

Viveka Ramel, Ph.D.

Licensed Clinical Psychologist

FORMER NAME Wiveka Ramel
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WEB sevitar.com and sf-act.com

CLINICAL & RESEARCH INTERESTS

- Change mechanisms in psychological treatments
 - Acceptance and Commitment Therapy, Mindfulness Meditation, and Cognitive Behavioral Therapy
 - Vulnerability and resilience to emotion dysregulation and affective disorders
 - Neurobiological correlates of emotion-cognition interactions with an emphasis on memory, rumination, acceptance, mindfulness, and emotion regulation
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CURRENT PROFESSIONAL POSITIONS/AFFILIATIONS

- 2009 - **Clinical Psychologist at Sevitar** (<http://sevitar.com>) and **San Francisco Acceptance and Commitment Therapy** (<http://sf-act.com>)
- Individual, couples, family and group psychotherapy for adults
 - Teaching and consulting
- 2012 - **Teacher at Search Inside Yourself Leadership Institute** (<http://www.siyli.org/>)
- Mindfulness based emotional intelligence courses offered to professional organizations and workplaces.
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EDUCATION

- Jan. 2009 **Licensed as a clinical psychologist in California (PSY22417)**
- 2005-2008 **Postdoctoral Fellow**
- University: Departments of Psychiatry & Psychology, Stanford University
- Lab: Stanford Psychophysiology Laboratory
- Advisor: James Gross, Ph.D.
- 2005 **Doctor of Philosophy (Ph.D.) in Clinical Psychology**
- University: University of California San Diego (UCSD) and San Diego State University (SDSU) Joint Doctoral Program in Clinical Psychology (APA Approved)
- Specialty Track: Neuropsychology
- Secondary Specialty: Experimental Psychopathology
- Dissertation: Neural Substrates of Cognitive Vulnerability to Depression

Dissertation Chairs: John R. McQuaid, Ph.D. and Gregory G. Brown, Ph.D.
 Internship: VA Palo Alto Health Care System

2002 **Master of Science in Psychology**
 University: San Diego State University
 Thesis: The Effect of Mindfulness Meditation Training on
 Cognitive and Affective Symptoms
 Advisor: John R. McQuaid, Ph.D.

1998 **Bachelor of Social Science** (Filosofie kandidatexamen)
 University: Lund University, Lund, Sweden
 Major: Psychology

1990-1991 **French Language and Literature studies**
 University: Institute Catholique, Paris, France

GRANTS & AWARDS

2006-2010 Project Title: Vulnerability and depressive relapse: An fMRI study of
 mood- memory relations
 Award: Young Investigator Award
 Granting Agency: **National Alliance of Research on Schizophrenia and
 Affective Disorders (NARSAD)**
 Role on Project: Principal Investigator

2006-2008 Award: **National Research Service Award (NRSA)
 Institutional Postdoctoral Training Grant (F32)**
 Granting Agency: National Institute of Mental Health via Dept. of Psychiatry
 and Behavioral Sciences, Stanford University

2001-2004 Project Title: Neural Substrates of Cognitive Biases in Depression
 Award: **National Research Service Award (NRSA) for
 Individual Predoctoral Fellowship (F31)**
 Granting Agency: National Institute of Mental Health
 Role on Project: Principal Investigator

2002-2004 Project Title: Neural Substrates of Cognitive Vulnerability to
 Depression
 Granting Agency: **National Institutes of Health via UCSD General
 Clinical Research Center (M01 RR00827)**
 Role on Project: Principal Investigator

1999-2001 Award: **National Research Service Award (NRSA)
 Institutional Research Training Grant (T32)**
 Granting Agency: National Institute of Mental Health via the Research
 Center in Late Life Psychosis, Dept. of Psychiatry, UCSD

1988-2005 Award: **Academic stipends**
 Granting Agency: Riddarhuset, Stockholm, Sweden

