

Sarah Bowen

Curriculum Vitae

University of Washington
Box 351629, Seattle, WA 98195
swbowen@u.washington.edu

EDUCATION

- Postdoctoral Fellowship
2008 – present **University of Washington**
Department of Psychiatry
NIAAA Psychology Training in Alcohol Research
- Internship
2007-2008 **VA Puget Sound**, Seattle WA
Clinical Director: Steve McCutcheon, PhD
Rotations: Addictions, Women’s Trauma, Primary Care, Family/Couples Therapy
- PhD
2008 **University of Washington**
Clinical Psychology, Addictive Behaviors
Dissertation: November 2007
Effects of Mindfulness Based Strategies on Urges, Negative Affect and Smoking
Chair: Alan Marlatt, PhD; Funded by Alcohol and Drug Abuse Institute
Master’s Thesis: May 2003
The Role of Thought Suppression in the Relation between Vipassana Meditation and Substance Use Outcomes
Chair: Alan Marlatt, PhD
- B.A.
2001 **University of Washington**
Summa cum Laude, with Honors in psychology

ACADEMIC GRANTS, HONORS AND AWARDS

- 2006-2007 Alcohol and Drug Abuse Institute Small Grant Award \$18,335.00
- 2007 Alcor Graduate Fellowship, University of Washington
- 2005 Best Poster, Association for Behavioral and Cognitive Therapies, LGBT Special Interest Group
- 2004 -2007 NIAAA Predoctoral Research Fellow
- 2005 Travel Award, Graduate School Fund for Excellence and Innovation Travel Award
- 2004 Travel Award, Nathaniel Wagner Memorial Endowment Fund, University of Washington
- 2004 Travel Award, National Institute of Drug Abuse, Young Investigator's Award
- 1999 Golden Key Honors Society (1999)

PUBLICATIONS

UNDER REVIEW

- Witkiewitz, K. & **Bowen, S.** (under review). Substance Use following Mindfulness-Based Relapse Prevention: A Moderated-Mediation Model of Depression, Craving and Post-Treatment Substance Use.
- Smith, J.T., **Bowen, S.**, Marlatt, G. A., Potenza, M. N., & Brewer, J. A. (under review). Applying Mindfulness-Based Treatments to Co-Occurring Disorders: What Can We Learn from the Brain?
- Bowen, S.** & Marlatt, G. A. (under review). Surfing the Urge: Brief Mindfulness-Based Intervention for College Student Smokers.

PEER REVIEWED JOURNALS

- Bowen, S.**, Chawla, N., Collins, S., Witkiewitz, K., Hsu, S., Grow, J., et al. (in press). Mindfulness-Based Relapse Prevention for Substance Use Disorders: A Pilot Efficacy Trial. *Substance Abuse*.
- Rhule, D.H., **Bowen, S.** & Baer, J.S. (2008). Substance use and health and safety among homeless youth. *Journal of Child and Family Studies*, 17, 306-319.
- Bowen, S.** Witkiewitz, K., Dillworth, T.M., & Marlatt, G. A. (2007). The role of thought suppression in the relationship between mindfulness meditation and substance use. *Addictive Behaviors*, 32, 2324-2328.
- Simpson, T. L., Kaysen, D., **Bowen, S.**, MacPherson, L. M., Chawla, N., Blume, A., Marlatt, G. A., & Larimer (2007). PTSD symptoms, substance use, and Vipassana mediation among incarcerated individuals. *Journal of Traumatic Stress*, 20, 239-249.
- Bowen, S.** Witkiewitz, K., Dillworth, T.M., Chawla, N., Simpson, T.L., Ostafin, B., Larimer, M.E., Blume, A.W., Parks, G.A. and G. Alan Marlatt, G.A. (2006). Mindfulness meditation and substance use in an incarcerated population. *Psychology of Addictive Behaviors*, 20, 343-347.
- Ostafin, B.D., Chawla, N., **Bowen, S.**, Dillworth, T.M., Witkiewitz, K. & Marlatt, G.A. (2006). Intensive mindfulness training and the reduction of psychological distress: A preliminary study. *Cognitive and Behavioral Practice*, 13, 191-197.
- Leigh, J., **Bowen, S.** & Marlatt, G.A. (2005). Spirituality, mindfulness & substance abuse. *Addictive Behaviors*, 30, 1335-1341.

