

Curriculum Vitae

Prof. Dr. Stefan Schmidt

Born 30.09.1967 in Stuttgart, Germany

Address: Academic Section for the Evaluation of Complementary Medicine
Department of Environmental Health Sciences
University Medical Center Freiburg
Breisacherstraße 115b
D-79106 Freiburg im Breisgau
Germany
Tel.: +49-761-270-8305, Fax: +49-761-270-8343
stefan.schmidt@uniklinik-freiburg.de

Current Position

- Heymans Professor for Exceptional Experiences, University for Humanistics, Utrecht, NL
- Head of the Academic Section for the Evaluation of Complementary Medicine, University Medical Center Freiburg, Germany
- Head of the Center for Meditation, Mindfulness and Neuroscience Research, University Medical Center Freiburg, Germany
- Freelance systemic supervisor and counsellor

Academic Degrees

- 2002 **Dr. phil.** (PhD)
University of Freiburg, Faculty of Philosophy
„Außergewöhnliche Kommunikation? Eine kritische Evaluation des parapsychologischen Standardexperimentes zur direkten mentalen Interaktion.“
Main focus: Psychophysiology, Experimental Psychology
Mark: summa cum laude (1.4)
(Supervisors: Prof. Dr. Dr. Harald Walach, Prof. Dr. Jochen Fahrenberg)
- 1996 **Psychologist** (Dipl.)
Main focus: Clinical Psychology

Studies

1991 – 1996 Psychology at the University of Freiburg

1989 – 1991 Psychology at the University of Konstanz

Research Activities

since 2009 Appointment to the **Heymans Chair on Exceptional Experiences**,
University for Humanistics, Utrecht, NL

Since 2008 **Head of the Academic Section for the Evaluation of Complementary
Medicine**, Department of Environmental Health Sciences, University
Medical Center Freiburg

2006 – 2007 **Postdoctoral Fellow**, Dept. of Clinical Psychology and Developmental
Psychology, Institute of Psychology, University of Freiburg
(Acting Head of Department: Dr. Hans Linster)

Since 2007 **Head of the Center for Meditation, Mindfulness and Neuroscience
Research**, Department of Environmental Health Sciences, University
Medical Center Freiburg

Since 2006 **Head of the Neurophysiological Laboratory**, Department of
Environmental Health Sciences, University Medical Center Freiburg

Since 2000 **Research fellow**, Department of Environmental Health Sciences,
University Medical Center Freiburg. Projects see below.

1998 – 2000 **Research fellow**, Institute for Frontier Areas of Psychology and Mental
Health (IGPP), Freiburg
Project: Experiments and meta-analysis on direct mental interaction
(Head of department: Prof. Dr. Dr. H. Walach, Prof. Dr. J. Mischo)

1996 – 1998 **Research fellow**, University of Freiburg, Dept. of Rehabilitation
Projects on placebo and investigator influence effects (Head of
department: Prof. Dr. Dr. H. Walach, Prof. Dr. Dr. J. Bengel)

1995 – 1996 **Research assistance**, University of Freiburg, Dept. of Rehabilitation
Psychology (Head of department: Prof. Dr. Dr. H. Walach,
Prof. Dr. Dr. U. Koch)

