

## VITA

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### **STEVEN D. HICKMAN, PSY.D.**

Executive Director, Center for Mindful Self-Compassion

Founding Director, UC San Diego Center for Mindfulness

Associate Clinical Professor, Retired, University of California at San Diego

Department of Family Medicine and Public Health

#### EDUCATION

- California School of Professional Psychology - San Diego** 9/94 to 8/98  
Doctor of Psychology in Clinical Psychology, August 1998  
Master of Arts Degree in Psychology: May 1996  
Clinical Dissertation Title: *PTSD and the Fear Structure: Using the Rorschach to Inform Treatment*
- San Diego State University** 9/89 to 12/91  
Completed all undergraduate courses required for Bachelor's Degree in Psychology
- Montana State University** 9/77 to 6/81  
Bachelor of Arts Degree in Film & Television Production - Photography Emphasis

#### PROFESSIONAL EXPERIENCE

- Executive Director, Center for Mindful Self-Compassion** 1/15 to Present  
The Center is a 501(c)3 non-profit organization dedicated to contributing to a more compassionate world through cultivating deep understanding and personal practice of self-compassion. The role of the Executive Director is to oversee the growth and development of the organization globally, through a variety of means. This includes building a robust and responsive central organization to support the growth and dissemination of various self-compassion programs and practices, especially the empirically-supported Mindful Self-Compassion (MSC) program. The ED oversees strategic planning, fundraising, program development, professional training, international community building and organizational development. CMSC currently employs three full-time and approximately 8 part-time employees geographically located around the world to support the organization. Currently, the position is a 60%-time appointment, allowing me to also teach the program and train teachers around the globe.
- Founding Director, UCSD Center for Mindfulness** 6/02 to Present  
Under the umbrella of the Department of Psychiatry and the UCSD Center for Integrative Medicine, the UCSD Center for Mindfulness is a multi-faceted program of clinical mindfulness interventions, professional training, community outreach, research and education. The role of the executive director is to build and grow all aspects of the program, oversee marketing, development, implementation of clinical and professional training programs, research projects, as well as to work directly with patients and professionals in learning and teaching mindfulness.
- Member, Executive Committee, UCSD Center for Integrative Medicine** 6/08 to Present  
Founding member and organizer of this new program at UCSD under the auspices of the Division of Family Medicine to establish a Center for Integrative Medicine within the UCSD Medical Center. Actively participating in creating and implementing the vision for this new center, organizing and promoting the membership, clinical services and other aspects of the center.

**University of California at San Diego Medical Center**  
**Moore's UCSD Cancer Center Patient and Family Support Services** 9/07 to 7/10  
**Neuropsychiatry and Behavioral Medicine Service** 4/02 to 7/09  
Clinical psychologist working within a major university teaching hospital and healthcare system specializing in behavioral medicine, conducting and supervising outpatient psychological assessment and treatment of patients, primarily in the areas of cancer, chronic pain and chronic illness. Chief of clinical psychology services at the Moore's UCSD Cancer Center, with duties encompassing providing direct clinical care of cancer patients and their families, directing an interdisciplinary training program, supervising psychology trainees in work at the cancer center and developing new programs of psycho-oncology care.

**Private Practice** 8/00 to 9/03  
Specializing in cognitive behavioral psychotherapy with an emphasis on coping with chronic pain and illness, behavioral medicine and personality assessment.

**University of California San Diego Medical Center, Thornton Hospital**  
**Department of Psychiatry, Consultation and Liaison Service** 10/01 to 7/08  
On-call consultant to emergency department and medical floors to provide psychological/psychiatric assessment, treatment and disposition recommendations. Interface directly with attending physicians and nursing staff to coordinate psychiatric care in conjunction with medical treatment when necessary.

**University of California at San Diego Medical Center**  
**Department of Neuropsychiatry and Behavioral Medicine** 7/98 to 8/00  
Post-Doctoral Fellowship conducting outpatient psychodiagnostic and neuropsychological assessment, as well as outpatient psychotherapy and behavioral medicine. Responsibilities also include conducting ongoing psychological assessment and complementary therapies research.

