

## CURRICULUM VITAE

### Prof. Dr. Tania Singer

Scientific Head

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#### Academic Positions

|             |                                                                                                                                 |
|-------------|---------------------------------------------------------------------------------------------------------------------------------|
| since 2019  | Scientific Head, Social Neuroscience Lab, Max Planck Society, Berlin, Germany                                                   |
| 2020 – 2022 | Guest Researcher, Charité - Universitätsmedizin Berlin, Germany                                                                 |
| 2011 – 2019 | Honorary Professor, Psychology Department, Faculty of Life Sciences, Humboldt-Universität zu Berlin, Germany                    |
| 2011 – 2019 | Honorary Professor for Social Neurosciences, Faculty of Biosciences, Pharmacy and Biology, University of Leipzig, Germany       |
| since 2011  | Honorary Research Fellow, Laboratory for Social and Neural Systems Research, University of Zurich, Switzerland                  |
| 2010 – 2018 | Director, Department of Social Neuroscience, Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, Germany      |
| 2010        | Visiting Professor, La Sapienza University Rome, Italy                                                                          |
| 2008 – 2010 | Inaugural Chair of Social Neuroscience and Neuroeconomics, University of Zurich, Switzerland                                    |
| 2008        | Visiting Professor, La Sapienza University Rome, Italy                                                                          |
| 2007 – 2010 | Co-Director, Laboratory for Social and Neural Systems Research, University of Zurich, Switzerland                               |
| 2006 – 2008 | Assistant Professor of Social Neuroscience and Neuroeconomics, University of Zurich, Switzerland                                |
| 2005 – 2006 | Research Fellow, Institute of Cognitive Neuroscience, London, United Kingdom. Principal Investigator: Prof. Uta Frith           |
| 2003 – 2005 | Research Fellow, Wellcome Department of Imaging Neuroscience, London, United Kingdom. Principal Investigator: Prof. Chris Frith |
| 2002 – 2003 | Visiting Fellow, Wellcome Department of Imaging Neuroscience, London, United Kingdom                                            |
| 2000 – 2002 | Research Scientist, Max Planck Institute for Human Development, Center for Lifespan Psychology, Berlin, Germany                 |
| 1996 – 2000 | Predoctoral Research Fellow, Max Planck Institute for Human Development, Berlin, Germany                                        |

#### Education and Training

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|------|--------------------------------------------------------------------------------------|
| 2000 | Ph.D. (" <i>summa cum laude</i> ") in Psychology, Free University of Berlin, Germany |
| 1996 | M.Sc. [Diplom] in Psychology, Technical University of Berlin, Germany                |

1992 B.Sc. [Vordiplom] in Psychology, Philipp University Marburg, Germany

### Grants & Funding

2026 Seedgrant by Paracelsus Medical Private University to support Edu:Social Health Care project (EUR 25,000)

2022 Grant of the Horst-Kübler Foundation to support the CovSocial Project (EUR 9,000)

2020 Grant of Berlin University Alliance (BUA) Pandemic Special Call on research project "CovSocial: App-based online-monitoring of social cohesion and mental health during SARS-CoV2-pandemic", in cooperation with Mazda Adli, Sonja Entringer, Christine Heim, Manuel Voelke, Elisabeth Binder and Felix Blankenburg, (EUR 100,000)

2014 – 2018 Grant of Bundesministerium für Bildung und Forschung (BMBF), Bonn, Germany, on Research project P4 ("Modulatory effects of oxytocin treatment on higher-order social cognition in ASD", Co-PIs Philipp Kanske, Sören Krach, Frieder Paulus) of the ASD-net ("Autism Spectrum Disorder across the lifespan: From a better etiological understanding, through valid diagnosis, to more effective health care"; EUR 354,517)

2013 – 2017 Grant from the Institute for New Economic Thinking (INET) on "From homo economicus towards caring economics" together with Prof. Dr. Dennis Snower, New York, NY, USA (EUR 784,440)

2010 – 2011 Grant from the National Centre of Competence in Research (NCCR) on Neural Plasticity and Repair, Zurich, Switzerland (CHF 25,000)

2009 – 2012 Grant from the Foundation for Scientific Research of the University of Zurich, Switzerland (CHF 13,000)

2009 – 2010 Grant from the National Centre of Competence in Research (NCCR) on Neural Plasticity and Repair, Zurich, Switzerland (CHF 75,000)

2008 – 2014 Starting Grant from the European Research Council (ERC; EUR 1,500,000)

2008 – 2010 Grant from the Betty and David Koetser Foundation for Brain Research, Zurich, Switzerland (CHF 146,475)

2008 – 2010 Grant from the Neuroscience Center Zurich (ZNZ), Switzerland (CHF 142,800)

2008 – 2011 Grant from the Swiss National Science Foundation (SNF; CHF 296,000)

2007 – 2011 Grant from the National Centre of Competence in Research (NCCR) on Neural Plasticity and Repair, Zurich, Switzerland (CHF 196,666)

2007 – 2010 Grant from the National Centre of Competence in Research (NCCR) for the Affective Sciences, Geneva, Switzerland (CHF 140,000)

2004 Grant for a Novartis Symposium "Empathy and Fairness: Neuronal, Psychological and Developmental Basis" by Singer, Blakemore, Frith, and Frith; held in October, 2005, London, United Kingdom

2003 – 2005 Grant from the German Academy of Sciences Leopoldina, Halle, Germany

### Awards & Rankings

2026 ranked among the top 1000 Scientists worldwide and top 40 in Germany in the area of Psychology on Research.com

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|------|----------------------------------------------------------------------------------------------------------------|
| 2025 | ranked among the top 1000 Scientists worldwide and top 40 in Germany in the area of Psychology on Research.com |
| 2024 | ranked among the top 1200 Scientists worldwide and top 40 in Germany in the area of Psychology on Research.com |
| 2023 | ranked among the top 1200 Scientists worldwide and top 40 in Germany in the area of Psychology on Research.com |
| 2022 | ranked among the top 1000 Scientists worldwide and top 30 in Germany in the area of Psychology on Research.com |
| 2022 | Phillip Sandblom Stipend (20.000 SEK)                                                                          |
| 2021 | “Danke Skulptur” (Thanks to sculpture) by Dr. Faraj Remmo                                                      |
| 2018 | Bellagio Center Residency, The Rockefeller Foundation, New York, NY, USA                                       |
| 2018 | Spring 2018 Bogliasco Fellowship, The Bogliasco Foundation, New York, NY, USA                                  |
| 2018 | elected by the German <i>ManagerMagazin</i> to be one of the 100 most influential women in economy             |
| 2016 | elected by the German <i>ManagerMagazin</i> to be one of the 75 most influential women in economy              |
| 2015 | elected by the German <i>ManagerMagazin</i> to be one of the 50 most influential women in economy              |
| 2001 | Otto Hahn Medal of the Max Planck Society for best dissertation of the year 2000                               |

#### **Board, Fellow, and Scientific Committee Memberships**

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|----------------|-----------------------------------------------------------------------------------|
| 2022 – 2025    | Board Member, Global Compassion Coalition, CA, USA                                |
| 2021 – 2023    | Scientific and Curriculum Advisor & Honorary Co-Founder of Humanize, Luxemburg    |
| 2021 – 2022    | Scientific Advisor of Benevolently, Delaware, MD, USA                             |
| 2021 – present | Member, T. Denny Sanford Institute for Empathy and Compassion, San Diego, CA, USA |
| 2020 – present | Member, Interdisciplinary Forum Neurourbanistics, Berlin, Germany                 |
| 2020 – present | Advisory Board, Vivir Agradecidos Foundation, Buenos Aires, Argentina             |
| 2019 – present | Ambassador Gemeinwohl Ökonomie (GWÖ), Austria                                     |

