



American Board of Integrative Holistic Medicine	June 2013 - Present
American Board of Neurology and Psychiatry Certification	January 2005 - Present
California Medical License (CA73056)	2000 - Present
United States Medical Licensing Examination, Step 1-3	1995 - 1998

### Academic Administrative Appointments

Member	
MHealth Fairview/UMN Psychiatry and Behavioral Sciences	2017 - Present
UMN Psychiatry Residency Training Committee	
Program Faculty Lead	
MHealth Fairview/UMN Psychiatry and Behavioral Sciences	2017 - Present
Integrative Psychiatry and Wellness Program	
Associate Director for Professional Education	
Mindful Awareness Research Center	2006 - 2007
University of California, Los Angeles, CA	

### Consulting

Consultant, Academic, Encompass Community Services	2014 - 2016
Santa Cruz, California, United States	
Mindfulness Professional Training	
Clinical and Research Counseling Consulting Psychiatrist, Westside Regional Center	2008 - 2011
California, United States	
Treatment of adults with developmental disabilities	
Consulting Psychiatrist, USC Satellite Housing Program	2007 - 2011
Los Angeles, California, United States	

### Current Membership in Professional Organizations

Minnesota Psychiatric Association	2017 - Present
American Psychiatric Association	2015 - Present
Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD)	2008 - Present
Alpha Omega Alpha Honor Medical Society	1996 - Present
Wayne State University School of Medicine	

### Other Professional Positions

Associate Professor	
University of Minnesota Medical School, Psychiatry Minneapolis, Minnesota, United States	2017 - Present
Faculty	
University of California, San Diego Mindfulness-Based Professional Training Institute San Diego, California, United States	2014 - 2017
Psychiatrist	

	Adult Psychiatry Private Practice Los Gatos, California, United States	2011 - 2016
Assistant Clinical Professor		
	University of California, Los Angeles Psychiatry Los Angeles, California, United States	2007 - 2015
Psychiatrist		
	Adult Psychiatry Private Practice West Los Angeles, California, United States	2003 - 2011
Research Psychiatrist		
	University of California, Los Angeles Center for Neurobehavioral Genetics Los Angeles, California, United States	2006 - 2007

## HONORS AND AWARDS FOR RESEARCH WORK, TEACHING, PUBLIC ENGAGEMENT, AND SERVICE

### External Sources

CHADD's 2012 Most Innovative Program of the Year Award, Children and Adults with Attention Deficit Hyperactivity Disorder	2012
Outstanding Student Award, Psychiatry Clerkship, Wayne State University School of Medicine	1998
Board of Governors' Scholarship for Academic Excellence, Wayne State University School of Medicine	1994
Merit Scholarship for Academic Excellence, Wayne State University	1990
1990-1994	

## RESEARCH AND SCHOLARSHIP

### Impact Analytics

<i>h</i> -Index	<i>h(fl)</i> -index	Total Publications	First/Last Author Publications	Total Citations	First/Last Author Citations
4	1	4	1	471	355

### Publications

*Asterisk(\*) - indicates student author*

#### Peer-Reviewed Publications

1.	Mitchell, J. T., Bates, A., & Zylowska, L. (2018). Adverse Events in Mindfulness-Based Interventions for ADHD. <i>The ADHD Report</i> , 26(2), 15-18. doi: <a href="https://doi.org/10.1521/adhd.2018.26.2.15">10.1521/adhd.2018.26.2.15</a>
2.	Mitchell, J. T., Zylowska, L., & Kollins, S. H. (2015). Mindfulness Meditation Training for Attention-Deficit/Hyperactivity Disorder in Adulthood: Current Empirical Support, Treatment Overview, and Future Directions. <i>Cognitive and behavioral practice</i> , 22(2), 172-191. PMID:

