Curriculum Vitae

Kevin Berryman (Bhikkhu Sādaro)

71 Darling Rd, Malvern East
VIC, 3145
M 0432348288
kevin.berryman@monash.edu
ORCID: 0000-0001-7676-032X
Twitter: @KevinBerrymn
BlueSky: @kevinberryman.bsky.social
Personal website

Profile

Lecturer-level researcher and educator specialising in contemplative science, moral psychology, Buddhist philosophy and ethics, with a strong interdisciplinary research program integrating experimental psychology, cognitive neuroscience, philosophy and contemplative traditions. Extensive tertiary teaching experience in contemplative studies, including curriculum development, assessment design, and delivery of undergraduate and postgraduate coursework. Research combines theoretical and empirical approaches to contemplative practices, moral functioning, cognitive processing, with publications in leading international journals.

Area of Specialisation

Meditation, moral psychology, Buddhist philosophy, selfless experiences, inner speech

Area of Competence

Ethics, contemplative practices, social psychology, cognitive psychology

Education

2021-Current PhD Candidate. Centre for Consciousness and Contemplative Studies (M3CS). Monash University, Melbourne
Primary Supervisor: Prof. Jakob Hohwy (Monash)
Secondary Supervisor: Assoc Prof. Monima Chadha (Oxford)
Secondary Supervisor: Prof. Antonio Verdejo-Garcia (Monash)

2019-2020 Bachelor of Science (Psychology) (Hons). Australian National University. Canberra
First Class Honours (H1)
High distinction average: GPA: 7.0

2015-2018 Bachelor of Psychological Science, Australian College of Applied Psychology (Sydney).
Awarded full scholarship for academic excellence.
High distinction average: GPA 6.61/7.0

2008-2010 Nak Tum Dtrii (Buddhist philosophy examinations-First level). Nationally accredited Buddhist exams completed in Thai language at Sanam Luang, Rayong, Thailand

Current role

PhD candidate and Level B Lecturer, Monash University

Positions

2026-Current Level B Lecturer, Monash University

2023-2025 Teaching Fellow/ Teaching Associate, Monash University

Publications

1. **Berryman, K.,** Barclay, L., Hassed, C., & Hohwy, J. (2026). Mindfulness and informed consent: Navigating ethical complexity across contexts. *Mindfulness. (in press)*

2. **Berryman, K.** (2025). No self, no responsibility? *Asian Philosophy*, 1–24. https://doi.org/10.1080/09552367.2025.2597622
3. Krägeloh, C., & **Berryman, K**. (2026) Can AI Facilitate Genuine Nondualist Understanding? The Trans-Discursive Boundary of Technological Mediation. *Topoi*. https://10.1007/s11245-026-10373-x
4. **Berryman, K.,** Lin, Y., Lazar, S.W., Parra Perez, D.C., & Bernstein, A. (2025). The mindful scientist: How meditation could support ethical scientific practice. *Mindfulness,* 16, 2900–2915 https://doi.org/10.1007/s12671-025-02646-0
5. **Berryman, K.**, Whitford, T.J., Mike E. Le Pelley, M.E., & Jack, B.J. (2025). Do corollary discharges contain information on the volume of inner speech? *Journal of Cognitive Neuroscience.* 37 (9): 1521–1534. doi: https://doi.org/10.1162/jocn_a_02318
6. **Berryman, K.,** (2024). The ethical dimensions of mindfulness in public health. *Mindfulness.* https://doi.org/10.1007/s12671-024-02340-7
7. **Berryman, K.**, Lazar, S., & Hohwy, J., (2023). Do contemplative practices make us moral? *Trends in Cognitive Science.* 27 (10). 916 - 931. https://doi.org/10.1016/j.tics.2023.07.005
8. **Berryman, K.,** Chadha, M., & Nichols, S. (2023) Vows without a self. *Philosophy and Phenomenological Research*. 1.20. https://doi.org/10.1111/phpr.12950
9. Hall, L., Dawel, A., Greenwood, L.M., **Berryman, K. J.,** & Jack, B. J. (2023). Estimating statistical power for ERP studies using the auditory N1, Tb, and P2 components. *Psychophysiology*, 00, e14363. https://doi.org/10.1111/psyp.14363