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|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2018 – present | Honorary Board Member, Mind & Life Europe, Winterthur, Switzerland                                                                                                           |
| 2017 – present | Fellow, International Positive Psychology Association (IPPA), Melbourne, Australia                                                                                           |
| 2015 – present | Honorary Membership, Österreichischer Bundesverband für Achtsamkeit/ Mindfulness (ÖBAM), Hellwang, Austria                                                                   |
| 2014 – 2018    | Board Member, Mind & Life Europe, Winterthur, Switzerland                                                                                                                    |
| 2014 – present | Advisory Group Member, European New Economics Research & Policy Network                                                                                                      |
| 2013 – present | Advisory Board Member, Human Mind Project, London, United Kingdom                                                                                                            |
| 2013 – present | Member, Young Academy of Europe (YAE), Europe                                                                                                                                |
| 2012 – 2018    | Board Member, Mind & Life Institute (MLI), Charlottesville, VA, USA                                                                                                          |
| 2012 – 2014    | Member, European Advisory Committee, Mind & Life Europe, Winterthur, Switzerland                                                                                             |
| 2011 – 2016    | Member, European Initiative for Integrative Psychological Science, Association for Psychological Science (APS)                                                               |
| 2011 – 2019    | Board & Faculty Member, International Max Planck Research School on Neuroscience of Communication: Function, Structure and its Plasticity (IMPRS NeuroCom), Leipzig, Germany |
| 2010 – 2011    | Principal Investigator, Center for Integrative Life Sciences (CILS), Berlin                                                                                                  |
| 2010 – 2019    | Faculty and Scientific Council Member, Berlin School of Mind and Brain                                                                                                       |
| 2010 – present | Member & Fellow, Association for Psychological Science (APS)                                                                                                                 |
| 2010 – present | Fellow, Mind & Life Institute (MLI), Hadley, MA, USA                                                                                                                         |
| 2009 – present | Advisory Board Member, Center for Compassion and Altruism Research and Education (CCARE), Stanford University School of Medicine, Stanford, CA, USA                          |
| 2008 – present | Member, The New York Academy of Sciences (NYAS)                                                                                                                              |
| 2006 – present | Associate Member, Institut Jean Nicod, Paris, France                                                                                                                         |
| 2006 – present | Associate, Swiss Centre for Affective Sciences, Geneva, Switzerland                                                                                                          |

### Organization of Symposia, Conferences and Meetings

|      |                                                                                                                                                        |
|------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2022 | Organizer and Host of the international symposium “Suffering and Flourishing during the Covid-19 Pandemic”, Berlin, Germany                            |
| 2021 | Planning Committee, 2022 European Neurophenomenology, Contemplative, and Embodied Cognition Network (ENCECON) Workshop, France                         |
| 2019 | Planning Committee, European Neurophenomenology, Contemplative, and Embodied Cognition Network (ENCECON) Workshop, Schloss Buchenau, Germany           |
| 2016 | Co-Organizer of “Power and Care: A Mind & Life dialogue with H.H. the Dalai Lama”, Brussels, Belgium                                                   |
| 2016 | Co-Organizer of the workshop “The European neurophenomenology, contemplative, and embodied cognition network (ENCECON)”, Château de la Bourlie, France |
| 2016 | Co-Organizer of the symposium “Frontiers in cognitive neuroscience”, Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, Germany     |
| 2016 | Co-Organizer of the symposium “Frontiers in computational neuroscience”, Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, Germany |

- 2014 Organizer of the workshop “Cutting edge research on human development: Learning, social cognition, action, and emotion”, Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, Germany
- 2013 Co-Organizer of the “Mind & Life European symposium for contemplative studies”, Berlin, Germany
- 2012 Steering Committee Member of the 2012 International Symposia for Contemplative Studies, Denver, CO, USA
- 2011 Organizer of the workshop “How to train compassion”, Berlin, Germany
- 2010 Co-organizer of the Laboratory for Social and Neural Systems Research Opening Symposium, University of Zurich, Switzerland
- 2010 Co-organizer of the Mind & Life XX Meeting “Altruism and compassion in economic systems: A dialogue at the interface of economics, neuroscience and contemplative sciences”, Zurich, Switzerland (with H.H. the 14<sup>th</sup> Dalai Lama)
- 2008 Co-organizer of the international symposium “Foundations of human social behavior”, University of Zurich, Switzerland
- 2008 Chair of symposium “A common role of anterior insula in feelings, empathy, and risk?” Annual Meeting of the Cognitive Neuroscience Society (CNS), San Francisco, CA
- 2007 Chair (with Klaus Scherer) of invited symposium “New trends in affective and social sciences”, 10<sup>th</sup> Congress of the Swiss Society of Psychology, “Differences, Diversity, and Change”, Zurich, Switzerland
- 2007 Co-organizer of the NCCR Affective Sciences workshop “Empathy and prosocial behavior: Are they linked?”, Geneva, Switzerland, USA
- 2005 Co-organizer of an ICN symposium “Empathy and fairness”, Institute of Cognitive Neuroscience (ICN), London, United Kingdom
- 2005 Co-organizer of the Novartis symposium “Empathy and fairness”, London, United Kingdom
- 2005/06 Organizer of the “Social Club” series, Institute of Cognitive Neuroscience, London, United Kingdom
- 2002/03 Organizer of the “Brain meeting” series, Wellcome Department of Imaging Neuroscience, London, United Kingdom

## Editorial Activities

### Ad Hoc Journal Reviewing

*Brain, Brain Research, Cerebral Cortex, Philosophical Transactions of the Royal Society, Cognitive Brain Research, Consciousness and Cognition, Cortex, Current Biology, Current Opinion in Neurobiology, Emotion, European Journal of Neuroscience, Journal of Cognitive Neuroscience, Journal of Pain, Nature, Nature Communications, Nature Neuroscience, NeuroImage, Neuron, Neuropsychologia, Neuroreport, Neuroscience & Biobehavioral Reviews, Philosophical Transactions of the Royal Society, Physiology, PLoS Biology, PLoS ONE, Proceedings of the National Academy of Science, Psychological Bulletin, Psychological Science, Science, Scientific Reports, Social Cognitive and Affective Neuroscience, Social Neuroscience, The Journal of Neuroscience, Trends in Cognitive Sciences*

### Journal Editorial Board & Section Editing

- 2011 – 2017 Consulting Editor, *Emotion*
- 2009 Editorial Advisory Board Member, *The Year in Cognitive Neuroscience*
- 2008 Section Editor of the Special Section on Empathy, *Emotion* 8(6)
- 2008 – 2016 Consulting Editor, *Social Cognitive and Affective Neuroscience*
- 2006 – 2008 Associate Editor, *Social Cognitive and Affective Neuroscience*

## Selected Media Coverage

### Selected international media (TV and print)

*La Libre, Le Point, ARTE, NBC TV, ABC TV, BBC News 24, BBC World Service, BBC Radio 4 and 5, London Broadcast, Financial Times, Huffington Post, Le Figaro, National Geographic, Neue Züricher Zeitung, New Scientist, San Francisco Chronicle, St. Galler Tagblatt, The Guardian, The New York Times, The Times, Tribune de Genève, Science Magazine, La Vie*

### German print media

*Berliner Zeitung, Die ZEIT, Die WELT, Der Spiegel, Der Tagesspiegel, EMMA, ManagerMagazin, Frankfurter Allgemeine Zeitung, Frankfurter Rundschau, Gehirn und Geist, GEO, Handelsblatt, Leipziger Volkszeitung, Max Planck Journal, Psychologie Heute, National Geographic, Süddeutsche Zeitung, Thüringische Landeszeitung, Vogue, WirtschaftsWoche, moment by moment, TK Magazin*

### German TV Channels and Radio

*ARTE, BR-Alpha, 3sat, MDR, NDR, RBB, SF1, TSR1, ZDF*

*Deutschlandradio, ORF1, radio1*

### Online media

*FOCUS Online, heute.de, Huffington Post, New Scientist, Project Syndicate, Science Daily, Psychology Today, ZEIT Online*

### Podcast (German and international)

*Sidewalktalks, Weiter.Denken.Ordnern.Gestalten (AHG), Cuba Platform, Empathy Circle, SWR2 Wissen, Let's Staat, detox rebels, The Mindfulness Podcast, MeTAzeit, Hör mal Europa, World of Wisdom, detector.fm, BBC reel, Into the Magic Shop*

## Research Interests

Social and affective neuroscience (social emotions such as empathy, compassion, brain plasticity, social decision-making, development of social cognition, psychopathology of the social brain)

Neuroeconomics, caring economics and cooperation research

Contemplative neuroscience, mental training, mindfulness research and dyadic interventions

Multi-method approach (functional and structural MRI, rt-fMRI, TMS, behavioral methods, hormonal and autonomic measures, game theoretical and neuroeconomic paradigms, subjective measures and phenomenology, virtual reality paradigms)

## Publications

### Books

- 11 **Singer, T.** (ed) (2022). *The CovSocial Project: Intervention Protocol*. Berlin: Social Neuroscience Lab.
- 10 **Singer, T.**, Koop, S. & Godara, M. (2021). *The CovSocial Project: How did the Berliners feel during Covid-19 pandemic?* Berlin: Social Neuroscience Lab.
- 9 **Singer, T.** (ed) (2020). *The ReSource Project. Intervention Protocol*. Berlin: Social Neuroscience Lab.
- 8 Ricard, M., **Singer, T.**, & Karius, K. (Hgs.) (2019). *Die Macht der Fürsorge. Wissenschaft und Buddhismus in Dialog mit dem Dalai Lama*. KNAUR.LEBEN.
- 7 Ricard, M., **Singer, T.**, & Karius, K. (Hgs.) (2019). *Power and care. Toward balance for our common future – Science, society, and spirituality. In dialogue with the Dalai Lama*. Boston, MA: MIT Press.

