



Christian Gaden Jensen

Born April 5th 1979, Hjoerring, Denmark

Affiliation

Centre for Mental Health Promotion
Founder, Centre Director, postdoc in health psychology
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Academic education and research positions

Nov. 2016 –	Postdoc in health psychology and centre director for Centre for Mental Health Promotion, University of Copenhagen.
2015 –	Research Director for seven public stress clinics in five Danish Municipalities.
2015	Ph.D.-degree at Neurobiology Research Unit, Copenhagen University Hospital
Oct. 2014	Founder of Centre for Mental Health Promotion (www.cfps.dk).
2014-'15	Post-graduate researcher at Cognitive Neuroscience Research Unit, Aarhus University Hospital.
2013-'14	Ph.D.-scholar at Neurobiology Research Unit, Copenhagen University Hospital.
2013	Post-graduate researcher at Centre for Visual Cognition, University of Copenhagen (6 months).
2011	Ph.D.-scholarship started at Neurobiology Research Unit, Copenhagen University Hospital.
2010-'11	Clinical neuropsychologist and post-graduate researcher at Neurobiology Research Unit, Copenhagen University Hospital
2010	Cand.psych., Dep. of Psychology, University of Copenhagen. Thesis on mindfulness and public health. Grade: A (12). Evaluation: "This thesis must be judged to be of outstanding quality".
2008-'11	Certified meditation instructor and instructor-trainer at The Benson-Henry Institute of Mind-Body-Medicine, Harvard University.
2008-'10	Research Assistant, clinical internship and neuropsychopharmacological research scholar-grant at Neurobiology Research Unit, Copenhagen University Hospital.
2006 –	Research Assistant, Centre for Humanistic Health Research, University of Copenhagen.
2006-'15	Research Assistant, Centre for Research on Consciousness and Anomalous Psychology, Lund University.
2003-'07	Bachelor-studies (180 ECTS) in psychology, Dep. of Psychology, University of Copenhagen.
2000-'02	Bachelor-studies (105 ECTS), v. Institute for Philosophy and Rhetorics, University of Copenhagen.

Peer-reviewed publications

The list includes a selection of (the most important) published conference abstracts.

