

THE UNIVERSITY OF BRITISH COLUMBIA
Curriculum Vitae for Faculty Members

Date: June 2023

1. **FIRST NAME:** ANDREA **MIDDLE NAME(S):** DAGMAR **SURNAME:** GRABOVAC
2. **DEPARTMENT/SCHOOL** Department of Psychiatry/University of British Columbia
3. **FACULTY** Medicine
4. **PRESENT RANK** Clinical Professor **SINCE:** July 1st, 2022
5. **POST-SECONDARY EDUCATION**

University or Institution	Degree	Subject Area	Dates
University of British Columbia	FRCPC	PGY-2 to PGY-5	1998-2002
University of Alberta		PGY-1	1997-1998
University of British Columbia	MD		1993-1997
University of British Columbia	BSc	Genetics	1990-1994

ACADEMIC APPOINTMENTS

- Clinical Professor Department of Psychiatry, University of British Columbia
July 2022 – present
- Clinical Associate Professor Department of Psychiatry, University of British Columbia
June 2013 – June 2022
- Clinical Assistant Professor Department of Psychiatry, University of British Columbia
July 2006 – June 2013
- Clinical Instructor Department of Psychiatry, University of British Columbia
Sept 2003 – June 2006

MEDICAL LICENSES

- British Columbia #15754, issued 1999
Alberta #024288, issued 2014

6. **EMPLOYMENT RECORD**

(a) *Prior to coming to UBC*

University, Company or Organization	Rank or Title	Dates
British Columbia Cancer Agency	Consultant Psychiatrist (Consultation Liaison)	2003 - 2017
West Side Mental Health Team	Consultant Psychiatrist	2003

(b) *At UBC*

University, Company or Organization	Rank or Title	Dates
Brief Intervention Unit/Segal5, VHHSC	Consultant Psychiatrist	2003 - 2022
British Columbia Cancer Agency	Consultant Psychiatrist (Consultation Liaison)	2003 - 2017
Psychiatry Outpatient Department, VHHSC	Consultant Psychiatrist	2008 - 2014

7. LEAVES OF ABSENCE

University, Company or Organization at which Leave was taken	Type of Leave	Dates
UBC	Maternity leave	July 2002 - Jan 2003
VCH/BCCA	Maternity leave	Jan 2004 - May 2004
VCH/BCCA	Maternity leave	Nov 2006 - Nov 2007

8. TEACHING(a) *Areas of special interest and accomplishments*

I have a special interest in mindfulness based interventions, with a focus in the area of mechanisms of mindfulness, as well as optimization of clinical effectiveness of mindfulness-based interventions. My teaching interests trace similar routes, focusing on providing training and clinical supervision to both mental health professionals and psychiatry residents in the area of mindfulness-based interventions.

(b) *Courses Taught at UBC*

Session	Course Number	Scheduled Hours	Class Size	Hours Taught			
				Lectures	Tutorials	Labs	Other
Psychiatry Clinical Skills Course Spring 2003	INDE 420	9	8 2 nd year medical students		6		
Doctor- Patient Relationship Course Spring 2001		18	12 4 th year medical students		12		

POSTGRADUATE LECTURES

- 2022 *Mindfulness-integrated Cognitive Behavioral Therapy*, PGY 2, Oct 20, 2 hrs
- 2022 *Group delivery of Mindfulness-based Therapies*, PGY 3, Apr 7, 2 hrs
- 2021 *Mindfulness-integrated Cognitive Behavioral Therapy*, PGY 2, Dec 9, 3 hrs
- 2021 *Group delivery of MBCT and MiCBT*, PGY 3, Apr 15, 2 hrs
- 2020 *Mindfulness-integrated Cognitive Behavioral Therapy*, PGY 2, Nov 26, 3 hrs
- 2020 *Group delivery of MBCT and MiCBT*, PGY 3, Apr 16, 2 hrs
- 2019 *Mindfulness-integrated Cognitive Behavioral Therapy*, PGY 2, Nov 28, 3 hrs
- 2019 *Mindfulness and Psychiatry*, co-facilitated with Dr. E. Burrell, Dr. J. Cheek and Dr. K. Wynn, Postgraduate Psychiatry Training Program, Department of Psychiatry, October 17, 1 day workshop
- 2019 *MBCT Inquiry and Group Process*, PGY3, Apr 18, 2hrs, 12 attendees
- 2018 *Introduction to Mindfulness Based Interventions*, PGY-2, Oct 18, 3 hrs. 15 attendees
- 2018 *MBCT Inquiry and Group process*, PGY3, Apr 26, 2 hrs, 15 attendees
- 2017 *Mindfulness Based Cognitive Therapy*, PGY-2, Oct 19, 3 hrs, 18 attendees
- 2017 *MBCT Inquiry and Group Process*, PGY3, Apr 27, 2 hrs, 15 attendees
- 2017 *Introduction to Mindfulness Based Cognitive Therapy*, PGY-2, Feb 2, 3 hrs, 21 attendees
- 2016 *MBCT Inquiry and Group Process*, PGY3, Jun 2nd, 2 hrs, 15 attendees
- 2016 *Introduction to Mindfulness Based Cognitive Therapy*, PGY-2, Apr 7, 3 hrs, 23 # attendees
- 2015 *Mindfulness: Another Item on the To Do List?*, PGY1 internal medicine "Bootcamp", July 14 and 30, 55 attendees
- 2015 *MBCT Group Process*, co-facilitated with Dr. M. Lau, PGY3, Jun 11, 2 hrs, 7 attendees
- 2015 *MBCT Inquiry and Group Process*, PGY3, May 7, 2 hrs, 7 attendees
- 2015 *The Interface between Spirituality and Psychiatry*, PGY-2, co-presented with Dr. Jaye Walde, Apr 23rd, 3 hrs, 19 attendees
- 2015 *Mindfulness Based Cognitive Therapy*, PGY-2, Apr 16, 3 hrs, 20 attendees
- 2014 *The Interface between Spirituality and Psychiatry*, PGY-2, Mar 6, 3 hrs, 19 attendees
- 2014 *Mindfulness Based Cognitive Therapy*, PGY-2, Feb 20, 3 hrs, 20 attendees
- 2013 *The Interface between Spirituality and Psychiatry*, PGY-2, Mar 7, 3 hrs, 19 attendees
- 2013 *Mindfulness Based Cognitive Therapy*, PGY-2, Feb 21, 3 hrs, 20 attendees
- 2012 *The Interface between Spirituality and Psychiatry*, PGY-2, Mar 8, 2 hrs, 15 attendees.
- 2012 *Mindfulness Based Cognitive Therapy*, PGY-2, Mar 1, 3 hrs, 15 attendees
- 2011 *The Interface between Spirituality and Psychiatry*, PGY-2 Mar 3 and 10, 6 hrs, 13 attendees