	25908900 <a href="https://doi.org/10.1016/j.cbpra.2014.10.002">doi: 10.1016/j.cbpra.2014.10.002</a>
3.	Bazzano, A., Wolfe, C., <b>Zylowska, L.</b> , Wang, S., Schuster, E., Barrett, C., & Lehrer, D. (2010). Stress-reduction and improved well-being following a pilot community-based participatory mindfulness-based stress-reduction (MBSR) program for parents/caregivers of children with developmental disabilities. <i>Disability and Health</i> .
4.	<b>Zylowska, L.</b> , Ackerman, D. L., Yang, M. H., Futrell, J. L., Horton, N. L., Hale, T. S., Pataki, C., & Smalley, S. L. (2008). Mindfulness meditation training in adults and adolescents with ADHD: a feasibility study. <i>Journal of attention disorders</i> , 11(6), 737-46. PMID: 18025249 <a href="https://doi.org/10.1177/1087054707308502">doi: 10.1177/1087054707308502</a>
5.	Hui, K. K., <b>Zylowska, L.</b> , Hui, E. K., Yu, J. L., & Li, J. J. (2002). Introducing integrative East-West medicine to medical students and residents. <i>Journal of alternative and complementary medicine (New York, N.Y.)</i> , 8(4), 507-15. PMID: 12230912 <a href="https://doi.org/10.1089/107555302760253711">doi: 10.1089/107555302760253711</a>

#### Non-Peer-Reviewed Publications

1.	<b>Zylowska, L.</b> (2012). ADHD and Mindfulness. <i>Psychology Today</i> . [Non-Refereed]
2.	<b>Zylowska, L.</b> (2012). Mindfulness and Adult ADHD. <i>Attention Magazine</i> . [Non-Refereed]
3.	<b>Zylowska, L.</b> , & Hui, K. K. (2002). Chinese medicine's mind-body integrative approach to anxiety disorders. <i>Primary Psychiatry</i> , 9(7), 29-32. [Non-Refereed]

#### Book

1.	<b>Zylowska, L.</b> , & Mitchell, J. T. (2020). <i>Mindfulness Meditation Training for ADHD in Adulthood: A Clinician's Guide</i> . Guilford Press.
2.	<b>Zylowska, L.</b> (2012). <i>The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions and Achieving Your Goals</i> . Trumpeter Books.

#### Book Chapter

1.	<b>Zylowska, L.</b> , Smalley, S., & Schwartz, J. (2008). Mindfulness for Attention Deficit Hyperactivity Disorder. <i>Clinical Handbook of Mindfulness</i> . Springer-Verlag-New York-Inc.
2.	Hui, K. K., Yu, J., & <b>Zylowska, L.</b> (2000). The progress of Chinese medicine in the USA. <i>The Way Forward for Chinese Medicine</i> . Hardwood Academic Publishers.

#### Presentations

##### Invited Oral Presentations at International Professional Meetings, Conferences, etc.

Asterisk(\*) - indicates student co-presenter

1.	<b>Zylowska, L.</b> "UCLA Mindfulness for ADHD Study", International Conference on Buddhism and Mind Sciences: Ancient Wisdom and Modern Knowledge, Salaya, Thailand. (2009).
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##### Invited Oral Presentations at National Professional Meetings, Conferences, etc.