1. **Jensen, C. G.**, Krogh, S. C., Westphael, G., & Hjordt, L. V. (2018). Mindfulness Is Related to Socioeconomic Status but does Independently Predict Mental Health. Danish Validation Studies of The Five-Factor Mindfulness Questionnaire. *Psychological Assessment (in press)*.
2. **Jensen, C. G.** (2018). Dimensional Stress Treatment in a Biopsychosocial Model (Dimensionel Stressbehandling i en biopsykosocial model). Abstract and Talk: *Stressbehandlingskonferencen 2018*.
3. Abildgaard, L. H., Fosgerau, C. F., & **Jensen, C. G.** (2018). De stressedes sprog: Nærsproglige analyser af det opsplittede selv og kontroltab. *Nydanske Sprogstudier (in press)*.
4. **Jensen, C. G.** (2018). Innovative Stress Treatment Partnerships Between The Public Sector and the Universities. Abstract and talk. National Conference on Innovation of the Welfare System (*Velfærdens Innovationsdag*), Copenhagen, 2018.
5. Hjordt, L. V. Stenbæk, D. S., Madsen, K. S., McMahon, B., **Jensen, C. G.**, Vestergaard, M. Hageman, I., Meder, M., Hasselbalch, S. G., & Knudsen, G.M. (2017). State-dependent alterations in inhibitory control and identification of emotional faces in seasonal affective disorder. *Journal of Abnormal Psychology, 126*(3), 291-300.
6. **Jensen, C. G.** & Holde, L. V. A. (2016). Er mere meditation relateret til større behandlingseffekter? – Empirisk baserede anbefalinger til en mere kontekstuel meditationsforskning og interventionspraksis. *Psyke & Logos, 37*(1), 55-81.
7. **Jensen, C. G.** (2017). Results from Public Research-based Stress Clinics in Two Large Danish Municipalities (Resultater fra Offentlige Forskningsstøttede Stressklinikker i To Store Danske Kommuner). Abstract and lecture: Nordic Public Health Conference, Aalborg, June, 2017.
8. Elsass, P., Rønnestad, M., **Jensen, C. G.**, & Orlinsky, D. (2017). Warmth and Challenge as Common Factors among Eastern and Western Counselors? Buddhist Lamas' Responses to Western Questionnaires. *International Journal of Psychosocial Rehabilitation, 2017*.
9. **Jensen, C. G.** (2016). *Integrating Knowledge from Meditation and Contextual Behavioral Sciences*. Abstract and Keynote. 4th Association for Contextual Behavioral Sciences Nordic, World Congress, Copenhagen, 2016.
10. Meland, A., Hoebeke, E., Pensgaard, A. M., Fonne, V., Wagstaff, A., & **Jensen, C. G.** (2016). Being a part of a team: Exploring mindfulness as a facilitator of increased fellowship in a military aviation unit. Abstract and poster: *The 5th European Congress of Aerospace Medicine*, Oslo.
11. **Jensen, C. G.**, Niclasen, J., Vangkilde, S., Petersen, A., & Hasselbalch, S. G. (2016). General Inattentiveness is a Long-term Reliable Trait Independently Predictive of Psychological Health: Danish Validation Studies of Mindfulness Attention Awareness Scale. *Psychological Assessment, 28*(5), 70-87.
12. **Jensen, C. G.**, Hjordt, L. V., Stenbæk D. S., Andersen, E., Back, S. K., Lansner, J., Hageman, I., Dam, H., Nielsen, A. P., Knudsen, G. M., Froekjaer, V. G., & Hasselbalch, S. (2016). Development and psychometric validation of the verbal affective memory test. *Memory, 24* (9), 1208-1223.

13. **Jensen, C. G.** (2016). *Open and Calm. A meditation-based program for adults in a course setting. New Public Stress Clinics in Denmark.* Abstract and presentation: International Symposium of Contemplative Sciences, San Diego, US.
14. **Jensen, C. G.** (2016). The first Year of Implementing Stress Clinics in Copenhagen and Aalborg. (*Det første års implementering af Stressklinikker i København og Aalborg.*) Abstract and lecture. Public Health Conference, Danish Society for Public Health (Folkesundhedsdage ved Dansk Selskab for Folkesundhed), Odense, 2016.
15. **Jensen, C. G.** (2016). Public Strategies of Evidence-based Mental Health Promotion (*Offentlige strategier for Evidensbaseret Mental Sundhedsfremme*). National Conference on Mental Health, Center for Applied Municipal Health Research, Municipality of Aalborg (Center for Anvendt Kommunal Sundhedsforskning, Aalborg Kommune), Aalborg, juni, 2016.
16. Cardena, E., Reijman, S., Wimmelman, C., & **Jensen, C. G.** (2015). Psychological health, trauma, dissociation, and fantasy proneness among Danish spiritual practitioners. *Psychology of Consciousness: Theory, Research, and Practice*, 2(2), 170-184.
17. **Jensen, C. G.**, Lansner, J., Petersen, A., Vangkilde, S. A., Ringkøbing, S. P., Frokjaer, V. G., Adamsen, D., Knudsen, G. M., Denninger, J. W., & Hasselbalch, S. G. (2015). Open and Calm - a randomized controlled trial evaluating a public stress reduction program in Denmark. *BMC Public Health*, 15:1245, 1-13.
18. Fisher, P., Haahr, M. E., **Jensen, C.G.**, Froekjaer, V., Siebner, H. R., & Knudsen, G. M. (2015). Fluctuations in [¹¹C]SB207145 PET binding associated with change in threat-related amygdala reactivity in humans. *Neuropsychopharmacology*, 40(6),1510-1518.
19. **Jensen, C. G.** (2015). *Cross-Cultural Perspectives on Mind-Body Medicine.* Abstract and presentation: World Congress on Mind-Body Medicine, Harvard University, Boston, nov. 2015.
20. **Jensen, C. G.**, Elsass, P., Neustrup, L., Bihal, T., Flyger, H., Kay, S. M., Khan, S., Jensen, S. S., Pedersen, A., & Würtzen, H. (2014). What to listen for in the first consultation: Breast cancer patients' own focus on talking about psychological coping predicts psychological distress and depression. *Journal of Patient Education & Counseling*, 97(2), 165-172.
21. Danelund, J. R., Bihal, T., Flyger, H., Kay, S. M., Khan, S., Jensen, **C. G.**, **Jensen, S. S.**, Johansen, C., Neustrup, L., Pedersen, A., Würtzen, H., & Elsass, P. (2014). What works for whom in mindfulness? A quantitative and qualitative comparison of 60 compliant breast cancer patients evaluation of mindfulness-intervention with 40 drop outs. A linguistic study of self-presentations. *Journal of Religion and Science*, 61, 74–88.
22. **Jensen, C. G.** (2014). *Meditation and Visual Attention.* Abstract and lecture: Science of Consciousness Conference. Royal Academy of Sciences, Copenhagen, June, 2014.
23. **Jensen, C. G.** (2014). Open and Calm. A Randomized Controlled Trial of A Stress-Reduction Program in Denmark. Abstract and lecture: *Stress Research Conference (Stressforskningskonferencen)* Bispebjerg Hospital, Copenhagen, 2014.
24. Stenbæk, D. S., **Jensen, C. G.**, Holst, K. K., Mortensen, E. L., Knudsen G. M., & Frokjaer, V. G. (2013). Does Harm Avoidance mediate effects of recollected parental bonding on mental distress in adulthood? *Comprehensive Psychiatry*, 55(4), 1007-14.

