

Nicole A. Tetreault, Ph.D.

Neuroscientist, Author, Meditation Teacher, and Speaker

hi@nicoletetreault.com
nicoletetreault.com

A. Education and Training

Ph.D. in Biology, California Institute of Technology, 2013

Master's course work in Physiological Sciences, University of California, Los Angeles, 2006

Bachelor's in Neurobiology, Physiology, and Behavior, University of California, Davis, 2002

B. Meditation Training

Mindful Meditation Certification Training Program, Jack Kornfield and Tara Brach, UC Berkeley Greater Good Science, start February 2021

Treating Trauma Matters Series, National Institute for Application of Clinical and Behavioral Medicine, 2020

Social Meditation Training and Facilitation, Buddhist Geeks, 2020

Trauma Informed Yoga Training Certification with Sarit Rogers, 2020

Radiant Heart Meditation Teacher Training with Dr. Raven Lee, 2019

Mindfulness Certification with Dr. Richard Sears, 2018

Bön Meditation Training with Dr. Raven Lee, 2018, 2019

Bön Meditation Trek in Nepal with Dr. Raven Lee, 2018

Bön Meditation Training with Tenzin Wangyal Rinpoche, 2018, 2019

Meditation Training with Dr. Raven Lee, 2017, 2018

Reiki II Training and Certification with Dr. Raven Lee, 2017

Reiki I Training and Certification with Susan Nishizawa, 2017

Mindfulness Based Stress Reduction, Insight LA, 2016

C. Positions and Honors

Positions

Jan. 2020 – Current	Founder Beyond the Cell; Neuroscientist, Author, Meditation Teacher, and Speaker
Apr. 2017 – Current	Founder of Awesome Neuroscience; Neuroscientist, Author, and International Speaker
Jan. 2014 – Mar. 2017	Director of Research, Gifted Research and Outreach
Jun. 2013 – Jan. 2014	Neuroscientist, Author, and Speaker
Sep. 2006 – Jun. 2013	Graduate Researcher, Ph.D. Candidate - California Institute of Technology, Dr. Allman's and Dr. Wold's Laboratories

- Sep. 2006 – Jun. 2011 Teaching Assistant - California Institute of Technology, *Behavior of Mammals* (Bi/CNS 216) and *Comparative Nervous Systems* (Bi/CNS 157)
- Jan. 2005 – Jun. 2006 Graduate Researcher, Master's Candidate - UCLA, Dr. Marie-Françoise Chesselet's Laboratory
- Jan. 2005 – Jun. 2006 Teaching Assistant - UCLA, *Neuroscience 101: From Molecules to Mind and Life Sciences (LS2): Cells, Tissues & Organs*
- May 2002 – Aug. 2004 Research Assistant - California Institute of Technology, Dr. John Allman's Laboratory
- Aug. 2000 – Apr. 2002 Research Assistant - UC Davis, Dr. Leo Chalupa's Laboratory
- Aug. 1999 – Dec.2000 Research Technician - UC Davis, Dr. Michael McChesney's Laboratory
- Sep. 1998 – Jul. 1999 Research Technician - California Institute of Technology, Dr. John Allman's Laboratory

Awards and Honors

- 2019 Milton and Rosalind Chang Career Exploration Prize, California Institute of Technology Alumni Association
- 2018, 2019 Los Angeles Unified School District, Notable Speaker for Significant Contributions to Education
- 2018 Writing by Writers, Short Short Finalist, Partial Tuition Fellow
- 2017, 2018 Martha's Vineyard Institute of Creative Writing Merit Fellowship Finalist, Tuition Fellow
- 2017 Lit Camp Basement Series, "Strange Travel", Selected Reader
- 2014 Writing by Writers, Short Short Finalist, Partial Tuition Fellow
- 2011 John and Ursula Kanel Charitable Foundation Scholarship
- 2010 United Way Fellowship DC Policy Program, California Institute of Technology
- 2009 Best Poster Presenter, California Institute of Technology, Biology Department
- 2008, 2009 Exploratorium California Institute of Technology, Scientist Fellow
- 2008 College of Women's Club of Pasadena Scholarship
- 2006 Graduate Honors, University California, Los Angeles
- 2002 Undergraduate Honors, University California, Davis
- 2002 Chancellor's Award for Excellence in Undergraduate Research, UC Davis