- 2010 *The Interface between Spirituality and Psychiatry*, PGY-2 Feb 18 and May 6, 6 hrs, 12 attendees
- 2007 *The Interface between Religion, Spirituality and Psychiatry*, PGY 1, Sept 13 and Oct 11, 3 hrs, 14 attendees
- 2006 *The Interface between Religion, Spirituality and Psychiatry*, PGY 1, Sept 14th and Oct 12th 2006, 5 hrs, 15 attendees
- 2005 *Psychiatry In Oncology*, E. Drysdale and A. Grabovac, PGY 2-4 medical and radiation oncology residents, July 27th, 2005, 2 hrs, 12 attendees
- 2005 *Interface Between Religion, Spirituality and Psychiatry: Neurobiology of Spirituality*, PGY 3 and 4, January 20th, 2005, 11 attendees
- 2005 *Interface Between Religion, Spirituality and Psychiatry: Introduction*, PGY 3 and 4, January 6th, 2005, 10 attendees
- 2001 *Rural Psychiatry*, PGY-1, 1.5 hr

(c) *PostGraduate Students Supervised and/or Co-Supervised*

Student Name	Program Type	Year		Principal Supervisor	Co-Supervisor(s)
		Start	Finish		
Allan Maddock	PhD	2015	2018	Dr. David Hevey	Dr. A Grabovac
Dylan Cutler	PhD	2013	2014		Dr. A Grabovac

(d) **CONTINUING EDUCATION PRESENTATIONS at CME accredited lectures, conferences, including invited presentations**

- 2023 *Body, Mind and Context: Integrating Therapist-Patient Communication from the Sensory to the Societal*, symposium, Society for the Exploration of Psychotherapy Integration Annual Meeting, Vancouver, Canada, May 13
- 2022 *Mindfulness integrated Cognitive Behavioural Therapy: A Novel Transdiagnostic Treatment*, 2 hrs course, Canadian Psychiatry Association Annual Conference
- 2022 *Mindfulness for Physician Well-Being*, invited speaker, Public Health Physician Annual Meeting, Oct 19
- 2022 *The Science of Contemplative Experience*, invited panelist, Science of Consciousness conference, April 18
- 2021 *Mindfulness integrated Cognitive Behavioural Therapy: A Novel Transdiagnostic Treatment*, Canadian Psychiatry Association Annual Conference, 120 attendees
- 2021 *The Role of Equanimity in Emotion Regulation*, Society for the Exploration of Psychotherapy Integration Annual Meeting, June 12, 90 attendees
- 2021 *Family Physicians: Fostering Resilience Booster Workshop*, co-facilitated with Dr. Mark Lau, Vancouver Division of Family Practice, January 20, limited to 20 attendees
- 2021 *Mindfulness-integrated Cognitive Behavioural Therapy: A 4 Stage Transdiagnostic Treatment Approach*, 7 hour online workshop, co-presented with Dr. Alia Offman, March 29

- 2020 *Fostering Resilience for Health Care Professionals*, Hollyhock Virtual Program, 1.5 day workshop, online, Nov 5 and 6, 7 attendees
- 2020 *Fostering Resilience for Mental Health Professionals – A Mindfulness-based Approach*, Canadian Psychiatric Association Virtual Annual Conference, October 23rd, 2 hrs, 50 attendees
- 2020 *Mindfulness integrated Cognitive Behavioural: A 4 Stage Transdiagnostic Treatment Approach*, 4 hour online workshop, co-presented with Dr. Alia Offman, August 11th and 12th, Canadian Psychological Association Annual Convention - Virtual Series
- 2020 *Mindfulness integrated Cognitive Behavioural Therapy for Enhancing Well-being*, 2 hrs workshop, Feb 22, BC Mindfulness Summit, Division of Continuing Studies, University of Victoria, BC, 45 attendees
- 2020 *Fostering Resilience for Family Physicians*, 1.5 day workshop, in-person, co-facilitated with Dr. Mark Lau, Vancouver Division of Family Practice, Vancouver, BC, Jan 30 and 31, 2020, 40 attendees
- 2018 *Inclusion of Ethical Practices in MiCBT: The Therapeutic Rationale*, oral presentation, July 2018, International Conference on Mindfulness, Amsterdam, Netherlands, 200 attendees
- 2018 *Standardizing Training in Mindfulness Based Interventions in Canadian Psychiatry Postgraduate Training Programs*, oral presentation, July 2018, International Conference on Mindfulness, Amsterdam, Netherlands, 150 attendees
- 2016 *Mindfulness Skill for Dealing with Stress During Residency*, invited workshop presentation to residents, Annual Clinical Meeting of the Society of Obstetricians and Gynecologists, June 13th, 2016, 1 hour, 50 attendees
- 2015 *Mindfulness-Based Cognitive Therapy*, invited pre-conference workshop, with Dr. M. Lau, Canadian Psychiatry Association Annual Meeting, Sept 30th, 2015, 4 hours, 45 attendees
- 2015 *Cultivating Insight in Mindfulness Based Interventions: Clinical Implications of the Stages of Insight*, paper presentation, Mindfulness and Compassion conference, June 4th, 2015
- 2015 *From Buddhist Roots to Clinical Shoots: Disambiguating Practice Instructions in Mindfulness Based Interventions*, paper presentation, Mindfulness and Compassion conference, June 5th, 2015
- 2015 *Equanimity*, invited panelist, Mindfulness and Compassion conference, June 4th, 2015
- 2015 *Victoria Annual Mood Disorders conference*, invited speaker, co-presenter Dr. E Burrell, March 27th, 2015, 150 attendees
- 2013 *Nurturing the Professional Development of MBCT Instructors: The Experience of a 4 year Supervision Group in Vancouver, Canada*. First International Conference on Mindfulness, Rome, Italy, May 9th, 2013, 40 attendees
- 2013 *Cultivating Insight in Mindfulness Based Interventions: Clinical Implications of the Stages of Insight*. First International Conference on Mindfulness, Rome, Italy, May 9th, 2013, 45 attendees
- 2013 *Mindfulness Based Cognitive Therapy 2nd edition: Research and Clinical Update*; one day workshop presented with Dr. Mark Lau, First International Conference on Mindfulness, Rome, Italy, May 8th, 2013