25. **Jensen, C. G.** (2013): Mindfulness Training Affects Attention – Or Is It Attentional Effort? Abstract and lecture. International Conference on Mindfulness, University of Rome, Italy, June, 2013.
26. Haahr, M. E., Fisher, P. M., **Jensen, C. G.**, Frokjaer, V. G., Mahon, B. Mc., Madsen, K., Baaré, W. F. C., Lehel, S., Norremolle, A., Rabiner, E. A., & Knudsen, G. M. (2013). Central 5-HT₄ receptor binding as biomarker of serotonergic tonus in humans: a [¹¹C]SB207145 PET study. *Molecular Psychiatry*, 19(4), 427-32.
27. Allen, M., Smallwood, J., Christensen, J., Gram, D., Rasmussen, B., **Jensen, C. G.**, Roepstorff, A., & Lutz, A. (2013). The balanced mind: the variability of task-unrelated thoughts predicts error-monitoring. *Frontiers in Human Neuroscience*, 7:743, 1-15, doi:10.3389/fnhum.2013.00743
28. Haahr, M., Fisher, P., Holst, K., Madsen, K., **Jensen, C. G.**, Marner, L., Szabols, L., Baaré, W., Knudsen, G., & Hasselbalch, S. (2013). The 5-HT₄ receptor levels in hippocampus correlates inversely with memory test performance in humans. *Human Brain Mapping*, 34(11), 3066-74. doi: 10.1002/hbm.22123.
29. Parker, A., & **Jensen, C. G.** (2013). Further Possible Physiological Connectedness Between Identical Twins: The London Study. *EXPLORE: The Journal of Science and Healing*, 9(1), 26-31.
30. **Jensen, C. G.**, Vangkilde, S. A., Frokjaer, V., & Hasselbalch, S. G. (2012): Mindfulness Training Affects Attention – Or Is It Attentional Effort? *Journal of Experimental Psychology – General*, 141(1), 106-123.
31. **Jensen, C. G.**, & Parker, A. (2012). Entangled In The Womb? - A Pilot Study on the Possible Physiological Connectedness Between Identical Twins with Different Embryonic Backgrounds. *EXPLORE: The Journal of Science and Healing*, 8(6), 339-347.
32. **Jensen, C. G.**, & Cardeña, E. (2009): A controlled, long-distance test of a professional medium. *European Journal of Parapsychology* 24(1), 53-67.
33. **Jensen, C. G.** (2007): The 2006 Annual Parapsychological Association Convention: A Review. *The Paranormal Review*, 41, 3-7.

