

Daniel W. Grupe

Center for Healthy Minds
625 West Washington Ave
Madison, WI 53703

Office: 608-263-7572
Fax: 608-265-4209
Email: grupe@wisc.edu

Academic Positions

- 2023- Research Assistant Professor
Center for Healthy Minds, University of Wisconsin-Madison
- 2025- Affiliate
Center for Demography and Ecology, University of Wisconsin-Madison
- 2024- Affiliate
Institute for Diversity Science, University of Wisconsin-Madison
- 2023- Affiliate
Clinical Psychology Area Group, University of Wisconsin-Madison
- 2022- Affiliate
Center for Law, Society, and Justice, University of Wisconsin-Madison
- 2019-2023 Associate Scientist
University of Wisconsin-Madison Center for Healthy Minds
- 2016-2019 Assistant Scientist
University of Wisconsin-Madison Center for Healthy Minds

Educational training

- 2013-2016 Postdoctoral Research Associate
University of Wisconsin-Madison
Center for Healthy Minds and
Waisman Laboratory for Brain Imaging and Behavior
Supervisor: Richard J. Davidson, Ph.D.
- 2008-2013 Ph.D., Psychology (Individualized Graduate Major)
University of Wisconsin-Madison
Dissertation title: *Multimodal neuroimaging of medial prefrontal-amygdala circuitry in combat-related posttraumatic stress disorder*
- 2001-2005 Bachelor of Arts, Magna cum Laude, Psychology (with honors)
St. Olaf College, Northfield, MN

Other research experience

- 2005-2008 Post-Baccalaureate Research Assistant, Developmental Neuroimaging Laboratory, Yale University Child Study Center, New Haven, CT.
- 2001 Research Technician, Materials and Media Laboratory, Genome Sequencing Center, Washington University, St. Louis, MO.

Awards, fellowships, and honors

2025	Vilas Researcher Award, UW-Madison
2024	UW-Madison Community-University Partnership Award (with Prison Ministry Project)
2023	Mind & Life Fellow
2022	NIH Early Career Reviewer
2020-2021	Morgridge Community Engaged Scholarship Fellow, Morgridge Center for Public Service, UW-Madison
2016	Early Career Investigator Award, Society of Biological Psychiatry
2015	Honorable Mention, Donald F. Klein Early Career Investigator Award, Anxiety and Depression Association of America
2014	Summer Institute in Cognitive Neuroscience, University of California Santa Barbara
2014	Anxiety and Depression Association of America Career Development Leadership Program
2010-2013	National Science Foundation Graduate Research Fellowship
2012	Lyn Abramson Award for Cognitive Approaches to Psychopathology, University of Wisconsin Psychology Department
2010	Ann E. Kelley Fellowship in Behavioral Neuroscience, University of Wisconsin Psychiatry Department
2009	Honorable Mention, National Science Foundation Graduate Research Fellowship
2009-2010	NIMH Emotion Training Grant Pre-doctoral Fellowship
2009, 2010	Menzies Research Award, University of Wisconsin Psychology Department
2009-2013	Hertz Travel Award, University of Wisconsin Psychology Department
2005	Phi Beta Kappa

Funding (current)

2026-2028	Co-Investigator and lead academic partner (<i>PI: Harry Hawkins, Nehemiah Center</i>) Wisconsin Partnership Program Community Impact Grant "Reducing the harms of incarceration on individual and community health" Total costs: \$488,659
2026-2027	Principal Investigator UW-Madison Fall Research Competition "Promoting Human Flourishing During Incarceration and Beyond" Total costs: \$54,613
2025-2027	Principal Investigator Dana Foundation Neuroscience and Society grant "Peer-centered approaches for promoting well-being among formerly incarcerated people" Total costs: \$150,000
2024-2027	Principal Investigator National Institute of Mental Health, R34-MH138711 "Community-engaged research with justice-involved individuals to promote mental health and successful reentry following incarceration" Total costs: \$699,750
2024-2026	Co-Investigator (<i>PI: Christine Wilson-Mendenhall</i>)

Mind & Life PEACE (Prosociality, Empathy, Altruism, Compassion, and Ethics) grant
"Engaging stakeholders to nurture emotional resilience among environmental experts and stewards"
Total costs: \$100,000

Funding (previous)

2016-2017 **Principal Investigator**

University of Wisconsin-Madison Institute for Clinical and Translational Research
Clinical and Community Outcomes pilot award.
"Mindful Policing: A holistic approach to improving officer well-being and police work."
Total costs: \$75,000

2018-2021 **Principal Investigator**

National Institute of Justice, 2017-R2-CX-0033
"The Impact of Mindfulness-Based Resilience Training on Stress-Related Biological, Behavioral, and Health-Related Outcomes in Law Enforcement Officers"
Total costs: \$616,198

2021-2022 **Co-Principal Investigator** (*PI: Michael Koenigs*)

University of Wisconsin-Madison Institute for Clinical and Translational Research Stakeholder and Patient Engaged Research pilot award
"Engaging stakeholders to develop a meditation intervention for incarcerated individuals"
Total costs: \$99,849

2022-2023 **Principal Investigator**

Morgridge Center for Public Service Community-Based Research award
"Establishing a sustainable community advisory board for research with justice-involved individuals"
Total costs: \$5,000

2022-2023 **Co-Principal Investigator** (*Co-PI: Christine Wilson-Mendenhall*)

UW-Madison Center for Healthy Minds Center Director Award
"Modifying measures of well-being and mental health with justice-involved individuals"
Total costs: \$24,600

2021-2023 **Co-Investigator** (*PIs: Michael Christopher and Sarah Bowen, Pacific University*)