- 6 Ricard, M., **Singer, T.**, & Karius, K. (2018). *Pouvoir et altruisme*. Paris: Allary Éditions.
- 5 **Singer, T.**, Kok, B. E., Bornemann, B., Zurborg, S., Bolz, M., & Bochow, C. (2016). *The ReSource Project: Background, design, samples, and measurements*. Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig.
- 4 **Singer, T.**, & Ricard, M. (Hgs.) (2015). *Caring economics: Conversations on altruism and compassion, between scientists, economists, and the Dalai Lama (pp. 240)*. New York: Picador.
- 3 **Singer, T.**, & Ricard, M. (Hgs.) (2015). *Mitgefühl in der Wirtschaft. Ein bahnbrechender Forschungsbericht (pp. 255)*. München: Knaus.
- 2 **Singer, T.**, & Bolz, M. (Hgs.) (2013). *Compassion: Bridging practice and science*. Retrieved from <http://www.compassion-training.org>. Leipzig: Max Planck Institute for Human Cognitive and Brain Sciences.
- 1 **Singer, T.**, & Bolz, M. (Hgs.) (2013). *Mitgefühl: In Alltag und Forschung*. Retrieved from <http://www.compassion-training.org>. Leipzig: Max Planck Institute for Human Cognitive and Brain Sciences.

#### Articles in Refereed Journals

- 168 Mohn, J. J., Godara, M., Silveira, S., Matthaeus, H., **Singer, T.**, & Heim, C. (2025). Impact of childhood maltreatment on adult mental health trajectories during the COVID-19 pandemic. *Brain, Behavior, and Immunity*, 125, 444-451.
- 167 **Singer, T.** (2025). A neuroscience perspective on the plasticity of the social and relational brain. *Annals of the New York Academy of Sciences*, 1-23.
- 166 Puhlmann, L. M., Vrticka, P., Linz, R., Valk, S. L., Papassotiriou, I., Chrousos, G. P., Engert, V. & **Singer T.** (2024). Serum brain-derived-neurotrophic factor increase after 9-month contemplative mental training is associated with decreased cortisol secretion and increased dentate gyrus volume. *Biological Psychiatry Global Open Science*, 100414. doi:10.1016/j.bpsgos.2024.100414.
- 165 Valk, S. L., Engert, V., Puhlmann, L. M., Linz, R., Caldairou, B., ... , & **Singer T.** (2024). Differential increase of hippocampal subfield volume after socio-affective mental training relates to reductions in diurnal cortisol. *eLife*, 12: RP87634.
- 164 Matthaeus, H., Heim, C., Voelkle, M., & **Singer T.** (2024). Reducing Neuroendocrine Psychosocial Stress Response Through Socio-emotional Dyadic but not Mindfulness Online Training. *Frontiers in Endocrinology*, 15. 1277929.
- 163 Godara, M. & **Singer T.** (2024). 10-Week Trajectories of Candidate Psychological Processes Differentially Predict Mental Health Gains from Online Dyadic Versus Mindfulness Interventions: A Randomized Clinical Trial. *Journal of Clinical Medicine*, 13(11), 3295.
- 162 Matthaeus, H., Godara, M., Silveira, S., Hecht, M., Voelkle, M., & **Singer, T.** (2024). Reducing Loneliness through the Power of Practicing Together: A Randomized Controlled Trial of Online Dyadic Socio-Emotional vs. Mindfulness-Based Training. *International Journal of Environmental Research and Public Health*, 21(5), 570.
- 161 Schäfer, J., Engert, V., Valk, S., **Singer, T.** & Puhlmann, L. (2024). Mapping pathways to neural atrophy in healthy, mid-aged adults: from chronic stress to systemic inflammation to neurodegeneration? *Brain, Behaviour & Immunity – Health*, 38: 100781.

- 160 Godara, M., & **Singer, T.** (2024). Resilient Stress Reactivity Profiles Predict Mental Health Gains from Online Contemplative Training: A Randomized Clinical Trial. *Journal of Personalized Medicine*, 14(5), 493.
- 159 O'Malley, B., Linz, R., Engert, V., & **Singer, T.** (2024). Testing the monitor and acceptance theory: the role of training-induced changes in monitoring-and acceptance-related capacities after attention-based, socio-emotional, or socio-cognitive mental training in reducing cortisol stress reactivity. *Stress*, 27(1), 2345906.
- 158 Gallistl, M., Linz, R., Puhlmann, L., **Singer, T.** & Engert, V. (2024). Evidence for differential associations of distinct trait mindfulness facets with acute and chronic stress. *Psychoneuroendocrinology*, 166: 107051.
- 157 Schowe, A.M., Godara, M., Czamara, D., Adli, M., **Singer T.**, & Binder E. (2024). Genetic Predisposition for negative affect predicts mental health burden during the Covid-19 pandemic. *European Archives of Psychiatry and Clinical Neuroscience*. 1-13.
- 156 Godara, M., Hecht, M., & **Singer, T.** (2024). Training-related improvements in mental well-being through reduction in negative interpretation bias: A randomized trial of online socio-emotional dyadic and mindfulness interventions. *Journal of Affective Disorders*, 354, 662-672.
- 155 O'Malley, B., Linz, R., Engert, V., & **Singer, T.** (2024). -How do Mindfulness-based Trainings Reduce Physiological Stress? Assessing Changes in Attention and Acceptance Traits and Their Role in Cortisol Reduction. *Psychoneuroendocrinology*, 160, 106812.
- 154 Konrad, A., Förster, K., Stretton, J., Dalgleish, T., Böckler-Raettig, A., Trautwein, M.-F., **Singer, T.**, & Kanske, P. (2024). Risk Factors for Internalizing Symptoms: The Influence of Empathy, Theory of Mind, and Negative Thinking Processes. *Human Brain Mapping*. 45.3: e26576.
- 153 Silveira, S., Godara, M., Faschinger, A., & **Singer, T.** (2023). Reducing alexithymia and increasing interoceptive awareness: A randomized controlled trial comparing mindfulness with dyadic socio-emotional app-based practice. *Journal of Affective Disorders*, 341, 162-169.
- 152 Petzold, P., Silveira, S., Godara, M., Matthäus, H. & **Singer T.** (2023). Phenomenological fingerprints of app-based mental trainings: Differential changes in thought patterns and emotional well-being after mindfulness versus dyadic socio-emotional practice. *Scientific Reports*. 13(1), 13843.
- 151 Valk, S. L., Kanske, P., Park, B. Y., Hong, S. J., Böckler, A., Trautwein, F. M., ... & **Singer, T.** (2023). Functional and microstructural plasticity following social and interoceptive mental training. *Elife*, 12, e85188.
- 150 Silveira, J., Hecht, M., Voelkle, M. & **Singer, T.** (2023). Tend-and-befriend and rally around the flag effects during the COVID-19 pandemic: Differential longitudinal change patterns in multiple aspects of social cohesion. *European Journal of Social Psychology*.
- 149 Lantos, D., Costa, C., Briglia, M., Molenberghs, P., Kanske, P. & **Singer, T.** (2023). *Introducing the English EmpaToM task: A tool to assess empathy, compassion, and theory of mind in fMRI studies. NeuroImage: Reports*, 3(3), 100180
- 148 Silveira, J., Godara, M., & **Singer, T.** (2023). Boosting empathy and compassion through mindfulness-based and socio-emotional dyadic practice: A randomized control trial with app-delivered trainings. *Journal of Medical Internet Research*, 25, e45027.

