

Nicole A. Tetreault, Ph.D.

Neuroscientist, Author, Meditation Teacher & International Keynote Speaker

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Education & Training

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

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

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

Meditation Training

Jan. 2023 **Mindful Meditation Certification Training Program**, Jack Kornfield and Tara Brach, UC Berkeley Greater Good Science

2022 **Social Meditation Mastery**, Vince Horn

Feb. 2021 **Diversity, Equity, Inclusion and Accessibility Training Program**, Konda Mason, Jack Kornfield and Tara Brach, UC Berkeley Greater Good Science

2021 **Meditation Contemplative Dharma Practice**, Buddhist Geeks and Vince Horn

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

2020 **Social Meditation Training and Facilitation**, Buddhist Geeks

2020 **Trauma Informed Yoga Training Certification**, Sarit Rogers

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

2018 **Mindfulness Certification**, Dr. Richard Sears

2018-2019 **Bön Meditation Training**, Dr. Raven Lee

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

2018 and 2019 **Bön Meditation Training**, Tenzin Wangyal Rinpoche

2017 and 2018 **Bön and Transcendental Meditation Training**, Dr. Raven Lee

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

2017 **Reiki I Training and Certification**, Susan Nishizawa

2016 **Mindfulness Based Stress Reduction**, Insight LA

2013 **Yoga Booty Ballet Certification**, Kristen Huffman

Positions

Jan. 2021 – Present **Faculty**, Bridges Graduate School of Cognitive Diversity in Education

Jan. 2020 – Present **Founder of Beyond the Cell**; Neuroscientist, Author, Meditation Teacher, and Speaker

Apr. 2017 – Present **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 and 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

2024 **Fredrick Lenz Foundation**, Recipient of Women Leaders in Buddhism Grant

2019 **Milton and Rosalind Chang Career Exploration Prize**, California Institute of Technology Alumni Association

2018 and 2019 **Notable Speaker for Significant Contributions to Education**, Los Angeles Unified School District,

2018 **Short Short Finalist, Partial Tuition Fellow**, Writing by Writers

2017 and 2018 **Martha's Vineyard Institute of Creative Writing Merit Fellowship Finalist, Tuition Fellow**

2017 **Literary Selected Reader**, Camp Basement Series, "Strange Travel"

2014 **Short Short Finalist, Partial Tuition Fellow**, Writing by Writers

2011 **Scholarship**, John and Ursula Kanel Charitable Foundation

2010 **United Way Fellowship DC Policy Program**, California Institute of Technology

2009 **Best Poster Presenter**, California Institute of Technology, Biology Department

2008 and 2009 **Scientist Fellow**, Exploratorium California Institute of Technology

2008 **Scholarship**, College Women's Club of Pasadena

2006 **Graduate Honors**, University California, Los Angeles

2002 **Undergraduate Honors**, University California, Davis

2002 **Chancellor's Award for Excellence in Undergraduate Research**, UC Davis

Media Appearances

2024-Present **Producer and Lead Neuroscientist**, Embrace All Minds documentary

2022- Present **Recurring Monthly Guest Speaker, ABC Portland**

2021 **Guest Neuroscientist**, KTLA Los Angeles

2019 **Recurring Guest Neuroscientist**, 100 Humans, Netflix Original Series

2019 **Recurring Guest Neuroscientist**, Addiction Unplugged, A&E and FYI

Professional Courses

2022, **Your Mind On The Job: Neurodiversity at Work**, Madecraft

2022, **Emotional Intelligence Basics**, Madecraft

2021 **Times of Crisis**, Madecraft

2021, **Overcoming Imposter Syndrome**, Madecraft

2021, **Overcoming Perfectionism**, Madecraft

2021-2022, **SEM 710/720: Graduate Seminar Series**, Bridges Graduate School in Cognitive Diversity

2022, **CDL 513/613: Complexities in Twice Exceptionalities– Through the Lens of Neuroscience**, Bridges Graduate School in Cognitive Diversity