D. Notable and Recent Engagements

TV Appearances

- 100 Humans, Netflix Original Series, Recurring Guest Neuroscientist, 2019
- Addiction Unplugged, A&E and FYI, Recurring Guest Neuroscientist, 2019

Podcast

Tilt Parenting, Trauma and Social Isolation in the Time of COVID-19, 2020
The Kid Factory, Understanding Neurodiversity and Embracing the Whole Child, 2020
Nishant Garg, Neuroscience of Mindfulness and the Heart, 2020

Speaking

New Mexico Associate for the Gifted, *Insight into a Bright Mind: The Latest Neuroscience of Giftedness and Living as Liberated Beings and Mindful Practices Guiding the Heart and Mind*, Featured Speaker, 2020
Novilo, *Insight into a Bright Mind: The Latest Neuroscience of Giftedness and Creativity*, Webinar Keynote, 2020
Bridges Graduate School, *The Latest Neuroscience of Giftedness and Creativity*, Featured Speaker, 2020
Let's Talk 2e, *Lens into Neurodiversity In and Outside the Classroom*, Featured Speaker, 2020
Talentissimo, *Lens into Neurodiversity In and Outside the Classroom*, Webinar Keynote, 2020
46th Annual Los Angeles Conference on Gifted Education Conference, *Lens into Neurodiversity In and Outside the Classroom*, Featured Speaker, 2020
SENG Online Conference, *Lens into Neurodiversity In and Outside the Classroom*, Featured Speaker, 2020
Bridges 2e Center Parent University, *Unraveling the Misunderstood Aspects of Neurodiversity*, Featured Speaker, 2020
Arizona Association for the Gifted and Talented, *Understanding the Latest Neuroscience of Giftedness*, Keynote Speaker, 2020
Welby Way Gifted and High Ability Magnet School, *Insight into a Bright Mind: The Latest Neuroscience of Giftedness*, Keynote Speaker, 2020
Unleash Your Kids' Genius, *Insight into a Bright Mind: The Brain Science of Neurodiversity and Original Thinking*, Featured Speaker, 2020
Annual meeting, Social Emotional Needs for Gifted (SENG), *Feeling Color: A Field Guide to Diverse Minds*, Featured Speaker, 2019
SENGinar, Full Webinar of 100 attendees, *Gifted Brain 2.0: Neuroscience of the Bright Brain*, 2019
Greater Los Angeles Gifted Children's Association, *Neuroscience of Anxiety in the Bright Brain*, Featured Speaker 2019
Social Emotional Needs for Gifted (SENG) Olympia, *The Psychology, Neuroanatomy, and Care of the Creative Brain and Person*, Keynote Speaker, 2019
Beyond Giftedness Conference Colorado, *Feeling Color: Insight into Bright Minds*, Keynote Speaker, 2019
Los Angeles Unified Gifted & Talented Parent Conference, *Feeling Color: Insight into a Bright Mind, Body, and Experience*, Keynote Speaker 2019
Bright and Quirky Online Summit, *Uniquely Bright: Navigating and Flourishing with a Highly Capable Brain*, Featured Speaker, 2019
LA Unified Selected Speaker Series, *Unraveling Many Misunderstood Aspects of Giftedness*, 2018
Mirman School, *Uniquely Bright: Navigating and Flourishing with a Highly Capable Brain*, Special Engagement Presenter, 2018

Greater Los Angeles Gifted Children's Association, *Guiding Twice Exceptional Students to Thrive*, Featured Speaker, 2018

Social Emotional Needs for Gifted (SENG) Los Angeles, *Feeling Color: Insight into the Bight Mind, Body and Experience*, Keynote Speaker, 2018

Annual meeting, Social Emotional Needs for Gifted (SENG), *The Promise of Neuroscience and Psychology for Gifted Wellbeing over a Lifetime*, Keynote Speaker, 2017

Poetry Reading, Lit Camp Basement Series, *Strange Travel*, Selected Featured Reader, 2017