National Center for Complementary and Integrative Health, R01-AT009841
"Mindfulness-based resilience training for aggression, stress and health in law enforcement officers"
Total costs: \$2,644,670

2022-2023 **Co-Investigator** (*PIs: Michael Christopher and Sarah Bowen, Pacific University*)

National Center for Complementary and Integrative Health, R01-AT009841-04S1
"Feasibility and acceptability of mindfulness-based resilience training for problematic alcohol use, mental health, and aggression in rural law enforcement officers"
Total costs: \$266,790

- 2019-2024 **Principal Investigator**
National Institute of Mental Health, K01-MH117222
"Neurobiological mechanisms of perceived stress and their modification through behavioral intervention"
Total costs: \$684,405
- 2021-2024 **Principal Investigator**
Mind & Life Institute Varela Award
"Community engagement in contemplative training and research with law enforcement"
Total costs: \$19,505
- 2023-2024 **Principal Investigator**
Baldwin Wisconsin Idea Endowment Seed Grant
"Supporting the Well-Being and Professional Development of Incarcerated Peer Specialists"
Total costs: \$4,000
- 2023-2024 **Co-Investigator** (PI: Michael Koenigs)
University of Wisconsin-Madison Institute for Clinical and Translational Research Clinical and Community Outcomes Research pilot award
"Peer-led trauma therapy for re-entry"
Total costs: \$75,000
- 2023-2025 **Co-Investigator** (PI: Michael Koenigs)
Patient-Centered Outcomes Research Institute, EACB-26499
"Building capacity for PCOR/CER for mental healthcare in the prison setting"
Total costs: \$210,943
- 2023-2025 **Principal Investigator**
University of Wisconsin-Madison Institute for Clinical and Translational Research Collaborative Health Equity Research pilot award
"Community-engaged adaptation of a well-being intervention to support successful reentry following incarceration."
Total costs: \$74,937
- 2025-2026 **Principal Investigator**
Center for Healthy Minds Center Director's Research Award
"A qualitative investigation of change processes in formerly incarcerated meditation practitioners"
Total costs: \$25,000

Peer-reviewed publications

- Lau, W.S.Y., Swords, C.M. ... **Grupe, D.W.**, ... & Goldberg, S.B. (in press). Bringing the lab into the field: Feasibility of incorporating objective behavioral and biological measures in a large-scale decentralized mobile health trial for depression. *JMIR Mental Health*.
- Mufford, M. ... **Grupe, D.W.**, ... & Dalvie, S. (in press). Shared and Specific Associations of Amygdala Nuclei Volumes with PTSD Symptom Domains and Childhood Trauma: An ENIGMA-PGC PTSD Mega-Analysis. *Molecular Psychiatry*.

- Higgins, E., Busse, W., Klaus, D., **Grupe, D.W.**, Goldman, R., Celedón, J.C., Davidson, R.J., & Rosenkranz, M.A (2026). Neural mechanisms of mindfulness-based stress reduction in asthma. *Scientific Reports*. doi:10.1038/s41598-026-53074-6
- Hinojoso, C.A., ... **Grupe, D.W.**, ... & van Rooij, S.J.H (2026). Resting-State Functional Connectivity of the Amygdala and Hippocampus in PTSD: Results From the PGC-ENIGMA PTSD Working Group. *American Journal of Psychiatry*. doi:10.1176/appi.ajp.20250062.
- Grupe, D.W.**, Diamantis, S., & Alonso, C. (2026). Contemplative practices and the movement toward a more just criminal legal system. *American Journal of Orthopsychiatry*, 96(2), 210-221. doi.org/10.1037/ort0000830
- Harnett, N.G., ... **Grupe, D.W.**, ... & Ressler, K.J. (2026). Structural covariance of early visual cortex is negatively associated with posttraumatic stress disorder symptoms: A mega-analysis from the ENIGMA PTSD Working Group. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, 11(1), 48-57. doi:10.1016/j.bpsc.2025.07.005
- Steele, N., ... **Grupe, D.W.**, ... & Morey, R.A. (2026). Disrupted intrathalamic and thalamocortical structural covariance networks in posttraumatic stress disorder. *Network Neuroscience*. doi:10.1162/NETN.a.535
- Cohen, T. R., Reece, K., Hicks, A., Mejchar, D., Alonso, C., Cooper, A., Koenigs, M.R., & **Grupe, D. W.** (2025). The “Best of Both Worlds”: Building an authentic and equitable community-academic partnership for research with legal system-impacted individuals. *American Journal of Community Psychology*, 76 (3-4), 195-206. doi:10.1002/ajcp.70004
- Laboe, A.A., Heyrman, A., Vendlinski, S., Steinhoff, M. F., Kreckler, S., Ruud, C., Walsh, K., **Grupe, D.W.**, Li, J.J., & Schaumberg, K. (2025). Weighing in: Clinician and patient perspectives on discussions of expected body weights in eating disorder treatment. *International Journal of Eating Disorders*. doi:10.1002/eat.24501
- Jian, H., Miao, X., Thairu, M.W., Beebe, M., **Grupe, D.W.**, Davidson, R.J., Handelsman, J., & Sankaran, K. (2025). Multimedia: Multimodal Mediation Analysis of Microbiome Data. *Microbiology Spectrum* 13:e01131-24. https://doi.org/10.1128/spectrum.01131-24
- Hussain, A., ... **Grupe, D.W.**, ... & Morey, R.A. for the ENIGMA-PCG-PTSD Working Group (2025). Lower Gyrfication of the Ventromedial Prefrontal Cortex in Posttraumatic Stress Disorder: An ENIGMA-PTSD Study. *Biological Psychiatry Global Open Science*, 6(2), 100679. doi:10.1016/j.bpsgos.2025.100679
- See, C., ... **Grupe, D.W.**, ... & Kempton, M.J. for the ENIGMA-PCG-PTSD Working Group (2025). A whole-brain voxel-based analysis of structural abnormalities in PTSD: an ENIGMA-PGC study. *European Psychiatry*. doi:10.1192/j.eurpsy.2025.10062.
- Steele, N., ... **Grupe, D.W.**, ... & Sun, D. for the ENIGMA-PCG-PTSD Working Group (2025). Image-based meta-and mega-analysis (IBMMA): A unified framework for large-scale, multi-site, neuroimaging data analysis. *NeuroImage*, 121554. doi:10.1016/j.neuroimage.2025.121554
- Tomas, C.W., ... **Grupe, D.W.**, ... & Morey, R. for the ENIGMA-PCG-PTSD Working Group (2025). Data-driven approach to dynamic resting state functional connectivity in post-traumatic stress disorder: An ENIGMA-PGC PTSD study. *Human Brain Mapping*, 46(11), e70116. doi:10.1002/hbm.70116