Scientific Projects

- Since 2009 “Complex Analyses and Data Mining on the Data of the Freiburg Fibromyalgia Trial”, sponsored by the Samuelli Institute, USA, Position: PI
- Since 2009 “Towards a New Paradigmatic Framework: Weak Quantum Theory and Generalised Entanglement – Explorations of Holism” sponsored by the Fetzer Memorial Trust, Position: Cooperation Partner, PI: Harald Walach, Northampton
- Since 2009 “Intensity and Duration of Needling Sensations – A Pilot Study in Osteoarthritis Patients”, Position: PI
- Since 2009 “A Closer Look at Meditation: Challenging the Attentional Network on Different Types of Meditative Procedures”, sponsored by the Bial Foundation, Portugal, Position: PI
- Since 2008 “Randomized Controlled Pilot Trial on the Effectiveness of Mindfulness-Based Stress Reduction for Patients Suffering from Migraine”, Position: PI
- Since 2008 “Assessment of a Specific Neurophysiological Pain Pattern in Patients Suffering from Chronic Back Pain and Its Changes Due to a Behavioral Intervention – A Pilot Study”, sponsored by the University Medical Center Freiburg Research Council and the Bank of Baden Württemberg, Germany, Position: PI
- Since 2008 “Effect of Rolfing Treatment on Quality of Life and Selected Treatment Aims – A Prospective Study”, Position: PI
- Since 2008 “Communicative Construction of Mindfulness – A Qualitative Study”, Position: PI
- 2007 – 2009 “The Impact of Mindfulness Meditation on Visuomotor Performance and Awareness of Action: An EEG Study of Short and Long Term Meditators”, sponsored by the Bial Foundation, Portugal, Position: PI.
- 2008 – 2009 “Mining a Mindful Brain: Complex Data Analyses on EEG-data Sets from Long and Short Term Mindfulness Meditators”, sponsored by the Samuelli Institute, USA, Position: PI
- 2008 – 2009 “German Adaptation of the *Self-Compassion Scale*”, Position: PI
- 2007 – 2009 “Systematic Review of the Impact of Railroad Noise on Health”, sponsored by the Regional Community Organisation, Role Co-PI
- 2007 – 2008 “Mindfulness in Couples – A Qualitative Study Regarding the Effects of Mindfulness Meditation”, Position: PI
- 2007 – 2008 “EEG Correlations in Distantly Located Participants”, sponsored by the Rockefeller Samuelli Research Programme, USA, Position: Co-PI
- 2005 – 2006 “Remote Staring Detected by Conscious and Psychophysiological Variables – Combining and Improving Two Successful Paradigms”, sponsored by the Bial Foundation, Portugal, Position: PI
- 2003 – 2008 „Mindfulness-Based Stress Reduction Program as an Intervention in Patients with Fibromyalgia – A Three-Armed Randomized Clinical Trial“, sponsored by the Samuelli Institute, USA, Position: PI
- 1998 – 2002 „A Critical Evaluation of the Parapsychological Experimental Paradigm on Direct Mental Interaction (DMILS)“, sponsored by the Institute for Frontier Areas of Psychology and Mental Health (IGPP), Position: Research fellow, PhD project
- 1996 – 1998 „Experimental Studies on Placebo and Experimenter Effects Applying

Decaffeinated Coffee“, Position: Research fellow

- 1995 – 1996 „Prospective Outcome Study on Acupuncture and Homeopathy Treatment“, sponsored by the IKK Federal Association, Position: Research assistance

Scientific Focus

- Research on meditation and mindfulness
- Clinical research on behavioural interventions
- Psychophysiology/neurophysiology
- Ambulatory psychophysiological monitoring
- Evaluation research on complementary medicine
- Spirituality and health
- Exceptional Human Experiences
- Sociological and epistemological aspects of research in unconventional areas

Referee for Journals and Institutions

- British Journal of Psychology
- Forschende Komplementärmedizin/Research on Complementary and Classical Natural Medicine
- Integrative Medicine Insights
- Journal of Health Psychology
- Journal of Scientific Exploration
- Parapsychological Association
- Physiology and Behavior
- Psychotherapy Research
- Samuelli Institute of Information Biology
- Spirituality and Health International
- The Journal of Alternative and Complementary Medicine
- The Journal of Parapsychology
- The Journal of the Society for Psychical Research
- The World Journal of Biological Psychiatry
- Zeitschrift für Anomalistik
- Zeitschrift für Parapsychologie und Grenzgebiete der Psychologie

Editorial Board/Associate Editor

- Spirituality and Health International
- The Journal of the Society for Psychical Research