Asterisk(\*) - indicates student co-presenter

1.	<b>Zylowska, L.</b> "Behavioral and cognitive changes in Attention Deficit Hyperactivity Disorder using mindfulness meditation approach", Robert Wood Johnson Clinical Scholars Program
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	Annual Meeting, San Diego, California. (2016).
2.	<b>Zylowska, L.</b> "Mindfulness for Adults with ADHD", UCSD Disabilities Resource Center's Graduate Lecture Series, University of California San Diego, San Diego, California, United States. (2016).
3.	<b>Zylowska, L.</b> "Mindfulness and ADHD Treatment", Insight Santa Cruz, Santa Cruz, California, United States. (2015).
4.	<b>Zylowska, L.</b> "Treatment of Adult ADHD -- Overview", Palo Alto Medical Foundation, Department of Internal Medicine, Palo Alto, California, United States. (2015).
5.	<b>Zylowska, L.,</b> Brown, R., Gerbarg, P. "Symposium (chair) Integrative and Non-Medication Treatments for Attention Deficit/Hyperactivity Disorder: Herbs, Nutrients, Mindfulness, Yoga, Breathing, and Movement", Annual Meeting of the American Psychiatric Association, New York City, New York. (2014).
6.	<b>Zylowska, L.</b> "Overview of Adult ADHD", Palo Alto Medical Foundation, Department of Family Medicine, Palo Alto, California, United States. (2014).
7.	<b>Zylowska, L.</b> "Mindfulness for ADHD Across Lifespan: Review of Current Empirical Support and Training Strategies in ADHD", UCSD Bridging the Minds and Hearts of Youth Conference, San Diego, California, United States. (2014).
8.	<b>Zylowska, L.</b> "Mindfulness in Daily Life -- An Approach for Wellness", Santa Cruz Integrative Medicine Center, Santa Cruz, California. (2013).
9.	<b>Zylowska, L.</b> "Mindfulness and Adult AD/HD", Psychotherapy Networker Symposium, Washington, District of Columbia. (2013).
10.	<b>Zylowska, L.</b> "The Mindfulness Prescription for Adult ADHD", Santa Cruz CHADD Chapter, Aptos, California. (2013).
11.	<b>Zylowska, L.</b> "Using Mindfulness for Adult ADHD", Palo Alto CHADD Chapter, Palo Alto, California. (2013).
12.	<b>Zylowska, L.</b> "ADHD in Adults: Overview", USD Counseling and Psychological Services Center. (2012).
13.	<b>Zylowska, L.</b> "Mindfulness in ADHD Across Lifespan", CHADD Annual Conference, San Francisco, California. (2012).
14.	<b>Zylowska, L.</b> "Feeling Scattered: Mindfulness for Adult ADHD", County of Ventura Mental Health Conference, California. (2012).
15.	<b>Zylowska, L.</b> "Mindful Awareness for Adult ADHD", Annual International CHADD

	Conference, Atlanta, Georgia. (2010).
16.	<b>Zylowska, L.</b> "Mindfulness for ADHD", South Bay CHADD Chapter. (2010).
17.	<b>Zylowska, L.</b> "Clinical Applications of Mindfulness", Annual International CHADD Conference, Cleveland, Ohio. (2009).
18.	<b>Zylowska, L.</b> "Mindfulness in Psychiatry", UCLA Psychiatry Residency Series, Integrative Psychiatry Seminar Series, Los Angeles, California. (2009).
19.	<b>Zylowska, L.</b> "Mindfulness in ADHD Care", Annual International CHADD Conference, Anaheim, California. (2008).
20.	<b>Zylowska, L.</b> "Mindfulness for the ADHD Family", Parent Education Network, San Francisco, California. (2008).
21.	<b>Zylowska, L.</b> "Mindful Awareness for ADHD and implications for substance abuse treatment", CSAM, Santa Monica, California. (2007).
22.	<b>Zylowska, L.</b> "UCLA research on training attention: Mindfulness for ADHD", The Foundation for Learning Development Conference, Manhattan Beach, California. (2007).
23.	<b>Zylowska, L.</b> "Using mindfulness-based approach for ADHD (plenary presentation)", CHADD National Meeting, Chicago, Illinois. (2006).
24.	<b>Zylowska, L.</b> "Mindfulness for ADHD", West LA CHADD, Los Angeles, California. (2006).

#### **Invited Oral Presentations at Local and Regional Professional Meetings, Conferences, etc.**

*Asterisk(\*) - indicates student co-presenter*

1.	<b>Zylowska, L.</b> "Practitioner Wellbeing", Navigating the Complexities of Trauma: Meeting the Needs of Patients and Providers, Edina, Minnesota, United States. (2019).
2.	<b>Zylowska, L.</b> "Practitioner Wellbeing", The Challenges of Being a Mental Health Care Provider: Responding with Wisdom and Resilience, Edina, Minnesota, United States. (2018).
3.	<b>Zylowska, L.</b> "Introduction to Mindfulness for Clinician Wellbeing", American Academy of Neurology, Live Well Lead Well Program, Minneapolis, Minnesota, United States. (2017).