- 2012 *Mechanisms of Mindfulness* symposium, International Symposium of Contemplative Studies, Denver, US, April 29th, 2012, 1.5 hours, 75 attendees
- 2012 *Mindfulness Based Cognitive Therapy*, 1 day workshop, co-facilitated with Dr. M Lau, pre-workshop at Canadian Association for Psychosocial Oncology Annual conference, Vancouver, BC, April 25th, 2012, 70 attendees
- 2011 *Mindfulness Based Cognitive Therapy* course, Canadian Psychiatry Association Annual Meeting, Oct 13th and 14th, 2011, 6 hours, 65 attendees
- 2011 *Mindfulness Based Cognitive Therapy at Vancouver Hospital*, Journal Club, Vancouver Hospital Psychiatry Outpatient Department, March 17th, 2011, 2 hrs, 25 attendees
- 2011 *The Interface Between Spirituality and Psychiatry*, keynote speaker at Cultural Day, national multisite video-linked CME event, March 16th, 2011, 300 attendees
- 2010 Grabovac, A and Lau, M, *Mindfulness Based Cognitive Therapy and Prevention of Relapse in Major Depression*, Canadian Psychiatric Association Annual Meeting, Toronto, ON, 6 hrs course, Part A and Part B, Sept 24th and 26th, 2010, 50 attendees
- 2010 Lau M and Grabovac A. *MBCT for Depression in the Workplace*, paper presentation at symposium Mental Health in the Workplace, Canadian Psychiatric Association Annual Meeting, Toronto, ON, Sept 24th, 2010, 75 attendees
- 2010 *Mindfulness: Neurobiological Similarities Between TMS and MBCT Outcomes*, ECT Program, Vancouver Hospital, Jan 27, 2010, 5 attendees
- 2009 *Clinical Applications of Mindfulness*, Cross-cultural Mental Health Symposium, Oct 22nd, 2009, Vancouver, BC, 200 attendees
- 2009 *Applications of Mindfulness in Psycho-oncology*, Annual BC Psycho-oncologists meeting, March 2nd, 2009, Vancouver, BC, 8 attendees
- 2008 *Application of MBCT across Cultures*, Cross-Cultural Mental Health Symposium on Spirituality, Oct 29th, 2008, Vancouver, BC, 200 attendees
- 2008 *Neurobiology of Mindfulness*, Vancouver Hospital, May 29th, 2008, 23 attendees
- 2008 *Mindfulness and It's Clinical Applications*, Brief Intervention Unit educational rounds, Vancouver Hospital, April 30th, 2008, 8 attendees
- 2008 *Clinical Applications of Mindfulness*, invited speaker, 28th Annual Saskatchewan Psychiatric Association Continuing Education Interprofessional Conference, Moose Jaw, Saskatchewan, April 19th, 2008, three 45 min workshops, 175 attendees
- 2007 *Integrative Medicine*, invited lecture, presented with Dr. M. Terlingen, Sept 29th, 2007, 1 hour, 15 attendees
- 2006 *A Course for Residents on "The Interface between Religion, Spirituality and Psychiatry"*, presented at symposium at American Psychiatric Association Annual Meeting, Toronto, ON, May 22nd, 2006, 30 minutes, 75 attendees
- 2006 *"The Biology of Spirituality: Practical Applications"*, Palliative Care Conference, Victoria, BC, April 5th, 2006, 45 minutes, 250 attendees

- 2005 *Interface Between Religion, Spirituality and Psychiatry Workshop*, Tri-Cities Mental Health Team, Burnaby, BC, November 9th, 2005, 1 hr, 20 attendees
- 2005 *A Course for Residents on "The Interface between Religion, Spirituality and Psychiatry": Lessons Learned*, paper session, Canadian Psychiatric Association Annual Conference, November 6th, 2005, 15 attendees
- 2005 *Religion, Spirituality and Psychiatry in the Chronically Mentally Ill*, Grand Rounds, Riverview Hospital, Coquitlam, BC, November 4th, 2005, 50 attendees
- 2005 *Interface Between Religion, Spirituality and Psychiatry Workshop*, Burnaby Mental Health Continuing Education Sessions, Burnaby Hospital, Burnaby, BC, September 16th, 2005, 2.5 hrs, 45 attendees
- 2005 *Psychooncology: Religion, Spirituality and Mental Health*, Psychosocial Oncology Rounds, BC Cancer Agency, Vancouver, BC, Sept 14th, 2005, 35 attendees
- 2005 *Interface Between Religion, Spirituality and Psychiatry*, Department of Psychiatry Clinical Day, Vancouver, BC, June 10th, 2005, 40 attendees
- 2005 *Religion, Spirituality and Psychiatry: In the Inpatient Setting*, Brief Intervention Unit, Vancouver Hospital, Vancouver, BC, June 6th, 2005, 1.5 hrs, 14 attendees
- 2005 *Religion, Spirituality and Mental Health*, North East Mental Health Team, Vancouver, BC, May 25th, 2005, 1 hr, 35 attendees
- 2001 *Psychiatric Manifestations of Encephalitis*, Case Conference, VHHSC
- 1999 *Cross-Cultural Attitudes towards Mental Health: First Nation Peoples*, In- service, Masset and Charlotte City, Queen Charlotte Islands, 1 hr, 12 attendees
- 1999 *Role of Cognitive Behavioural Therapy in Treatment of Psychosis*, Grand Rounds, Riverview Hospital. Coquitlam, BC, 1 hr, 75 attendees