- Christopher, M., Ferry, M., Simmon, A., Vasquez, A., Reynolds, B., & **Grupe, D.W.** (2024). Psychometric properties of Buss-Perry Aggression Questionnaire-Short Form among law enforcement officers. *Aggressive Behavior*, 2024(50), e22145. doi:10.1002/ab/22145
- Christopher, M., Bowen, S., Witkiewitz, K., **Grupe, D.W.**, Goerling, R., Hunsinger, M., Oken, B., Korecki, T., & Rosenbaum, N. (2024). A multisite feasibility randomized clinical trial of mindfulness-based resilience training for aggression, stress, and health in law enforcement officers. *BMC Complementary Medicine and Therapies*, 24(1), 142. doi:10.1186/s12906-024-04452-y
- Huggins, A.A., ... **Grupe, D.W.**, ... & Morey, R.A. (2024). Smaller total and subregional cerebellar volumes in posttraumatic stress disorder: a mega-analysis by the ENIGMA-PGC PTSD workgroup. *Molecular Psychiatry*, 29(3), 611-623. doi:10.1038/s41380-023-02352-0
- Yang, J., ... **Grupe, D.W.**, ... & Sotiras, A. (2024). Examining the association between posttraumatic stress disorder and disruptions in cortical networks identified using data-driven methods. *Neuropsychopharmacology*, 49, 609-619. doi:10.1038/s41386-023-01763-5
- Grupe, D.W.** (2023). Mental health stigma and help-seeking intentions in police employees. *Journal of Community Safety and Well-Being*, 8(Suppl 1), S32-S39. doi: 10.35502/jcswb.290
- Imhoff-Smith, T. & **Grupe, D.W.** (2023). The impact of mindfulness training on PTSD symptoms, subjective sleep quality, and objective sleep outcomes in police officers. *Psychological Trauma: Theory, Research, Practice, and Policy*. doi:10.1037/tra0001566
- Abercrombie, H.C., Barnes, A.L., Nord, E., Finley, A.J., Higgins, E., **Grupe, D.W.**, Rosenkranz, M.A., Davidson, R.J., & Schaefer, S.M. (2023). Inverse association between stress induced cortisol elevations and negative emotional reactivity to stress in humans. *Stress*, 26(1), 2174780. doi: 10.1080/10253890.2023.2174780.
- Zhu, X., ... **Grupe, D.W.**, ... & Morey, R.A. (2023). Neuroimaging-based classification of PTSD using data-driven computational approaches: A multisite big data study from the ENIGMA-PGC PTSD consortium. *Neuroimage*, 283(1), 120412. doi:10.1016/j.neuroimage.2023.120412
- Grupe, D.W.**, Barnes, A.L., Gresham, L., Kirvin-Quamme, A., Nord, E., Alexander, A.L., Abercrombie, H.C., Schaefer, S.M., & Davidson, R.J. (2022). Perceived stress associations with hippocampal-dependent behavior and hippocampal subfield volume. *Neurobiology of Stress*, 19, 100469. doi:10.1016/j.ynstr.2022.100469.
- Grupe, D.W.**, Vack, N.J., Fitch, D., & Davidson, R.J. (2022). The effects of depression and perceived stress on mnemonic similarity task performance. *Neurobiology of Learning and Memory*, 193, 107648. doi:10.1016/j.nlm.2022.107648.
- Kral, T.R.A., Lapate, R.C., Imhoff-Smith, T., Patsenko, E., **Grupe, D.W.**, Goldman, R., Rosenkranz, M.A., & Davidson, R.J. (2022). Long-term meditation training is associated with enhanced subjective attention and stronger posterior cingulate - rostrolateral prefrontal cortex resting connectivity. *Journal of Cognitive Neuroscience*, 34, 1576-1589. doi:10.1162/jocn_a_01881.
- Sun, D., ..., **Grupe, D.W.**, ... & Morey, R.A. (2022). Remodeling of the Cortical Structural Connectome in Posttraumatic Stress Disorder: Results from the ENIGMA-PGC PTSD Consortium. *Biological Psychiatry: CNI*, 7, 935-948. doi:10.1016/j.bpsc.2022.02.008.
- Sun, D., ..., **Grupe, D.W.**, ... & Morey, R.A. (2022). A comparison of methods to harmonize cortical thickness measurements across scanners and sites. *NeuroImage*, 261, 119509.

