

Viveka Ramel, Ph.D.

Licensed Clinical Psychologist

ALTERNATIVE NAME SPELLING: Wiveka Ramel

ADDRESSES: Dept of Psychology (Bldg P), Lund University
Allhelgona kyrkogata 16A
223 62 Lund
Sweden

201 Sanchez Street
San Francisco, CA 94114
USA

WEB sevitar.com and sf-act.com

E-MAIL viveka@sevitar.com

PHONE +46 (763) 271741
(text messages can also be received at +1(415) 279-2519)

CLINICAL, SOCIAL & RESEARCH INTERESTS

- Psychological dimensions and processes associated with climate change
- Processes and change mechanisms in psychological treatments
- Emotional and relational depth of processing in psychotherapy
- Acceptance and Commitment Therapy, Emotion Focused 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

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
- 2022 - **Teacher**, Dept of Psychology, Lund University, Lund, Sweden
- Teaching courses on “Psychology and Climate Change” and “Deepening Relational and Emotional Experiencing in Psychotherapy”

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

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

CLINICAL TRAINING & 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); telehealth from Lund, Sweden
Treatment: Individual, couples, family and group mental health, mindfulness, and wellbeing treatment for adults. See <http://sevitar.com> and <http://sf-act.com> for more information
- 2009-current Continuous and advanced training in and delivery of **Acceptance and Commitment Therapy (ACT)**; **Emotionally Focused Therapy for couples**; **Cognitive Behavioral Therapy (CBT)**; **somatic, third wave, compassion- and mindfulness-based interventions**
- 2021 **Prosocial Facilitator**, Prosocial Institute
- 2014-2015 **Emotionally Focused Therapy**
 Externship and Core Skills courses completed
- 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.
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TEACHING

- 2009 – Teacher/facilitator of multiple presentations and workshops to the public, mental health professionals and graduate students on the following topics:
- **Acceptance and Commitment Therapy (ACT)**
 - **Mindfulness and resilience**
 - **Compassion and shame**
 - **Emotional and relational processes in psychotherapy**
 - **Depression, risk factors, and cognitive processes and biases**
 - **Brain function and depression**
- 2023 (spring) Co-teacher of “**Psychology and climate change**” (15 points) at Dept. of Psychology, Lund University, Sweden
- 2022 (spring) Teacher of seminar “**Deepening relational and emotional experiencing in psychotherapy**” (7.5 points) to clinical psychology graduate students at Dept of Psychology, Lund University, Sweden.
- 2012-2019 Teacher, **Search Inside Yourself Leadership Institute (SIYLI)**
- Mindfulness based emotional intelligence courses offered to professional organizations and workplaces in the Bay Area (e.g., Google, SAP, GAP) and internationally (e.g., Stockholm, Barcelona).
 - Part of the SIYLI “teach the teacher” team in 2014
- 2007-2010 Invited lecturer, **The Biopsychosocial Model and Examples of Its Application**
- Graduate students in clinical psychology at Stanford University and Pacific Graduate School of Psychology
- 2005 & 2006 Teacher, **Abnormal Psychology**
- Taught summer classes to undergraduate and advanced high school students at Stanford University
- 1999-2008 **Research training and clinical supervision**
- Taught structured clinical and diagnostic interviews (e.g., SCID, HAM-D), experimental design, recruitment, data collection and management, and scientific reading and writing to research assistants and undergraduate students
 - Yale University, UCSD, and Stanford University
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PRE-DOCTORAL RESEARCH WORK

- 1997-1998 **Biopsychosocial Model of Marital Functioning and Depression**
- Role: Research Coordinator
Location: Dept. of Psychology, Yale University, CT
P.I./Supervisor: Mark A. Whisman, Ph.D.
- 1995-1997 **Infancy Studies Laboratory**
- Role: Research Assistant
Location: Center for Molecular and Behavioral Neuroscience, Rutgers University, NJ
P.I./Supervisor: April A. Benasich, Ph.D.
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SERVICE

2021-	Active Committee Member	ACBS Climate Justice & Action SIG (Prosocial Subcommittee); Prosocial Regenerator at Prosocial World
2009-	Therapist volunteer	Pro bono/lower fee therapy offered to a proportion of clients via Sevitax. “Hold Me Tight” workshop volunteer at Emotionally Focused Therapy for couples, San Francisco (2017).
2005-2008	Ad hoc reviewer	Journals: Cognitive Therapy and Research Cognition & Emotion Journal of Clinical and Counseling Psychology Personality and Individual Differences Psychoneuroendocrinology
1999-2004	Assisted with article reviews	Journals: Cognitive Therapy and Research Journal of Affective Disorders
2001-2002	Faculty chair search committee	Organization: SDSU Psychology Department Role: Student representative; reviewed and ranked applications, participated in interviews and meetings.
1993-1994	Founding co-director	Organization: Swedish-Tibet Committee Location: Lund, Sweden Role: Organized a lecture series and a benefit concert for Tibet.
1991-1992	Volunteer	Organization: Mother Teresa’s Health Care Organization, “The Missionaries of Charity” 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)
Climate Psychology Alliance (CPA)

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.

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.