Publications: Evaluation reports on stress treatment in Denmark

These research reports can be downloaded (in Danish) from: <https://cfps.dk/forskningsprojekter/>

34. Westphael, G., Krogh, S. C., & **Jensen, C. G.** (2017). *Åben og Rolig for Unge - Udrulningen i Aalborg Kommune 2016*. København: Center for Psykisk Sundhedsfremme. Effect evaluation of the pilot studies of Open and Calm for Adolescents.
35. **Jensen, C. G.**, Hansen, A. V., Andersen, M. D. (2017). Survey of stress treatments in 33 Danish Municipalities. (*Stikprøveundersøgelse af 33 danske kommuners stressbehandlingstilbud*.) University of Copenhagen: Centre for Mental Health Promotion.
36. **Jensen, C. G.** (2017). *Åben og Rolig for Unge: Evalueringsrapport*. København: Center for Psykisk Sundhedsfremme. Effect evaluation of Open and Calm for Adolescents.

37. Ladegaard, K. Y., **Jensen, C. G.**, & Andersen, M. F. (2017). *Evalueringsrapport om Stressbehandlingskonferencen 2017*. Københavns Universitet, 19.-20. januar, 2017.
38. **Jensen, C. G.** (2016). *Evaluation report: The MindAct-Abbvie Project 2015-2016*. Uafhængig forskningsrapport om et 1-årigt omfattende mindfulness-baseret program på virksomheden Abbvie i Oslo, sammenlignet med Abbvies afdeling i DK.
39. Ladegaard, Y. K., & **Jensen, C. G.** (2016). *Evaluation report on the Stress treatment Conference (Stressbehandlingskonferencen) 2016*. University of Copenhagen, 8. januar, 2016.
40. **Jensen, C. G.** (2015). *Effect evaluation. Pilot Year 2015. Establishing Open and. Calm in the Health Promotion Centers of Municipality of Copenhagen*. Collaboration with the Data- and Analysis-Unit of the Municipality of Copenhagen.
41. **Jensen, C. G.** (2015). *Effect evaluation. Pilot Year 2015. Establishing Open and. Calm in the Municipality of Aalborg*. Collaboration with the Health Strategic Team of the Municipality of Aalborg.
42. **Jensen, C. G.** (2013). *Independent Research Report on Corporate-Based Mindfulness-Training at Center for Brain Injury, University of Copenhagen*.
43. **Jensen, C. G.** (2013). *Independent Research Report on Corporate-Based Mindfulness-Training at Statens Center for Kompetenceudvikling*.
44. **Jensen, C. G.** (2013). *Independent Research Report on Corporate-based Mindfulness Training (CBMT) at Department of Economics, University of Copenhagen, 2013*.

Publications: Research-based books and book chapters

45. **Jensen, C. G.** (2018). *Research-based Stress Clinics. The Open and Calm Method and its Results*. (Forskningsbaserede Stressklinikker. Åben og Rolig-metoden og dens resultater.) *Almanakken 2018*, 102-128. Copenhagen: University of Copenhagen.
46. **Jensen, C. G.** (2016). *Open and Calm (Åben og Rolig), 5th ed*. Copenhagen: Strandberg Publishing.
47. **Jensen, C. G.** (2015). *Open and Calm (Åben og Rolig), 4th ed*. Copenhagen: Strandberg Publishing.
48. **Jensen, C. G.** (2014). *Open and Calm (Åben og Rolig), 3rd ed*. Copenhagen: Strandberg Publishing.
49. **Jensen, C. G.** (2013). *Open and Calm (Åben og Rolig), 2nd ed*. Copenhagen: Strandberg Publishing.
50. **Jensen, C. G.** (2012). *Open and Calm (Åben og Rolig), 1st ed*. Copenhagen: Strandberg Publishing.
51. Krippner, S., Friedman, H. (eds), **Jensen, C. G.** (co-editor) (2010). "Mysterious Minds vol.I: The Neurobiology of Psychics, Mediums, and other Extraordinary People". Greenwood-Praeger

Press, USA.

