Stanford

Tia Rich, PhD

Director, Contemplation by Design, Med/SPRC - Division

Bio

CURRENT ROLE AT STANFORD

Lecturer, School of Medicine, Community Health and Prevention Research

Director, Stanford Contemplation by Design

HONORS AND AWARDS

- Distinguished Teaching Award, Stanford School of Medicine, Dept. of Medicine (2022)
- Rhonda McClinton-Brown Community-Engaged Leader Award, Stanford Medicine Office of Community Engagement, Stanford School of Medicine (2021)
- Vice Chancellor for Research Fellowship, University of California at Berkeley (1994-95)

EDUCATION AND CERTIFICATIONS

- BA, Stanford University , Human Biology and Studio Art (double major) (1984)
- MA, Stanford University , Education: Counseling Health Psychology (1985)
- MSW, University of California, Berkeley , Social Welfare (1991)
- PhD, University of California, Berkeley , Social Welfare (1996)

Teaching

COURSES

2026-27

- Applying Contemplative Practices: CHPR 234 (Aut)
- Contemplation by Design Summit: The Role of Contemplative Practices in the Era of AI: CHPR 244 (Aut)
- Contemplative Competence for Sustainability of Public and Planetary Health and Well-being: CHPR 239, NATIVEAM 239 (Win)
- Contemplative Movement and Mindful Physical Activity: CHPR 241 (Win)
- Contemplative Science and Meditation for Resilience, Relationships, and Resolve: CHPR 233, EDUC 233 (Spr)

2025-26

- Applying Contemplative Practices: CHPR 234 (Aut)
- Contemplative Competence for Sustainability of Public and Planetary Health and Well-being: CHPR 239 (Win)
- Contemplative Movement and Mindful Physical Activity: CHPR 241 (Win)
- Contemplative Science and Meditation for Resilience, Relationships, and Resolve: CHPR 233, EDUC 233 (Spr)

2024-25

- Applying Contemplative Practices: CHPR 234 (Aut)
- Contemplation by Design Summit: Translating contemplative science into timely community programming: CHPR 244 (Aut)

- Contemplative Competence for Sustainability of Public and Planetary Health and Well-being: CHPR 239 (Win)
- Contemplative Movement and Mindful Physical Activity: CHPR 241 (Win)

2023-24

- Applying Contemplative Practices: CHPR 234 (Aut)
- Contemplation by Design Summit: Translating contemplative science into timely community programming: CHPR 244 (Aut)
- Contemplative Competence for Sustainability of Public and Planetary Health and Well-being: CHPR 239 (Win)
- Contemplative Movement and Mindful Physical Activity: CHPR 141, CHPR 241 (Win)
- Contemplative Science: The Power of the Pause for Resilience, Relationships, and Resolve: CHPR 233 (Spr)