Pre-prints and work in progress

10. Prest, S., & **Berryman, K., (2024)** Towards an active inference account of deep meditative deconstruction (preprint: https://osf.io/preprints/psyarxiv/d3gpf)

Teaching (2023-)

2026 July-Nov	Monash University. Unit co-ordinator. 2nd and 3rd year unit: *Living a meaningful life: The history, philosophy and practice of contemplative life* (ATS2266/ATS3362) Unit tutor
2026 Feb-July	Monash University. Lecturer. 2nd and 3rd year unit *True happiness: The art, practice and science of human flourishing* (ATS2267 ATS3327). Unit tutor
2025 July	Monash University. Teaching associate. 2nd and 3rd year unit: *Living a meaningful life: The history, philosophy and practice of contemplative life* (ATS2266/ATS3362) Unit tutor
2025 Feb-July	Monash University. Teaching fellow. 2nd and 3rd year unit *True happiness: The art, practice and science of human flourishing* (ATS2267 ATS3327). Unit tutor
2024 Dec	National Yang-Ming University, Taiwan. Guest lecturer. *Introduction to Philosophy*.
2025 Feb	Monash University. Teaching fellow. 2nd and 3rd year unit: True Happiness: The science of mindfulness
2024 July-Oct	Monash University. Teaching associate. 2nd and 3rd year unit: *Living a meaningful life: The history, philosophy and practice of contemplative life* (ATS2266/ATS3362) Marking and assisting running tutorials.
2023 July-Oct	Monash University. Teaching associate. 2nd and 3rd year unit: *Living a meaningful life: The history, philosophy and practice of contemplative life* (ATS2266/ATS3362) Marking and assisting running tutorials. Assisted designing course content

2023 Oct-Dec	National Yang-Ming University, Taiwan. Guest teaching associate. *Introduction to Philosophy*. Guest lecturing

Academic Awards (grants)

2026	Faculty of Arts Emerging Strength Seed Scheme, $9,600 AUD
2025	The Incubator: Human Rights Risk Forecasting Model, $10,000 AUD
2025	Scholarship. International Contemplative Science Conference, $750 USD
2024	Scholarship. International Contemplative Science Conference, $650 USD
2023	Travel award. National Yang-Ming University, Taiwan. $3000 USD
2023	Travel award, M4 Mindfulness Mechanisms, Washington University, St Louis, $2000 USD. https://www.mindfulnessmechanisms.org/travel-awardees
2021	Research Training Program (RTP) Scholarship. Awarded by Australian government to support 3.5 year Monash doctoral candidature ($104,250)
2020	ANU Chancellor's Letter of Commendation for achieving GPA 7.0
2017	Academic achievement continuation scholarship. Australian College of Applied Psychology
2016	Academic excellence scholarship ($46,000). Australian College of Applied Psychology

Conference Presentations

2025 Nov	Australian Society for Philosophy and Psychology. Conference. *The Mindful Scientist.* Poster
2025 Nov	Australian Society for Philosophy and Psychology. Conference. *Does more meditation make us moral more moral?* Poster
2025 Nov	University of North Carolina, USA. International Society of Contemplative Research Conference. *The Mindful Scientist.* Poster
2025 Nov	University of North Carolina, USA. International Society of Contemplative Research Conference. *Mindfulness and Informed Consent: Navigating the Ethical Complexities.* Poster
2025 Nov	University of North Carolina, USA. International Society of Contemplative Research Conference. *Moral effects of long-term meditation: A large-scale, in-person cross-sectional study of real-world ethical cognition, emotion, and behavior.* Presentation
2025 Nov	University of North Carolina, USA. International Society of Contemplative Research Conference. *The Virtue Gap: Rethinking Scientific Ethics Through Personal Virtues and Contemplative Practice.* Panel. with Amit Bernstein, Doris F. Chang & Simon Goldberg
2025 Feb	University of Western Australia. *Do psychedelics improve moral development?* Keynote presentation
2024 July	University of Western Australia. Australian Association of Philosophy. *No Self, No Responsibility?* Presentation. https://aap.org.au/Program-2024
2024 Jun	Oxford University. *Does meditation make us moral?* Presentation
2024 Jun	International Society of Contemplative Research. Padova, Italy. *Do contemplative practices make us moral?* Presentation. https://iscrsociety.org/program/
2024 Jan	Kyoto University. WE-Issue and Its Social Implications. *Interdependent Responsibility in Light of Not-Self.* Presentation. https://www.smart-we.bun.kyoto-u.ac.jp/index.php/en/report/955/