CURRICULUM AND COURSE DESIGN

- 2009 –2015 **Curriculum Design/Coordinator**, *Spirituality and Psychiatry: Mindfulness Based Interventions*, PGY2 Psychiatry Residents, 6 hr course Department of Psychiatry, UBC, 10 hrs preparation per academic year
- 2006 – 2008 **Curriculum Design/Coordinator**, *Interface Between Religion, Spirituality and Psychiatry*, PGY1 Psychiatry Residents, Department of Psychiatry, UBC, 10 hrs preparation per academic year.
- 2003 - 2005 **Curriculum Design/Coordinator**, *Interface Between Religion, Spirituality and Psychiatry*, PGY3/4 Residents, Department of Psychiatry, UBC, 240 hrs preparation
- 2001 – 2002 **Curriculum Design**, Rural Psychiatry Rotation, PGY2 through 5, Department of Psychiatry, UBC, 85 hrs preparation and committee work

AUDIO-VISUAL PRODUCTIONS / DOCUMENTARIES

- 2022 *"Karma: Song of the Breath"* documentary, interviewee, director Yogacharini Maitreyi, Canada India Network Society

2001 *“Beyond the Mask: Residents in Conversation”*, involved in production of teaching video for 4th year medical students Doctor Patient Relationship Course

PARTICIPATION IN FACULTY DEVELOPMENT ACTIVITIES

2012 “Academic Changes in the Undergraduate Psychiatry Program”, grand rounds, Vancouver Hospital, Dr. K. Fung, Sept 2012

2009 Teaching Philosophy and Dossier Development course, Faculty Development and Educational Support, 3 hrs

2008 *Case Based Teaching and OSCE Development*, Dr. Leslie Sadownik, May 20th, 2008, 2 hrs

2005 *ABC Primer*, Faculty Development and Educational Support, November 24th and 25th, 2005, 10 hrs

2004 *The Essentials of Teaching Recognition*, Faculty Development and Educational Support, Nov 10, 2004, 2 hrs

INTERNAL EXAMINER

2010 PGY 5 STACER examiner (4 examinees)

2005 – 2007 PGY 5 oral exams examiner

UNDERGRADUATE CLINICAL TEACHING

(see teaching dossier for further details)

POSTGRADUATE CLINICAL TEACHING

(see teaching dossier for further details)

9. SCHOLARLY AND PROFESSIONAL ACTIVITIES

(a) *Areas of special interest and accomplishments*

Development of postgraduate curriculum for exploring relationship between spirituality and psychiatry.
Development of Course Impact Questionnaire to assess effectiveness of curriculum.

(b) *Research or equivalent grants (indicate under COMP whether grants were obtained competitively (C) or non-competitively (NC))*

Granting Agency	Subject	COMP	\$	Year	Principal Investigator	Co-Investigator(s)
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George Washington University	John Templeton Spirituality and Medicine Award for Psychiatry Residency Training Programs	C	\$ 30,000 over 3 years	2005 to 2008	Andrea Grabovac, Co-PI, S. Ganesan Co-PI	
CPA	Mindfulness and Mental Health in the Workplace: Canadian Psychiatric Foundation Grant	C	\$30,000 over 2 years	2009/2010	Andrea Grabovac, Co-PI Mark Lau, Co-PI	
CIHR	Mindfulness Based Treatment for Chronic Pelvic Pain	C	\$321,981 over 3 years	2012 to 2015	Dr. Lori Brotto	Dr. Andrea Grabovac
CIHR	MBCT for Low Sexual Desire	C	\$462,340	2014 to 2019	Dr. Lori Brotto	Dr. Andrea Grabovac
Emergence Benefactors Matching Program	Meditative Development Project	C	\$15,000	2021	Dr. Matthew Sacchet	Dr. Andrea Grabovac

(d) *Invited Presentations*

- 2023 *Cultivating Wellbeing in Medicine*, Department Head and School Directors Retreat, Faculty of Medicine, University of British Columbia, May 29
- 2022 *Integrating Ancient Yogic Wisdom with Modern Medicine*, invited panelist, online workshop, hosted by Banyen Books & Sound, June 23
- 2021 *Mindfulness for Burnout Prevention in Health Care Providers*, The Immigrant Education Society (TIES) Mindfulness Conference, Alberta, June 24
- 2021 *Guided meditation and discussion*, The Immigrant Education Society (TIES) Mindfulness Conference 2021, Alberta, June 24
- 2020 Rotary Club – North Vancouver, *Mindfulness for Well-being*, Nov 9, 15 attendees
- 2020 *Mindfulness integrated Cognitive Behavioural Therapy*, study group, online platform, International Mindfulness Center Japan, Oct 8 and 22, 4 hrs, 30 attendees
- 2020 *Mindfulness Based Cognitive Therapy*, online platform, International Mindfulness Center Japan, July 2nd, 75 attendees
- 2019 *Mindfulness for Brain Health*, opening of Brain Health Wellness Center, Djavad Mowafaghian Center for Brain Health, October 5th, 225 attendees
- 2019 *Mental Health in the Workplace*, Young President's Association, British Columbia Chapter, invited panel discussant, Sept 19, 250 attendees
- 2019 *Psychiatry Summer Immersion Program*, Mindfulness in Psychiatric Practice, June 10, 18 attendees
- 2019 *Mindfulness for Wellbeing and Mental Health*, Telus Women's Health Symposium, May 27th, 240 attendees