2023, **CDL 703: Mindfulness Theory & the 2E Student**, Bridges Graduate School in Cognitive Diversity

Notable Podcast Appearances (Complete list at www.linktr.ee/awesomeneuromedia/)

2024 **Mindrolling**; Insight into a Bright Mind with Dr. Nicole Tetreault

2023 **Science and Spirituality Podcast**; A Neuroscientist's Approach to Neurodiversity & Personal Growth

2022 **Weave Your Bliss Podcast**; The Neuroscience of Positive Emotions with Dr. Nicole Tetreault

2020 **Tilt Parenting**; Trauma and Social Isolation in the Time of COVID-19

2020 **The Kid Factory**; Understanding Neurodiversity and Embracing the Whole Child

2020 **The Nishant Garg Show**; Neuroscience of Mindfulness and the Heart

Notable Featured and Keynote Speaking

May 2024, **Webinar Speaker**, *Nurturing Transformative Leadership Using Neuroscience, Connection, Compassionate Communication and Trust*, LA Unified School District

April 18th, **Keynote Speaker**, *Insights Into a Bright Mind: Nurturing Neurodiverse Brains With Creativity and Mindfulness for Resilience in an Uncertain, AI Age*, [Learning and The Brain](#) Conference

Nov. 2023, **Webinar Speaker**, *The Neuroscience of the Creativity, the Brain and Play in Everyday*, LA Unified School District

Aug. 2023, **Webinar Speaker**, *Sparking Creativity for the Unique Learner*, [TEFOS](#)

Jan. 2022, **Keynote Speaker**, *The Neuroscience and Dharma for Nurturing the Gifted Adult Through a Lifetime*, [Gifted and Thriving](#)

Feb. 2022, **Keynote Speaker**, *Mindfulness for the Neurodivergent Mind*, Google Pause

Mar. 2022, **Keynote Speaker**, *Insight into a Bright Mind: The Latest Neuroscience of Neurodiversity, Exceptionalities and Living as Liberated Beings*, [Breakthroughs Conference Quad Prep NYC](#)

Mar. 2022, **Keynote Speaker**, *Insight into a Bright Mind: The Latest Neuroscience of Neurodiversity, Exceptionalities and Living as Liberated Beings*, [Gifted and Talented Program](#)

Mar. 2022, **Keynote Speaker**, *Insight into a Bright Mind: The Latest Neuroscience of Neurodiversity, Exceptionalities and Living as Liberated Beings*, [Gifted Education Policy Symposium and Conference](#)

Mar. 2022, **Keynote Speaker**, *Insight into a Bright Mind: The Latest Neuroscience of Neurodiversity, Exceptionalities and Living as Liberated Beings*, [CAG](#)

Apr. 2022, **Keynote Speaker**, *Bright and Quirky Online Summit*, [Brightandquirky.com](#)

Aug. 2022, **Keynote Speaker**, *Meditation for the Neurodivergent Mind*, [Tilt Parenting](#)

May 2022, **Keynote Speaker**, *Insight into a Bright Mind Book Club*, Gifted Education Family Network Texas

May 2022, **Keynote Speaker**, *Mindful Practices for the Heart and Mind* four week course, Dr. Nicole Tetreault & Tilt Parenting

Jun 2022, **Keynote Speaker**, *Insight into a Bright Mind: The Latest Neuroscience of Neurodiversity, Exceptionalities and Living as Liberated Beings*, The Davidson Institute

June 2022, **Keynote Speaker**, *Neuroscience of Anxiety in the Bright Brain and Cultivating a Peaceful Mind with Mindfulness and Emotional Regulation Practices*, The Davidson Institute

Oct. 2022 **Keynote Speaker**, NWAIS Fall Educators Conference, Tacoma, WA

Oct. 2022 **Featured Speaker**, Hawai'i Association Independent Schools, Schools of the Future Conference