#### **Poster Abstract Presentations at Professional Meetings, Conferences, etc.**

*Asterisk(\*) - indicates student co-presenter*

1.	<b>Zylowska, L.</b> "Mindful Awareness Program for ADHD: A Feasibility Study", Integrating Mindfulness-Based Approaches and Interventions into Medicine, Health Care, and Society: 5th Annual Conference, Center for Mindfulness at the University of Massachusetts Medical School, Worcester, Massachusetts. (2007).
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2.	<b>Zylowska, L.</b> "Behavioral and cognitive changes in Attention Deficit Hyperactivity Disorder using mindfulness medication approach", Annual Conference of the American Academy of Child and Adolescent Psychiatry, San Diego, California. (2006).
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### Other Presentations

*Asterisk(\*) - indicates student co-presenter*

1.	<b>Zylowska, L.</b> "Q and A: Mindfulness in Treatment of ADHD", Facebook Live collaboration with the Chesapeake ADHD Center. (August 2020). Online Educational Presentation.
2.	<b>Zylowska, L.</b> "Stress Inoculation. MinnRap / Battle Buddy Program", M Health Fairview CRNA group. (June 2020). Online Educational Presentation.
3.	<b>Zylowska, L.</b> "Updates in mindfulness for ADHD", TotallyADD.com. (June 2020). Online Presentation.
4.	<b>Zylowska, L.</b> "The Anxiety-ADHD connection", CHADD Twin Cities. (May 2020). Online Educational Presentation.
5.	<b>Zylowska, L.</b> "Managing anxiety & healthy communication in families during times of stress and uncertainty due to COVID-19", NAMI Minnesota. (March 2020). Online Educational Presentation.
6.	<b>Zylowska, L.</b> "Mindfulness for ADHD webinar 2020", ADHD Women's Palooza. (February 2020). Online Educational Presentation.
7.	<b>Zylowska, L.</b> "Using Mindfulness To Target ADHD and Anxiety", ADDitudes Magazine. (2019). Online Educational Presentation.
8.	<b>Zylowska, L.</b> "Paying Attention to Attention and Attitude", Attention Talk Radio. (December 4, 2019). Online Educational Presentation.
9.	<b>Zylowska, L.</b> "The Mindfulness Prescription for Adult ADHD", MindHack podcast. (October 2019). Online Educational Presentation.
10.	<b>Zylowska, L.</b> "How to Use Mindfulness to Manage ADHD Symptoms", ADDitudes Magazine. (2013). Online Educational Presentation.
11.	<b>Zylowska, L.</b> "Mindful Solutions For Adults With ADD and ADHD", Totally ADD.com. (2013). Online Educational Presentation.
12.	<b>Zylowska, L.</b> "Paying Attention to Attention: A Mindfulness Approach", Network A. (2013). Online Educational Presentation.
13.	<b>Zylowska, L.</b> "ADHD & Mindfulness: An Interview with Lidia Zylowska MD", About.com. (2012). Online Educational Presentation.

14.	<b>Zylowska, L.</b> "Mindfulness and ADHD", Open Mind Radio. (2012). Online Educational Presentations.
15.	<b>Zylowska, L.</b> "Mindfulness and ADHD: An Interview With Lidia Zylowska, M.D.", Huffington Post. (2012). Online Educational Presentations.
16.	<b>Zylowska, L.</b> "The Mindfulness Prescription for Adult ADHD", ADDClasses.com. (2012). Online Educational Presentation.
17.	<b>Zylowska, L.</b> "Using Mindfulness to Manage Adult ADHD", www.ADHDManagement.com. (2012). Online Educational Presentations.
18.	<b>Zylowska, L.</b> "Mindfulness and ADHD", MentalHealth.net. (2007). Online Educational Presentation.

