

Liudmila Gamaiunova

Institute for Social Sciences of Religions (ISSR) / University of Lausanne - FTSR
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Education

Ph. D. | 05. 2022 | Faculty of Theology and Religious Studies, University of Lausanne, Switzerland

- Thesis “Contemplative practices rooted in Buddhism and stress: Psychophysiological perspective”

M.A. | 02. 2014 | Faculty of Theology and Religious Studies, University of Lausanne, Switzerland

- Major: Psychology of Religion

Specialist | 06. 2011 | Tula State Pedagogical University, Russia

- Majors: Pedagogics, Foreign Languages

Additional training

The Swiss Doctoral School (SDS) in Affective Sciences | 2016-2021 | Geneva, Switzerland

Training in microphenomenology (interview and analysis) | 2018-2020 | France

Selected credited science courses | 2019-present | Berkeley Extension, USA

Related Work Experience

Senior Researcher and Teaching Assistant | University of Lausanne, Switzerland | 02. 2022-current

Coordinator at the Interdisciplinary Center of Religious Studies | University of Lausanne, Switzerland | 02. 2018-current

Lecturer | University of Lausanne, Switzerland | 02. 2022-07. 2022

Graduate Research and Teaching Assistant | University of Lausanne, Switzerland | 02. 2018-01. 2022

Swiss National Science Foundation fellow | Stanford University, USA | 02. 2017-02.2018

- Visiting graduate research assistant at Stanford Psychophysiology Lab, Department of Psychology

Assistant to the Editor-in-Chief | Archive for the Psychology of Religion | 01. 2017-01.2018

Research and Teaching Assistant | University of Lausanne, Switzerland | 02. 2016-01. 2017

Research collaborator | University of Neuchâtel, Switzerland | 05. 2014-08. 2014

Student-assistant | University of Lausanne, Switzerland | 08. 2012-01. 2014

Teaching experience

Taught courses

Introduction to the psychology of religion: meditations and other contemplative practices between tradition and modernity | Seminar for BA/Bsc | University of Lausanne, Switzerland

Co-taught courses

Religion and Spirituality in Times of Epidemic: Psychological Perspectives on Covid-19 | Seminar for MA/MSc | University of Lausanne, Switzerland

Introduction to the psychology of religion: music, openness to the beyond | Seminar for BA/Bsc | University of Lausanne, Switzerland

Introduction to the psychology of religion: Following a Master, learning to become free | Seminar for BA/Bsc | University of Lausanne, Switzerland

Introduction to psychophysiological research | Invited talk at a tutorial | Unisanté, Switzerland

Religious and psychotic-like experiences | Seminar for MA/MSc | University of Lausanne, Switzerland

Religion and spirituality in healthcare institutions | Lecture & Seminar | University of Lausanne, Switzerland

Introduction to the psychology of religion: Psychological approach of religious field | Lectures for BA/Bsc | University of Lausanne, Switzerland

Awards

American Psychological Association Division 36 seed grant | 2021

The Mind and Life Francisco J. Varela Research Grants | 2018

Doc. Mobility fellowship from the Swiss National Science Foundation | 2016

Faculty Prize for the Master Thesis "Surrender as a coping style among practitioners of the Nimatullahi Sufi Order" | 2014

Publications (*peer-reviewed)

*Gamaiunova, L., Gamaiunova, L., Kreibig, S. D., Dan-Glauser, E., Pellerin, N., Brandt, P. Y., & Kliegel, M. (2022). Effects of two mindfulness based interventions on the distinct phases of the stress response across different physiological systems. *Biological Psychology*, 172, 108384.

*Gamaiunova, L., Brandt, P.-Y. & Kliegel, M. (2021). Contemplative Training and Psychological Stress: An Analysis of First-person Accounts. *Mindfulness*, 2034–2049. <https://doi.org/10.1007/s12671-021-01661-1>

Gamaiunova, L., Brandt, P.-Y., & Gallaz, P. (2021). La méditation pour réduire le stress : Quand méditer soulage l'esprit mais aussi le corps. *Psychoscope*, 1 / 2021, 22-24.

Dukes, D., Van Herwegen, J., Alessandri, M., Alnemary, F., Rad, J. A., Lavenex, P. B., [et al., including Gamaiunova, L.] (2021). *Introducing the COVID-19 crisis Special Education Needs Coping Survey*. PsyArXiv. <https://doi.org/10.31234/osf.io/rtswa>

*Gamaiunova, L., Brandt, P.-Y., Bondolfi, G., & Kliegel, M. (2019). Exploration of psychological mechanisms of the reduced stress response in long-term meditation practitioners. *Psychoneuroendocrinology*. doi:<https://doi.org/10.1016/j.psyneuen.2019.02.026>

*Gamaiunova, L., Brandt, P.-Y., & Kliegel, M. (2017). Meditative insight: validation of a French version of Ireland's Insight Scale (2012) and exploration of relationships between meditative insight and perceived stress. *Mental Health, Religion & Culture*, 1-14. doi:10.1080/13674676.2016.1261334

*Brandt, P. Y., Laubscher, K., Gamaiunova, L., & Dandarova Robert, Z. (2017). Vieillir en institution en Suisse romande: La prise en compte de la spiritualité pour favoriser le bien-être. *Working Paper*, 1-37.