- 147 Liebmann, C., Konrad, A., **Singer, T.** & Kanske P. (2023). Differential reduction of psychological distress by three different types of meditation-based mental training programs: A randomized clinical trial. *International Journal of Clinical and Health Psychology*, 23, 100388.
- 146 Godara, M., Rademacher J., Hecht, M., Silveira, S., Voelkle, M. & **Singer, T.** (2023). Heterogeneous Mental Health responses to the Covid-19 pandemic in Germany: An examination of long-term trajectories, risk factors, and vulnerable groups. *Healthcare* (11), 1305.
- 145 Degering, M., Linz, R., Puhlmann, L. M., **Singer, T.**, & Engert, V. (2023). Revisiting the stress recovery hypothesis: Differential associations of cortisol stress reactivity and recovery after acute psychosocial stress with markers of long-term stress and health. *Brain, Behavior, & Immunity-Health*, 100598.
- 144 Engert, V., Hoehne, K., & **Singer, T.** (2023). Specific Reduction in the Cortisol Awakening Response after Socio-Affective Mental Training. *Mindfulness*, 1-14.
- 143 Timmermann, C., Bauer, P. R., Gosseries, O., Vanhaudenhuyse, A., Vollenweider, F., Laureys, S., ..., **Singer, T.**, ... & Lutz, A. (2022). A neurophenomenological approach to non-ordinary states of consciousness: hypnosis, meditation, and psychedelics. *Trends in cognitive sciences*.
- 142 Blasberg, J., Kanske, P., Böckler, A., Trauwein, F-M, **Singer, T.** & Engert, V. (2022). Associations of social processing abilities with psychosocial stress sensitivity. *Comprehensive Psychoneuroendocrinology*. doi: 10.1016/j.cpnec.2022.100159
- 141 Godara, M., Silveira, S., Matthäus H., & **Singer T.** (2022). The Wither or Thrive Model of Resilience: An integrative framework of dynamic vulnerability and resilience in the face of repeated stressors during the COVID-19 Pandemic. *Journal of Adversity & Resilience Science*. 1-22.
- 140 Linz, R., Puhlmann, L. M., Engert, V., & **Singer, T.** (2022). Investigating the impact of distinct contemplative mental trainings on daily life stress, thoughts and affect – evidence from a nine-month longitudinal ecological momentary assessment study. *Psychoneuroendocrinology*. 105800. doi: 10.1016/j.psyneuen.2022.105800
- 139 Hoehne, K., Vrticka, P., Engert, V. & **Singer, T.** (2022). Plasma oxytocin is modulated by mental training, but does not mediate its stress-buffering effect. *Psychoneuroendocrinology*, 105734.
- 138 Silveira, S. J., Hecht, M., Matthäus, H., Adli, M., Voelkle, M. C. & **Singer, T.** (2022). Coping with the COVID-19 Pandemic: Perceived Changes in Psychological Vulnerability, Resilience and Social Cohesion before, during and after Lockdown. *International Journal of Environmental Research and Public Health*, 19(6).
- 137 Silveira, S. J., Hecht, M., Adli, M., Voelkle, M. & **Singer, T.** (2022) Exploring the Structure and Interrelations of Time-Stable Psychological Resilience, Psychological Vulnerability, and Social Cohesion. *Frontiers in Psychiatry*.
- 136 Godara, M., Silveira, S., Matthäus, H., Heim, C., Voelkle, M., Hecht, M., Binder, E., & **Singer, T.** (2021). Investigating differential effects of socio-emotional and mindfulness-based online interventions on mental health, resilience and social capacities during the COVID-19 pandemic: The study protocol. *PlosOne*. doi: 10.1371/journal.pone.0256323
- 135 Böckler-Raettig, A. & **Singer T.** (2021). Longitudinal Evidence for Differential Plasticity of Cognitive Functions: Mindfulness-based mental training enhances working memory, but not perceptual discrimination, response inhibition and metacognition. *Journal of Experimental Psychology: General*.
- 134 Mayer, A.; Preckel, K.; Ihle, K.; Piecha, F.; Junghanns, K.; Reiche, S.; Rademacher, L.; Müller-Pinzler, L.; Stolz, D.; Kamp-Becker, I., ..., **Singer, T.**, ..., & Krach, S. (2021). Assessment of reward-related brain function after a single-dose of oxytocin in autism: a randomized controlled trial. *Biological Psychiatry*.

- 133 Puhlmann, L.M.C., Vrticka, P., Linz, Stalder, T., Kirschbaum, C., Engert V. & **Singer, T.** (2021). Contemplative mental training reduces hairglucocorticoid levels in a randomized clinical trial. *Psychosomatic Medicine*. 83(8). 495-905. doi: 10.1097/PSY.0000000000000970
- 132 Hoffmann, F.; Grosse Wiesmann, C.; **Singer, T.**; Steinbeis, N. (2021). Development of functional network architecture explains changes in children's altruistically motivated helping. *Developmental Science*. e13167.doi: 10.1111/desc.13167.
- 131 Puhlmann, L. M., Linz, R., Valk, S. L.; Vrticka, P., Vos de Wael, R., Bernasconi, A., Bernasconi, N.; Caldaïrou, B., Papassotiriou, I., Chrousos, G. P., Bernhardt, B.C., **Singer, T.** & Engert, V. (2021). Association between hippocampal structure and serum Brain-Derived Neurotrophic Factor (BDNF) in healthy adults: A registered report. *NeuroImage*, 236, 118011
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### Invited Keynote Talks

302. 07/2026 Keynote, Disputationes Salzburg Festival, Salzburg, Austria
301. 07/2026 Talk, David 100, St. Gilgen, Austria
300. 07/2026 Welcome Talk, David 100, St. Gilgen, Austria
299. 07/2026 Talk, Summer of Purpose Festival, Munich, Germany
298. 06/2026 Keynote, 44. Goldegg Dialogues, Goldegg, Austria
297. 05/2026 Keynote, SLOW Festival, Elmau Castle

296. 03/2026 Keynote, Symposium for Austrian Society for Osteopathy, Vienna, Austria
295. 01/2026 Talk, Dialogue of School Principals, Rosenheim, Germany
294. 12/2025 Keynote, DVR Arena (German Council for Traffic Security), Berlin, Germany
293. 12/2025 Keynote, DIVI Congress, Hamburg, Germany
292. 11/2025 Talk, Congress of Société Française d'Oncologie Intégrative (SFOI), Paris, France
291. 11/2025 Keynote, Research- and Innovationcenter, Paracelsus Medical University, Salzburg, Austria
290. 10/2025 Talk, Inner Peace Festival by Zariya Foundation (online)
289. 09/2025 Keynote, Zariya Foundation, Zurich, Switzerland
288. 09/2025 Lecture, Münsterlinger Lectures, Spital Thurgau AG, Switzerland (online)
287. 09/2025 Keynote, Ars Electronica 2025, Linz, Austria
286. 07/2025 Keynote & Panel, DQS Audit Symposium, Seeheim, Germany
285. 06/2025 Keynote, Einstein Forum, Potsdam, Germany
284. 06/2025 Public Talk, Bodhitse, Bhutan
283. 06/2025 Keynote, Bhutan Mediation Conference, Thimpu, Bhutan
282. 05/2025 Talk & Panel, Europakloster Gut Aich, Austria
281. 05/2025 Talk, Early Life Care Conference, Salzburg, Austria
280. 05/2025 Idealab & Keynote, Meditation & Science Conference, Berlin, Germany
279. 05/2025 Keynote, Mindshift Festival, Berlin, Germany
278. 04/2025 Panel, Urban Health Summit, BBAW, Hannover, Germany
277. 11/2024 Panel, Berlin Science Week, Berlin, Germany
276. 10/2024 Keynote & Panel, Tomorrow Mind Festival, Bregenz, Austria
275. 10/2024 Keynote, Der Klang von Freiheit und Mitgefühl, Opera Frankfurt, Germany
274. 09/2024 Panel, ETH DRRS CAS2 live conversation "Neuroscience and Behavioral Change", Zurich, Switzerland (online)
273. 09/2024 Keynote, International Academy of Transformational Leadership; Opera Graz, Austria
272. 08/2024 Keynote, Tage der Dankbarkeit, Europakloster Gut Aich, Austria
271. 07/2024 Keynote, Université Côte d'Azur, Nice, France
270. 05/2024 Keynote, re:publica 2024, Berlin, Germany

- 269. 05/2024 Panel Discussion, Global Solution Summit, Berlin, Germany
- 268. 11/2023 Keynote, Wellbeing Summit, Brussels, Belgium
- 267. 11/2023 Panel Discussion, FRG and NATO Ambassador, Brussels, Belgium
- 266. 10/2023 Keynote, World's Meeting of Values, Monterrey, Mexico
- 265. 10/2023 Keynote at Contemplation by Design Summit, Stanford, USA (online)
- 264. 10/2023 Keynote at Friedenskonferenz, Berlin Germany
- 263. 10/2023 Keynote at Entrepreneur Summit, Berlin Germany
- 262. 10/2023 Talk, Albert Einstein Institut, MPI for Gravitational Physics, Golm, Germany
- 261. 09/2023 Panel Discussion, dm Gesundheitswoche, Berlin, Germany
- 260. 07/2023 Panel Discussion and Keynote at Annual IPPA Conference, Vancouver, Canada
- 259. 07/2023 Talk at Joyous Celebration Conference, Vancouver Canada
- 258. 06/2023 Talk at Achtsamkeitskreis, Freiburg, Germany
- 257. 06/2023 Keynote, PXP Festival, Berlin, Germany
- 256. 05/2023 Keynote, 34 Boston Trauma Conference, Boston, USA
- 255. 05/2023 Keynote, Austrian Health Forum, Schladming, Austria
- 254. 04/2023 Keynote, "20 Jahre Tage der Utopie", St. Arbogast, Austria
- 253. 04/2023 Keynote, Mindfulness Symposium, Istanbul, Turkey
- 252. 03/2023 Keynote, Symposium, Prague, Czech Republic
- 251. 12/2022 Welcome Talks und Panel Discussion, Symposium, Berlin
- 250. 10/2022 Special Dialogue „Joy Summit“, Dharamsala, India
- 249. 09/2022 Yehuda Elkana Forum, Berlin, Germany
- 248. 09/2022 Othering and Belonging Meeting, Berlin, Germany
- 247. 09/2022 European Mental Health Conference, Lisbon, Portugal
- 246. 09/2022 Biocamp, Geneva, Switzerland
- 245. 09/2022 Creative Economics Forum, Zurich, Switzerland
- 244. 08/2022 36x36 Conference, St. Arbogast, Austria
- 243. 06/2022 Sydvestjysk Hospital, Aarhus, Denmark (online)
- 242. 06/2022 Meditation Conference, Seoul, Korea (online)