2020 **Featured Speaker**, *Insight into a Bright Mind: The Latest Neuroscience of Giftedness and Living as Liberated Beings and Mindful Practices Guiding the Heart and Mind*, New Mexico Association for the Gifted

2020 **Webinar Keynote**, *Insight into a Bright Mind: The Latest Neuroscience of Giftedness and Creativity*, Novilo

2020 **Featured Speaker**, *The Latest Neuroscience of Giftedness and Creativity Bridges Graduate School*

2020 **Featured Speaker**, *Let's Talk 2e, Lens into Neurodiversity In and Outside the Classroom*

2020 **Webinar Keynote**, *Lens into Neurodiversity In and Outside the Classroom*, Talentissimo,

2020 **Featured Speaker**, *Lens into Neurodiversity In and Outside the Classroom*, 46th Annual Los Angeles Conference on Gifted Education Conference

2020 **Featured Speaker**, *Lens into Neurodiversity In and Outside the Classroom*, SENG Online Conference

2020 **Featured Speaker**, *Unraveling the Misunderstood Aspects of Neurodiversity*, Bridges 2e Center Parent University

2020 **Keynote Speaker**, *Understanding the Latest Neuroscience of Giftedness*, Arizona Association for the Gifted and Talented

2020 **Keynote Speaker**, *Insight into a Bright Mind: The Latest Neuroscience of Giftedness*, Welby Way Gifted and High Ability Magnet School

2020 **Featured Speaker**, *Insight into a Bright Mind: The Brain Science of Neurodiversity and Original Thinking*, Unleash Your Kids' Genius

2019 **Featured Speaker**, *Feeling Color: A Field Guide to Diverse Minds*, Annual meeting, Social Emotional Needs for Gifted (SENG)

2019 **Webinar Speaker**, *Gifted Brain 2.0: Neuroscience of the Bright Brain*, SENG

2019 **Featured Speaker**, *Neuroscience of Anxiety in the Bright Brain*, Greater Los Angeles Gifted Children's Association

2019 **Keynote Speaker**, *The Psychology, Neuroanatomy, and Care of the Creative Brain and Person*, Social Emotional Needs for Gifted (SENG) Olympia

2019 **Keynote Speaker**, *Feeling Color: Insight into Bright Minds*, Beyond Giftedness Conference Colorado

2019, **Keynote Speaker**, *Feeling Color: Insight into a Bright Mind, Body, and Experience*, Los Angeles Unified Gifted & Talented Parent Conference

2019 **Featured Speaker**, *Uniquely Bright: Navigating and Flourishing with a Highly Capable Brain*, Bright and Quirky Online Summit

2018 *Unraveling Many Misunderstood Aspects of Giftedness*, LA Unified Selected Speaker Series

2018 **Special Engagement Presenter**, *Uniquely Bright: Navigating and Flourishing with a Highly Capable Brain*, Mirman School

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

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

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

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

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

2016 **Keynote Address**, Commencement, Alverno Heights Academy

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

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

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

Workshops and Seminars

2020 **Online Meditation Program**, Beyond the Cell

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

2017, **Empower, Envision, Elevate**: Meditation, Neuroscience, Mindfulness, Healing, and Writing, Sierra Madre California

2017 **Guided Meditation and Reiki Practice**, Yoga Booty Ballet La Jolla

2017 **Empower, Envision, Elevate** - Guided Meditation and Writing, The Barnhart School

Selected Books, Writings and Peer-reviewed Articles

Books

1. Nicole A. Tetreault, PhD, Insight into a Bright Mind, (*Gifted Unlimited Press, March 30, 2021*)
2. Nicole A. Tetreault, PhD with Marcie Habell, Study Guide to Insight into a Bright Mind (*Gifted Unlimited Press, September, 2024*)

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, SENG Newsletter, March 2019
5. Nicole A. Tetreault, PhD, Brain Fingerprints, SENG Newsletter, February 2019
6. Nicole A. Tetreault, PhD, Creatives Unlock Unique Networks, SENG 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 fronto-insular 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.