- 2018 *Wellbeing and Mindfulness*, UBC Science Students, Jan 24th, 50 attendees
- 2017 *Side effects of Meditation*, Vancouver Hospital Occupational Therapists, Nov 8th, 20 attendees
- 2017 *The Happy Film*, invited panelist, panel discussion including director, May 11th, 250 attendees
- 2016 *Mindfulness in Mental Health Settings*, Occupational Therapy Community of Practice, Feb 25th, 2 hrs, 25 attendees
- 2015 *How Mindfulness Works*, Brain Talks, Vancouver Hospital and Health Sciences Center, April 21st, 2015, 300 attendees.
- 2015 *MBCT: Origins of Mindfulness*, Vancouver Hospital Psychiatry Outpatient Department, Feb 5, 10 attendees
- 2011 *Prevention of Depressive Relapse: Changing the Brain One Breath at a Time*, Open Minds lectures, Oct 1st, invited speaker, 150 attendees
- 2010 *Mindfulness Based Cognitive Therapy: Relationship to Spirituality*, Spirituality Advisory Committee, Dec 2nd, 15 attendees
- 2010 *Mindfulness Based Cognitive Therapy at Vancouver Hospital Psychiatry Outpatient Department*, OPD staff, Vancouver Hospital, Feb 22, 30 attendees
- 2008 Psychosis in Psycho-oncology, Patient and Family Counseling Department, BC Cancer Agency, Vancouver, BC, 11 attendees
- 2006 *The Clinical Interface between Psychiatry and Pastoral Care*, Canadian Association for Pastoral Practice and Education, Oct 20th, 35 attendees
- 2003 *Depression and the Cancer Experience*, Lymphoma Support Group, BC Cancer Agency, Vancouver, BC, 1.5 hrs, 14 attendees
- 2003 *Psychiatric Complications of Intracranial Disease*, Brain Tumor Support Group, BC Cancer Agency, Vancouver, BC, Nov 5th, 1.5 hrs, 27 attendees

(f) *Course Facilitation*

- 2023 *Foundation* course, 30 hrs, accredited MiCBT professional training, January - March 2022
- 2022 *Foundation* course, 30 hrs, accredited MiCBT professional training, January - March 2022
- 2021 *Foundation* course, 30 hrs, accredited MiCBT professional training, April - June 2021
- 2020 - present *Best Practices in MiCBT* course, 1 hr monthly mentorship for MiCBT clinicians promoting best clinical practices, Sept 2020 to present
- 2020 *Foundation* course, 30 hrs, accredited MiCBT professional training, April - June 2020
- 2019 *Foundation* course, 18 hrs, accredited MiCBT professional training, Feb - May 2019
- 2018 Two *Foundation* courses, an accredited 18 hrs course providing group supervision/training in Mindfulness integrated Cognitive Behavioural Therapy (MiCBT) for mental health clinicians, Feb 2018 and Sept 2018

2009 to 2019 Co-facilitator of monthly 2 hrs *MBCT Consultation Course* for clinical faculty and postgraduate trainees; 9 to 10 meetings per year, 20 hrs/yr, 2009 to 2019

(g) *Conference Participation (Organizer, etc.)*

2019 Organizing Committee, *BC Mindfulness Summit*, Feb 22 and 23, 2020, Victoria, BC

2007 Abstract reviewer, “*A National Forum on Cancer Care for All Canadians Improving Access & Minimizing Disparities for Vulnerable Populations*”

2006 Abstract Selection Committee, “*4th International Multidisciplinary Conference on Spirituality and Health: Interweaving Science, Wisdom and Compassion*”, Nov 9 – 11, 2006, Vancouver, Canada

(h) *Poster Presentations*

2023 Are emergent phenomena rare and are we adequately addressing them in mainstream clinical settings? M. Wright, J. Galante, J. Corneille, **A. Grabovac**, D. Ingram & M. Sacchet, Science of Consciousness conference, 2023, Taormina, Italy (*submitted*)

2018 Mindfulness-Based Interventions in Canadian Psychiatry Postgraduate Training Programs: Attitudes and Training Availability, **A Grabovac**, E Burrell July 2018, International Conference on Mindfulness, Amsterdam, Netherlands

2012 Mindfulness Following Repetitive Magnetic Stimulation, K Leong, P Chan, **A Grabovac**, M Wilkins-Ho, M McKenna, M Perri, Vancouver General Hospital, June 2012, UBC Psychiatry Research Day

(i) *Professional Training Facilitation (accredited)*

2023 Mindfulness integrated Cognitive Behavioral Therapy (MiCBT) 1 day introductory workshop, co-facilitated with Alia Offman, hosted by UCSD Mindfulness based Professional Training Institute, June 16

2023 MiCBT 7 day silent retreat, co-facilitated with Bruno Cayoun, May 21 – 28, 18 participants

2022 MBCT 5 day intensive Advanced Teacher Training Intensive, co-facilitated with Mark Lau, Taiwan, online, Nov 11 – 16, 8 participants

2022 Mindfulness integrated Cognitive Behavioral Therapy (MiCBT) 1 day introductory workshops, co-facilitated with Alia Offman, hosted by UCSD Mindfulness based Professional Training Institute, June 3 and Nov 4