- 241. 05/2022 Mount Madonna Center, Watsonville, USA
- 240. 05/2022 CCARE, Stanford, USA
- 239. 05/2022 Othering and Belonging Institute, Berkeley, USA
- 238. 05/2022 International Boston Trauma Conference, Boston, USA
- 237. 05/2022 Harvard Medical School, Cambridge, USA (online)
- 236. 05/2022 Keynote, Birgit Segerfeld Conference on Neuroscience, Lund Sweden
- 235. 11/2021 ACC Compassion Research Conference, Sydney, Australia (online)
- 234. 10/2021 Keynote, Entrepreneur Summit, Berlin, Germany
- 233. 10/2021 Empathy Conference, DAI, Heidelberg, Germany (online)
- 232. 10/2021 Lecture Series, How to Academy, London, UK (online)
- 231. 09/2021 Lecture Series, Novartis Forum, Basel, Switzerland (online)
- 230. 06/2021 Scientific Panel, Academy for Neuroscientific Education Management (AFNB), Heidelberg, Germany (online)
- 229. 05/2021 International Boston Trauma Conference, Boston, USA (online)
- 228. 04/2021 Lecture Series, European Commission, Brussels, Belgium (online)
- 227. 04/2021 Speaker Series, McLean Hospital/Harvard Medical School Center for Depression, Anxiety, and Stress Research's (CDASR) (online)
- 226. 03/2021 Panel, Pioneers in Education, Berlin, Germany (online)
- 225. 01/2021 Lecture Series "Neuro Design", Hasso Plattner Institut, Potsdam, Germany (online)
- 224. 11/2020 Orchestrating Winning Performance, IMD, Lausanne, Switzerland (online)
- 223. 11/2020 Continental Trendcamp 2020, Regensburg, Germany (online)
- 222. 11/2020 Association of specialists for psychosomatic meditation and psychotherapy, Berlin, Germany (online)
- 221. 10/2020 Empathy Conference, DAI, Heidelberg, Germany
- 220. 09/2020 Mindful Doctor Conference, Berlin, Germany
- 219. 06/2020 Orchestrating Winning Performance, IMD, Lausanne, Switzerland (online)
- 218. 06/2020 Digitalität20, #schuleneudenken, Federal Chancellery, Berlin, Germany (online)
- 217. 05/2020 International Boston Trauma Conference, Boston, USA (online)
- 216. 11/2019 Vivir Agradecidos, Metta-Aprendizaje Project, General Pacheco, Buenos Aires, Argentina

215. 11/2019 Conferencia Bienestar Docente y Neurociencias, Buenos Aires, Argentina
214. 11/2019 Educando a Nuestro Futuro, The Learner Space, Buenos Aires, Argentina
213. 11/2019 Cordoba State University, Cordoba City, Argentina
212. 11/2019 Federal Ministry of Education from Argentina, Buenos Aires, Argentina
211. 11/2019 Red de Escuelas de Aprendizaje, Educational Assessment and New Educational Projects, Buenos Aires Province, Argentina
210. 10/2019 Panel, Contemplative Science Symposium, Mind and Life Europe, Fürstentfeldbruck, Germany
209. 10/2019 Panel, Science Art Meditation (SAM), Strasbourg, France
208. 10/2019 Institut Francais du Leadership Positif, Lyon, France
207. 10/2019 Neurourbanistics Forum, Flidner Clinics, Berlin, Germany
206. 08/2019 Sophien & Hufeland Clinic, Weimar, Germany
205. 08/2019 Webbased Psychotherapy, Flidner Clinics, Berlin, Germany
204. 07/2019 Tech Open Air Conference, Berlin, Germany
203. 06/2019 Wisdom Together Conference, Munich, Germany
202. 06/2019 Cortona Week 2019, Todi, Italy
201. 05/2019 Achtsamkeit, Heiligenfelder Kongress, Bad Kissingen, Germany
200. 09/2018 Vivir agradecidos, Buenos Aires, Argentina
199. 09/2018 Neurociencias Contemplativas, Isla El Descanso, Buenos Aires, Argentina
198. 09/2018 Educating our Future, CCK, Buenos Aires, Argentina
197. 05/2018 Federal Ministry of Defense (Germany)
196. 04/2018 Bogliasco Fellowship, Italy
195. 04/2018 National Institutes of Health (online Roundtable)
194. 11/2017 Contemplative Sciences Center, University of Virginia, Charlottesville, VA, USA
193. 11/2017 Symposium "The science of mindfulness and compassion", Harvard University, Cambridge, MA, USA
192. 11/2017 Massachusetts Institute of Technology, Cambridge, MA, USA
191. 11/2017 Yale Social Current Works Series, Yale University, New Haven, CT, USA
190. 11/2017 MITx ULab Live Session, Cambridge, MA, USA

189. 10/2017 Plenary Talk, Harvard Medical School Interprofessional Education Conference, Boston, MA, USA
188. 10/2017 Internal Family Systems Annual Conference “Self-led activism: Releasing your inner change agent”, Providence, RI, USA
187. 10/2017 Center for Healthy Minds, University of Madison-Wisconsin, Madison, WI, USA
186. 07/2017 5th World Congress on Positive Psychology, Montreal, QC, Canada
185. 06/2017 Lecture, Mind & Life Summer Research Institute 2017 on Intersubjectivity and Social Connectivity
184. 05/2017 Lecture, “The brains that pull the triggers – 3<sup>rd</sup> Paris Conference on Syndrom E”, Paris, France
183. 03/2017 Keynote Lecture, 59<sup>th</sup> Conference of Experimental Psychologists (Tagung experimentell arbeitender Psychologen; TeaP), Dresden, Germany
182. 03/2017 Lecture, The Berkeley Psychophysiology Laboratory, University of California, Berkeley, CA, USA
181. 03/2017 Keynote Lecture, 10<sup>th</sup> Annual Meeting of the Social and Affective Neuroscience Society (SANS), Los Angeles, CA, USA
180. 02/2017 Workshop, Oxford Masterclass, Oxford Mindfulness Centre, UK
179. 01/2017 Keynote Lecture, Budapest CEU Conference on Cognitive Development (BCCCD), Budapest, Hungary
178. 12/2016 Keynote Lecture, Hertie Institute for Clinical Brain Research, Tübingen, Germany
177. 11/2016 Talk, Meditation und Wissenschaft, Interdisziplinärer Kongress zur Meditations- und Bewusstseinsforschung, Berlin, Germany
176. 11/2016 Congress of the German Association for Psychiatry, Psychotherapy and Psychosomatics (DGPPN), Berlin, Germany
175. 10/2016 Mindsight Congress, Berlin, Germany
174. 10/2016 Center for Mindfulness, Worcester, MA, USA
173. 10/2016 Center for Mindfulness and Compassion, Somerville, MA, USA
172. 10/2016 Brown University, Providence, RI, USA
171. 10/2016 Center for Compassion and Altruism Research and Education, Harvard Medical School, Boston, MA, USA
170. 10/2016 Institute for Advanced Sustainability Studies e. V. (IASS), Potsdam, Germany
169. 09/2016 Opening of the Leipzig Research Center for Early Child Development, Leipzig, Germany