## TEACHING AND CURRICULUM DEVELOPMENT

### Curriculum Development Activities

#### *University of Minnesota*

Adult ADHD Elective for PGY3-4 Residents, Psychiatry Residency Program	2018 - Present
Clinical Skills Evaluation and Verification, Program Director-Orientation Lecture and Coordination for Psychiatry Residents	2017 - Present
Integrative Psychiatry Elective for PGY4 Residents, Psychiatry Residency Program	2020 - 2021
Integrative Psychiatry Course: PGY1-2, Psychiatry Residency Program	January 9, 2020 - March 6, 2020

#### *Campion Mental Health Center*

Clinician Training, 'Mindfulness for Clinicians'	July 26, 2010
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#### *Center for the Study of Women's Psychology, Los Angeles, CA*

Clinician Training Workshop, 'Overview of Mindfulness for Clinicians'	February 28, 2009
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#### *Encompass Community Services, Santa Cruz, CA*

Mindful Awareness Practices for Mental and Behavioral Health (MAPs for MBH) Train-the-Trainer Course	September 2016
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Mindful Awareness Practices for Mental and Behavioral Health (MAPs for MBH) Professional Training Course	April 1, 2014 - May 27, 2015
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### ***UCLA***

Visiting Faculty and Course Instructor, Mindfulness for ADHD adults class (MAPs for ADHD), Center for Mindfulness and Psychotherapy	2007 - 2011
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UCLA Mindful Awareness Research Center (MARC) Faculty Lecturer, Mindful Awareness Practices (MAPs) for Daily Living	2007 - 2011
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### ***UCLA Mindful Awareness Research Center***

Training Workshop "Becoming Focused, Aware and Self-Directed: The Mindfulness Prescription for Adult ADHD"	March 10, 2012
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### ***UCLA School of Medicine***

Course Coordinator and Instructor: "Introduction to East-West Medicine Clerkship" for 1 <sup>st</sup> and 4 <sup>th</sup> Year Medical Students	2000 - 2001
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### ***UCSD Mindfulness-Based Professional Training Institute, Petaluma, CA***

Mindfulness Course, Mindfulness for ADHD: Training for Adults, Parents and Professionals, UCSD Mindfulness-Based Professional Training for Adults, Parents and Professionals	August 7, 2014 - August 10, 2014
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## **CLINICAL ACTIVITIES**

### **Clinical Service**

Affiliated Psychiatrist, University of California, Santa Cruz, CA	2011 - 2014
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## **SERVICE AND PUBLIC ENGAGEMENT**

### **Service to the Discipline/Profession/Interdisciplinary Area(s)**

#### ***Advisor***

Start Breathe and Think App Start up	2018 - Present
Mindfulness for Lawyers	2016 - Present
Selectivor Tech Start Up Company	2016 - Present
Actiwit Mindfulness Tech Start Up	2017 - 2018

#### ***Co-founding member***

Mindful Awareness Research Center	2007
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#### ***Invited Participant***

Institute of Medicine (IOM) ('Mental Health Resilience')	2004
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### ***Member***

APA Advisory Group on Burnout and Wellbeing	2017 - Present
UCLA Collaborative Centers for Integrative Medicine	2006 - 2010
UCLA Center for Neurovisceral Sciences and Women's Health	2003 - 2006
Residency Curriculum Assessment Committee	1998
Psychiatry Residency, UCLA/NPI	

### ***Reviewer***

Mindfulness Journal	2011 - Present
Journal of Attention Disorders	2009 - Present
Journal of the American Academy of Child and Adolescent Psychiatry	2007 - Present

## **Service to the University/College/Department**

### **University of Minnesota**

#### ***Department***

Chair, Wellbeing Committee	2018 - 2019
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#### ***University***

Member, UMN MinnRap/Battle Buddy program	2020 - Present
Director, UMN Psychiatry Residency Clinical Skills Competency Training	2018 - Present
Faculty Lead, M Health Integrative Psychiatry and Wellness Program	2017 - Present
Faculty, UMN Center for Spirituality and Healing	2017 - Present
Chair, UMN Psychiatry Annual Conference, Wellbeing Section	2018 - 2019
Member, UMN Medical School Psychiatry Clerkship	2017 - 2018

## **International Footprint Activities**

*\*Summary of activities flagged as international (items also included by type in report above).*