

CURRICULUM VITAE
MATTHEW S. GOODMAN, PHD
DECEMBER 2022

PERSONAL INFORMATION:

Work

University of Southern California, Keck School of Medicine
Department of Psychiatry and Behavioral Sciences
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Los Angeles, CA 90033
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EDUCATION AND PROFESSIONAL APPOINTMENTS

EDUCATION

2019	PhD	Clinical Psychology <i>Emphasis: Health Psychology</i>	California School of Professional Psychology, Alliant International University, San Diego, CA
2015	MA	Psychology	California School of Professional Psychology, Alliant International University, San Diego, CA
2011	BS	Psychology <i>Specialization: Cognitive Science</i>	Michigan State University, East Lansing, MI

PRE- AND POST-GRADUATE TRAINING

2020-2021	Postdoctoral Therapist	Counseling and Mental Health Department of Psychiatry and Behavioral Sciences Keck School of Medicine, University of Southern California
2018-2019	Predoctoral Intern (APA-Accredited)	Providence Family Medicine Center/Alaska Family Medicine Residency, Providence St. Joseph Health System Alaska Psychology Internship Consortium, Anchorage, AK
2017-2018	Practicum Student	VA San Diego Healthcare System, La Jolla, CA
2017-2018	Biofeedback Therapist	Scripps Center for Integrative Medicine, La Jolla, CA
2016-2017	Practicum Student	UC San Diego Regional Burn Center, San Diego, CA
2016-2017	Psychological Assistant	New Mindful Life, San Diego, CA
2014-2015	Practicum Student	Del Sur Crisis Center, San Diego, CA

ACADEMIC APPOINTMENTS

2020-Present	Clinical Assistant Professor (Clinician Educator)	Department of Psychiatry and Behavioral Sciences Keck School of Medicine, University of Southern California
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LICENSURE, CERTIFICATIONS

LICENSURE/REGISTRATION:

2020-Present	Licensed Clinical Psychologist - PSY32423
2020-Present	National Provider ID (NPI) Number - 1851711584

BOARD CERTIFICATION:

2014	Board Certified in Biofeedback (Active)
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TEACHING AND MENTORSHIP**DIDACTIC TEACHING:*****University of Southern California, Los Angeles, CA (psychiatry residents)***

2022	Motivational Interviewing	PGY1 interns	Lecturer
2022	Motivational Interviewing	PGY3 residents	Lecturer
2021	Evidenced-Based Interventions in Brief- and Long-Term Therapy	PGY4 residents	Lecturer
2021	Motivational Interviewing	PGY1 interns	Lecturer

Michigan State University, East Lansing, MI (undergraduate students)

2010	Brain and Behavior	3 credit class	Teaching Assistant
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CLINICAL SUPERVISOR:

2022-Present	PGY3 Psychiatry Residents	Motivational Interviewing Group
2021-Present	PGY3 Psychiatry Residents	Mindfulness Group
2021-Present	PGY3 Psychiatry Residents	Panic Disorder Group
2021-2022	PGY3 Psychiatry Residents	CBT-I Sleep Group

SERVICE**PROFESSIONAL SERVICE:**

2021	Working Group Lead	Wellness Working Group, Department of Psychiatry “Rally Cry” Initiative, University of Southern California
2020-Present	Steering Committee Member & Mindfulness Instructor	Center for Mindfulness Science, University of Southern California
2020	APA Internship/Postdoc Selection Committee	Counseling and Mental Health, Department of Psychiatry and Behavioral Sciences, University of Southern California
2020	Morbidity & Mortality Committee	Counseling and Mental Health, Department of Psychiatry and Behavioral Sciences, University of Southern California
2017	Conference Research Committee	Bridging the Hearts & Minds of Youth: Creativity, Innovations, and Challenges in Mindfulness and Compassion conference, University of California, San Diego

RESEARCH AND SCHOLARSHIP

MANUSCRIPT REVIEWS:

2018	Child and Adolescent Mental Health
2016	International Journal of Psychophysiology
2013-Present	Mindfulness

MAJOR AREAS OF RESEARCH INTEREST

1. Mind-body health; Psychoneuroimmunology; Neurovisceral Integration
 - Relationship between autonomic functioning (e.g., heart rate variability) and mental health.
 - Effects of mindfulness-based practices on autonomic (e.g., HRV) and immune (e.g. cytokine) functioning.
 - Neurovisceral/Polyvagal clinical applications in autism and PTSD.
2. Preventative health interventions; Community-based programs
 - Evaluation of school-based mindfulness/social-emotional learning (SEL) curricula.
 - Effects of mindfulness/SEL programs on cognitive, social-emotional, and health outcomes.
3. Primary Care-Behavioral Health (PCBH) Integration
 - Impact on healthcare utilization and health outcomes; cost savings and policy implications.