168. 09/2016 50<sup>th</sup> Congress of German Society for Psychology, Leipzig, Germany
167. 09/2016 Meeting with H. H. the 14<sup>th</sup> Dalai Lama, Strasbourg, France
166. 09/2016 ERC Scientific Seminars, Brussels, Belgium
165. 09/2016 Power and Care Conference. "A Mind & Life Dialogue with H. H. the Dalai Lama", Brussels, Belgium
164. 04/2016 The European Neurophenomenology, Contemplative, and Embodied Cognition Network (ENCECON), Château de la Bourlie, Urval, France
163. 11/2015 Keynote Lecture, Central Institute of Mental Health (Zentralinstitut für Seelische Gesundheit), Scientific Symposium „WISSEN.SCHAFT.GESUNDHEIT“, Mannheim, Germany
162. 11/2015 Global Social Business Summit, Berlin, Germany
161. 10/2015 Global Economic Symposium (GES), Kiel, Germany
160. 08/2015 Mind & Life European Summer Research Institute (ESRI), Chiemsee, Germany
159. 07/2015 Keynote Lecture, International Society for Research on Emotion (ISRE), Geneva, Switzerland
158. 06/2015 University of Oxford, UK
157. 06/2015 Institute of Government, London, UK
156. 06/2015 Institute of Philosophy, School of Advanced Study, University of London, UK
155. 06/2015 MRC Social, Genetic, & Developmental Psychiatry (SGDC) Centre, Institute of Psychiatry, King's College London, UK
154. 06/2015 Institute of Cognitive Neuroscience, University College London, UK
153. 06/2015 Psychotherapeutenkammer, Berlin, Germany
152. 05/2015 BDVT Camp, Berlin, Germany
151. 04/2015 4<sup>th</sup> Annual Lecture in Cognitive Science, Colloquium, University of Vienna, Austria
150. 04/2015 Tage der Utopie, St. Arbogast, Austria
149. 04/2015 Novartis, Basel, Switzerland
148. 03/2015 International Convention on Psychological Science (ICPS), Amsterdam, Netherlands
147. 02/2015 LEAD, Leadership Symposium, Berlin, Germany
146. 02/2015 Berlin symposium "Towards an ecology of life and mind: Bridging being and doing in shifting times", Berlin, Germany
145. 01/2015 45<sup>th</sup> Annual Meeting of the World Economic Forum (WEF), Davos, Switzerland

144. 12/2014 LeWeb, Paris, France
143. 12/2014 DEC Colloquium, Cognitive Science Department, École Normale Supérieure (ENS), Paris, France
142. 11/2014 Congress of the German Association for Psychiatry, Psychotherapy and Psychosomatics (DGPPN), Berlin, Germany
141. 11/2014 8<sup>th</sup> MBSR-MBCT Conference, Leipzig, Germany
140. 11/2014 Colloquium, Department of Psychology, Harvard University, Cambridge, MA, USA
139. 11/2014 Mind & Life Institute, Amherst College, MA, USA
138. 11/2014 Keynote Talk, International Symposium for Contemplative Studies (ISCS), Boston, MA, USA
137. 10/2014 Congress “Brain circuits for positive emotions”, Monte Verità, Ascona, Switzerland
136. 09/2014 Wisdom2.0 – Fostering Wisdom & Wellness in the Technology Age, Google, Dublin, Ireland
135. 08/2014 Mind & Life European Summer Research Institute (ESRI) “Towards a contemplative science in Europe”, Frauenchiemsee, Germany
134. 07/2014 Symposium “Vertrauen: Erosion eines Grundpfeilers unseres gesellschaftlichen Zusammenhalts?”, Alfred Herrhausen Society, Berlin, Germany
133. 06/2014 Netzwerktreffen, St. Arborgast, Austria
132. 06/2014 Satellite Symposium “New perspectives and future directions in social neuroscience”, Marburg, Germany
131. 04/2014 Society for Affective Science (SAS), Washington, DC, USA
130. 04/2014 2<sup>nd</sup> Spirit of Humanity Forum “The power of love and compassion in governance – Sharing actions for effective change”, Reykjavik, Iceland
129. 01/2014 44<sup>th</sup> Annual Meeting of the World Economic Forum (WEF), Davos, Switzerland
128. 01/2014 DLD14 Conference, Munich, Germany
127. 10/2013 Semester Opening Lecture, Berlin School of Mind and Brain, Germany
126. 10/2013 Planning Meeting for a MaxNetIdentity, MPG-Wissenschaftsforum, Berlin, Germany
125. 10/2013 Symposium for Contemplative Studies, Mind & Life Europe, Berlin, Germany
124. 10/2013 Global Economic Symposium (GES), Kiel, Germany
123. 10/2013 Congress “Achtsamkeit und Mitgefühl in Medizin, Therapie und Gesellschaft“, Freiburg, Germany
122. 06/2013 Symposium “Fostering learning through emotions and immersive

environments”, Geneva, Switzerland

121. 05/2013 4<sup>th</sup> International Forum on Buddhism and Medicine “Empathy, compassion and health”, Lerab Ling, France
120. 05/2013 3<sup>rd</sup> Symposium on Biology of Decision-Making (SBDM), Paris, France
119. 04/2013 “Processwork meets science – Focus empathy”, Hanuman Institute, Berlin, Germany
118. 01/2013 Delhi University, Delhi, India
117. 01/2013 Mind & Life XXVI Conference “Mind, brain, and matter”, Drepung Monastery, Mundgod, Karnataka, India
116. 10/2012 Global Economic Symposium (GES), Rio de Janeiro, Brazil
115. 07/2012 ASSC16 Association for the Scientific Study of Consciousness, Brighton, UK
114. 06/2012 Technical University of Munich, Germany
113. 06/2012 Evangelische Stadtakademie, Munich, Germany
112. 06/2012 Süddeutsche Zeitung Auditorium, Munich, Germany
111. 06/2012 Ludwig Maximilian University Munich, Germany
110. 06/2012 Presencing Global Forum, Berlin, Germany
109. 05/2012 Bauhaus University Weimar, Germany
108. 04/2012 International Symposia for Contemplative Studies, Denver, CO, USA
107. 04/2012 Social & Affective Neuroscience Meeting (SAN), New York, NY, USA
106. 03/2012 Brain Awareness Week, Urania, Berlin, Germany
105. 02/2012 Max Planck Forum, Berlin, Germany
104. 02/2012 Institute Colloquium, Humboldt University Berlin, Germany
103. 02/2012 Bühlerkolloquium, Technical University of Dresden, Germany
102. 01/2012 42<sup>nd</sup> Annual Meeting of the World Economic Forum, Davos, Switzerland
101. 10/2011 MBSR-MBCT Conference 2011, Berlin, Germany
100. 10/2011 International Symposium “Neurobiological correlates of social relations”, Freiburg, Germany
99. 09/2011 Conference “Prendre soin de soi, prendre soin des autres”, Brussels, Belgium
98. 09/2011 43<sup>rd</sup> European Brain and Behaviour Society Meeting, Sevilla, Spain
97. 07/2011 Workshop “How to train compassion”, Berlin, Germany

96. 07/2011 EASP pre-conference "Social psychology and the neurosciences: Perspectives and pitfalls", Stockholm, Sweden
95. 07/2011 Conference "Empathy and the blocking of empathy", Berlin, Germany
94. 05/2011 Conference "Implications of research on the neuroscience of affect, attachment and social cognition", London, UK
93. 04/2011 Workshop "The social brain", Cambridge, UK
92. 03/2011 Conference "Opportunities and challenges in social neuroscience", Utrecht, the Netherlands
91. 03/2011 Anniversary Symposium of the Freiburger Ausbildungsinstitut für Verhaltenstherapie, Albert Ludwig University Freiburg, Germany
90. 02/2011 4<sup>th</sup> Scientific Meeting for Autism Spectrum Conditions (WTAS), Berlin, Germany
89. 02/2011 Minisymposium "Neuro- und Verhaltensbiologie", Berlin-Brandenburg Academy of Sciences and Humanities (BBAW), Berlin, Germany
88. 02/2011 Colloquium at the Max Planck Institute for Psychiatry, Munich, Germany
87. 01/2011 41<sup>st</sup> Annual Meeting of the World Economic Forum, Davos, Switzerland
86. 01/2011 6<sup>th</sup> Edition of the Alpine Brain Imaging Meeting, Champéry, Switzerland
85. 12/2010 Conference "New frontiers in brain research", Berlin, Germany
84. 12/2010 Conference "The second person perspective", Berlin, Germany
83. 11/2010 Congress "Meditation & Wissenschaft", Berlin, Germany
82. 11/2010 Symposium "Interacting minds: An interdisciplinary approach to social cognition", Berlin, Germany
81. 11/2010 Berlin Alexithymia Conference 2010, Germany
80. 11/2010 Falling Walls 2010 – The Berlin Conference on Future Breakthroughs in Science and Society, Berlin, Germany
79. 11/2010 Congress "Anxiété < > Dépression: Dimensions relationnelles", Association Française des Troubles Anxieux et de la Dépression (AFTAD), Paris, France
78. 10/2010 Laudation, Fairness Stiftung, Frankfurt, Germany
77. 10/2010 Symposium "The embodied mind: Perspectives and limitations", Radboud University, Nijmegen, the Netherlands
76. 09/2010 INCORE Conference "Cooperation: An interdisciplinary dialogue", Budapest, Hungary
75. 06/2010 Nobel Forum, Karolinska Institute (200-year anniversary), Stockholm, Sweden