52. Krippner, S., Friedman H. (eds), **Jensen C. G.** (co-editor) (2010). *Mysterious Minds vol.II: Debating psychic experiences*. Greenwood-Praeger Press, USA.
53. **Jensen, C. G.** (2008). Mindfulness på Hjernen. Bogsektion i: Mandrup, C. (2008): *Mindfulness i Hverdagen*. København: Politikens Forlag. *Book Chapter on Mindfulness and Neuroscience*.

Publications: Book reviews and scientific essays

54. **Jensen, C.G.** (2010). *Genet der påvirker dine stressreaktioner*. Artikel i *Illustreret Videnskab*. Article on the stress-related aspects of the SCL6A4-gene.
55. **Jensen, C.G.** (2009). Book Review. *Neuroanatomy*. 'Neuroanatomy'. *Indput, Department of Psychology, University of Copenhagen*.
56. **Jensen, C.G.** (2008). Book review. *Neurobiology and The Free Will – A Critical Reading of the Philosophy of Mind by John R. Searle*. (Neurobiologi og den frie vilje – en kritisk læsning af John R. Searles bevidsthedsfilosofi). *Psykolog Nyt* (10), 20-21.
57. **Jensen, C.G.** (2008). Sommer-effekten: Global opvarmning øger menneskets voldelige tendenser. *Weekendavisen*, (41), 51. Newspaper article on mental aspects of global warming.
58. **Jensen, C.G.** (2007). *Parapsychology – For what it's worth*. Scientific essay awarded with the R. R. Coly Prize, PA Foundation, New York, US.
59. **Jensen, C.G.** (2006). Book Review: *Subjectivity and Science. Consciousness Research in the 21st Century* (Subjektivitet og Videnskab: Bevidsthedsforskning i det 21. Århundrede.) Zahavi, D. & Christensen, G. (eds.). Roskilde Universitetsforlag. *Indput, University of Copenhagen*.

Publications: First-authored newspaper articles

60. **Jensen, C. G.** (2018). Stress. Forsikringsselskaber Mangler Stressforskere. *Politiken*, 13. januar 2018. Newspaper article on the importance of collaboration between health insurance companies and universities.
61. **Jensen, C. G.** (2017). Stressfri. Mental sundhed er en god forretning. *Politiken*, 25. juni, 2017. Newspaper article on international cost-benefit studies of mental health promotion.
62. **Jensen, C. G.**, Elsass, P., Nielsen, A. M., Keller, H. D., & Overgaard, M. (2016). *Meget mere forskning*. *Weekendavisen*, 2. december, 2016. Debating article on the definition of evidence-based practice.
63. **Jensen, C. G.** (2013). Mindfulness handler ikke om individualisering. Kommentar til indlæg i *Ugebrevet A4* om, at mindfulness virker individualiserende på arbejdspladsen. Debating article on the non-individualizing perspectives in mindfulness.
64. **Jensen, C. G.** (2006). Pudsige postulater fra den aggressive ateist. *Kristeligt Dagblad*, 5. April. Critical newspaper article on Richard Dawkin's TV-program: Religion – The Root of all Evil.

Editorial board memberships, expert panels and review experience

Scientific reviewer for seven journals. Current editorial board member and former assistant editor.