2022 1 day Mindfulness integrated Cognitive Behavioral Therapy (MiCBT) professional training, co-facilitated with Dr. Offman, April 22

2021 Mindfulness integrated Cognitive Behavioral Therapy (MiCBT) 1 day introductory workshop, co-facilitated with Alia Offman, hosted by UCSD Mindfulness based Professional Training Institute, Sept 24, 35 participants

2021 MBCT 5 day intensive Teacher Training, in-person, co-facilitated with Mark Lau, Sept 17-22, 10 participants

- 2021 MBCT 5 day Intensive Teacher Training, online, co-facilitated with Mark Lau, UCSD MBPTI, March 11-13 and 18-20, 24 participants
- 2020 2 day Mindfulness integrated Cognitive Behavioral Therapy (MiCBT) professional training, co-facilitated with Dr. Offman, Vancouver BC, March 6 and 7, 2020, 30 participants
- 2019 5 day MBCT professional training for mental health clinicians, co-facilitated with Dr. M Lau, Hollyhock Retreat Center, Cortes Island, BC; Oct 7th to 12th, 13 participants
- 2019 2 day Mindfulness integrated Cognitive Behavioral Therapy (MiCBT) professional training, Calgary, BC, September 27 and 28, 35 participants
- 2019 5 day Fostering Resilience for Health Care Professionals, co-facilitated with Dr. Mark Lau, Hollyhock Retreat Center, Cortes Island, BC; May 31st to June 5th, 13 participants
- 2019 2 day Mindfulness integrated Cognitive Behavioral Therapy (MiCBT) professional training, Ottawa, ON, January 25 and 26, 32 participants
- 2019 2 day Mindfulness integrated Cognitive Behavioral Therapy (MiCBT) professional training, Toronto, ON, January 19 and 20, 30 participants
- 2018 5 day MBCT professional training for mental health clinicians; co-facilitated with Dr. Mark Lau, Hollyhock Retreat Center, Cortes Island, BC; September 23rd to 28th, 2018, 23 participants
- 2018 5 day Fostering Resilience for Health Care Professionals, co-facilitated with Dr. Mark Lau, Hollyhock Retreat Center, Cortes Island, BC; May 18th to May 23, 2018, 7 participants
- 2018 2 day Mindfulness integrated Cognitive Behavioral Therapy (MiCBT) professional training, Vancouver, BC, January 19 and 20, 2018, 54 participants
- 2017 5 day MBCT professional training for mental health clinicians; co-facilitated with Dr. Mark Lau, Hollyhock Retreat Center, Cortes Island, BC; August 27th to Sept 1, 2017, 25 participants
- 2016 5 day MBCT professional training for mental health i; co-facilitated with Dr. Mark Lau, Hollyhock Retreat Center, Cortes Island, BC; August 28th to Sept 3, 2016, 29 participants
- 2014 5 day intensive MBCT training for mental health clinicians; co-facilitated with Susan Woods and Mark Lau, Hollyhock Retreat Center, Cortes Island, BC; August 24th to 29th, 2014, 32 participants
- 2013 4 day intensive MBCT training; co-facilitated with Susan Woods and Mark Lau, Hollyhock Retreat Center, Cortes Island, BC; July 18th to July 21st, 2013, 24 participants
- 2012 4 day intensive MBCT training; co-facilitated with Susan Woods and Mark Lau, Hollyhock Retreat Center, Cortes Island, BC; July 2012, 22 participants

10. SERVICE TO THE UNIVERSITY

(a) *Memberships on committees, including offices held and dates*

2022 – 2023 Psychiatry CaRMS Selection Committee

2021 – present Psychiatry Wellness Group, Vancouver Coastal Health

2019 – present VCH Physician Wellness Steering Committee

2009 – 2013	Spirituality Advisory Committee, Vancouver Coastal Health Authority
2004 - 2007	Faculty Appointment/Reappointment and Promotions Committee, Department of Psychiatry, UBC
2001 - 2002	Outreach Advisory Committee, Department of Psychiatry, UBC
2000 - 2002	Selections and Promotions Committee, Department of Psychiatry, UBC
2000 - 2001	Psychiatry Resident's Association, Co-President, Department of Psychiatry, UBC
1997 - 1998	House-staff Wellbeing Committee, University of Alberta

11. SERVICE TO THE COMMUNITY

(a) Professional Memberships

2002 – present	Royal College of Physicians and Surgeons of Canada
1998 – present	Canadian Psychiatric Association
2002 – 2006	Canadian Association of Psychosocial Oncology
2009 – 2017	Canadian Association of Psychosomatic Medicine
1997 – present	British Columbia Medical Association
1997 – present	Canadian Medical Association

(b) Memberships on other societies, including offices held and dates

2022- present	International Society for Contemplative Research
2021 - present	International Mindfulness Integrity Network, active member
2021 - present	UBC Institute of Mental Health
2020 - present	Emergent Phenomenology Research Consortium, founding member

(c) Memberships on scholarly committees, including offices held and dates

(d) Advisory Boards/Memberships on other committees, including offices held and dates

Advisory Committee, ACCESS MBCT, 2017 to present
 Advisory Board, UCSD Mindfulness Based Professional Training Institute, 2021 to present.