74. 05/2010 3<sup>rd</sup> Annual Meeting of the Law and Neuroscience Project (supported by the MacArthur Foundation), Santa Barbara, CA, USA
73. 05/2010 Center for Compassion and Altruism Research and Education (CCARE) Meng-Wu Lecture Series, Stanford University School of Medicine, Stanford, CA, USA
72. 05/2010 Sage Center for the Study of the Mind, University of California, Santa Barbara, CA, USA
71. 04/2010 Mind & Life XX Conference “Altruism and compassion in economic systems: A dialogue at the interface of economics, neuroscience and contemplative sciences”, Zurich, Switzerland
70. 03/2010 “Meditation, empathy, and embodiment” (12<sup>th</sup> Meeting of the Junior Researchers’ Group Philosophy of the Mind), University Hospital Zurich, Switzerland
69. 12/2009 University of Konstanz, Germany
68. 08/2009 Conference “Compassion”, Max Planck Institute for Human Development, Berlin, Germany
67. 06/2009 Conference “Doing emotions: Past, present, and future”, Max Planck Institute for Human Development, Berlin, Germany
66. 06/2009 Conference “The primate mind: Built to connect with other minds” (organized by F.B.M. de Waal, Yerkes National Primate Research Center, Emory University, Atlanta, & P.F. Ferrari, Università degli studi di Parma), Erice, Sicily, Italy
65. 05/2009 Stockholm Brain Institute Lecture, Karolinska University Hospital, Stockholm, Sweden
64. 03/2009 Compassion Definitions Conference, Stanford University, CA, USA
63. 01/2009 Inaugural Conference on Buddhism and Science (with Tenzin Gyatso, H. H. the 14<sup>th</sup> Dalai Lama), Central University of Tibetan Studies, Sarnath, India
62. 12/2008 Conference of the Dutch Scientific Social Psychology Association, VU University Amsterdam, the Netherlands
61. 11/2008 Symposium “Cognitive neuroscience: From molecule to man” (on the occasion of the opening of the Donders Institute for Brain, Cognition and Behaviour), Radboud University Nijmegen, the Netherlands
60. 11/2008 Conference “Values and empathy across social barriers: A neurocognitive approach to fairness: The first Barcelona social neuroscience conference” Fundació “La Caixa”, The Science Museum of the Caixa Foundation, Barcelona, Spain
59. 10/2008 2<sup>nd</sup> Annual Conference on Happiness & Its Causes, World Happiness Forum, London, UK
58. 09/2008 European Science Foundation Exploratory Workshop on Mirror Neurons and Social Cognition, Turin, Italy
57. 09/2008 Cortona 2008: “Belief vs. knowledge”, Cortona, Italy

56. 08/2008 8<sup>th</sup> International Congress of the F. M. Alexander Technique, Lugano, Switzerland
55. 05/2008 Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, Germany
54. 04/2008 Free University, Berlin, Germany
53. 04/2008 Mind & Life Meeting with H.H. the 14<sup>th</sup> Dalai Lama, Ann Arbor, MI, USA
52. 04/2008 Department of Psychiatry, University of California, San Francisco, CA, USA
51. 03/2008 BrainFair 2008: Emotions, University of Zurich, Switzerland
50. 03/2008 Interacting Minds Project, Aarhus University Hospital, Aarhus C, Denmark
49. 11/2007 The Compassionate Mind (with Matthieu Ricard, Tibet), Dana Centre, London, UK
48. 11/2007 Max Planck Institute for Evolutionary Anthropology, Leipzig, Germany
47. 10/2007 Max Planck Institute for Human Development, Berlin, Germany
46. 10/2007 Presidential Lecture at the German Pain Congress, Berlin, Germany
45. 09/2007 Neuroscience Center Zurich (ZNZ) Symposium 2007, University of Zurich, Switzerland
44. 07/2007 Summer camp "Synergy: The intelligence of the collective", Center for Experimental Societal Design (ZEGG), Belzig, Germany
43. 07/2007 University Clinic Hamburg-Eppendorf, Research Focus Group: Neurosciences, Hamburg, Germany
42. 07/2007 Neurofinance Symposium, Zurich, Switzerland
41. 06/2007 Ernst Strüngmann Forum, Frankfurt Institute for Advanced Studies (FIAS), Frankfurt/Main, Germany
40. 06/2007 6<sup>th</sup> Zurich Symposium for Clinical Psychiatry, Psychiatric University Clinic, Zurich, Switzerland
39. 05/2007 NCCR Affective Sciences Workshop "Empathy and prosocial behavior: Are they linked?", Geneva, Switzerland
38. 04/2007 Conference "Mind & Life XIV: A dialogue on the universe in a single atom" (with Tenzin Gyatso, H. H. the 14<sup>th</sup> Dalai Lama), Dharamsala, India
37. 03/2007 Biology of Prosocial Behavior Workshop, Consulate of Switzerland, Swiss House for Advanced Research and Education (SHARE), Cambridge, MA, USA
36. 02/2007 "Social brain" Neurology Symposium, Valens, Switzerland
35. 01/2007 Collegium Helveticum Lectures „Gefühle zeigen – Manifestationsformen emotionaler Prozesse“, Zurich, Switzerland
34. 12/2006 GlaxoSmithKline Advanced Lectures on Clinical and Experimental Neurology, "Social Cognition", London, UK

33. 07/2006 Max Planck Institute for Human Development, Berlin, Germany
32. 04/2006 Health Emotion Symposium: Social Brain, Madison, WI, USA
31. 04/2006 UK–German Frontier of Science Meeting, Cambridge, UK
30. 03/2006 Gruter Institute, Cambridge, UK
29. 03/2006 Brain Awareness Week, Rome, Italy
28. 03/2006 Institut Jean Nicod, Paris, France
27. 01/2006 McGovern Institute for Brain Research at MIT, Boston, MA, USA
26. 12/2005 International Workshop “Contribution of mirroring processes to human mindreading”, Château de Maffliers, France
25. 10/2005 Novartis Symposium “Empathy and fairness”, London, UK
24. 06/2005 Institut des Sciences Cognitives, Lyon, France
23. 05/2005 Brain Meeting, Wellcome Department of Imaging Neuroscience, London, UK
22. 05/2005 Institute of Psychiatry, Munich, Germany
21. 05/2005 Bernard Wolfe Health Neuroscience Symposium, Cambridge, UK
20. 04/2005 Helmholtz Club, University of California, Irvine, CA, USA
19. 04/2005 Brain Research Institute, University of California, Los Angeles, CA, USA
18. 04/2005 California Institute of Technology, Pasadena, CA, USA
17. 04/2005 Salk Institute, La Jolla, CA, USA
16. 03/2005 Cognitive Brain Seminar, University of Geneva, Switzerland
15. 03/2005 L’altruism: ses mecanismes et ses fonctions, Veme Rencontre du Group “Cerveau-Esprit”, Sion, Switzerland
14. 01/2005 Neuroscientific Foundations of Economics, Annual Meeting of the American Economic Association, Philadelphia, PA, USA
13. 11/2004 Academia Helvetica, Zurich, Switzerland
12. 09/2004 Symposium “Brain-behavior dynamics across the lifespan: Methods and concepts”, Max Planck Institute for Human Development, Berlin-Doelln, Germany
11. 05/2004 School of Psychology, University of Wales, Bangor, UK
10. 02/2004 Symposium “The emotional basis of cooperation and punishment”, Santa Fe Institute, Santa Fe, New Mexico
9. 02/2004 Institute of Psychology, University of Vienna, Austria

8. 01/2004 Symposium "Dance and the brain", Bockenheimer Depot, Municipal Theater and Opera, Frankfurt am Main, Germany
7. 01/2004 Symposium "Neuroscience and economics", Functional Imaging Laboratory, London, UK
6. 10/2003 Methods Seminar, Wellcome Department of Imaging Neuroscience, London, UK
5. 09/2002 Summer school entitled "Young academy of emotions", Villa Vigoni, Lovenzo di Menaggio (Como), Italy
4. 09/2002 43<sup>rd</sup> Meeting of the German Psychological Society (DGPs), Berlin, Germany
3. 10/2001 Department of Psychology, Philipp University Marburg, Germany
2. 07/2001 3<sup>rd</sup> International Conference on Memory, Valencia, Spain
1. 03/2001 5<sup>th</sup> Biennial Meeting of the German Society for Gerontopsychiatry and -psychotherapy (DGGPP), Berlin, Germany

