

Department of Medical Social Sciences

Northwestern University Feinberg School of Medicine
Chicago, Illinois

Postdoctoral Position: **Fellowship in Mindfulness and Medicine**

Overview

The Department of Medical Social Sciences (MSS), Feinberg School of Medicine, Northwestern University invites applications for post-doctoral candidates with strong skills in psychometric analysis. The Department provides a unique scientific home for applied researchers who integrate biomedical and social science approaches to improvement of health and health care delivery across the lifespan (www.mss.northwestern.edu). MSS provides rich resources for conducting research including a broad scientific portfolio with multiple, large scale datasets across the lifespan, biostatistical and health informatics cores, expertise in assessment methods and collaborative relationships across Northwestern's biomedical and life sciences campuses. In particular, MSS and its Center on Patient-Centered Outcomes within the Institute for Public Health & Medicine has an extensive array of funded research focused on patient-centered outcomes research including outcomes measurement, psychometrics, quality of life, symptom management, and comparative effectiveness research.

Description of the position:

The [Consciousness in Health Research Lab](#) in the [Department of Medical Social Sciences](#) at Northwestern University's Feinberg School of Medicine is seeking strong applicants for a new postdoctoral fellowship focusing on mindfulness and related contemplative practices to inform evidence-based measurement and intervention science in oncology and other medical patient populations.

Supported in part by two NIH R01 mindfulness research grants ([R01AT009539](#), [R01CA193331](#)), this is a full-time position for an individual interested in developing and implementing patient-centered research projects that focus on improving the measurement of mindfulness, and application of mindfulness-based interventions for cancer survivors and their caregivers. Other opportunities exist to contribute to the development and testing of a new mindfulness app, as well as analysis and dissemination of data collected in recently completed mindfulness RCTs. The postdoctoral research fellow will actively participate in funded studies in order to gain expertise in all aspects of project development, grant writing, study implementation, data analyses, and manuscript writing. The fellow will receive guidance from faculty mentors in the development of independent research interests and grant proposals. Fellows will be able to take full advantage of training, education, and mentorship opportunities offered through Northwestern University.

The [Consciousness in Health Research Lab](#) is led by David Victorson, PhD. We apply innovative methodologies and evidence-based practices to improve health, quality of life, and well-being in medical patient populations (such as cancer), caregivers, and medical students, residents, and other healthcare professionals. Our research focuses on the areas of: 1) contemplative awareness practices (mindfulness, yoga, connection with nature) in relation to indicators of quality of life and well-being, emotion regulation, and neuroendocrine, immune, and

HPA-Axis functioning; 2) digital health solutions to facilitate social connection, self-management and health behavior change; 3) patient-centered outcomes measurement development and validation using advanced psychometric theory, design and applications; and 4) community engaged research partnerships to insure our approach and understanding is grounded and guided by the wisdom and interests of those most affected by our work; and 5) multilevel, minimally invasive measurement approaches, including biological, physiological, and self-report.

Qualifications:

- Doctorate in clinical or counseling psychology, nursing, or a related behavioral/social sciences field
- Previous training and experience delivering mindfulness-based interventions
- Background in biostatistics/strong data analysis skills
- Prior experience conducting clinical or community-based research related to cancer survivorship and symptom control
- Background or interest in investigating the biological correlates of mindfulness and related practices
- Strong work ethic and a commitment to becoming an independent scientist
- Excellent communication skills and fluency in spoken and written English

Appointment:

- 1 year, renewable for up to 2 years
- Salary and benefits are highly competitive and based on training and years of experience

Application procedure:

Interested candidates should send a CV, including contact information for 3 references, as well as a brief statement describing experience, goals and reasons for the interest in this position to: Dr. David Victorson (d-victorson@northwestern.edu).

Northwestern University is an Equal Opportunity, Affirmative Action Employer of all protected classes, including veterans and individuals with disabilities. Women and minorities are encouraged to apply. Hiring is contingent upon eligibility to work in the United States.