CLINICAL EXPERIENCE

2009 - **Sevitar and San Francisco Acceptance and Commitment Therapy,**

- private psychotherapy practices**; specializing in adult individual and couples therapy and consultation
- Location: Central San Francisco (201 Sanchez Street)
 Treatment: Individual, couples, family and group treatment for adults.
 See <http://sevitar.com> and <http://sf-act.com> for more information
- 2014-current Intensive and advanced training in **Emotionally Focused Therapy for couples** (Externship, Core Skills course, individual and group supervision, etc.)
- 2007-2008 **Behavioral Medicine Clinic, Stanford University**
 Dept. of Psychiatry and Behavioral Sciences, Stanford University
 Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Interpersonal Psychotherapy offered to adults with a range of psychological and health conditions (e.g., mood and anxiety disorders, eating disorders, cancer).
 Supervisor: Robin Apple, Ph.D.
- 2005-2007 **Acceptance and Commitment Therapy (ACT)**
 VA Palo Alto Healthcare System (National Center for PTSD: Women Trauma Recovery Program, and Mental Health Outpatient Clinic)
 ACT group interventions for female veterans diagnosed with PTSD and individual ACT treatment for mental health outpatients.
 Supervisors: Robyn Walser, Ph.D., and Darrah Westrup, Ph.D.
- 2003-2004 **Clinical Psychology Internship**
 VA Palo Alto Healthcare System, Antonette Zeiss, Ph.D., Director.
 Internship rotations included men's and women's residential PTSD program, family/couples therapy clinic, and andrology (sexual dysfunction) clinic.
- 1999-2002 **Graduate school practicum placements**
 University of California San Diego Dept. of Psychiatry and San Diego State University Practicum rotations included cognitive behavioral interventions program for mood disorders, interpersonal psychotherapy for eating disorders, neuropsychological assessment, mindfulness-based stress reduction.

TEACHING

Numerous presentations and workshops to the public, mental health professionals and graduate students on the following topics:

- **Acceptance and Commitment Therapy (ACT)**
- **Mindfulness**
- **Compassion and shame**
- **Depression, risk factors, and cognitive processes and biases**
- **Brain function and depression**

Teacher, **Search Inside Yourself (SIY)**

- To Google, SAP and other Silicon Valley and Bay Area companies on separate occasions, 2012-2017
- Barcelona, Spain, mixed group of professionals, July 2013
- Stockholm, Sweden, mindfulness teachers, July 2012

Invited lecturer, **The Biopsychosocial Model and Examples of Its Application**

- Graduate students in clinical psychology at Stanford University and Pacific Graduate School of Psychology; yearly classes 2007-2010

Location: Cities and villages in northern India
Role: Assisted with care of destitute individuals in Mother Teresa homes.

1991 **Volunteer**
Organization: Dr. Jack Preger's Community Health Clinic
Location: Calcutta, India
Role: Assisted physicians in delivery of medical care and health education to homeless people.

PROFESSIONAL MEMBERSHIPS

Association for Contextual Behavioral Science (ABCS), including the Bay Area chapter
Northern California Cognitive Behavioral Therapy Network (NCCBT)
Northern California Community for Emotionally Focused Therapy (NCCEFT)

PUBLICATIONS

Drabant, E. M., **Ramel**, W., Edge, M. D., Hyde, L. W., Kuo, J. R., Goldin, P. R., Hariri, A. R., & Gross, J. J. (2012). Neural mechanisms underlying 5-HTTLPR-related sensitivity to acute stress. American Journal of Psychiatry, *169*, 397-405.

Drabant, E. M., Kuo, J. R., **Ramel**, W., Blechert, J., Edge, M. E., Cooper, J. R., Goldin, P. R., Hariri, A. R., & Gross, J. J. (2011). Experiential, autonomic, and neural responses during threat anticipation vary as a function of threat intensity and neuroticism. NeuroImage, *55*, 401-410.

Fredericks, C. A., Drabant, E. M., Edge, M. D., Tillie, J. M., Hallmayer, J., **Ramel**, W., Kuo, J. R., Mackey, S., Gross, J. J., & Dhabar, F. S. (2010). Healthy young women with SS polymorphism show a pro-inflammatory bias under resting and stress conditions. Brain, Behavior & Immunity, *24*, 350-357.

Goldin, P. R., **Ramel**, W., & Gross, J. J. (2009). Mindfulness meditation training and self-referential processing in social anxiety disorder: Behavioral and neural effects. Journal of Cognitive Psychotherapy, *16*, 242-257.

Edge, M. D., **Ramel**, W., Drabant, E. M., Kuo, J. R., Parker, K., & Gross, J. J. (2009). For better or worse? Stress inoculation effects for implicit but not explicit anxiety. Depression and Anxiety, *26*, 831-837.

Hutcherson, C. A., Goldin, P. R., **Ramel**, W., McRae, K., & Gross, J. J. (2008). Attention and emotion influence the relationship between extraversion and neural response. Social Cognitive and Affective Neuroscience, *3*, 71-79.