Publications

PUBLICATIONS

- **Contemplative Practices Behavior Is Positively Associated with Well-Being in Three Global Multi-Regional Stanford WELL for Life Cohorts.** *International journal of environmental research and public health*
  Rich, T., Chrisinger, B. W., Kaimal, R., Winter, S. J., Hedlin, H., Min, Y., Zhao, X., Zhu, S., You, S. L., Sun, C. A., Lin, J. T., Hsing, A. W., Heaney, et al
  2022; 19 (20)
- **The Value of Contemplative Practices: A Mixed Methods Approach Exploring Associations between Resilience and Experiences of the COVID-19 Pandemic among Older Adults.** *International journal of environmental research and public health*
  Achepohl, G., Heaney, C., Rosas, L. G., Moore, J., Rich, T., Winter, S. J.
  2022; 19 (16)
- **Coping with the COVID-19 pandemic: Contemplative practice behaviors are associated with better mental health outcomes and compliance with shelter-in-place orders in a prospective cohort study.** *Preventive medicine reports*
  Chrisinger, B. W., Rich, T., Lounsbury, D., Peng, K., Zhang, J., Heaney, C. A., Lu, Y., Hsing, A. W.
  2021; 23: 101451
- **Contemplation by Design: Leveraging the "Power of the Pause" on a Large University Campus Through Built and Social Environments.** *Frontiers in public health*
  Chrisinger, B. W., Rich, T.
  2020; 8: 31
- **Self-Compassion and Mindfulness Behavioral Practices: Relationships With Well-being**
  Rich, T., Winter, S. J., Kaimal, R., Hedlin, H., Heaney, C.
  2018: S528-S528
- **The Art of Health Promotion: Linking research to practice. New Measures for New Directions.** *American journal of health promotion : AJHP*
  Grossmeier, J.
  2017; 31 (5): 444
- **The Art of Health Promotion. Stanford WELL for Life: Learning What It Means to Be Well** *American Journal of Health Promotion*
  Heaney, C., Avery, E., Rich, T., Ahuja, N., Winter, S. J.
  2017; 3 (5): 444-450
- **The Influence of Diet, Sleep and Physical Activity on Well-being Perceptiosn and Behaviors**
  Winter, S. J., Rich, T., avery, E., Hedlin, H., Balasubramanian, V., Heaney, C.
  2017: S1330-S1331
- **Well-being Over the Life Course: Changes and Adaptations**
  Heaney, C., Rich, T., Evered, J., Winter, S. J., Avery, E.
  2017: 878
- **Increasing Participation in Worksite Health Promotion for Underserved Populations**
  Rich, T.
  2013: S31-S31

- **Myths and Facts About a Health Promoting Lifestyle** *Fresh Start: The Stanford Medical School Health and Fitness Program*
  Rich, T.
  KQED Books.1996
- **An Attempt to Modify Unhelathful Eating Attitudes and Weight Regulation Practices of Adolescent Girls** *International Journal of Eating Disorders*
  Killen, J. D., Taylor, C. B., Hammer, L. D., Litt, I. M., Wilson, D., Rich, T., Hayward, C., Simmonds, B., Kraemer, H., Varady, A.
  1993; 13 (4): 369-384
- **THE STANFORD ADOLESCENT HEART HEALTH-PROGRAM** *HEALTH EDUCATION QUARTERLY*
  Killen, J. D., Robinson, T. N., Telch, M. J., Saylor, K. E., Maron, D. J., Rich, T., Bryson, S.
  1989; 16 (2): 263-283
- **Theoretical Framework: Comparing the medical/clinical model with the public health/community model** *Promotion of Physical Activity in the Community: A Manual for Community Health Professionals*
  Rich, T.
  Stanford Health Promotion Reseoruce Center.1986

PRESENTATIONS

- Brief Compassion Training for Physicians - International Conference on Physician Health (2016)
- Design, Delivery and Evaluation of an Effective Community-based Contemplative Practices Program for Well-being - Stanford Prevention Research Center (2020)
- College Dormitory Based Interventions to Prevent Cardiovascular Disease: Does A Buddy Help? - The Society of Behavioral Medicine 7th Annual Scientific Sessions (1986)
- Stress, Personality and Health: An Inquiry into Sense of Coherence - American Psychological Association and the National Institute for Occupational Safety and Health
- Well-being and/or Wellness: The Power of Language - American Public Health Association Annaul Meeting (2017)
- Occupational Stress and the Sense of Coherence - State of California human Populations Laboratory (1993)
- The Stanford University Employee Cholesterol Screening Project: Findings and Implications for a Worksite Health Promotion Program - The First National Cholesterol Conference (1988)
- Sense of Coherence Among STD Clinic Patients: Correlates and comparisons to normative data - American Public Health Association 121st Annual Meeting (1993)
- Prevalence and Correlates of Binge Eating and Purging of Sixth and Seventh Grade Grils - The Society of Behaviroal Medicine 11th Annual Scientific Session (1989)
- The Stanford University Health Promotion Interest Survey: Findings and Implicaions for a Worksite Helath Promotion Program - The Society of Behaviroal Medicine (1989)