- Urban-Wojcik, E.J., Lee, S., **Grupe, D.W.**, Quinlan, L., Gresham, L., Hammond, A., Charles, S.T., Lachman, M.E., Almeida, D.M., Davidson, R.J., & Schaefer, S.M. (2022). Diversity of daily activities is associated with greater hippocampal volume. *Cognitive, Affective, & Behavioral Neuroscience*, 22, 75-87. doi:10.3758/s13415-021-00942-5.
- Grupe, D.W.**, Stoller, J., Mumford, J., Alonso, C., McGehee, C., Smith, C., Rosenkranz, M.A., & Davidson, R.J. (2021). The impact of mindfulness training on police officer stress, mental health, and salivary cortisol levels. *Frontiers in Psychology*. doi:10.3389/fpsyg.2021.720753.
- Chen, S. & **Grupe, D.W.** (2021). Trait mindfulness moderates the association between stressor exposure and perceived stress in law enforcement officers. *Mindfulness*, 12(9), 2325-2338. doi:10.1007/s12671-021-01707-4.
- Grupe, D.W.**, McGehee, C., Smith, C., Francis, A.D., Mumford, J.A., & Davidson, R.J. (2021). Mindfulness training reduces PTSD symptoms and improves stress-related health outcomes in police officers. *Journal of Police and Criminal Psychology*, 36(1), 72-85. doi:10.1007/s-11896-019-09351-4
- Wang, X., ... **Grupe, D.W.**, ... & Liberzon, I. for the ENIGMA-PCG-PTSD Working Group. (2021). Cortical volume abnormalities in posttraumatic stress disorder: An ENIGMA-Psychiatric Genomics Consortium PTSD Workgroup mega-analysis. *Molecular Psychiatry*, 26, 4331-4343. doi: 10.1038/s41380-020-00967-1
- Grupe, D.W.**, Imhoff-Smith, T., Wielgosz, J., Nitschke, J.B., & Davidson, R.J. (2020). A common neural substrate for elevated PTSD symptoms and reduced pulse rate variability in combat-exposed veterans. *Psychophysiology*, 57(1), e13352. doi: 10.1101/364455
- Grupe, D.W.**, Hushek, B.A., Ellis, K., Schoen, A.J., Wielgosz, J., Nitschke, J.B., & Davidson, R.J. (2019). Elevated perceived threat is associated with reduced hippocampal volume in combat veterans. *Scientific Reports*, 17(9), 14888. doi:10.1038/s41598-019-51533-x
- Dennis, E.L., ... **Grupe, D.W.**, ... & Morey, R.A. for the ENIGMA-PCG-PTSD Working Group (2019). Altered White Matter Microstructural Organization in Post-Traumatic Stress Disorder across 3,049 Adults: Results from the PGC-ENIGMA PTSD Consortium. *Molecular Psychiatry*. doi: <https://doi.org/10.1101/677153>
- Kral, T.R.A., Imhoff-Smith, T., Dean III, D.C., **Grupe, D.W.**, Adluru, N., Patsenko, E., Mumford, J.A., Goldman, R., Rosenkranz, M.A., & Davidson, R.J. (2019). Mindfulness-Based Stress Reduction-related changes in posterior cingulate resting brain connectivity. *Social Cognitive and Affective Neuroscience*, 14(7), 777-787. doi: 10.1093/scan/nsz050.
- Grupe, D.W.**, Schaefer, S.M., Lapate, R.C., Schoen, A.J., Gresham, L., Mumford, J.A., & Davidson, R.J. (2018). Behavioral and neural indices of affective coloring for neutral social stimuli. *Social Cognitive and Affective Neuroscience*, 13, 310-320. doi:10.1093/scan/nsy011.
- Grupe, D.W.**, Wielgosz, J., Davidson, R.J., & Nitschke, J.B. (2016). Neurobiological correlates of distinct PTSD symptom profiles during threat anticipation in combat veterans. *Psychological Medicine*, 46, 1885-1895. doi:10.1017/S0033291716000374.
- Grupe, D.W.** & Heller, A.S. (2016). Brain imaging alterations in PTSD. *Psychiatric Annals*, 46, 519-526. doi:10.3928/00485713-20160803-01.
- Herrington, J.D., Riley, M.E., **Grupe, D.W.**, & Schultz, R.T. (2015). Successful face recognition is associated with increased prefrontal cortex activation in autism spectrum disorder. *Journal of Autism and Developmental Disorders*, 45, 902-910. doi:10.1007/s10803-014-2233-4.

- Grupe, D.W.** & Nitschke, J.B. (2013). Uncertainty and anticipation in anxiety: An integrated neurobiological and psychological perspective. *Nature Reviews Neuroscience*, 14, 488-501. doi: 10.1038/nrn3524.
- Grupe, D.W.**, Oathes, D.J., & Nitschke, J.B. (2013). Dissecting the anticipation of aversion reveals dissociable neural networks. *Cerebral Cortex*, 23, 1874-1883. doi:10.1093/cercor/bhs175.
- Tromp, D.P.M.*, **Grupe, D.W.***, Oathes, D.J., McFarlin, D.R., Kral, T.R.A., Lee, J.E., Adams, M., Alexander, A.L., & Nitschke, J.B. (2012). Reduced structural connectivity of frontolimbic pathway in generalized anxiety disorder. *Archives of General Psychiatry*, 69, 925-934. doi:10.1001/archgenpsychiatry.2011.2178. *Authors contributed equally to this work
- Grupe, D.W.**, & Nitschke, J.B. (2011). Uncertainty is associated with biased expectancies and heightened responses to aversion. *Emotion*, 11, 413-424. doi:10.1037/a0022583.
- Herrington, J.D., Taylor, J.M., **Grupe, D.W.**, Curby, K.M., & Schultz, R.T. (2011). Bidirectional communication between amygdala and fusiform gyrus during facial recognition. *Neuroimage*, 56, 2348-2355. doi:10.1016/j.neuroimage.2011.03.072.
- Sarinopoulos, I., **Grupe, D.W.**, Mackiewicz, K.L., Herrington, J.D., Lor, M., Steege, E.E., & Nitschke, J.B. (2010). Uncertainty during anticipation modulates responses to aversion in human insula and amygdala. *Cerebral Cortex*, 20, 929-940. doi:10.1093/cercor/bhp155.
- Vanderwal, T., Hunyadi, E., **Grupe, D.W.**, Connors, C.M., & Schultz, R.T. (2008). Self, mother and abstract other: An fMRI study of reflective social processing. *Neuroimage*, 41, 1437-1446. doi:10.1016/j.neuroimage.2008.03.058.

