

David Charles Saunders, MD PhD

Yale Child Study Center
230 S. Frontage Road
New Haven, CT 06520
david.saunders@yale.edu

160 Theodore Fremd Ave, Apt A8
Rye, NY, 10580
david.c.saunders@gmail.com
646-708-5112

<p>Work 2015-Present</p>	<p>Yale Child Study Center Clinical and Research Fellow Albert J. Solnit Integrated Training Program Adult, Child and Adolescent Psychiatry</p>
<p>Education 2015 2014 2007</p>	<p>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></p>
<p>Publications</p>	<p>Saunders, D; Norko, M; Fallon, B; Niels, J. "Varieties of Religious (Non)Affiliation: A primer for mental health practitioners on the 'Spiritual But Not Religious' and the 'Nones'". (2019) Under review.</p> <p>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.</p> <p>Phillips, J; Fallon, B; Norko, M...Saunders, D. "Religion and Psychiatry in the Age of Neuroscience". (2019) Under Review.</p> <p>Saunders, D; Kober, H. "Stage Model Development of Mindfulness-Based Interventions in Child and Adolescent Psychiatry." (2017) In revision.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Saunders, D. "Life, Death and Mind-Body Medicine Across the Lifespan." <i>American Journal of Psychiatry, Resident's Journal</i>, 2017, 12, 2:2.</p> <p>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.</p> <p>Andrews, J P, Taylor, J, Saunders, D, Qayyum, Z. "Peduncular Psychosis." <i>BMJ Case Reports</i>, 2016, 10, doi:10.1136/bcr-2016-216165.</p>

	<p>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.</p> <p>Saunders, D. Child and Adolescent Psychiatry Chapter, <i>Yale Pediatrics Residency Survival Guide</i>, 2016.</p> <p>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.</p> <p>Saunders, D. "Self and No-Self in Mindfulness-Based Stress Reduction." <i>Unpublished Doctoral Dissertation</i>, Emory University, Atlanta, GA, 2015.</p> <p>Saunders, D. "Mindful America: A Book Review." <i>U.S. Studies Online</i>, June 2015.</p> <p>Saunders, D. "Has Meditation Gone Mainstream? Blame Science!" <i>Cornell Daily Sun</i>, 12 April 2013.</p>
Invited Talks	<p>"Mindfulness-Based ADHD Treatment for Children", Yale Child Study Center, Grand Rounds (2019)</p>
Chaired Conference Symposia	<p>"Meditative Interventions in Child and Adolescent Psychiatry", American Academy of Child and Adolescent Psychiatry, 2019</p> <p>"Mindfulness-Based Interventions in Child and Adolescent Psychiatry", American Academy of Child and Adolescent Psychiatry, 2015</p>
Oral Presentations	<p>"Mindfulness-Based ADHD Treatment for Children: a Pilot Study." American Academy of Child and Adolescent Psychiatry, Annual Conference (2019)</p> <p>"Mindfulness-Based ADHD Treatment for Children: a Feasibility Study." American Psychiatric Association Research Colloquium (2017)</p> <p>"Self and No-Self in Mindfulness-Based Stress Reduction", International Symposium for Contemplative Studies (2016)</p> <p>"Meditation Practices in Child and Adolescent Psychiatry", American Academy of Child and Adolescent Psychiatry (2014)</p> <p>"Tibetan Buddhism and Tuberculosis", M.D./PhD. Humanities and Medicine National Conference (2009)</p>
Poster Presentations	<p>Mind and Life Summer Research Institute (2019)</p> <ul style="list-style-type: none"> • Mindfulness-Based ADHD Treatment for Children: a Feasibility Study <p>Association for Behavioral and Cognitive Therapies (2018)</p> <ul style="list-style-type: none"> • Parental Survey on Attitudes and Utilization of Traditional and Non-Traditional ADHD Interventions <p>American Academy of Child and Adolescent Psychiatry (2018)</p> <ul style="list-style-type: none"> • ADHD Treatments for Children: Parental Perspectives <p>American Psychiatric Association (2017)</p> <ul style="list-style-type: none"> • Mindfulness-Based ADHD Treatment for Children: a Feasibility Study

	<p>Anxiety Disorders Association of America (2012)</p> <ul style="list-style-type: none"> Religiosity Predicts Depressive Symptoms <p>Mind and Life Symposia for Contemplative Studies (2012)</p> <ul style="list-style-type: none"> Self and Subjectivity in Mindfulness Meditation <p>Western Regional Global Health Education Conference (2009)</p> <ul style="list-style-type: none"> Tibetan Buddhism and Tuberculosis
Grant Support	
2019-2022	<p>NIH/NCCIH R34 AT009887 (pending)</p> <p>Title: Mindfulness-Based ADHD Treatment for Children: a Feasibility Study</p> <p>Role: Co-Investigator</p>
2017-2018	<p>American Academy of Child and Adolescent Psychiatry-Pilot Award</p> <p>Title: Mindfulness-Based ADHD Treatment for Children: a Pilot Study</p> <p>Role: Principle Investigator</p>
2015-2021	<p>NIH/NIMH R25 MH077823-12</p> <p>Title: Research Education for Future Physician-Scientists in Child Psychiatry</p> <p>Role: Trainee</p>
2013	<p>Gold Foundation for Humanities in Medicine</p> <p>Title: Mindfulness-Based Burnout Reduction in Medical Students</p> <p>Role: Principle Investigator</p>
2007-2008	<p>U.S. Fulbright Scholar- Nepal, medical anthropology</p>
Honors/Awards	
2018-2020	<p>National Institutes of Health Loan Repayment Award</p>
2017-2019	<p>Fellow for Leadership, American Psychiatric Association</p>
2017-2019	<p>Fellow, Group for the Advancement of Psychiatry</p>
2017	<p>American Psychiatric Association Research Colloquium Awardee</p>
2013	<p>American Academy of Child and Adolescent Psychiatry, Mentorship Program</p>
2011	<p>John Templeton Foundation Scholarship</p>
2008-2013	<p>Rogosin Institute Scholar, Weill Cornell Medical College</p>
2008-2009	<p>Summer Research Institute Fellow, Mind and Life</p>
2007	<p>Dr. J.R. Stanton Award, Most Outstanding Pre-Medical Student</p>
2003-2007	<p>Boston College Endowed Scholar</p>
Teaching	
2019	<p>Guest Lecturer, History, Psychology and Neuroscience of Mindfulness, Yale College</p>
2012	<p>Teaching Assistant, Buddhist Women Through the Ages, Emory University</p>
2012	<p>Teaching Associate, Tibetan Mandala, Emory University</p>

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 <ul style="list-style-type: none"> • Taught mindfulness and compassion-based meditations to 2nd and 3rd grade children as part of a study
2012	Introduction to Meditation (2012) <ul style="list-style-type: none"> • Emory Psychiatry Residency Program
2012	Mindfulness-Based Stress Reduction 9-Day Intensive Practicum <ul style="list-style-type: none"> • Center for Mindfulness, Worcester, MA
2011-2012	Cognitively-Based Compassion Training Practicum <ul style="list-style-type: none"> • Emory University
2011	Cognitively-Based Compassion Training <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Emory University
Extracurricular	
2012-Present	New York Athletic Club-Elite Running Team <ul style="list-style-type: none"> • 8th American Male and 40th overall in 2017 NYC Marathon
2009	Ironman Triathlete <ul style="list-style-type: none"> • Completed 2009 Louisville Ironman triathlon
2007-Present	Hiking and Trekking enthusiast: <ul style="list-style-type: none"> • 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