GRANT SUPPORT - PAST:

Grant No.	Private Foundation	Dates of Award:2017-2018
Agency	The Burn Institute, San Diego, CA	Percent Effort: practicum student
Title	<i>Effects of a Behavioral Relaxation Technique on Pro- and Anti-Inflammatory Cytokine Expression in Burn Patients: A Pilot Study</i>	
Description	Pilot study investigating the effects of diaphragmatic breathing on pro-inflammatory (IL-1B, TNF- α , IL-6) and anti-inflammatory (IL-10, TGF- β) cytokines in hospitalized burn patients.	
Role	Principal Investigator	

Grant No.	Ferne Miller Memorial Research Fund	Dates of Award:2016-2017
Agency	Alliant Educational Foundation	Percent Effort: dissertation
Title	<i>Targeting Self-Regulation and Disease Resilience in Elementary School Children Through a Mindfulness-Based Social-Emotional Learning Curriculum (Dissertation)</i>	
Description	Evaluated impact of a mindfulness-based social-emotional learning program on executive functioning, emotion regulation, heart rate variability, and academic success in 2nd-4 th graders.	
Role	Principal Investigator	

Grant No.	Private Foundation	Dates of Award:2014-2016
Agency	International Society for Neurofeedback and Research and Foundation for Education and Research in Biofeedback and Related Sciences	Percent Effort: graduate student
Title	<i>The Combined Effects of Neurofeedback and Biofeedback for Treating Children with Autism Spectrum Disorder</i>	
Description	Evaluated effects of a novel heart rate variability-biofeedback/mu-rhythm synchrony-neurofeedback intervention on autonomic (HRV), neurophysiological (EEG), and social-emotional behavior in children with autism.	
Role	Principal Investigator	

INVITED LECTURES, SYMPOSIA, KEYNOTE ADDRESSES

2022	Invited Lecture	<i>Supportive Psychotherapy</i> . Presentation to PGY1 psychiatry interns at Los Angeles County + University of Southern California (LAC+USC) Medical Center, Los Angeles.
2021	Invited Lecture	<i>Stress-Busting Strategies for Healthcare Professionals: Easy and Effective Tools for Daily Wellness</i> . Series of three presentations to nurses and nurse managers for "Time of Healing" initiative, Keck Hospital, University of Southern California.
2021	Invited Lecture	<i>Mindfulness and Resilience</i> . Presentation to the Department of Clinical Social Work, Keck Hospital, University of Southern California.
2020	Invited Lecture	<i>Self-Compassion for Healthcare Professionals</i> . Presentation to the Healthcare Leadership Academy at the University of Southern California.
2020	Invited Lecture	<i>Autonomic Function and Mental Health: Wearable Technology in Clinical Practice</i> . Presentation to PGY3 psychiatry residents at Los Angeles County + University of Southern California (LAC+USC) Medical Center, Los Angeles.
2019	Invited Lecture	<i>Somatic Symptom Disorders</i> . Invited lecture to physician assistant students at the University of Alaska, Anchorage, AK.
2019	Invited Lecture	<i>Guided Imagery and Relaxation</i> . Invited workshop for Child Life Specialist team at Providence Alaska Medical Center, Anchorage, AK.
2018	Invited Lecture	<i>Motivational Interviewing</i> . Invited lecture to physician assistant students at the University of Alaska, Anchorage, AK.
2017	Invited Lecture	<i>Coping with Mental Health and Sleep Post-Burn</i> . Invited lecture to burn survivors at the Burn Institute, San Diego, CA.
2017	Guest Instructor	<i>Mindfulness for High School Students</i> . Eight-week class for underserved, predominately refugee, high school students in San Diego, CA.
2016	Invited Lecture	<i>Psychological Care of Burn Patients</i> . UC San Diego Medical Center, San Diego, CA.
2015	Guest Lecture	<i>Autism: Neurovisceral Perspectives and Applications</i> . Guest lecture to undergraduate students at the University of California, San Diego.
2014	Guest Lecture	<i>Heart Rate Variability and Neurovisceral Integration</i> . Guest lecture to undergraduate students at the University of California, San Diego.

INVITED GRAND ROUNDS, CME LECTURES

2020	Grand Rounds	<i>Primary Care Behavioral Health Integration: From Basic Coping to COVID-19</i> . Department of Family Medicine, Keck School of Medicine, University of Southern California, Los Angeles, CA.
2020	Grand Rounds	<i>Practicing What We Teach: Mindfulness and Self-Compassion in the Midst of a Pandemic</i> . Department of Psychiatry and Behavioral Sciences, Keck School of Medicine, University of Southern California, Los Angeles, CA.
2019	Grand Rounds	<i>Biofeedback: Introduction and Clinical Applications</i> . Alaska Family Medicine Residency, Providence St. Joseph Health, Anchorage, AK.
2018	Training Workshop	<i>Mobilizing Mindfulness Research in Schools, Clinics, and the Community</i> . Bridging the Hearts and Minds of Youth: Insights, Innovations, and Obstacles in Child and Adolescent Mindfulness conference, San Diego, CA.
2017	Grand Rounds	<i>Promoting Dignity in Patient Care on the Burn Service</i> . Regional Burn Center, Department of Psychiatry, UC San Diego School of Medicine, San Diego, CA.