(e) Editorships (list journal and dates)

2013 to present Mindfulness journal – Associate Editor

(f) Reviewer (journal, agency, etc. including dates)

2007	Cognitive Science Journal
2011	Teaching and Learning in Medicine
2011	Mindfulness (2 reviews)
2011	Academic Psychiatry
2011	International Journal of Psychiatry

2011 International Journal of Psychology (2 reviews)
 2011 Psychiatric Times
 2012 Journal of Theoretical and Philosophical Psychology
 2012 Mindfulness (2 reviews)
 2012 International Journal of Psychiatry in Medicine
 2012 Current Psychiatry
 2013 Mindfulness (3 reviews)
 2014 Review of General Psychology
 2014 Mindfulness
 2014 Religions
 2015 Clinical Psychology Review (2 reviews)
 2015 Transcultural Psychiatry
 2016 Clinical Psychology Review (2 reviews)
 2016 Academic Psychiatry (2 reviews)
 2017 Mindfulness
 2018 Toronto Journal of Theology
 2019 International Journal of Whole Person Care
 2019 Mindfulness
 2020 Current Psychology
 2020 Transcultural Psychiatry (2 reviews)
 2022 Mindfulness (3 reviews)

(g) *External examiner (indicate universities and dates)*

2021 DCLinP thesis examiner for Nicholas Laurence, Massey University
 2016 External examiner for PhD comprehensive exam for Sneha Sneth, Department of Psychology Experimental Medicine Program, UBC
 2015 PhD thesis examiner for Dylan Cutler, Department of Obstetrics and Gynecology, UBC
 2014 PhD thesis examiner for Somboon Jarukasemthawee at University of Queensland

(h) *External Referee*

2015 Research Foundation Flanders (FWO), external referee for research applications, including preparation of review report

(i) *Grant Reviewer*

2020 Mitacs Accelerate
 2016 CIHR Project Scheme Live Pilot Stage 1
 2016 FWO (Research Foundation- Flanders)
 2010 CIHR Operating Grant Competition

(i) *Competency Guideline Development*

2021 Development of international Mindfulness-Based Teaching and Learning - Teacher Competency Framework (MBTL-TCF) - invited expert panel member

(j) *Mentorship*

2021 – present UBC Psychiatry Resident Mentorship Program

- (k) *Consultant for Development of Mindfulness-based Research Protocols*
2022 - present Development of mindfulness-based treatment protocol for IMPACT 360 study
- (l) *Consultant (indicate organization and dates)*
2011 – 2013 Advisory Board Sunovion
- (m) *Other service to the community*
2021 – present *Mindfulness-In-Action*, online, guiding weekly 30 minutes mindfulness practice for the general public, on a rotating basis
2020 - 2021 weekly mindfulness groups for individuals with neurocognitive disorders, co-facilitated, Brain Wellness Center, Djavad Mowafaghian Center for Brain Health, April/May 2020, July/Aug 2020, Sept/Oct 2020, Feb to June 2021, Aug 2021
2009 *Mindfulness for Children and Families*, 1 hour presentation for parents and teachers, Maple Grove Elementary School, Jan 2010
- (n) *Media*
2021 Vancouver Sun article, by Glenda Luymes, “COVID-19: Chilliwack widow find light amid sorrow with Christmas light display”, Dec 22, 2021 <https://vancouversun.com/news/covid-19-chilliwack-widow-finds-light-amid-sorrow-with-christmas-light-display>
2021 Global radio interview, Calgary CHQR station, on Afternoon Show with Angela Kotott, March 1st, 2021
2021 Globe and Mail article, by Aileen Lalor “The pandemic is worsening negative thought patterns”, Feb 26, 2021, <https://www.theglobeandmail.com/life/health-and-fitness/article-the-pandemic-is-worsening-negative-thought-patterns-but-with/>
2019 CTV interview, news with Merella Fernandez, “Burnout as an occupational phenomenon”, May 27, 2019
2016 CBC radio interview, on Daybreak with Valerie McTavish, “Into the Mainstream”, <https://audioboom.com/boos/4553022-into-the-mainstream>, May 2016
2016 University Affairs article, by Catherine Couturier, “Mindfulness gaining traction on Canadian campuses”, Mar 14, 2016
2015 Langara Voice article, by Anne Sophie, “Rest crucial for reflection”, Nov 11th, 2015
2013 Vancouver Sun article, by Gerry Bellett, “Innovative research offers hope” about mindfulness research and programs offered at Vancouver Hospital, and role of mindfulness skills in treating mental health issues, April 29th, 2013

12. AWARDS AND DISTINCTIONS

- (a) *Awards for Teaching (indicate name of award, awarding organizations, date)*

(b) *Awards for Scholarship (indicate name of award, awarding organizations, date)*

2002 Professor George Davidson Memorial Scholarship, Department of Psychiatry, UBC

1996 Rock Sleyster Memorial Scholarship for Psychiatry, American Medical Association

(c) *Awards for Service (indicate name of award, awarding organizations, date)*

(d) *Other Awards*

2019 Translating Research into Clinical Excellence in Psychiatric Settings (TRICEPS) award,
Department of Psychiatry, UBC

1999 Tsung-Yi Lin Award, Department of Psychiatry Research Day, UBC

THE UNIVERSITY OF BRITISH COLUMBIA
Publications Record

FIRST NAME: ANDREA

MIDDLE NAME(S): DAGMAR

SURNAME: GRABOVAC

1. REFEREED PUBLICATIONS*Journals*

Kaveh fMRI (in press)