Manuscripts in preparation

- Goldberg, S.B., ... **Grupe, D.W.**, ... & Davidson, R.J. (under review). Multimodal evaluation of smartphone-based well-being training for depressive symptoms: A randomized clinical trial.

Book chapters

- Grupe, D.W.**, Smith, C., & McGehee, C. (2021). Introducing mindfulness training and research into policing: Strategies for successful implementation. *Interventions, Training, and Technologies for Improved Police Well-Being and Performance* (Arble, E. & Arnetz, B., ed.). IGI Global. doi: 10.4018/978-1-7998-6820-0.ch007.
- Schaefer, S.M., van Reekum, C.M., Lapate, R.C., Heller, A.S., **Grupe, D.W.**, & Davidson, R.J. (2018). The temporal dynamics of emotional responding: Implications for well-being and health from the MIDUS Neuroscience Project. *The Oxford Handbook on Integrative Health Science* (Ryff, C.D. & Krueger, R.F., ed.). New York: Oxford University Press.
- Grupe, D.W.** (2016). Decision making in anxiety and its disorders. In *Decision Neuroscience: An Integrative Perspective* (Dreher, J.C. & Tremblay, L., ed.). Salt Lake City, UT: Academic Press.
- Grupe, D.W.** & Nitschke, J.B. (2011). Anxiety Disorders and the Amygdala. In *McGraw-Hill 2011 Yearbook of Science & Technology*. New York: McGraw-Hill.

Conference presentations

- Nolan, P. & **Grupe, D.W.** Community-informed adaptations to a mindfulness curriculum for reentry. 19th Annual Academic Consortium on Criminal Justice Health Conference, Atlanta, GA, March 17, 2026.

- Grupe, D.W.** A mindfulness-based approach for promoting healing after incarceration. 19th Annual Academic Consortium on Criminal Justice Health Conference, Atlanta, GA, March 16, 2026.
- Grupe, D.W.**, Alonso, C., Charles, P., Hicks, A., Mejchar, D., Reese, K., & Wilson-Mendenhall, C. Introducing mindfulness practices after incarceration: Considerations from community members with lived experiences. Society for Community Research and Action 20th Biennial Conference, East Lansing, MI, June 20, 2025.
- Shlafer, R., Hoekstra, A., Charles, P., Grekov, P., Muentner, L., & **Grupe, D.W.** Parenting Inside Out in Jail Settings: Research Findings and Programming Lessons from Two Midwestern States. 7th Annual National Children of Incarcerated Parents Conference, Phoenix, April 7-9, 2025.
- Heilicher, M., Hicks, A., Mejchar, D., & **Grupe, D.W.** Integrating lived and credentialed expertise in research on mental health and incarceration. 18th Annual Academic Consortium on Criminal Justice Health Conference, Austin, TX, March 17, 2025.
- Reece, K., Hicks, A., **Grupe, D.W.**, & Bigham, J. Shifting Power - Achieving Justice and Health Equity by Advancing Community Expertise. 2024 Wisconsin Public Health Annual Conference, Wisconsin Dells, May 21, 2024.
- Berg, H., Mejchar, D., Eparvier, A., Johnson, T., **Grupe, D.W.**, & Koenigs, M.R. Supporting certified peer specialists living and working inside Wisconsin prisons. Wisconsin Peer Recovery Conference, Wisconsin Dells, April 11, 2024.
- Higgins, E.,T., Busse, W.W., **Grupe, D.W.**, Davidson, R.J., & Rosenkranz, M.A. Mindfulness-Based Stress Reduction alters neural responses associated with asthma outcomes. Poster presentation at the Mindfulness Mechanisms and Methods Meeting, St. Louis, October 5, 2023.
- Martinez, T., Prado, J., & **Grupe, D.W.** Getting the most out of your department's wellness programs. Panel presentation at the Wisconsin LEDR Mental Health & Wellness Symposium, Green Bay, WI, May 25, 2023.
- Grupe, D.W.** The effects of mindfulness training on trauma-related outcomes in law enforcement officers. Invited panel presentation at the National Institute of Justice National Research Conference, Arlington, VA, May 23, 2023.
- Alonso, C., Cohen, T., Cooper, A., **Grupe, D.W.**, Hicks, A., Koenigs, M.R., Mejchar, D., & Reece, K. The Best of Both Worlds: Establishing an authentic community-university research partnership. Panel presentation at the Inaugural Wisconsin Idea Conference, UW-Madison, March 27, 2023.
- Grupe, D.W.**, Alonso, C., Bankston, R., & Magee, R. The role of contemplative practices and research in 21st century police reform. Panel presentation at the International Society for Contemplative Research Inaugural Conference, February 2, 2023.
- Grupe, D.W.**, Barnes, A., Kirvin-Quamme, A., Gresham, L., Nord, E., Davidson, R.J., & Schaefer, S.M. Perceived stress associations with hippocampal subfield volume and hippocampal-dependent behavior. Poster presented at the Society of Biological Psychiatry virtual meeting, April 30, 2021.
- Grupe, D.W.**, Vack, N., Fitch, D., & Davidson, R.J. The effects of depression and perceived stress on behavioral pattern separation. Poster presented at the Social and Affective Neuroscience Society virtual conference, April 29, 2021.
- Grupe, D.W.** Mindfulness training for police and community well-being. Workshop presentation at the 2020 International Association of Chiefs of Police Conference, virtual, October 23, 2020.
- Grupe, D.W.** Mindful policing: Training awareness, compassion, and discretion in law enforcement officers. Roundtable discussion at the UW Institute for Clinical and Translational Research Dissemination & Implementation short course, Madison, WI, November 7, 2019.

