALKS**

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- Eichel, K., **Cullen, B.H.**, & Britton, W. (2018). Effects of Focused Attention and Open Monitoring Meditation on Error-related Processing - Behavioral and Neurophysiological Changes. Oral presentation at the 4th International Conference of the European Society for Cognitive and Affective Neuroscience. Leiden, The Netherlands, July 19.
- Chang, B., **Cullen, B. H.**, Kini, N., Rahrig, H., & Britton, W. (2017). Dismantling effects of focused attention and open monitoring techniques in Mindfulness-Based Cognitive Therapy for affective disturbances. Oral presentation given at the Annual Meeting and Expo of the American Public Health Association: Integrative, Complementary and Tradition Health Practices Section. Atlanta, GA, November 4-8.
- Schmalzl, L., Powers, C., Yetz, N., Groessl, E.J., Saron, C., Kerr, C., Zimmerman, C., **Cullen, B.H.**, Clark, D., Mostofsky, S.H., Feinstein, J., Khalsa, S., Simmons, K., & Paulus, M. (2016). Movement, Embodiment and Interoception in the Context of Contemplative Practices (Panel). Panel presented at the International Symposium for Contemplative Studies. San Diego, CA, November 12.

Eichel, K., **Cullen, B.H.**, & Britton, W. (2016). Effects of Focused Attention and Open Monitoring Meditation on Sustained Attention - Behavioral and Neurophysiological Changes. Oral presentation at the International Symposium for Contemplative Studies. San Diego, CA, November 11.

## **RESEARCH EXPERIENCE**

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- 2017-18      **Graduate Employee**, Social and Affective Neuroscience Lab, Department of Psychology University of Oregon, Eugene, OR. Supervisor: Elliot Berkman, Ph.D.
- 2016-17      **Data Manager**, Clinical and Affective Neuroscience Lab, Department of Psychiatry and Human Behavior, Brown University, Providence, RI. Supervisor: Willoughby Britton, Ph.D.
- 2015-17      **Research Assistant**, Clinical and Affective Neuroscience Lab, Department of Psychiatry and Human Behavior, Brown University, Providence, RI. Supervisors: Willoughby Britton, Ph.D. & Jared Lindahl, Ph.D.
- 2015-17      **Research Assistant**, Embodied Neuroscience Lab, Department of Biology and Medicine, Brown University, Providence, RI. Supervisor: Catherine Kerr, Ph.D.
- 2013-15      **Research Assistant**, Middlebury College, Middlebury, VT. Supervisors: Mark Spritzer, Ph.D. and Kim Cronise, Ph.D.

## **TEACHING EXPERIENCE**

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- 2019-current      **Lab Instructor**, Psychology 611: Data Analysis I, University of Oregon. Supervisor: Sara Weston, Ph.D.
- 2015      **Teaching Assistant**, Physiological Psychology, Middlebury College. Supervisor: Kim Cronise, Ph.D.

## **SERVICE**

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- Member, Eugene Brainhack Organizing Committee (2018)
- Intel Science Fair Lab Tour Guide (2018)
- Science communication ambassador for “The People’s Science” (2018)
- Organizer, *Mindfulness, Healing and Empathy in Healthcare* Speaker Series, Warren Alpert Medical School at Brown University (2016)