*Mayor, E., & Gamaiunova, L. (2015). Mobile device-based mindfulness intervention promotes emotional regulation during anticipatory stress. In W. W. A. Alomainy, Y. Hao, K. S. Nikita and C. G. Parini (Eds.), *5th EAI International Conference on Wireless Mobile Communication and Healthcare - "Transforming healthcare through*

innovations in mobile and wireless technologies" (pp. 258-262): ICST. doi:
<http://dx.doi.org/10.4108/eai.14-10-2015.2261617>

*Mayor, E., & Gamaiunova, L. (2014). Using wearable technology for psychophysiological experiments: Gender roles and cognitive appraisal impact cardiac response to socio-evaluative stress. In K. S. Nikita, B. Lo, D. I. Fotiadis, Y. Hao and A. Kiourti (Eds.), *Wireless Mobile Communication and Healthcare (Mobihealth), 2014 EAI 4th International Conference on* (pp. 15-18): IEEE. doi: 10.1109/MOBIHEALTH.2014.7015897

Congress contributions

2020

Gamaiunova, L., Dan-Glauser, E., Pellerin, N., Brandt, P.-Y., Kliegel, M. (2020). The Effects of Two Mindfulness Programs on the Stress-Related Changes in the ANS: Contrasting the Activity of Sympathetic and Parasympathetic Branches During Different Phases of the TSST. Poster presented at the *2020 Contemplative Research Conference* (online, 5-8 November 2020).

Gamaiunova, L., Dan-Glauser, E., Pellerin, N., Brandt, P.-Y., Kliegel, M. (2020). Mindfulness programs and prolonged physiological activation during stress: interventions effects on the sympathetic, cardiac parasympathetic and HPA-axis. Poster presented at the *2020 Society for Psychophysiological Research (SPR) Annual Meeting* (online, 4-11 October 2020).

2019

Gamaiunova, L., Brandt, P.-Y., Kliegel, M. (2019). Mindfulness intervention effects on the anticipatory cognitive appraisals and associated cardiovascular profiles. Poster presented at the *Contemplative Science Symposium* (Fürstfeldbruck, Germany, 25-27 October 2019).

2018

Gamaiunova, L., Brandt, P.-Y., Kliegel, M. (2018). Recovery from Stress in Long-Term Meditation Practitioners and Matched Controls: Mediative Role of Cognitive Emotion Regulation Strategies. Poster presented at the *2018 Society for Psychophysiological Research (SPR) Annual Meeting* (Quebec-city, Canada, 3-7 October 2018).

Gamaiunova, L., Brandt, P.-Y., Kliegel, M. (2018). The Phenomenology of Stress Experience in Long-term Meditators and Matched Controls". Poster presented *2018 International Symposium for Contemplative Research*. (Phoenix, USA, 8-11 November 2018).

Gamaiunova, L., Brandt, P.-Y., Kliegel, M. (2018). Stress response to social-evaluative threat in experienced meditators and matched controls. Poster presented at the

Brain Mind Institute Symposium, EPFL "Stress in Health and Disease", Lausanne, Switzerland (Lausanne, Switzerland, 14-15 March 2018)

2017

Gamaiunova, L. (2017). Buddhist Meditation Practitioners under a Social-evaluative Threat: A Mix-method Exploration. *Paper presented at the Annual Meeting of the Society for the Scientific Study of Religion (Washington DC, USA, 13-15 October 2017)*

2015

Gamaiunova, L., Brandt, P.-Y., Kliegel, M. (2015). Religious & spiritual coping: Current trends in research. Paper presented at the *14th congress of the Swiss Society of Psychology, Geneva, Switzerland (Geneva, Switzerland, 8-9 September 2015)*

Gamaiunova, L. (2015; Chair). Psychology of Religion: Current research in French-speaking Switzerland. Symposium conducted at the *14th congress of the Swiss Society of Psychology, Geneva, Switzerland. (Geneva, Switzerland, 8-9 September 2015)*

Gamaiunova, L. (2015). Spiritual/religious factor in mindfulness meditation effectiveness: theoretical considerations. Poster presented at the *Mind and Life Europe Summer Research Institute (Chiemsee, Germany 28 August – 3 September 2015)*

Gamaiunova, L., Kliegel, M., Brandt, P.-Y. (2015). Meditative Insight: further exploration of construct. Poster presented at the *Congress of the International Association for the Psychology of Religion (Istanbul, Turkey 17-20 August 2015)*

Gamaiunova, L., Mayor, E. (2015). Mindfulness Attention Awareness and Cognitive Appraisal. Poster presented at the *International Convention of Psychological Science (Amsterdam, Netherlands 12-14 March 2015)*

2014

Gamaiunova, L. (2014). Sufi practice of surrender: Involvement in coping process. Paper presented at the *Nineteenth Joint Postgraduate Conference on Religion and Theology (Bristol, UK 7-8 March 2014).*

2013

Gamaiunova, L., Brandt, P.-Y. (2013). Surrender as a coping style among dervishes of the Nimatullahi Sufi Order. Poster presented at the *Congress of the International Association for the Psychology of Religion (Lausanne, Switzerland 27-20 August 2013)*