

David Charles Saunders, MD PhD

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Work 2015-Present	Yale Child Study Center Clinical and Research Fellow Albert J. Solnit Integrated Training Program Adult, Child and Adolescent Psychiatry
Education 2015 2014 2007	Ph.D., Religion, Emory University , Atlanta, GA Certificate in Mind, Brain and Culture M.D., Weill Cornell Medical College , New York, NY B.A., Theology, Boston College , Boston, MA <i>Magna cum laude</i>
Publications	Saunders, D; Norko, M; Fallon, B; Nields, J. "Varieties of Religious (Non)Affiliation: A primer for mental health practitioners on the 'Spiritual But Not Religious' and the 'Nones'". (2019) Under review. Saunders, D; Minkhoff, K. "Back to the Future of Clinical Psychiatry", in <i>Primer on Community and Public Psychiatry</i>, eds. Baker, J and Baker, S. <i>Oxford University Press, Oxford, UK</i>. (2018). Under review. Phillips, J; Fallon, B; Norko, M...Saunders, D. "Religion and Psychiatry in the Age of Neuroscience". (2019) Under Review. Saunders, D; Kober, H. "Stage Model Development of Mindfulness-Based Interventions in Child and Adolescent Psychiatry." (2017) In revision. Saunders D; Robison, E; Fineberg, S. "Dialectical Behavior Therapy vs. Community Treatment by Experts for Reducing Suicidal Behaviors Among Patients with Borderline Personality Disorder." In <i>50 Studies Every Psychiatrist Should Know</i>, edited by Bhalla, I; Tampi, RR; Srhari, V. Oxford: Oxford University Press, 2018. Saunders, D; Taylor, J; Martin, A. "Cognitive Behavioral Therapy, Sertraline, or a Combination in Childhood Anxiety: CAMS." In <i>50 Studies Every Psychiatrist Should Know</i>, edited by Bhalla, I; Tampi, RR; Srhari, V. Oxford: Oxford University Press, 2018. Saunders, D; Bloch, M. "Suicidality in Pediatric Patients Treated with Antidepressant Drugs: FDA Meta-analysis". In <i>50 Studies Every Psychiatrist Should Know</i>, edited by Bhalla, I; Tampi, RR; Srhari, V. Oxford: Oxford University Press, 2018. Saunders, D. "Life, Death and Mind-Body Medicine Across the Lifespan." <i>American Journal of Psychiatry, Resident's Journal</i>, 2017, 12, 2:2. Saunders, D, Lavelle-Heineberg, B D. "Neuroscience, Religion and the Study of Mindfulness" in <i>MacMillan Interdisciplinary Handbooks on Religion - Mental Religion: Brain, Cognition and Culture</i>, edited by Clements, N. MacMillan Publishers, 2016, pp. 301-317. Andrews, J P, Taylor, J, Saunders, D, Qayyum, Z. "Peduncular Psychosis." <i>BMJ Case Reports</i>, 2016, 10, doi:10.1136/bcr-2016-216165.

	Saunders, D. "Introduction to Buddhism and Mindfulness-Based Interventions: Buddha-Nature and Mindfulness-Based Stress Reduction." <i>American Journal of Psychiatry, Resident's Journal</i>, 2015, 11: 3, 7-8. Saunders, D. Child and Adolescent Psychiatry Chapter, <i>Yale Pediatrics Residency Survival Guide</i>, 2016. Saunders, D. "Being Mindful of Mindfulness: the Past, Present and Future of Mindfulness in Child and Adolescent Psychiatry." <i>Journal of the American Academy of Child and Adolescent Psychiatry</i>, 2015, 54:6, 437-439. Saunders, D. "Self and No-Self in Mindfulness-Based Stress Reduction." <i>Unpublished Doctoral Dissertation</i>, Emory University, Atlanta, GA, 2015. Saunders, D. "Mindful America: A Book Review." <i>U.S. Studies Online</i>, June 2015. Saunders, D. "Has Meditation Gone Mainstream? Blame Science!" <i>Cornell Daily Sun</i>, 12 April 2013.
Invited Talks	"Mindfulness-Based ADHD Treatment for Children", Yale Child Study Center, Grand Rounds (2019)
Chaired Conference Symposia	"Meditative Interventions in Child and Adolescent Psychiatry", American Academy of Child and Adolescent Psychiatry, 2019 "Mindfulness-Based Interventions in Child and Adolescent Psychiatry", American Academy of Child and Adolescent Psychiatry, 2015
Oral Presentations	"Mindfulness-Based ADHD Treatment for Children: a Pilot Study." American Academy of Child and Adolescent Psychiatry, Annual Conference (2019) "Mindfulness-Based ADHD Treatment for Children: a Feasibility Study." American Psychiatric Association Research Colloquium (2017) "Self and No-Self in Mindfulness-Based Stress Reduction", International Symposium for Contemplative Studies (2016) "Meditation Practices in Child and Adolescent Psychiatry", American Academy of Child and Adolescent Psychiatry (2014) "Tibetan Buddhism and Tuberculosis", M.D./PhD. Humanities and Medicine National Conference (2009)
Poster Presentations	Mind and Life Summer Research Institute (2019) • Mindfulness-Based ADHD Treatment for Children: a Feasibility Study Association for Behavioral and Cognitive Therapies (2018) • Parental Survey on Attitudes and Utilization of Traditional and Non-Traditional ADHD Interventions American Academy of Child and Adolescent Psychiatry (2018) • ADHD Treatments for Children: Parental Perspectives American Psychiatric Association (2017) • Mindfulness-Based ADHD Treatment for Children: a Feasibility Study