- Grupe, D.W.**, Sommerfeldt, S., McGehee, C., Smith, C., Diamantis, S., & Davidson, R.J. The impact of mindfulness training on posttraumatic stress symptoms in law enforcement officers. Symposium presentation at the International Symposium for Contemplative Research, Phoenix, November 10, 2018.
- Grupe, D.W.**, & Davidson, R.J. Perceived stress and behavioral pattern separation in law enforcement officers. Poster presented at the 48th annual meeting of the Society for Neuroscience, San Diego, CA, November 3, 2018.
- Grupe, D.W.**, McGehee, C., Smith, C., Diamantis, S., Francis, A.D., & Davidson, R.J. Mindfulness training as a preventative means of enhancing stress resilience in police officers. Poster presented at the Mind and Life Summer Research Institute, Garrison, NY, June 3, 2018.
- Kral, T.R.A., Imhoff-Smith, T., **Grupe, D.W.**, & Davidson, R.J. Reduced anxiety and amygdala-VMPFC resting state functional connectivity following MBSR. Poster presented at the 11th Annual Meeting of the Social & Affective Neuroscience Society, Brooklyn, NY, May 5, 2018.
- Imhoff-Smith, T., Kral, R.A., **Grupe, D.W.**, & Davidson, R.J. MBSR increases PCC-DLPFC resting state connectivity relative to active control. Poster presented at the 11th Annual Meeting of the Social & Affective Neuroscience Society, Brooklyn, NY, May 3, 2018.
- Sommerfeldt, S.L., Mumford, J.A., Kral, T.R.A., Westbrook, C.A., Burghy, C.A., Schaefer, S.M., **Grupe, D.W.**, Goldman, R., & Davidson, R.J. Reliability from adolescence to young adulthood of emotion task-related fMRI signal in the amygdala. Poster presented at the 23rd annual meeting of the organization for Human Brain Mapping, Vancouver, June 26, 2017.
- Grupe, D.W.**, Wielgosz, J., Imhoff-Smith, T.P., Nitschke, J.B., & Davidson, R.J. Respiratory sinus arrhythmia and ventromedial prefrontal function in veterans with post-traumatic stress symptoms. Oral presentation at the 72nd Annual Convention of the Society of Biological Psychiatry, San Diego, May 18, 2017.
- Imhoff-Smith, T.P., **Grupe, D.W.**, & Davidson, R.J. Parasympathetic tone, PTSD symptom profiles, and phasic heart rate during threat anticipation. Poster presented at the 10th Annual Meeting of the Social & Affective Neuroscience Society, March 17, 2017.
- Grupe, D.W.**, Hushek, B., Schoen, A.J., Nitschke, J.B., & Davidson, R.J. Perceived threat bias and hippocampus volume in trauma-exposed veterans. Poster presented at the 71st Annual Convention of the Society of Biological Psychiatry, Atlanta, May 12, 2016.
- Grupe, D.W.**, Schaefer, S.M., Schuyler, B.S., Schoen, A.J., Gresham, L.K., Lapate, R.C., & Davidson, R.J. Amygdala chronometry is associated with behavioral and peripheral physiological measures of emotional recovery. Poster presented at the 3rd annual meeting of the Society for Affective Science, Chicago, March 18, 2016.
- Kral, T.R.A., Schuyler, B.S., Rosenkranz, M.A., **Grupe, D.W.**, & Davidson, R.J. Functional connectivity of medial prefrontal-amygdalar circuitry during automatic emotion regulation in long-term meditators compared to non-meditators. Poster presented at the 3rd annual meeting of the Society for Affective Science, Chicago, March 18, 2016.
- Grupe, D.W.**, Wielgosz, J., Nitschke, J.B., & Davidson, R.J. Distinct medial prefrontal mechanisms associated with perceived threat biases and hyperarousal symptoms in OEF/OIF veterans. Poster presented at the 44th annual meeting of the Society for Neuroscience, Washington, D.C., November 17, 2014.