Impact of mindfulness versus supportive sex education on stress in women with Sexual Interest/Arousal Disorder, *Journal of Behavioral Medicine*, (in press)Galante, J, **Grabovac, A**, Wright, M, Ingram, D, Van Dam, N, Sanguinetti, J, Sparby, T, Lutterveld, R, Sacchet, M. A (2023) Framework for the Empirical Investigation of Mindfulness Meditative Development. *Mindfulness* **14**, 1054–1067. <https://doi.org/10.1007/s12671-023-02113-8>Roth, B, **Grabovac, A**. (2023) Spirituality and Religion in Canadian Psychiatric Residency Training: Follow-up Survey of Canadian Psychiatry Residency Programs. *Acad Psychiatry* **47**, 263–268 (2023). <https://doi.org/10.1007/s40596-023-01785-7>MacPherson, S, **Grabovac, A**, Collins, E, Heah T, Rockman, P, Winston D (2022) Transprofessional Competencies across Clinical, Organisational, and Educational Professions: The Case of Mindfulness-Based Teaching and Learning (MBTL) *Professional Development in Education* Article ID: PDIE 2143863 <https://doi.org/10.1080/19415257.2022.2143863>Brotto, L, Zdaniuk, B, Chivers, M, Jabs, F, **Grabovac, A** & Lalumière, L (2022) Mindfulness and Sex Education for Sexual Interest/Arousal Disorder: Mediators and Moderators of Treatment Outcome, *The Journal of Sex Research*, DOI: [10.1080/00224499.2022.2126815](https://doi.org/10.1080/00224499.2022.2126815)Brotto, L, Zdaniuk, B, Chivers, M, Jabs, F, **Grabovac, A**, Lalumiere, L, Weinberg, J, Schoner-Reichl, K, Basson, R. (2021) A Randomized Trial Comparing Group Mindfulness Based Cognitive Therapy with Group Supportive Sex Education and Therapy for the Treatment of Female Sexual Interest/arousal disorder, *Journal of Consulting and Clinical Psychology* **89**(7):626-639,Brotto, L, Bergeron, S, Zdaniuk, B, Driscoll, M, **Grabovac, A**, Sadownik, L, Smith, K, Basson, R (2019) A Comparison of Mindfulness-Based Cognitive Therapy Vs Cognitive Behavioral Therapy for the Treatment of Provoked Vestibulodynia in a Hospital Clinic Setting, *The Journal of Sexual Medicine* **16**(6):909-923.**Grabovac, A**, Burrell E (2018) Standardizing Training in Mindfulness-Based Interventions in Canadian Psychiatry Postgraduate Programs: A Competency-Based Framework, *Academic Psychiatry* **42**(2): 248-254.**Grabovac, A**, Burrell E, Perel-Panar, C (2017) Mindfulness-Based Interventions in Canadian Psychiatry Postgraduate Training Programs: Attitudes and Training Availability, *J Family Med Community Health* **4**(5): 1119.**Grabovac, A** (2015) Stages of Insight: Clinical Implications for Mindfulness Based Interventions, *Mindfulness*, Vol 6 (3), 589-600.Leong, KW, Chan, P, **Grabovac, A**, Wilkins-Ho M, Perri, M (2013) Changes in Mindfulness Following Repetitive Transcranial Magnetic Stimulation for Mood Disorders, *Canadian Journal of Psychiatry*, vol 58, No2 pps 687-691.

Smith, S, Clark, N, **Grabovac, A**, Inlakesh, E and Tailor, D, (2013) Engaging Mental Health Services in Spirituality Conversations: A Spirituality Poster and Café Spirituality, *Canadian Journal of Community Mental Health*, vol 32, No. 2.

Grabovac A, Lau M, Willett, B. (2011) Mechanisms of Mindfulness: The Buddhist Psychological Model, *Mindfulness*, 2:154-166.

Lau M, and **Grabovac, A**, (2009) Mindfulness-based Interventions: Effective for Depression and Anxiety, *Current Psychiatry*, (8)12: 39-55.

Grabovac A, McKenna M, Clarke, N. (2008) Pilot Study and Evaluation of Postgraduate Course on "Interface Between Spirituality, Religion and Psychiatry", *Academic Psychiatry* 32(4):332-337.

Grabovac A and Ganesan S. (2003) Spirituality and Religion in Canadian Psychiatric Residency Training. *Canadian Journal of Psychiatry*, 48(3):171-175.

Mackenzie, R. and **Grabovac, A**. (2001) Interpersonal Psychotherapy Group for Depression. *Journal of Psychotherapy Practice and Research*, 10:46-51.

2. Submitted Manuscripts:

2. NON-REFEREED PUBLICATIONS

- (a) *Journals*
- (b) *Conference Proceedings*
- (c) *Treatment Manuals*

Brotto, L, Paterson, L, Basson, R, Driscoll, M, **Grabovac, A.** (2015). Sex Therapy, Education, and Support (STEP): Group treatment for low sexual desire in women. Unpublished treatment manual.

Basson, R, Brotto LA, M Carlson, M Driscoll, **Grabovac A**, Smith KB (2012) Moving on with our sexual lives despite painful penetration from provoked vestibulodynia and pelvic muscle tension: A mindfulness-based approach, unpublished treatment manual.

- (c) *Other*

3. BOOKS

- (a) *Authored*

Grabovac, A. and Cayoun, B. Mindfulness-integrated Cognitive Behavioural Therapy Anxiety and Depression Workbook, New Harbinger, 2024 (in press).

Cayoun, B. and Grabovac, A. Mindfulness-integrated Cognitive Behavioural Therapy for Wellbeing, 2nd edition, Wiley, 2025 (in press).

- (b) *Edited*
- (c) *Chapters*

Grabovac, A., & Clark, N. The interface between spirituality, religion & psychiatry. (2007) In Pappas, J. D., W. Smythe, & A. Baydala (Eds.), *Cultural Healing and Belief Systems*. Detselig Enterprises Ltd.

4. PATENTS

5. SPECIAL COPYRIGHTS

6. ARTISTIC WORKS, PERFORMANCES, DESIGNS

7. OTHER WORKS

8. WORK IN PROGRESS

- A) Francis, S, Shawyer, F, Cayoun B, Meadows, G, **Grabovac, A** (in progress). What does Mindfulness-integrated Cognitive Behavior Therapy (MiCBT) offer that is unique in the crowded space of mindfulness-based therapies?
- B) "A Framework for the Empirical Investigation of Mindfulness Meditative Development" for possible publication in Current Psychology, Juliete Galente first author

C)

Dichiaro di essere a conoscenza che il presente curriculum vitae sarà pubblicato sul sito istituzionale dell'Ateneo, nella sezione "Amministrazione Trasparente", nei modi e per la durata previsti dal D.Lgs. n. 33/2013, articolo 15