DISSERTATION:

- 2018 *Targeting Self-Regulation and Disease Resilience in Elementary School Students Through a Mindfulness-Based Social-Emotional Learning Curriculum*
California School of Professional Psychology, Alliant International University, San Diego, CA
Committee: Richard Gevirtz, PhD (Chair), Randy J. Semple, PhD, Jaime A. Pineda, PhD

HONORS, AWARDS:

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| 2015 | Dean's Award of Excellence
(Academic Scholarship) | California School of Professional Psychology,
Alliant International University, San Diego, CA |
| 2014 | Dean's Award of Excellence
(Academic Scholarship) | California School of Professional Psychology,
Alliant International University, San Diego, CA |

PUBLICATIONS:

REFEREED JOURNAL ARTICLES:

1. **Goodman, M. S.**, Castro, N., Sharma, R., Sloan, M., Widdowson, M., Herrera, E., & Pineda, J. A. (2018). A neurovisceral approach to autism: Targeting self-regulation and core symptoms using neurofeedback and biofeedback. *NeuroRegulation*, 5(1), 9-29. doi:10.15540/nr.5.1.9
2. **Goodman, M. S.**, Madni, L. A., & Semple, R. J. (2017). Measuring mindfulness in youth: Review of current assessments, challenges, and future directions. *Mindfulness*, 8(6), 1409-1420. doi:10.1007/s12671-017-0719-9
3. Cahn, B. R., **Goodman, M. S.**, Peterson, C. T., Maturi, R., & Mills, P. J. (2017). Yoga, meditation, and mind-body health: Increased BDNF, cortisol awakening response, and altered inflammatory marker expression after a 3-month yoga and meditation retreat. *Frontiers in Human Neuroscience*, 11: 315. doi: 10.3389/fnhum.2017.00315

REFEREED REVIEWS, CHAPTERS, AND EDITORIALS:

1. **Goodman, M. S.** & Semple, R. J. (2022, in press). *Mindfulness-based cognitive therapy for children: Cultivating mental health in schools*. In T. L. Renshaw & S. R. Jimerson (Eds.), *Using Mindfulness to Promote Mental Health in Schools*. Oxford, U.K.: Oxford University Press.
2. **Goodman, M. S.**, Madni, L. A., & Semple, R. J. (2019). *Measuring mindfulness*. In J. Rettger & V. Carrion (Eds.), *Applied Mindfulness: Approaches in Mental Health for Children and Adolescents*. Arlington, VA: American Psychiatric Association Publishing.
3. Madni, L. A., **Goodman, M. S.**, & Semple, R. J. (2019). *Anxiety and depression*. In J. Rettger & V. Carrion (Eds.), *Applied Mindfulness: Approaches in Mental Health for Children and Adolescents*. Arlington, VA: American Psychiatric Association Publishing.
4. Knowles, L., **Goodman, M. S.**, & Semple, R. J. (2015). *Mindfulness with elementary-school-age children: Translating foundational practices from the clinic to the classroom*. In A. Saltzman & C. Willard (Eds.), *Teaching mindfulness skills to kids and teens* (pp. 19-41). New York: Guilford Press.

CONFERENCE PRESENTATIONS:

1. Semple, R. J. & **Goodman, M. S.** (2020, November). *Mindfulness and biofeedback: treating childhood trauma from the inside out*. Presentation at the Institute for Integrative Health and Wellness conference at the University of Southern California, Los Angeles, CA.
2. Gustaveson, C., Rankin, B., & **Goodman, M. S.** (2018, February). *A gender by ethnicity interaction in elementary aged school children on an experimental mindfulness measure*. Poster presented at Bridging the

Hearts and Minds of Youth: Insights, Innovations, and Obstacles in Child and Adolescent Mindfulness conference, San Diego, CA.