- Grupe, D.W.**, Wielgosz, J., Seppala, E., Davidson, R.J., & Nitschke, J.B. Individual differences in PTSD symptoms and the neural correlates of unpredictable threat anticipation. Symposium presentation at Anxiety and Depression Conference, Chicago, IL, March 29, 2014.
- Grupe, D.W.**, Seppala, E., Davidson, R.J., & Nitschke, J.B. Modulation of anticipatory threat activity by temporal predictability in combat-exposed veterans with and without PTSD. Poster presented at the 20th annual meeting of the Cognitive Neuroscience Society, San Francisco, CA, April 15, 2013.
- Grupe, D.W.**, Oathes, D.J., McFarlin, D.R., & Nitschke, J.B. Uncertainty modulates anticipatory anterior insula activity in generalized anxiety disorder. Nanosymposium presentation at the 42nd annual meeting of the Society for Neuroscience, New Orleans, LA, October 15, 2012.
- Grupe, D.W.**, Oathes, D.J., & Nitschke, J.B. Dissociable neural networks support distinct components of aversive anticipation. Poster presented at the 19th annual meeting of the Cognitive Neuroscience Society, Chicago, IL, April 2, 2012.
- Grupe, D.W.**, Oathes, D.J., McFarlin, D.R., & Nitschke, J.B. Phasic and sustained activation of the anterior insula during the anticipation of aversion. Poster presented at the 17th annual meeting of the organization for Human Brain Mapping, Quebec City, Canada, June 28, 2011.
- Nitschke, J.B., Oathes, D.J., Hilt, L., & **Grupe, D.W.** Altered anticipatory amygdala activity in generalized anxiety disorder is linked to genetic variation of the serotonin transporter. Poster presented at the 49th American College of Neuropsychopharmacology Annual Meeting, Miami Beach, FL, December 8, 2010.
- Schultz, R.T., **Grupe, D.W.**, Shin, C., Hunyadi, E., Wolf, J., & Jones, W. Converging evidence for structural and functional brain abnormalities in the autism spectrum disorders. Panel presentation at the 49th American College of Neuropsychopharmacology Annual Meeting, Miami Beach, FL, December 8, 2010.
- Grupe, D.W.**, Tromp, D.P.M., Oathes, D.J., Kral, T.R.A., Adams, M., & Nitschke, J.B. BDNF polymorphism contributes to altered structural connectivity in generalized anxiety disorder. Poster presented at the 40th annual meeting of the Society for Neuroscience, San Diego, CA, November 14, 2010.
- Grupe, D.W.**, Oathes, D.J., McFarlin, D.R., Schmidt, M., & Nitschke, J.B. Modeling eye gaze data enhances statistical power to detect neural responses to emotional pictures. Poster presented at the 16th annual meeting of the organization for Human Brain Mapping, Barcelona, Spain, June 9, 2010.
- Grupe, D.W.**, Schultz, R.T., Hunyadi, E., Herrington, J.D., & Riley, M. The influence of socially salient stimuli on cognitive control in autism spectrum disorders: an fMRI investigation. Poster presented at the 38th Annual Meeting of the Society for Neuroscience, Washington, D.C., November 17, 2008.
- Grupe, D.W.**, Schultz, R.T., Hunyadi, E., & Herrington, J.D. Modulation of FFA activation by processing demands. Poster presented at 14th annual meeting of the organization for Human Brain Mapping, Melbourne, Australia, June 20, 2008.

External invited lectures and panels

Mindfulness for Incarcerated Individuals and Police Officers. First Tuesday Speaker Series, Compassion Works for all (with Dr. Carmen Alonso), November 2, 2021.

Mental Fitness and Resilience. Global First Responder Summit interview (with Dr. Michael Christopher), October 13, 2021.

Mindful Policing Research: Looking back and looking forward. Dane County Law Enforcement and Leaders of Color Collaboration, February 24, 2021.

Promoting resilient responses to the stressors of policing. Edgewood College, "Policing in Contemporary Society", Madison, WI, March 9, 2020.

Protecting law enforcement officers against stress and trauma (panelist). National Institute of Justice "Research for the Real World" Seminar, Washington, D.C., June 28, 2019.

Resilience programming and law enforcement (panelist). University of Chicago Crime Lab/Chicago Police Department 2019 Officer Wellness Summit, Chicago, June 12, 2019.

Stress, mindfulness, and policing in Wisconsin. Presentation to the Wisconsin Police Executives Group, Minnesuac, WI, June 10, 2019.

Neural mechanisms of perceived stress and a role for mindfulness in promoting resilience. St. Olaf College Psychology Department, Northfield, MN, April 19, 2019.

Mindfulness in Public Safety. Wisconsin Public Safety Communications Conference, Wisconsin Dells, WI, May 15, 2017.

Mindfulness resilience training for high stress populations. Presentation to the Wisconsin Army National Guard 105th Cavalry Regiment, Madison, WI, March 5, 2016.

Functional neuroimaging of anticipation, uncertainty, and anxiety. St. Olaf College Psychology Department, October 24, 2013.

Investigating anticipatory anxiety: fMRI paradigm design and development. University of Illinois-Chicago *Science as Methods* seminar series, March 8, 2013.

Internal invited lectures and panels

"A mindfulness-based approach for promoting healing after incarceration." Department of Family Medicine and Community Health Primary Care Research Fellowship seminar series, April 23, 2026

"Mindfulness and wellbeing." Odyssey Beyond Wars, January 27, 2025.

"Community-engaged research with justice-impacted individuals" (with Aaron Hicks and Deb Mejchar). Plasticity of Well-Being Network Summer Workshop, UW-Madison Center for Healthy Minds, June 29, 2023.

Panel presentation (with Aaron Hicks, Deb Mejchar, and Dr. Mike Koenigs). Wisconsin Idea Seminar, May 31, 2023.

"Stress, Anxiety, Meditation, and the Brain." UW-Madison Undergraduate Neuroscience Society "Neuro Night", April 8, 2022.

"Engaging Patient/Community Advisory Boards to Support Translational Research" (with Dr. Mike Koenigs). UW-Madison ICTR Community-Academic Partnerships Training and Education Program, February 25, 2022.

"Community Advisory Boards" (with Dr. Mike Koenigs). UW-Madison Morgridge Center Community Partnerships & Outreach monthly meeting, February 10, 2022.

"The Mindful Policing Project: Training stability, resilience, and compassion." University of Wisconsin-Madison Criminal Justice & Health Association, Madison, WI, February 26, 2020.