- *Editorial board member (2017): International Journal of Clinical Research and Trials*
- *Former assistant editor: Journal of Transpersonal Psychology*
- *Reviewer: ACTA Psychiatrica Scandinavica*
- *Reviewer: Frontiers in Psychology – Cognition*
- *Reviewer: Psychiatry Research*
- *Reviewer: Mindfulness*
- *Reviewer: Nordic Psychology*
- *Reviewer: Explore: The Journal of Science and Healing*
- *Expert panel: Academics Expert Panel on Mental Work Environment*
- *Expert panel: The Stress Alliance (Stressalliancen)*

Main Organizer of Stress Treatment Conferences, Lectures and Workshops

- Among the main organizers of the Stress Treatment Conference, 2016, 2017, and 2018. These are large two-day conference with about 460 participants, media coverage and speakers from all main stress treatment centers in Denmark. The conferences are organized via the University of Copenhagen. Online info at: www.stressbehandlingskonferencen.dk.
- Main Organizer of the Mindfulness and Health Conference at the State Center for Competence Development (Statens Center for Kompetenceudvikling), 2013.
- Main Organizer of Summer Meditation Retreats with international capacities in mindfulness, Copenhagen, 2016, 2017, 2018.
- Organizer of lectures on meditation, stress and public health, University of Copenhagen, 2016 –

Teaching Experience

Teaching-related educations and certificates

Certified mind-body teacher, Harvard University

Certified as therapeutic teacher and as teacher instructor in the *Relaxation Response Resiliency Program*. Benson-Henry Institute of Mind-Body Medicine, Harvard Medical School. The certification program is a thorough academic and theoretical education combined with practical clinical training. I collaborated with the Benson-Henry Institute since August 2008 and developed the Open and Calm program and instructor training with the BHI at Harvard.

Studies at Department of Rhetorics, Paedagogics and Philosophy, University of Copenhagen

Studies at the Institute for Rhetorics, Paedagogics, and Philosophy, 2000-2002. Courses completed included e.g., didactics, theories on written and oral communication, training in oral presentations, training in different feedback systems, argumentation, group work and other communication and teaching skills. Nearly two full years of studies completed (105 ECTS).

Certified Danish and English Teacher, Berlitz Language School

Certified Danish Teacher, Berlitz International Language School, Copenhagen. Worked full time as head teacher of a department and as language teacher (Danish) for foreigners (refugees, business people, etc.) and as an English teacher for children and adolescents for 12 months (2002-2003).

Educated Anxiety Group Leader

Educated Group Leader, Danish Anxiety Union, 2005. Subsequent work as a group leader for 1 year.

Educated music teacher for mentally challenged

Educated as a Music Teacher for Mentally Challenged, PMU, Sindal, 1999. Worked as a music teacher for mentally challenged adults after college (Gymnasium). Music teacher for 1,5 years.

Teaching Experience at University Level

BA- and MA-level course in Health Psychology, University of Copenhagen, 2017

Main teacher and censor on a 7.5-ECTS program in Health Psychology, Department of Psychology. A total of 28 students participated. The course covered 10 lectures of 3 hours and the exam was a written home assignment of 8-10 pages per student.

Master-level Lectures on Cognitive Neuropsychology, University of Copenhagen, 2008-2012

Guest lectures on Master-level in cognitive neuropsychology: 2008, 2009, 2010, 2012. Course arranged by associate professor in cognitive psychology, Tine Meyer Thomsen.

Master-level course on neuropsychology and consciousness, Göteborg Universitet, 2011

1-day course on MA-level. Arranged by professor in Psychological Research, Adrian Parker.

Clinical Specialist Program in Stress Treatment and Mental Health Promotion, 2015-2018

The stress treatment clinical educational program within the Open and Calm Paradigm for stress treatment and mental health promotion has been approved by the Danish Psychologists' Union at the level of the *Specialist Degree in Psychotherapy*, as the only stress treatment program in Denmark. The full stress treatment program covers >200 hrs of education, clinical training and supervision. I am the main developer and organizer of this program and have been the main teacher on this program, both theoretically and in the clinical training sessions, for 8 classes of psychologists since January 2015.