3. Grinberg, A., **Goodman, M. S.**, Malany, L., Lee, J. G., & Minassian, A. (2017, April). *Depression and trauma symptoms in hospitalized patients with burn injuries*. Poster presented at Lewis L. Judd Young Investigators Symposium, Department of Psychiatry, University of California, San Diego.
4. **Goodman, M. S.** (2017, February). Measuring mindfulness in youth: state of the art and science. In R. J. Semple (Chair), *State of the Art in Mindfulness*. Research symposium at Bridging the Hearts and Minds of Youth: Creativity, Innovations, and Challenges in Mindfulness and Compassion conference, San Diego, CA.
5. **Goodman, M. S.**, Madni, L. A., & Semple, R. J. (2017, February). *Assessing mindfulness in youth: a toolbox for researchers, clinicians, educators, and other professionals*. Poster presented at Bridging the Hearts and Minds of Youth: Creativity, Innovations, and Challenges in Mindfulness and Compassion conference, San Diego, CA.
6. **Goodman, M. S.** & Madni, L. A. (2016, February). *Measuring mindfulness in youth: a review of current instruments, challenges, and future directions*. Poster presented at Bridging the Hearts and Minds of Youth: Mindfulness in Clinical Practice, Education and Research conference, San Diego, CA.
7. Knowles, L., Madni, L. A., **Goodman, M. S.**, & Semple, R. J. (2015, June). *Evaluation of a mindfulness-based classroom program for social-emotional resilience in youth*. Presented at Mindfulness and Compassion: The Art and Science of Contemplative Practice conference, San Francisco, CA.
8. **Goodman, M. S.**, Madni, L. A., Knowles, L., & Semple, R. J. (2015, June). *Promoting social-emotional resiliency in the classroom: effectiveness of an after-school mindfulness program and current adaptations*. Poster presented at the Mind & Life Summer Research Institute (MLSRI), Garrison, NY.
9. Madni, L. A., **Goodman, M. S.**, Knowles, L., & Semple, R.J. (2015, February). Mindfulness matters!: A mixed-methods evaluation of an afterschool program. In R. J. Semple (Chair), *Clinical Applications of Mindfulness*. Research symposium at Bridging the Hearts and Minds of Youth: Mindfulness and Compassion in Clinical Practice, Education, and Research conference, San Diego, CA.
10. **Goodman, M. S.**, Madni, L. A., Knowles, L., & Semple, R. J. (2015, February). *Mindfulness matters!: a mixed-methods evaluation of an afterschool program to enhance the social-emotional resiliency of youth*. Poster presented at Bridging the Hearts and Minds of Youth: Mindfulness in Clinical Practice, Education and Research conference, San Diego, CA.
11. **Goodman, M. S.**, Sharma, R., Datko, M., Gougelet, R., Donoghue, T., Castro, N., Sloan, M., Gomez, D., Courelli, A., Onder, Y., & Pineda, J. A. (2015, February). *Paving the way for real-time functional imaging in autism: preliminary results from a combined biofeedback and neurofeedback intervention*. Poster presented at Real-time Functional Imaging and Neurofeedback conference, Gainesville, FL.
12. **Goodman, M. S.**, Sharma, R., Stern, M. J., & Swan, A. (2014, November). *Combining neurofeedback and biofeedback in children with autism spectrum disorder*. Presented at Biofeedback Society of California conference, Oakland, CA.
13. Sharma, R., **Goodman, M. S.**, Courelli, A., Courelli, H., Castro, N., Sloan, M., Gomez, D, & Pineda, J.A. (2014, November). *The combined effects of neurofeedback and biofeedback for treating children with autism spectrum disorder*. Dynamic poster presentation at Society for Neuroscience conference, Washington, D.C.
14. **Goodman, M. S.**, Sharma, R., Friedrich, L. V., Stern, M. J., & Pineda, J. (2014, October). *The combined effects of neurofeedback and biofeedback training for children with autism*. Plenary session at International Society for Neurofeedback & Research conference, San Diego, CA.
15. Voth, R., & **Goodman, M. S.** (2014, February). *New hope in being with autism spectrum disorder*. Presented at Bridging the Hearts and Minds of Youth: Mindfulness in Clinical Practice, Education and Research conference, San Diego, CA.

16. **Goodman, M.S.**, Kennedy, J., & Voth, R. (2014, February). *Mindfulness and autism: a survey of research and future directions*. Poster presented at Bridging the Hearts and Minds of Youth: Mindfulness in Clinical Practice, Education and Research conference, San Diego, CA.
17. **Goodman M. S.**, Knowles L., Semple R. J. (2012, February). *A qualitative analysis of the feasibility and acceptability of teacher training in a school-based mindfulness program*. Poster presented at Bridging the Hearts and Minds of Youth: Mindfulness in Clinical Practice, Education and Research conference, San Diego, CA.
18. Eden, A., Gardner, A., Fox, K., Gordon, C., **Goodman, M.**, Wang, L., Lee, S. A., & Sarinopoulos, I. (2011, April). *Judging heroes and villains: The neural underpinnings of person perception*. Poster presented at Midwest Cognitive Science Meeting, East Lansing, MI.