BOOKS & BOOK CHAPTERS

- Bowen, S.**, Chawla, N., & Marlatt, G. A. (in press). Mindfulness-Based Relapse Prevention for Substance Use Disorders. New York, Guilford Press.
- Marlatt, G. A., Witkiewitz, K., & **Bowen, S.** (in press). Relapse Prevention: Evidence Base and Future Directions. In P. Miller (Ed) *Evidence-Based Addiction Treatment*. Elsevier Press.
- Marlatt, G. A., **Bowen, S.** Chawla, N, & Witkiewitz, K. (2008). Mindfulness-Based Relapse Prevention for Substance Abusers: Therapist Training and Therapeutic Relationships. In S. Hick and T. Bien (Eds), *Mindfulness and the Therapeutic Relationship*. New York: Guilford Press.
- Bowen, S.**, Parks, G.A., Coumar, A. & Marlatt, G.A. (2006). Mindfulness meditation in the prevention and treatment of addictive behaviors. In Nuariyal, D. K., Drummond, M. S., & Lal, Y. B. (eds.) *Buddhist Thought and Applied Psychological Research: Transcending the Boundaries*. New York: Routledge.
- Marlatt, G. A, Witkiewitz, K., Dillworth, T. M., **Bowen, S. W.** Parks, G. A., Macpherson, L. M., et al. (2004). Vipassana Meditation as a Treatment for Alcohol and Drug Use Disorders. In Hayes, S. C., Follette, V. M. and Linehan, M. M. (Eds). *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*. New York: Guilford Press.

OTHER PUBLICATIONS

- Marlatt, G. A., Chawla, N., & **Bowen, S.** (in press). Buddhist Psychology and its Impact on Psychotherapy: Review of Kaklauskas, Nimanheminda, Hoffman, and MacAndrew's *Brilliant Sanity: Buddhist Approaches to Psychotherapy*. *PsycCRITIQUES-Contemporary Psychology: APA Review of Books*.
- Marlatt, G. A. & **Bowen, S.** (2006). Mindfulness meditation as a treatment intervention: Review of Baer's *Mindfulness-Based Treatment Approaches: Clinician's Guide to Evidence Base and Applications*. *PsycCRITIQUES-Contemporary Psychology: APA Review of Books*, 51 (36), Article 1.

Parks, G.A., Marlatt, G.A., **Bowen, S.W.**, Dillworth, T. M., Witkiewitz, K., Larimer, M.E., Blume, A., Simpson, T.L., Lonczak, H., Macpherson, L.M., Murphy, D., and Lucia Meijer. (2003). The University of Washington Vipassana meditation research project at the North Rehabilitation Facility. *American Jails Magazine*, July/August, 13-17.

CONFERENCE PRESENTATIONS

Bowen, S., Kohlenberg, R., Marlatt, G. A., Bolling, M., & Pryzgoda, J. (2009). Integrating Mindfulness and Psychotherapy. Moderator. Presented at the Society for the Exploration of Psychotherapy Integration, Seattle, WA.

Marlatt, G. A., **Bowen, S.**, & Chawla, N. (2009). Mindfulness-Based Treatments for Relapse Prevention: A Pilot Trial. Presented at the 7th Annual International Scientific Conference for Clinicians, Researchers and Educators, Worcester, MA.

Bowen, S. (2008) Implementation and Efficacy of Mindfulness-Based Treatments for Relapse Prevention in Substance Abusing Populations. Symposium Chair. Association for Cognitive and Behavior Therapy 42nd Annual Conference, Orlando, FL.

Hsu, S, Witkiewitz, K., **Bowen, S.**, Grow, J., Chawla, N., & Marlatt, G. A. (2008). Mindfulness-Based Relapse Prevention (MBRP) as a Moderator of the Relationship between Negative Affect and Craving. Presented at the Association for Cognitive and Behavior Therapy 42nd Annual Conference, Orlando, FL.

Chawla, N., **Bowen, S.**, Collins, S., Witkiewitz, K. & Marlatt, G. A. (2008). Mindfulness-Based Relapse Prevention for Substance Use Disorders: A Pilot Efficacy Trial. Presented at the Association for Cognitive and Behavior Therapy 42nd Annual Conference, Orlando, FL.

Bowen, S. & Marlatt, G. A. (2007). Effects of Mindfulness-Based Strategies on Urges, Negative Affect and Smoking. Presented at the Association for Cognitive and Behavior Therapy 41st Annual Conference, Philadelphia, PA.

Tsai, M., Kohlenberg, R.J., Newring, R., Terry, C., Plummer, M., Whiteside, U., Secrist, C., & **Bowen, S.** (2006). Psychotherapy supervision: An experiential model based on Functional Analytic Psychotherapy for enhancing the CBT supervisory process. Workshop conducted at the annual Convention of the Association for Behavior and Cognitive Therapy, Chicago, IL.