Specialization level course in affective memory tests, University of Copenhagen, 2013

Teacher on a 1-day course for psychologists on affective memory and psychophysiological tests, June, 2013. Arranged by associate professor, University of Copenhagen, Anders Gade. About 30 participants. This course was also approved by the Danish Psychologists Union at the Specialist level.

Lectures on meditation, neuroscience and mental health, Oslo University, 2012

Several classes on meditation, neuroscience and mental health at Oslo University for Olympiatoppen (Norway's Olympic Team, 2012), and for Institute of Aviation Medicine (Flymedicinsk Institut), 2012.

Guest Lecture on Academic writing, Nordic Language Studies, Aarhus University, 2007

Guest lecture on theories of argumentation and academic writing. Arranged by Mikkel Albrechtsen. The lecture was based on my research training and my BA-studies within rhetorics and philosophy and presented classical Greek tools for systematic, creative and circular academic writing.

Teachings at the Danish Academy of Defence

The Danish Academy of Defence has a university structure with a dean and five academic institutes. I have arranged and taught full day seminars on stress, meditation and coping with complex problems (wicked problems) at the Danish Academy of Defence, Copenhagen, 2013 and 2014, and for the Danish Navy, Vordingborg Kaserne, 2013, and Slotsholmen kaserne, 2014. Participants have been military officers and associated leaders and researchers in these contexts.

Other Teaching Experience

Main clinical teacher for public stress clinics in four municipalities, 2014 -

I am the main clinical teacher for about 55 psychologists in four municipalities. This involves monthly teaching sessions, regular supervision and continued both theoretical and clinical training. Subjects include e.g., theory, research updated and training within group dynamics, assessment interviews, individual therapy, special target groups (e.g., men with short educations, adults out of jobs, adolescents, university students, and clients with former or current psychiatric diagnoses).

Course on Philosophy of Science, University College Nordsjælland, 2010, 2013

Two full-day modules on philosophy of science and clinical aspects of meditation-based programs and neuroscience. About 200 participants per time. Arranged by associate professor, Sif Storgaard.

Main teacher in Cognitive Psychology, Folk University, Copenhagen, 2009

Main organizer and main teacher for two classes in Cognitive Psychology, both during spring, 2009. Arranged by Thomas Alrik.

Grants and awards

2018

Sundhedsstrategisk Team, Aalborg Kommune

Research and implementation grant for online stress reduction programs, 500.000 kr.

Municipality of Copenhagen

Research and implementation grant for online stress reduction programs, 1.100.000 kr.

2017

Center for Applied Municipal Health Research (Center for Anvendt Kommunal Sundhedsforskning)

Research in Open and Calm for Adolescents, 300.000 kr.

2016

Center for Mental Health, Municipality of Aalborg

Development of Open and Calm for Adolescents, 250.000 kr.

2015

Helsefonden (Health Foundation)

Development of Open and Calm Minimal Contact Therapy: 300.000 kr.

Helsefonden (Health Foundation)

Research project on drop-outs from Public Stress Clinics: 300.000 kr.

2014

Cognitive Neuroscience Research Unit, Aarhus Universitetshospital

Research grant on meditation, stress and hypnosis, 84.000 kr.

Norwegian Armed Forces (Flymedicinsk Institut, det norske forsvar)

Research Grant for qualitative studies on elite soldiers practicing mindfulness: 40.000 kr.

2013

Department of Psychology, University of Copenhagen

Research grant for development of neuropsychological test of affective Memory. Six months of work.

Bikuben-foundation

Senior research consultant on meditation-based rehabilitation for former criminals. Collaboration with *Kriminalforsorgen*, 100.000 kr.

2012

Capital Region of Denmark (Region Hovedstaden)

Extra Research Grant for Ph.d.-project, 72.000 kr.

2011

Nordea-fonden

Ph.d.-project on mindfulness, genetics and health, 2.600.000 kr. Situated at Neurobiology Research Unit, Copenhagen University Hospital

2010

Trygfonden

Post Graduate Research Scholarship for study on serotonin and attention, 60.000 kr.