### Teaching Activities

67. Workshop, Bruder David 100, St. Gilgen, Austria, July, 2026
66. Workshop, Swiss Center for Mindfulness, Zurich, Switzerland, June 2026
65. Dyadworkshop, 44. Goldegg Dialogues, Goldegg, Austria, June 2026
64. Workshop, MBSR Education, Berlin, Germany, March 2026
63. ReConnect Course, Heart2Business, Salzburg, Austria, September 2025
62. Workshop, Swiss Mindfulness, Zurich, Switzerland, September 2025
61. Workshop, Khesar Gyalpo University of Medical Sciences, Bhutan, June 2025
60. Practical Session, Bhutan Mediation Conference, Thimpu Bhutan, June 2025
59. Workshop, Europakloster Gut Aich, Austria, May 2025
58. *How to train the Social Brain - The Neuroscience of Empathy, Compassion Caring Systems, Diplôme Universitaire de Médecine Méditation et Neurosciences*, Mont St. Odile, France (online), May 2025
57. ReConnect Workshop, Lufthansa, Seeheim, Germany, May 2025
56. ReConnect Compassion Journey, Berlin, Germany, March 2025
55. Workshop, PCM Symposium, Berlin, Germany, September 2024
54. Workshop, Tage der Dankbarkeit, Europakloster Gut Aich, Austria, August 2024

53. Workshop, Tanz mit der Stille, Freiburg, Germany, June 2024
52. Workshop, MBSR Education, Berlin, Germany, March 2024
51. *Masterclass Reconnect into Society*, St. Arbogast, Austria, February 2024
50. *How to train the Social Brain - The Neuroscience of Empathy, Compassion Caring Systems*, Diplôme Universitaire de Médecine Méditation et Neurosciences", Mont St. Odile, Frankreich (online), January 2024
49. Workshop, World's Meeting of Values, Monterrey, Mexico, October 2023
48. Lecture, VW, (online) July 2023
47. *ReConnect for Healthcare Masterclass "Burnout or Resilience? From Empathic Distress to Compassion"* Diplôme Universitaire de Médecine Méditation et Neurosciences", Mont St. Odile, France, June 2023
46. Lecture University Witten-Herdecke, (online) June 2023
45. Workshop (with Ron Siegel), 34 Boston Trauma Conference, Boston, USA, May 2023
44. Lecture, Rekhi Foundation, Delhi, India (online), March 2023
43. Mindfulness-Salon, MBSR Society, Berlin (online), January 2023
42. *The Neuroscience of Empathy, Compassion and its Placticity: Lessons from the ReSource and CovSocial Project*, Diplôme Universitaire de Médecine Méditation et Neurosciences", Mont St. Odile, Frankreich (online), January 2023
41. Workshop, MBSR Education, Berlin, Germany, November 2022
40. Lecture, AchtSam University Salzburg, Austria (online), November 2022
39. Workshop, Mount Madonna Center, Watsonville, USA, June 2022
38. Workshop (with Ron Siegel), 33 Boston Trauma Conference, Boston, USA, May 2022
37. Masterclass Reconnect to Society, Schloss Neuhausen, Germany, March 2022
36. Lecture, AchtSam University Salzburg, Austria (online), November 2021
35. Workshop, Emerge Gathering, Berlin, Germany, October 2021
34. *ReConnect for Healthcare Masterclass "Burnout or Resilience? From Empathic Distress to Compassion"* Diplôme Universitaire de Médecine Méditation et Neurosciences", Mont St. Odile, France, July 2021
33. *The Neuroscience and Spiritual Practice of Love and Compassion in Service of a More Caring Society*, Spirit of Humanity Forum, Berlin, June 2021
32. *The Neuroscience of Empathy, Compassion and Prosociality: Lessons from the ReSource Project*, Diplôme Universitaire de Médecine Méditation et Neurosciences", Mont St. Odile, France, January 2020

31. *Beyond Mindfulness: A Social Neuroscience Perspective on How to Cultivate Mind and Heart*, Cortona Week Summerschool, Todi, Italy, July 2019
30. *The Neuroscience of Empathy, Compassion and Prosociality: Lessons from the ReSource Project*, Diplôme Universitaire de Médecine Méditation et Neurosciences", Mont St. Odile, France, January 2019
29. *Plasticity of the Social Brain: Effects of a One-year Mental Training Study on Social Connectedness, Compassion, Theory of Mind, Social Stress and the Body*, Mind & Life Summer Research Institute Garrison Institute, Garrison, New York, USA, June 2017
28. *Lessons from the ReSource Project: Effects of a One-Year Mental Training on Brain Plasticity, Compassion, Perspective Taking, Attention, Stress, Interoception and Prosocial Behavior*, Oxford Mindfulness Center, Oxford, UK, February 2017
27. *Lessons from the ReSource Project: How can we get from the cultivation of consciousness, brain, and behavior to a more caring society?* European ReSearch Summer School (ESRI), Chiemsee, Germany, August 2015
26. *When socio-affective neurosciences meets decision sciences: The puzzle of understanding and cooperating with others*, Humboldt University and Berlin School of Mind and Brain School, Berlin, Germany, Winter 2014-2015
25. Mini-course (graduate level), Department of Economics, University of Zurich, Switzerland, Winter 2014-2015
24. *Integrating First- and Third-Person Perspective in Contemplative Neuroscience: Examples and Challenges* European Research Summer School (ESRI), Chiemsee, Germany, August 2014
23. *Empathie – Wie kann sich der Mensch mental und emotional in andere hineinversetzen?* Ringvorlesung „Miteinander – Füreinander? Sozialverhalten von Menschen und Affen", Georg August University Göttingen, Germany, Winter 2011-2012
22. *Introduction to neuroeconomics and social neuroscience* (undergraduate level), University of Zurich, Switzerland (with Grit Hein, Susanne Leiberg, Nikolaus Steinbeis), Spring 2010
21. *Foundations of human social behavior* (post-graduate level), University of Zurich, Switzerland (with Ernst Fehr, Klaas Enno Stephan), Spring 2010
20. *Introduction to Neuroeconomics and Social Neuroscience* (undergraduate level) University of Zurich (with Grit Hein, Susanne Leiberg, Nikolaus Steinbeis), Fall 2009
19. *Social Neuroscience* (graduate level), University of Zurich, Switzerland, Fall 2009
18. *Frontiers in social neuroscience and neuroeconomics* (post-graduate level) University of Zurich, Switzerland (with Ernst Fehr, Klaas Enno Stephan), Fall 2009
17. *Foundations of human social behavior* (post-graduate level), University of Zurich (with Ernst Fehr, Markus Heinrichs, Klaas Enno Stephan), Fall 2009
16. 3<sup>rd</sup> Cargèse Summer School on Consciousness (*Self-consciousness and Consciousness of others*), Institut d'Etudes Scientifiques de Cargèse, Corsica, France, May 2009
15. *Social Neuroscience* (graduate level), University of Zurich, Switzerland (with Olga Klimecki, Romana Snodgrass), Spring 2009

14. *Foundations of human social behavior* (post-graduate level), University of Zurich (with Ernst Fehr, Markus Heinrichs, Klaas Enno Stephan), Spring 2009
13. *Social Neuroscience* (graduate level), University of Zurich, Switzerland, Fall 2008
12. *Frontiers in social neuroscience and neuroeconomics* (post-graduate level), University of Zurich (with Ernst Fehr, Markus Heinrichs, Klaas Enno Stephan), Fall 2008
11. *Foundations of human social behavior* (post-graduate level), University of Zurich (with Ernst Fehr, Markus Heinrichs, Klaas Enno Stephan), Fall 2008
10. Mind & Life Summer Research Institute, Garrison Institute, Garrison, New York, USA, June 2008
9. *Social Neuroscience* (graduate level), University of Zurich, Switzerland, Spring 2008
8. *Foundations of human social behavior* (post-graduate level), University of Zurich (with Ernst Fehr, Markus Heinrichs, Klaas Enno Stephan), Spring 2008
7. *Social Neuroscience* (graduate level), University of Zurich, Switzerland, Fall 2007
6. *Foundations of human social behavior* (post-graduate level), University of Zurich (with Ernst Fehr, Markus Heinrichs), Fall 2007
5. MRC/CSHL Summer Workshop "*The biology of social cognition*", St. Anne's College, University of Oxford, United Kingdom, July 2007
4. 5<sup>th</sup> European Neuro-IT and Neuroengineering School "*Cognition & Action*", Hanse Institute for Advanced Study (HWK), Delmenhorst, Germany, July 2007
3. *Social Neuroscience* (graduate level), University of Zurich, Switzerland, Spring 2007
2. *Foundations of human social behavior* (post-graduate level), University of Zurich, Switzerland (with Ernst Fehr, Markus Heinrichs, and Michael Kosfeld), Spring 2007
1. PENS-Hertie Winter School "*Brain basis of social interaction: From concepts to imaging*", Kitzbühl, Austria, December 2006