Chawla, N., Ostafin, B., **Bowen, S.**, Dillworth, T., Witkiewitz, K., Marlatt, G.A. (2005). Vipassana meditation & psychological well-being Poster presentation at the Conference for Spirituality and Addiction. Indiana State University, Terre Haute, IN.

Leigh, J., **Bowen, S.** & Marlatt, G.A. (2005). Measuring mindfulness in relation to spirituality and substance use. Oral presentation at the Conference for Spirituality and Addiction. Indiana State University, Terre Haute, IN.

Leigh, J., Johnson, T., **Bowen, S.** & Marlatt, G.A. (2005). Spirituality, mindfulness and substance use: Study II. Presented at the Association for Cognitive and Behavior Therapy 39th Annual Conference, New Orleans, LA.

Bowen, S., Dillworth, T.M., Baer, J. & Peterson, P. (2005). Substance use and psychological distress in LGBT homeless youth. Presented at the Association of Cognitive and Behavior Therapy 39th Annual Conference, Washington DC. *Winner of LGBT SIG Best Poster Award

Marlatt, G.A. & **Bowen, S.** (2005). The effects of meditation on alcohol use and recidivism, Ellensburg Prison Dharma Volunteer Conference.

Lostutter, T.W., Dillworth, T.M., **Bowen, S.** & Larimer, M.E. Risk Perception predicting negative consequences among college students (2004). Presented at the Research Society on Alcoholism, Vancouver, B.C.

- Leigh, J., **Bowen, S.** & Marlatt, G.A. (2004). Spirituality, mindfulness & substance abuse (2004). Presented at the Association for Advancement of Behavior Therapy Annual Conference, New Orleans, LA.
- Bowen, S.**, Dillworth, T.M., & Marlatt, G.A. (2004) Buddha and the bear: Relationships between meditation, thought suppression and substance use. Presented at the American Psychological Association Annual Conference, Winner of the NIDA young investigators award. Honolulu, HI.
- Bowen, S.**, Dillworth, T.M., Witkiewitz, K. & Marlatt, G.A. (2004) Locus of control as a mediator between Vipassana meditation and substance use in an incarcerated population. Presented at the American Psychological Association Annual Conference, Boston, MA.
- Stoner, S. A., Norris, J., **Bowen, S. W.**, Masters, N. T., George, W. H., & Davis, K. C. (2004). Alcohol and victims' interpretations of sexual aggression: Double standards for date rape. Oral presentation at the Annual Meeting of the Society for the Scientific Study of Sexuality, Orlando, FL.
- Kanter, J. W., **Bowen, S.**, Noia, C. C., & Kohlenberg, R. J. (2002) Challenging cognitive theory of depression: An analogue study of the effects of presenting a cognitive rationale. In Wexner, R. (Chair), Behaviorists in foreign territory: A functional analytic look at treatment as usual. Symposium presented at the 2002 annual meeting of the Association for Behavior Analysis, Toronto, CA.
- Peterson, P., Baer, J.S., Ginzler, J., Garret, S., **Bowen, S.** (2002). Project STARRS: Using motivational interviewing with street youth to reduce alcohol and drug risk. Presented at the 4th annual National Harm Reduction Conference, Seattle, WA.

RESEARCH EXPERIENCE

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| Co-Investigator: | Mindfulness Based Relapse Prevention: Efficacy and Mechanisms
Addictive Behaviors Research Center, University of Washington
PI: Alan Marlatt, PhD, Funded by NIDA |
| Principle Investigator:
2006-2007 | Effects of Mindfulness-Based Instructions on Affect, Urges and Smoking
Addictive Behaviors Research Center, University of Washington
Funded by Alcohol and Drug Abuse Institute |
| Graduate Research Assistant:
2005 – present | Efficacy of Mindfulness Based Relapse Prevention
Addictive Behaviors Research Center, University of Washington
PI: Alan Marlatt, PhD; Funded by NIDA |
| 2004 – 2005 | Street Teen Alcohol Risk Reduction Study (Project STARRS II)
Alcohol and Drug Abuse Institute, Seattle, WA
P.I.: John Baer, PhD; Funded by NIDA |
| 2002 – 2004 | Effects of Vipassana Meditation on Substance Use in an Incarcerated Population
Addictive Behaviors Research Center, University of Washington
P.I.: Alan Marlatt; Funded by NIAAA |
| Research Coordinator:
2000 – 2002 | Social Interaction Study (Project SIS)
Alcohol and Drug Abuse Institute, University of Washington
P.I.: Jeannette Norris, PhD, and Bill George, PhD; Funded by NIAAA |