Brain, Mind, and Medicines, University of Copenhagen

Post Graduate Research Scholarship for study on serotonin and attention, 60.000 kr.

2009

Floraglates Foundation, Florida, USA

Travel Grant for research on self-concepts and meditation, 7000 kr.

2008

Greenwood Publishing Group, USA

Reward: Excellent student grant for American Psychological Association's World Congress, 3500 kr.

2007

Parapsychological Foundation, USA

Reward: Winner of the *R. R. Colly Prize* for scientific essay on parapsychology, 7500 kr.

2006

Helene Reeder Memorial Fund, Sverige

Research Grant for studies of spiritual practitioners in Scandinavia, with Lund University, 18.700 kr.

John Björkhem Memorial Foundation, Sverige

Reward: Excellent student grant for Parapsychological Association's Conference in Paris, 3500 kr.

2004

Hjørring Gymnasium

Top-student Grant for clinical work within the Danish Anxiety Union, 5000 kr.

PhD-dissertation

Title: *"Critical Investigations of two meditation-based stress reduction programs and of mindfulness as a predictor of mental health in the population"*

The assessment committee consisted of four professors:

- Supervisor: Professor Steen Gregers Hasselbalch, Neurobiologisk Forskningsenhed samt Nationalt Videnscenter for Demens, Rigshospitalet.
- Chair and assessor: Professor Erik Lykke Mortensen, Institut for Folkesundhedsvidenskab, Københavns Universitet.
- Assessor: Professor Gregory Lewis Fricchione, Centre Director at the Benson-Henry Institute of Mind-Body Medicine, Harvard University
- Assessor: Professor Andreas Roepstorff, Institut for Kultur og Samfund samt Institut for Klinisk Medicin – Center for Funktionelt Integrativ Neurovidenskab, Aarhus Universitet.

The concluding evaluation of the dissertation read:

"This thesis is based on three empirical studies, together representing a large amount of work, clearly sufficient for the PhD degree. The three empirical studies are of high scientific relevance and they all contribute substantially to the field of meditation research. Furthermore, the three studies demonstrate the methodological insight of the candidate into a wide range of psychological and statistical methods, and thus the level of methodological knowledge is high for a PhD candidate. The results are adequately presented in both the thesis and the papers, and generally the interpretation of the results is well founded in the empirical data. Thus, the empirical background and conclusions drawn in the papers are adequate and well-balanced. ... Furthermore, while the candidate is clearly motivated to understand meditation and the effects it may have on people, his discussions and conclusions are balanced and in no way biased. Details can be criticized, but the critical comments raised in this assessment should be understood in light of the overall high quality of the thesis."

The dissertation was defended successfully on November 15th, 2015 v. at the Center for Neuroscience, Copenhagen University Hospital.

Media appearances (selection, in Danish)

- *TV2-dokumentar* (2018). Konsulent for dokumentarprogram om mind-body medicine.
- *Meditation against Stress*. Interview for Danish Health Insurance (Dansk Sundhedsforsikrings) magazine, News and Health (*Nyt & Sundt*) (2018).
- *DR1-program* (9. nov., 2017). Deltagelse i tv-program "Lyst til luksus". Link til [tv-program](#).
- *Hjerne-kassen på P1: Stress* (1. maj, 2017): Interviewdeltagelse i radioprogram ved Peter Lund Madsen med tema om stress. Link til [radiointerview](#) og tilhørende [artikel](#) på dr.dk.
- *DR1-Sundhedsmagasinet* (10. jan., 2017). Sundhedsprogram om stress med fokus på Åben og Rolig-programmet udviklet af Christian Gaden Jensen. Link til [tv-program](#) og tilhørende [artikel](#) på dr.dk.
- *Magasinet Arbejdsmiljø* (dec., 2016). Meditation er effektivt i stressbehandling. Artikel om C. G. Jensens baggrund og arbejde med de offentlige stressbehandlingsklinikker.
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