Reference List

Peer reviewed Journals

- Schmidt, S. (2009). Shall we really do it again? The powerful concept of replication is neglected in the social sciences. *General Review of Psychology, 13*, 90-100.
- Walach, H., Kohls, N., Hinterberger, T. & Schmidt, S. (2009). Spirituality: The Legacy of Parapsychology. *Archives of the Psychology of Religion, 31*, 275-306.
- Schmidt, S., Erath, D., Ivanova, V. & Walach, H. (2009). Do you know who is calling? Experiments on anomalous cognition in phone call receivers. *The Open Psychology, 2*, 12-18.
- Schmidt, S. (2008). Bohrende Blicke? Stechende Blicke? Das Phänomen der 'Blickwahrnehmung' wissenschaftlich untersucht. *Zeitschrift für Anomalistik, 8*, 32-54.
- Hinterberger, T., Mochty, U., Schmidt, S., Erath, L.-M., Walach, H. (2008). EEG-Korrelationen zwischen räumlich entfernten Paaren. *Zeitschrift für Anomalistik, 8*, 55-75.
- Walach, H., Buchheld, N., Buttenmüller, V., Kleinknecht, N. & Schmidt, S. (2006). Measuring mindfulness—the Freiburg Mindfulness Inventory (FMI). *Personality and Individual Differences, 40*, 1543-1555.
- Schneider, R., Grüner, M., Heiland, A., Keller, M., Kujanova, Z., Peper, M., Riegl, M., Schmidt, S. & Walach, H. (2006). Effects of expectation and caffeine on arousal, well-being and reaction time. *International Journal of Behavioral Medicine, 13*, 330-339.
- Walach, H. & Schmidt, S. (2005). Repairing Plato's Life Boat with Ockham's Razo.: The Important Function of Research in Anomalies for Mainstream Science. *Journal of Consciousness Studies, 12*, 52-70.
- Schmidt, S., Schneider, R., Utts, J. M. & Walach, H. (2004). Distant Intentionality and the Feeling of Being Stared At - Two Meta-Analyses. *British Journal of Psychology, 95*, 235-247.
- Schmidt, S. (2004). Mindfulness and healing intention: concepts, practice, and research evaluation. *The Journal of Alternative and Complementary Medicine, 10*, S-7-S-14.
- Grossman, P., Niemann, L., Schmidt, S. & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research., 57*, 35-43.
- Hinterberger, T., Schmidt, S., Neumann, N., Mellinger, J., Blankertz, B., Curio, G. & Birbaumer, N. (2004). Brain-computer communication and slow cortical potentials. *IEEE Transactions on Biomedical Engineering, 51*, 1011-1018.
- Schlitz, M. J., Radin, D. I., Malle, B., Schmidt, S., Utts, J. M. & Yount, G. L. (2003). Distant healing intention: definitions and evolving guidelines for laboratory studies. *Alternative Therapies in Health and Medicine, 9*, A31-A43.
- Schneider, R., Schmidt, S., Binder, M., Schaefer, F. & Walach, H. (2003). Respiration related artifacts in EDA recording: Introducing a standardized method to overcome multiple interpretations. *Psychological Reports, 93*, 907-920.

- Walach, H., Schmidt, S., Dirhold, T. & Nosch, S. (2002). The Effects of a caffeine placebo and suggestion on blood pressure, heart rate, well-being and cognitive performance. *International Journal of Psychophysiology*, 43, 247-260.
- Walach, H., Schmidt, S., Schneider, R., Seiter, C. & Bösch, H. (2002). Meling boundaries: Subjectivity and intersubjectivity in the light of parapsychological data. *European Journal of Parapsychology*, 17, 72-96.
- Schmidt, S., Schneider, R., Binder, M., Bürkle, D. & Walach, H. (2001). Investigating Methodological Issues in EDA-DMILS: Results from a Pilot Study. *Journal of Parapsychology*, 65, 59-82.
- Walach, H., Schmidt, S., Bihl, Y.-M. & Wiesch, S. (2001). Effects of a Caffeine-Placebo and Experimenter Expectation on Blood-Pressure, Heart Rate, Well-Being, and Cognitive Performance. *European Psychologist*, 6, 15-25.
- Schmidt, S. & Walach, H. (2000). Elektrodermale Aktivität (EDA) - Adäquate Methoden und Techniken in der experimentellen Parapsychologie. *Zeitschrift für Parapsychologie und Grenzgebiete der Psychologie*, 42/43, 38-64.
- Schmidt, S. & Walach, H. (2000). Electrodermal Activity (EDA) - State of the Art Measurement and Techniques for Parapsychological Purposes. *Journal of Parapsychology*, 64, 139-163.
- Walach, H. & Schmidt, S. (1997). Empirical Evidence for a Non-Classical Experimenter Effect. An Experimental, Double-Blind Investigation of Unconventional Information Transfer. *Journal of Scientific Exploration*, 11, 59-68.
- Schmidt, S. & Walach, H. (1997). Wasser oder Gift? Das Freiburger Wünschelrutenexperiment. *Zeitschrift für Parapsychologie und Grenzgebiete der Psychologie*, 39, 76-91.

Monographs

- Schmidt, S. (1996). *Ungewöhnliche Wege der Informationsübertragung. Doppelblinde Studie zur Testung der Universalrute nach Körbler und des Modells der Pragmatischen Information nach Lucadou*. Unveröffentlichte Diplomarbeit, Albert-Ludwigs-Universität Freiburg i. Br.
- Schmidt, S. (2002). *Außergewöhnliche Kommunikation? Eine kritische Evaluation des parapsychologischen Standardexperimentes zur direkten mentalen Interaktion*. Oldenburg: Bibliotheks- und Informationssystem der Universität.

