

AMISHI JHA

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Dr. Amishi Jha, PhD is Director of Contemplative Neuroscience and Professor of Psychology at the University of Miami. Prior to her current post, she was an Assistant Professor at the Center for Cognitive Neuroscience at the University of Pennsylvania. She received her B.S in Biological Psychology from the University of Michigan, her Ph.D in Psychology (Cognitive Neuroscience) from the University of California–Davis, and her post-doctoral training at the Brain Imaging and Analysis Center at Duke University in functional neuroimaging.

With grants from the Department of Defense and several private foundations, she leads research on the neural bases of attention and the effects of mindfulness-based training programs on cognition, emotion, resilience, and performance in education, corporate, elite sports, first-responder, and military contexts.

In her laboratory at the University of Miami, she uses functional MRI, electrophysiological recordings and behavioral techniques to understand why our attention sometimes fails us, and if it can be trained for greater focus and less distractibility. She launched the first-ever study to offer mindfulness training tools to active-duty military service members as they prepared for deployment. What she has discovered is that without intervention, attention is compromised, and attentional lapses increase. Yet, with mindfulness training, attention can be strengthened and protected.

In addition to her own [published body of research](#), her work has been featured at [TED](#), [NATO](#), the [World Economic Forum](#), the [Pentagon](#), and the [UK Parliament](#). She has received coverage in [The New York Times](#), [TIME](#), [Forbes](#), [Mindful Magazine](#), [NPR](#), and more. In addition, she has been interviewed by Joe Rogan, Brene Brown, Russell Brand, Deepak Chopra, Duncan Trussell, Dan Harris, Sharon Salzberg, and many others. In her national bestseller, [Peak Mind](#) (Harper Collins), she shares her discoveries on how attention can be trained for optimal performance and well-being. You can find Dr. Jha at <http://amishi.com>.

Links:

