

Postdoc Opportunity in Well-Being and Digital Health Research
CENTER FOR HEALTHY MINDS
UNIVERSITY OF WISCONSIN-MADISON

Key Words: Postdoc; Well-being; Mental health; Digital health; Education; Meditation; Mindfulness; Postdoctoral

Employer: University of Wisconsin-Madison, Center for Healthy Minds

Job Description:

The Center for Healthy Minds (CHM) is seeking candidates for one full-time, minimum of two-years Postdoctoral Research Associate position. CHM is one of the world's leading research centers studying emotion, well-being and the promotion of well-being, particularly through contemplative interventions.

Key Functions and Expected Performances:

The successful candidate will work closely with Center Scientist [Dr. Matthew Hirshberg](#), Associate Professor of Counseling Psychology [Dr. Simon Goldberg](#) and Center Director and Professor [Richard J. Davidson](#) on several projects, including a large randomized controlled trial of the Healthy Minds Program smartphone well-being training in school system employees, a NIMH funded randomized controlled trial of the Healthy Minds Program with depressed adolescents, and a large Templeton World Charity Foundation funded randomized controlled trial of a well-being training with Mexican healthcare providers. The primary responsibility of the postdoctoral scholar will be to support and lead data analyses and manuscript preparation. The postdoctoral scholar will also have the opportunity to write grants and conduct their own independent research projects under mentored supervision.

Scholars will receive training and mentorship related to designing and conducting remote and in-person randomized controlled trials, examining processes of change, and understanding intervention effect heterogeneity. In addition, the Center is a large, multidisciplinary scholarly endeavor with numerous opportunities for professional development including a weekly trainee meeting for graduate students and postdoctoral scholars, Center-wide research meetings, and other opportunities to learn from and engage with Center faculty and scientists. There will be ample opportunity to develop skills in grant writing, scholarly writing and publication, public speaking, and research methods (among other topics).

Diversity is a source of strength, creativity, and innovation for UW–Madison. We value the contributions of each person and respect the profound ways their identity, culture, background, experience, status, abilities, and opinion enrich the university community. We commit ourselves to the pursuit of excellence in teaching, research, outreach, and diversity as inextricably linked goals. Equity and inclusion are integral to achieving the vision of the Center for Healthy Minds. We seek candidates committed to the principles of diversity, equity and inclusion in all aspects of their work.

Minimum/Required qualifications include:

- An earned doctoral degree by the time of appointment in psychology (e.g., developmental, educational, clinical, or counseling), education (general, policy), or a closely related field.
- Expertise in advanced quantitative research methods (e.g., linear mixed effects models, SEM, machine learning).
- Evidence for high-quality scholarship.

Desired/Preferred qualifications include:

- Ability to work independently and initiate tasks with minimal supervision.
- Experience with clinical trials data, value-added modeling and/or qualitative or mixed-methods research.
- Experience conducting research related to mental health and well-being.
- Familiarity with R and MPlus.
- Experience working with educators or adolescents or working in K-12 schools.

We encourage applications from those who are completing their doctoral training or have recently done so. Applications from those who have earned their doctorates and are currently working in the field but are interested in additional training to pursue educational research are also encouraged to apply.

Salary: Minimum of \$56,484/year

Percent Time: 100%

Start Date: As early as 05/01/2024, however, there is flexibility based on the successful applicant's circumstance.

Application Instructions:

Applications will be reviewed until the position is filled and should include:

1. Curriculum vitae
2. Official Transcripts
3. Names and contact information for two professional references (To be contacted only if candidate is selected for an interview)
4. A 1–2-page Personal Statement describing your research to date and your career plans (and how you see this position fitting into these plans)

TO APPLY:

Please send Dr. Matthew Hirshberg at hirshberg@wisc.edu all requested documentation.