Poetry Reading, Martha's Vineyard Institute of Creative Writing, 2017

Commencement, Alverno Heights Academy, Keynote Address, 2016

Annual meeting, Social Emotional Needs for Gifted (SENG), *Neuroscience and Physiology of Giftedness*, Featured Speaker, 2016

Reid School, Special Engagement Presenter, *Neuroscience of Giftedness*, 2016

Institute for Educational Advancement, Special Engagement Presenter, *Gifted Brain, Gifted Body*, 2016

Workshops and Seminars

Beyond the Cell On-line Meditation Program, 2020

Welby Way Gifted and High Ability Magnet School, Professional Development Workshop Series, 2020

Empower, Envision, Elevate: meditation, neuroscience, mindfulness, healing, and writing, Sept. 2017

Yoga Booty Ballet (YBB) WKND IV: La Jolla, Guided Meditation and Reiki Practice, May 2017

The Barnhart School, "Empower, Envision, Elevate - Guided Mediation and Writing", May 2017

E. Selected writings and peer-reviewed articles

Books

1. Nicole A. Tetreault, PhD, Insight into a Bright Mind, (*Gifted Unlimited Press, release March 23, 2021*)

Articles

1. Nicole A. Tetreault, PhD, Dear Gifted Column, GHF Dialogue, March 2020
2. Nicole A. Tetreault, PhD, Neuroplasticity of the Developing Mind, 2e News, July 2019
3. Nicole A. Tetreault, PhD, Neuroscience of Asynchronous Brain Development in the Bright Mind, 2e News, May 2019
4. Nicole A. Tetreault, PhD, Neuroscience of Anxiety the Bright Brain, SENNG Newsletter, March 2019
5. Nicole A. Tetreault, PhD, Brain Fingerprints, SENNG Newsletter, February 2019
6. Nicole A. Tetreault, PhD, Creatives Unlock Unique Networks, SENNG Newsletter, January 2019

Papers

1. NA Tetreault and MJ Zakreski (2020). The Gifted Brain Revealed Unraveling the Neuroscience of the Bright Experience, GHF Dialogue.
2. RI Karpinski, AM Kinase Kolb, NA Tetreault, TB Borowski, High intelligence: A risk factor for psychological and physiological overexcitabilities, In *Intelligence*, Volume 66, 2018, Pages 8-23, ISSN

0160-2896, <https://doi.org/10.1016/j.intell.2017.09.001>.

3. NA Tetreault. (2013) Microglia in the cerebral and cerebellar cortices in individuals with autism. Dissertation (Ph.D.), *California Institute of Technology*.
<http://resolver.caltech.edu/CaltechTHESIS:06072013-005232013>
4. NA Tetreault, AY Hakeem, S Jiang, BA Williams, E Allman, BJ Wold, and JM Allman. (2012) Microglia in the cerebral cortex in autism. *J Autism Dev Disord*. Mar 31.
5. JM Allman, NA Tetreault, AY Hakeem, KF Manaye, K Semendeferi, JM Erwin, S Park, V Goubert, and PR Hof. (2011) The von Economo neurons in the fronto-insular and anterior cingulate cortex. *Ann N Y Acad Sci*. 25:59-71.
6. CD Stimpson, NA Tetreault NA, JM Allman, B Jacobs, C Butti, PR Hof, CC Sherwood. (2010) Biochemical Specificity of von Economo Neurons in Hominoids. *Am J Hum Biol*. 23:22-28.
7. JM Allman, NA Tetreault, AY Hakeem, KF Manaye, K Semendeferi, JM Erwin, S Park, V Goubert, and PR Hof (2010) The von Economo neurons in fronto-insular and anterior cingulate cortex in great apes and humans. *Brain Struct Funct*. 214:495–517
8. SM Fleming, NA Tetreault, CK Mulligan, CB Hutson, E Masliah and MF Chesselet. (2008) Olfactory deficits in mice overexpressing human wildtype a-synuclein. *European Journal of Neuroscience*. 28(2):247–56.
9. PO Fernagut, CB Hutson, SM Fleming, NA Tetreault, J Salcedo, E Masliah, and MF Chesselet. (2007) Behavioral and histopathological consequences of paraquat intoxication in mice: Effects of alpha-synuclein over-expression. *Synapse*. 61(12):991-1001.
10. JM Allman, KK Watson, NA Tetreault, and AY Hakeem. (2005) Intuition and autism: a possible role for Von Economo neurons. *Trends Cogn. Sci*. 9(8):367-373.
11. NA Tetreault, AY Hakeem, and JM Allman. (2004) The Distribution and Size of Retinal Ganglion Cells in *Microcebus murinus*, *Cheirogaleus medius*, and *Tarsius syrichta*: Implications for the Evolution of Sensory Systems in Primates. In C. Ross and R. Kay (Eds.) *Anthropoid Origins: New Visions*. Kluwer/Plenum, pp. 449-461.