	Anxiety Disorders Association of America (2012) - Religiosity Predicts Depressive Symptoms Mind and Life Symposia for Contemplative Studies (2012) - Self and Subjectivity in Mindfulness Meditation Western Regional Global Health Education Conference (2009) - Tibetan Buddhism and Tuberculosis
Grant Support	
2019-2022	NIH/NCCIH R34 AT009887 (pending) Title: Mindfulness-Based ADHD Treatment for Children: a Feasibility Study Role: Co-Investigator
2017-2018	American Academy of Child and Adolescent Psychiatry-Pilot Award Title: Mindfulness-Based ADHD Treatment for Children: a Pilot Study Role: Principle Investigator
2015-2021	NIH/NIMH R25 MH077823-12 Title: Research Education for Future Physician-Scientists in Child Psychiatry Role: Trainee
2013	Gold Foundation for Humanities in Medicine Title: Mindfulness-Based Burnout Reduction in Medical Students Role: Principle Investigator
2007-2008	U.S. Fulbright Scholar- Nepal, medical anthropology
Honors/Awards	
2018-2020	National Institutes of Health Loan Repayment Award
2017-2019	Fellow for Leadership, American Psychiatric Association
2017-2019	Fellow, Group for the Advancement of Psychiatry
2017	American Psychiatric Association Research Colloquium Awardee
2013	American Academy of Child and Adolescent Psychiatry, Mentorship Program
2011	John Templeton Foundation Scholarship
2008-2013	Rogosin Institute Scholar, Weill Cornell Medical College
2008-2009	Summer Research Institute Fellow, Mind and Life
2007	Dr. J.R. Stanton Award, Most Outstanding Pre-Medical Student
2003-2007	Boston College Endowed Scholar
Teaching	
2019	Guest Lecturer, History, Psychology and Neuroscience of Mindfulness, Yale College
2012	Teaching Assistant, Buddhist Women Through the Ages, Emory University
2012	Teaching Associate, Tibetan Mandala, Emory University

2011	Teaching Assistant, Early and Medieval Buddhism, Emory University
2009	Complimentary and Integrative Medicine Elective: "Burnout Seminar"
Professional Affiliations	
2017-Present	Peer Reviewer, Journal of Child Psychology and Psychiatry
2016-Present	Guest Editor, American Journal of Psychiatry-Resident's Journal
2015-Present	Peer Reviewer, Journal of the Canadian Academy of Child and Adolescent Psychiatry
2015-Present	Peer Reviewer, Journal of the American Academy of Child and Adolescent Psychiatry
2013-Present	Member, Complementary and Integrative Medicine Committee of the American Academy of Child and Adolescent Psychiatry
Meditation Teaching	
2018	Mindfulness-Based ADHD Treatment for Children
2012	Cognitively-Based Compassion Training Taught mindfulness and compassion-based meditations to 2nd and 3rd grade children as part of a study
2012	Introduction to Meditation (2012) Emory Psychiatry Residency Program
2012	Mindfulness-Based Stress Reduction 9-Day Intensive Practicum Center for Mindfulness, Worcester, MA
2011-2012	Cognitively-Based Compassion Training Practicum Emory University
2011	Cognitively-Based Compassion Training Taught compassion-based meditation to Atlanta city foster kids, age 16-19 as part of an ongoing study at Emory
2011	Cognitively-Based Compassion Training Retreat Emory University
Extracurricular	
2012-Present	New York Athletic Club-Elite Running Team 8th American Male and 40th overall in 2017 NYC Marathon
2009	Ironman Triathlete Completed 2009 Louisville Ironman triathlon
2007-Present	Hiking and Trekking enthusiast: Summited Mt. Kilimanjaro, trekked to Mt. Everest base camp and Mt Fitz Roy in Patagonia
2008-2010	President, Physicians for Human Rights-Cornell
2008-2010	Co-Chair, Social Medicine Reading Group-Cornell
2006-2007	Founder, Boston College Interfaith Dialogue Club, founder
2005	Boston College Study Abroad: Nepal
2006-2007	Captain, Boston College Varsity Crew