**Psychological Assistant to Manuel Tobias, Ph.D.** 10/97 to 9/00  
Psychological Assistant to private practice psychologist specializing in psychological and neuropsychological assessment. *Responsibilities:* Psychological assessment

**Scripps Clinic - Division of Mental Health** 7/97 to 7/98  
Internship placement at outpatient mental health division of a managed care medical group  
*Responsibilities:* Short-term individual psychotherapy, psychodiagnostic assessment

**Douglas Young Clinic - Vista Hill Community Treatment Systems** 6/96 to 9/98  
6/96 to 6/97: Internship placement at county contract outpatient mental health clinic  
*Responsibilities:* Individual and group psychotherapy, both short- and long-term, psychological assessment, crisis intervention

6/97 to 9/98: Extension of internship placement  
*Responsibilities:* Psychological assessment

**University of California at San Diego Medical Center - Department of Psychiatry**  
Practicum placement at adult inpatient psychiatry unit  
*Responsibilities:* Psychological and neuropsychological assessment, group psychotherapy

## RESEARCH

**Co-Investigator**  
R01 AG049369 "Remediating Cognitive Decline in Older Adults: Mindfulness-Based Stress Reduction and Exercise" 10/14-9/19 Randomized Controlled Trial of MBSR, exercise, and their combination vs. health education for older adults with stress and subjective cognitive impairment. Outcomes include biomarkers and neuroimaging as well as cognitive function and mental health symptoms.

**Co-Investigator**  
NCCAM R34 "Mindfulness-Based Stress Reduction and Cognitive Function in Stress and Aging" 10/11 to 9/14 Randomized Clinical Trial of MBSR vs. health education for older adults with depression or anxiety and memory or executive dysfunction. Outcomes include clinical symptoms, neurocognitive functioning, and salivary cortisol. Specific aims are to establish the feasibility of MBSR as an intervention to reduce stress and cortisol levels and improve cognitive function among older adults with depression or anxiety and memory or executive dysfunction.

**Co-Investigator**  
UCSD Fellowships to Explore Complementary Therapies in Medicine (\$24,800) 1999/2000

“An Investigation of the Neuroanatomical and Behavioral Correlates of Therapeutic Factors in Mindfulness Meditation Among Patients With Chronic Pain”

**Research Assistant** 10/97 to 7/98  
William Perry, Ph.D., University of California at San Diego, Department of Psychiatry  
*Responsibilities:* Psychological test administration for various research projects.

**Research Assistant** 10/97 to 10/99  
Donald Viglione, Ph.D., California School of Professional Psychology  
*Responsibilities:* Psychological test administration and scoring for various research projects.

## SPECIALIZED TRAINING

### **Eye Movement Desensitization Reprocessing (EMDR) Level I Training – January 2004**

Completed the basic level training conducted at UCSD by Francine Shapiro, Ph.D., founder and developer of EMDR

### **Mindfulness-Based Cognitive Therapy for Depression – August 2003**

Completed a 5-day intensive workshop training in the application of mindfulness interventions toward the treatment of depression and relapse prevention. Training conducted by Zindel Segal, Ph.D. of the University of Toronto and Ferris Urbanowski, formerly of the Center for Mindfulness at UMass.

### **Teacher Development Intensive in Mindfulness-Based Stress Reduction – June 2002**

Completed this 9-day intensive training conducted by the staff of the Center for Mindfulness at UMass, intended for teachers of MBSR to further develop and deepen their skills.

### **Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 5-Day Professional Training – February 2000**

Completed this introductory intensive training conducted by Jon Kabat-Zinn, Ph.D., former director and founder of the Center for Mindfulness at the University of Massachusetts Medical School, and Saki Santorelli, Ed.D. current director of that program.

## TEACHING EXPERIENCE

### **Adjunct Professor**

- Taught: Third Wave Behavioral Therapies 2011-2012
  - Taught Psychological Assessment: Projective Personality Testing, Objective Personality Testing 2001-2006
  - Co-designed and implemented a new course entitled “Mindfulness and Psychotherapy” as a therapy and integrative psychology elective for graduate-level clinical psychology students. 01/04 and 09/05
  - Act as dissertation chairperson for students in the Clinical Doctor of Psychology Department and within the Integrative Psychology emphasis area. 01/01 to Present
- California School of Professional Psychology at Alliant International University

## OTHER EXPERIENCE

**Art Director/Systems Operator** 1/92 to 8/95  
Managed a 12-person newspaper graphics department. Responsible for computer systems and art direction.

### **President/Owner**

Founded and developed a graphic design business into an established agency with a wide range of clients.