Research Study Assistant: Street Teen Alcohol Risk Reduction Study (Project STARRS I)
2001 – 2002 Alcohol and Drug Abuse Institute, Seattle, WA
P.I.: Peg Peterson, PhD & John Baer, PhD; Funded by NIDA

TEACHING EXPERIENCE

Instructor, Department of Psychology, University of Washington

2009 *Addictive Behaviors Seminar, psy448C*
Undergraduate, (co-taught with Professor Alan Marlatt)

Guest Lectures, Department of Psychology, University of Washington:

2009 *Mindfulness-Based Relapse Prevention for Substance Use Disorders*. Clinical Psychology, Undergraduate. (Professor Robert Kohlenberg)
2008 *Mindfulness-Based Relapse Prevention for Substance Use Disorders: Implementation and Efficacy* Seminar on Neuropsychological, Behavioral and Clinical Perspectives on Mindfulness and Addictions, Graduate (Professor Alan Marlatt)
2008 *Mindfulness-Based Cognitive Therapy for Depression*
Cognitive Behavior Therapy, Graduate
2007 *Mindfulness-Based Relapse Prevention for Substance Use Disorders*
Clinical Psychology, Undergraduate
2007 *Mindfulness-Based Relapse Prevention for Substance Use Disorders*
Clinical Psychology, Undergraduate
2006 *Mindfulness-Based Cognitive Therapy for Depression*
Cognitive Behavior Therapy, Graduate Level

Guest Lecture, School of Nursing, University of Washington:

2008 *Mindfulness-Based Relapse Prevention for Substance Use Disorders*
Somatic Studies Research Interest Group

Teaching Assistant, Department of Psychology, University of Washington:

2003 Statistics Computation Lab, Graduate Level

Undergraduate Teaching Assistant, Department of Psychology, University of Washington:

2000 Fundamentals of Psychological Research
2000 Elementary Statistics

CONSULTING / TRAINING

2009 **UCSD Center for Mindfulness**, Joshua Tree, CA
Trainer: Mindfulness-Based Relapse Prevention, 5-day Residential Intensive

2008 **Recovery Centers of King County**, Seattle, WA
Trainer: Mindfulness-Based Relapse Prevention, 2-day Intensive

2007 **Burnaby Addictions Services**, British Columbia
Trainer: Mindfulness-Based Relapse Prevention, 2-day Intensive

2005 **Addictive Behaviors Research Center, University of Washington**, Seattle, WA
Trainer: Mindfulness-Based Relapse Prevention, 3-day Intensive with ongoing training for NIDA-funded R21 clinical trial

2004 **Native American Rehabilitation Association**, Portland, OR.
Consultant: Design and implementation of Relapse Prevention Therapy for Native American Substance Users

2003 **British Columbia Ministry of Health Services, Victoria, BC**
Consultant: "Every Door is the Right Door" policy addressing problematic substance use and comorbid psychiatric disorders

AD HOC REVIEWER

Journal of Consulting and Clinical Psychology
Psychology of Addictive Behaviors
Addiction
Drug and Alcohol Review
Psychological Assessment
Preventive Medicine

PROFESSIONAL MEMBERSHIPS AND COMMUNITY INVOLVEMENT

American Psychological Society, Postdoctoral Member
American Psychological Association, Graduate Student Member
Association for Behavioral and Cognitive Therapies, Graduate Student Member
Internship Seminar Committee, Seattle VA Medical Center
Graduate Student Selection Committee, Addictive Behaviors Research Center, University of Washington
Graduate Clinical "Training Buddy" Program, Psychology Training Clinic, University of Washington

CLINICAL EXPERIENCE

2009 - present	Addictive Behaviors Research Center Mindfulness-Based Relapse Prevention, Group therapy
2008 - present	Bailey Boushay House Mindful Recovery, Group therapy for people living with AIDS
2007 - 2008	Recovery Centers of King County Mindfulness-Based Relapse Prevention, Group therapy PI: Alan Marlatt, PhD
2007	A Positive Alternative Recovery Program Mindfulness-Based Relapse Prevention, Group therapy PI: Alan Marlatt, PhD
2003 – 2007	University of Washington Psychological Services Training Clinic Individual and group psychotherapy
2004	Department of Psychiatry, University of Washington Individual motivational interviewing brief interventions for college student gambling and drinking. PI: Mary E. Larimer, PhD
2003 - 2004	Department of Psychiatry, University of Washington Motivational interviewing group brief interventions for problem drinking among college students. PI: Mary E. Larimer, PhD