Abstracts

1. BA Williams, NA Tetreault, AY Hakeem, S Luo, R Li, G Schroth, BJ Wold, and JM Allman. (2011) Single cell transcriptome measurements in mouse cerebellar Purkinje neurons. Program No. 617.19/XX51. 2011 Neuroscience Meeting Planner. Washington, DC: Society for Neuroscience, 2011. Online.
2. NA Tetreault, AY Hakeem, CD Stimpson, B Jacobs, CC Sherwood, and JM Allman. (2010) Immune regulation and the role of Von Economo neurons and fork cells in human fronto-insular and anterior cingulate cortex. Program No. 403.7. 2010 Neuroscience Meeting Planner. San Diego, CA: Society for Neuroscience, 2010. Online.
3. NA Tetreault, BA Williams, A Hasenstaub, AY Hakeem, M Liu, BJ Wold, and JM Allman. (2010) RNA-Seq studies of gene expression in fronto-insular cortex in autistic and control subjects reveal gene networks related to inflammation, development and synaptic function. Program No. 105.003. 2010 International Meeting for Autism Research. Philadelphia, PA: International Society for Autism Research, 2010. Online.
4. NA Tetreault, BA Williams, A Hasenstaub, AY Hakeem, M Liu, ACT Abelin, BJ Wold, and JM Allman. (2009) RNA-Seq studies of gene expression in fronto-insular (FI) cortex in autistic and control studies reveal gene networks related to inflammation and synaptic function. Program No. 437.3, 2009 Neuroscience Meeting Planner. Chicago, IL: Society for Neuroscience, 2009. Online.
5. NA Tetreault and JM Allman. (2009) DISC1 (disrupted in schizophrenia) is Preferentially Expressed in VENS. Caltech Biology Annual Report 2009.
6. JM Allman, NA Tetreault, AY Hakeem. (2005) The Von Economo Neurons (VENS) Develop Mainly Postnatally In Fronto-Insular (FI) Cortex In Humans. Program No. 772.1, 2009 Neuroscience Meeting Planner. Washington, DC: Society for Neuroscience, 2005. Online.

7. SM Fleming, PO Fernagut, NA Tetreault, E Rockenstein, E Masliah, MS Levine, and MF Chesselet. (2005) Non-Motor Impairments In Transgenic Mice Overexpressing Human Wild-Type α -Synuclein. Program No. 85.7, 2005 Neuroscience Meeting Planner. Washington, DC: Society for Neuroscience, 2005. Online.
8. PO Fernagut, CB Hutson, SM Fleming, NA Tetreault, E Rockenstein, E Masliah, M Levine, and MF Chesselet. (2005) Nigrostriatal alterations in transgenic mice over-expressing α -synuclein. 2005 Gordon Research Conference on Catecholamines. Andover, NH: Gordon Research Conferences, 2005.
9. KK Watson, NA Tetreault, SP Teegarden, and JM Allman. (2003) Neurotransmitter Receptor Expression in the Spindle cells: A Class of Neurons Unique to Humans and Apes. Program No. 725.4. 2003 Neuroscience Meeting Planner. New Orleans, LA: Society for Neuroscience, 2003. Online.
10. JM Allman, AY Hakeem, NA Tetreault, K Semendeferi. (2003) The spindle neurons of frontoinsular cortex (area FI) are unique to humans and African apes. Program No. 725.5. 2003 Neuroscience Meeting Planner. New Orleans, LA: Society for Neuroscience, 2003. Online.