



Xavier Sol Banson

Research Coordinator, Psychology

Bio

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Xavier is the lab manager for the Stanford Psychophysiology Lab under Dr. James Gross. He graduated with highest distinction in Psychology from UC Berkeley. He is extremely interested in mindfulness and other eastern contemplative practices and how they function in our current psychological frameworks. The projects that he currently works on investigate sleep bruxism, interpersonal emotion regulation, creating emotion regulation scales and others! In the future he aspires to do clinical work, incorporating these practices and teachings into his therapeutic approach. Outside of the lab he climbs, plays basketball and volunteers for the Crisis Text Line.