Book Chapters

- Schmidt, S. (in press). Kruskal-Wallis Test. In: N. J. Salkind (Ed.) *Encyclopedia of Research Design*. Sage.
- Walach, H. & Schmidt, S. (in press). Non Classical Experimenter Effects. In: N. J. Salkind *Encyclopedia of Research Design*. Sage.
- Schmidt, S., Buchheld, N., Niemann, L., Grossman, P. & Walach, H. (2004). Achtsamkeit und Achtsamkeitsmeditation. Die Erfassung des Konstruktes und seine klinische Bedeutung. In: C. Zwingmann & H. Moosbrugger *Religiosität: Messverfahren und Studien zu Gesundheit und Lebensbewältigung. Neue Beiträge zur Religionspsychologie* (pp. 157-183). Münster: Waxmann.

Grossman, P., Niemann, L., Schmidt, S. & Walach, H. (2004). Ergebnisse einer Metaanalyse zur Achtsamkeit als klinischer Intervention. In: T. Heidenreich & J. Michalak (Hrsg.), *Achtsamkeit und Akzeptanz in der Psychotherapie* (pp. 701-725). Tübingen: DGVT-Verlag.

Walach, H., Buchheld, N., Buttenmüller, V., Kleinknecht, N. & Schmidt, S. (2004). Empirische Erfassung der Achtsamkeit - Die Konstruktion des Freiburger Fragebogens zur Achtsamkeit (FFA) und weitere Validierungsstudien. In: T. Heidenreich & J. Michalak (Hrsg.), *Achtsamkeit und Akzeptanz in der Psychotherapie* (pp. 727-770). Tübingen: DGVT-Verlag.

Schmidt, S. (2003). Direct mental interaction with living systems (DMILS). In: W. B. Jonas & C. C. Crawford (Ed.), *Healing, intention and energy medicine: Research and clinical implications* (pp. 23-38). Edinburgh: Churchill Livingstone.

Schmidt, S. (1999). Überblick über den Stand der Forschung in der experimentellen Parapsychologie. In: G. Krampen, H. Zayer, W. Schönplflug & G. Richardt *Beiträge zur angewandten Psychologie. 5. Deutscher Psychologentag und 20. Kongreß für Angewandte Psychologie des Berufsverbandes Deutscher Psychologinnen und Psychologen (BDP e.V.) in Berlin 1999* (pp. 606-610). Bonn: Deutscher Psychologen Verlag.

Conference Proceedings

Schmidt, S. (2008). Aristotle's Fly - Remarks on Anomaly Research and a review on the relationship between meditation and Psi. *Behind and Beyond the Brain. 7th Symposium of the Bial Foundation 2008. Emotions. Proceedings* (pp. 73-95). Porto: Fundação Bial.

Müller, S., Schmidt, S. & Walach, H. (2006). Remote staring detected by conscious and psychophysiological variables. Combining and improving two successful paradigms. *The Parapsychological Association 49th Convention. Proceedings of presented papers* (pp. 85-99). Durham, NC: The Parapsychological Association.

Schmidt, S., Müller, S. & Walach, H. (2004). Do you know who is on the phone? Replication of an experiment on telephone telepathy. *The Parapsychological Association, 47th Annual Convention, August, 5-8, 2004* (pp. 245-254). Durham, NC: The Parapsychological Association.

Schmidt, S., Schneider, R., Utts, J. M. & Walach, H. (2002). Remote intention on electrodermal activity - two meta-analyses. *The Parapsychological Association 45th Annual Convention. Proceedings of presented papers* (pp. 206-222). Durham, NC: The Parapsychological Association.

Schmidt, S. (2002). Direct Mental Interaction in Living Systems (DMILS) - Assessing Healing in the Physiological Lab. A Systematic Literature Review. In: W. B. Jonas, M. J. Schlitz, M. W. Krucoff & R. Chez (Eds.), *Proceedings: The science and spirituality of healing* (pp. 32-53).

Schmidt, S., Schneider, R., Binder, M., Bürkle, D. & Walach, H. (2000). Investigating Methodological Issues in EDA-DMILS: Results from a Pilot Study. *The Parapsychological Association 43rd Annual Convention August 17-20. Proceedings of Presented Papers* (pp. 242-260). Durham, N.C.: The Parapsychological Association.

Schmidt, S., Tippenhauer, G. & Walach, H. (2001). Connectedness Between Participants in an Experiment on Distant Intention. *The Parapsychological Association 44th Annual Convention*.

Proceedings of Presented Papers (pp. 285-300). Durham, NC: The Parapsychological Association.

Schmidt, S. & Walach, H. (1999). Electrodermal Activity (EDA) - State of the art measurement and techniques for parapsychological purposes. *The Parapsychological Association 42nd Annual Convention. Proceedings of Presented Papers* (pp. 315-335). Durham, NC: The Parapsychological Association.