"Resilience and law enforcement." Presentation to the University of Wisconsin-Madison Police Department leadership group, Madison, WI, December 4, 2019.

"Neuroimaging tools for studying anxiety and bringing these tools into the classroom." AP Psychology Teachers Summer Institute, University of Wisconsin-Madison, June 22, 2016.

Teaching experience

University of Wisconsin-Madison, Prison Education Initiative

Summer 2026 Site supervisor / de facto instructor

Organizational Leadership 497, PEI Internship

Offered at Oakhill Correctional Institution through UW-Green Bay

Guest lectures

Fall 2025 The Art and Science of Human Flourishing (Psychology 120, Dr. Tony Chambers, Dr. Richie Davidson, and Dr. Teri Pipe) - *with Aaron Hicks*

Fall 2024 Neuroscience and Public Policy Seminar (NTP 660, Dr. Barb Bendlin)

Fall 2024 Introduction to Community-Engaged Scholarship (Counseling Psychology 601, Dr. Travis Wright and Corey Sprinkel) - *with Aaron Hicks and Dr. Mike Koenigs*

Fall 2023 Evaluation Research (Social Work 945, Dr. Pajarita Charles) - *with Aaron Hicks*

Fall 2023 Community Engagement in Health Services Research (S&A PHM 703, Dr. Olufunmilola Abraham) - *with Aaron Hicks*

Mentoring

Graduate mentees

2025-present Patrick Nolan, Sociology Ph.D.

Graduate committee membership

2024-present Tatiana Ray, Psychology Ph.D.

2023-2026 Mickela Heilicher, Psychology Ph.D.

2023-2025 Aggie Laboe, Psychology Ph.D.

External service and volunteer activities

2025-present Wisconsin Prison Partnership Board of Directors

Vice President, 2025-present

2023-present Restorative Justice volunteer, First Madison UCC Prison Ministry Project

2020-present Dane County Law Enforcement and Leaders of Color Collaboration

2020-present Just Mindfulness Advisory Council, Madison, WI

2019-present Trained Peacekeeper, Dane County Community Restorative Courts

2025 Dane County Community Justice Council Behavioral Health/Substance Use Strategic planning subcommittee

2025 Dane County Office of Justice Reform Sequential Intercept Model training participant

2020-2021 Vera Court Neighborhood Center Board of Directors, Madison, WI

2019-2020 Trained Facilitator, Zeidler Center police and resident listening circles

2018-2021 Diversity & Inclusivity Steering Committee, UW-Madison Center for Healthy Minds

2017-2021 Bridge-Lakepoint-Waunona Neighborhood Center Steering Committee, Madison, WI

Chairperson, 2019-2021

2013-2026 Bridge-Lakepoint-Waunona Community Garden Coordinator, Madison, WI

2013-2025 Clark Street Community School Governance Board, Middleton, WI

President, 2020-2025

Institutional service activities

2025-present Succession planning committee, UW-Madison Center for Healthy Minds

2024-2026 Steering committee, UW-Madison Justice-Involved Research Collective

2024-2025 Instructional Unit ad hoc committee, UW-Madison Center for Healthy Minds

2017-present Culture Committee, UW-Madison Center for Healthy Minds

Participation in workshops and trainings

2022 NIH/Johns Hopkins Mixed Methods Research Training Program for the Health Sciences

2021 NIH Summer Institute in Randomized Behavioral Clinical Trials

2021 Culturally Confident Engagement for Translational Research: A Building Trust
Curriculum Training, UW-Madison ICTR

2019, 2020, 2022 Short course on Dissemination & Implementation Research, UW-Madison ICTR

2019-2023 Mentored K Scholar Seminar Series, University of Wisconsin-Madison Institute for
Clinical and Translational Research (ICTR)

2019 Disrupting Systemic Whiteness in the Mindfulness Movement, Milwaukee, WI

2019 Peacemaker Training, Dane County Community Restorative Court, Madison, WI

2018 Mind and Life Institute Summer Research Institute, Garrison, NY

2016 Mindfulness-Based Stress Reduction 8-week course, Madison, WI

Reviewing

Federal grant review panels

2026 NIH special emphasis panel: Social and Community Influences Across the Lifespan (*ad hoc member*)

2023 NIH special emphasis panel: Health Promotion in Communities (*early career reviewer*)

Institutional grant review panels

2025 Institute for Clinical and Translational Research pilot grants Scientific Review
Committee

2023 Center for Healthy Minds Plasticity of Well-Being Network grants

2023 Institute for Clinical and Translational Research pilot grants

2022 Institute for Clinical and Translational Research pilot grants

Ad hoc journal reviewer

American Journal of Psychiatry; Behavioural Brain Research; Biological Psychiatry; Biological Psychology; Biology of Mood & Anxiety Disorders; Brain and Behavior; Chronic Stress; Cognitive, Affective, and Behavioral Neuroscience; Cognition and Emotion; Emotion; Frontiers in Human Neuroscience; Frontiers in Systems Neuroscience; International Journal of Psychophysiology; Journal of Anxiety Disorders; Journal of Clinical Psychiatry; Journal of Community Safety & Well-Being; Journal of Experimental Psychology: General; Mindfulness; Nature Human Behaviour; Neurolmage; Neuropsychologia; Neuroscience Letters; Policing; Psychiatry Research; Psychiatry Research:

Neuroimaging; Psychological Medicine; Psychological Science; Psychology and Aging;
Psychophysiology; Social Cognitive and Affective Neuroscience; Trends in Cognitive Sciences

Professional memberships

Academic Consortium on Criminal Justice Health
International Society for Contemplative Research