Goldin, P. R., McRae, K., **Ramel**, W., & Gross, J. J. (2008). The neural bases of emotion regulation: reappraisal and suppression of negative emotion. Biological Psychiatry, *63*, 577-586.

Ramel, W., Goldin, P. R., Eyler, L. T., Gotlib, I. H., Brown, G. G., & McQuaid, J. R. (2007). Amygdala Reactivity and Mood-Congruent Memory in Individuals at Risk for Depressive Relapse. Biological Psychiatry, *61*, 231-239.

- Ramel, W., Goldin, P. R., Carmona, P. E., & McQuaid, J. R. (2004).** The effects of mindfulness meditation on cognitive processes and affect in patients with past depression. Cognitive Therapy and Research, 28, 433-455.
- Siegle, G. J., Steinhauer, S.R., Carter, C. S., **Ramel, W.**, Thase, M.E. (2003). Do the seconds turn into hours? Relationships between sustained pupil dilation in response to emotional information and self-reported rumination. Cognitive Therapy and Research, 27. 365-382.
- Ingram, R., **Ramel, W.**, Chavira, D., & Scher, C. (2001). Social anxiety and depression. In W. R. Crozier, & L. E. Alden (Eds.), International handbook of social anxiety. New York: John Wiley & Sons.
- Whisman, M. A., Perez, J. E., & **Ramel, W.** (2000). Factor structure of the Beck Depression Inventory -- Second Edition (BDI-II) in a student sample. Journal of Clinical Psychology, 56, 545-551.
- McQuaid, J.R., Stein, M.B., McCahill, M., Laffaye, C., & **Ramel, W.** (2000). Use of brief psychiatric screening measures in a primary care sample. Depression and Anxiety, 12, 21-29.
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Sample of refereed conference presentations

- Ramel, W.** (July 2007). Mindfulness, depression, and cognitive processes. Plenary session, Acceptance and Commitment Summer Institute III, Houston, TX.
- Edge, M., Drabant, E., **Ramel, W.**, Shelton-Mottsmith, I., Dayton, W. and Gross, J. (2007). The effects of 5-HTTLPR and early life stress on social interpretation biases. Poster presented at the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Ramel, W.**, Eyler, L., Goldin, P., Gotlib, I., Brown, G., & McQuaid, J. (2005). Amygdala reactivity and mood-congruent memory following sad mood provocation in individuals at risk for depressive relapse. Paper presented at the Association of Behavioral and Cognitive Therapies, Washington, D.C., in Ramel and Joormann (Chairs), "Mood disorder and vulnerability: Linking cognitive, affective and neurobiological perspectives through fMRI."
- Ramel, W.**, Goldin, P., Eyler, L., Brozovich, F., Talbot, L., Gotlib, I., Brown, G., & McQuaid, J. (2005). Neural predictors of mood-congruent self-referential memory in individuals with and without a history of major depression. Poster presented at the Cognitive Neuroscience Society, New York, NY.
- Ramel, W.**, & McQuaid, J. R. (2001). Mindfulness meditation - An intervention to promote cognitive flexibility? Paper presented at the American Psychological Association, San Francisco, CA.
- Ramel, W.**, McQuaid, J. R., Haynes, P., & Gillin, J. C. (2001). The effect of tryptophan depletion on dysfunctional attitudes after cognitive-behavioral therapy for depression. Poster presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.
- Ramel, W.**, McQuaid, J. R., Carmona, P., Goldin, P. R., & Pedrelli, P. (2000). The effect of

mindfulness meditation training on cognitive self-schema. Poster presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

Ramel, W., McQuaid, J. R., Carmona, P., Goldin, P. R., & Buse, D. B. (1999). The effect of mindfulness meditation training on cognition and mood/anxiety symptoms. Poster presented at the Association for Advancement of Behavior Therapy, Toronto, Canada.

Whisman, M. A. & **Ramel, W.** (1998). Interpersonal problem behaviors associated with dependent and self-critical personality styles in depression. Poster presented at the Association for Advancement of Behavior Therapy, Washington, D.C.

Ramel, W., Spitz, R. V., Flax, J. F., & Benasich, A.A. (1997). Associations between toddler's multigesture production and linguistic versus nonlinguistic cognitive ability. Poster presented at the Society for Research in Child Development, Washington, D.C.

LANGUAGES

Fluent in Swedish and English. Good knowledge of French, Danish and Norwegian.
Some understanding of German.

References available upon request

Last updated 2/18