2023 Dec	National Yang-Ming University, Taiwan. Presentation at Institute of Philosophy of Mind and Cognition. *No Self, No Responsibility?*
2023 Dec	Australian National University, Canberra. Australian Society for Philosophy and Psychology. Presentation. *Is meditation making us moral.*
2023 Oct	Washington University, St Louis. M4 Mindfulness Mechanisms & Methods Meeting. *Do contemplative practices make us more moral?* Poster presentation. https://www.mindfulnessmechanisms.org/home
2023 June	Self to No Self: Buddhist and Taoist perspectives. Workshop M3CS. Main speaker. *Skilful Selves: An Early Buddhist Perspective*. Main speaker, Workshop M3CS
2023 Mar	Harvard University: Reframing Psychosocial Leadership Maturity Development from a CognitiveNeuroscience Perspective. Presentation: *Moral Neurodevelopment.* https://sites.harvard.edu/reframing-ego-development/
2023 Mar	Harvard University: Reframing Psychosocial Leadership Maturity Development from a Cognitive Neuroscience Perspective. Presentation: *Moral Cognition Tasks for fMRI research into maturity development*
2023 Mar	Harvard University: Reframing Psychosocial Leadership Maturity Development from a Cognitive Neuroscience Perspective. Presentation: *Stage development models of moral psychology and EDT*
2023 Mar	Harvard University: Reframing Psychosocial Leadership Maturity Development from a Cognitive Neuroscience Perspective. Presentation: *Ego development through meditation and morality*
2022 Nov	International Mindfulness Conference: *Does Mediation Make Us Moral?* Paper presentation
2022 Nov	International Mindfulness Conference: *Contentless experiences*. Symposium with Dr.Toby
2022 Nov	International Mindfulness Conference: *Perspectives on learning and practicing mindfulness using online technologies.* Discussion panel w/ Dr. Larissa Bartlett and Dr. Bruno Cayoun
2022 May	*Consciousness transformed… now what?* (invited talk) Monash M3CS opening.
2021 July	Australasian Cognitive Neuroscience Society, Poster presentation
2020	ANU Student Research Conference: *How the volume of inner speech affects neural processing.*
2020	Cognition, Perception and Expectation Workshop. Poster presentation

Professional Services

Referee for the following journals

1. Trends in Cognitive Science
2. Perspectives on Psychological Science
3. Mindfulness
4. Neuroscience of Consciousness
5. Current Psychology
6. Perspectives on Psychological Science
7. Philosophical Psychology

Book Publishers

1. Book referee: Routledge

Supervision

2026: Ben Stewart (Main supervisor, psychological science research project, Monash)

Report: *Not all goals are equal: Meditation goals, trait mindfulness and practice experience*
2025: Rebecca Kuiters (Honours. Co-Supervisor; University of Queensland)
Thesis: *Everyday Ethics: How to Apply the Otherwise Abstract*

Popular articles

2023 December: Psyche. "Here's what to know about using meditation to be a better person" https://psyche.co/ideas/heres-what-to-know-about-using-meditation-to-be-a-better-person

2023 March: Psyche. "Your consciousness have been completely transformed. Now what?". https://psyche.co/ideas/your-consciousness-has-been-completely-transformed-now-what

Media outreach

2026 May: ABC. *Five days in darkness left scientist Kiana Aran thinking about anything but science* https://www.abc.net.au/news/2026-05-31/darkness-retreat-sensory-deprivation-cave-kiana-aran/106681456

Theses and Dissertations

2020 Think and SHOUT! How the volume of inner speech affects neural processing.
BSC(Hons)
Australian National University
Supervisor. Dr. Bradley Jack

Professional Experience and key qualifications

- Designed short- and long-term mindfulness-based interventions for general and specific populations (adolescents and young adults) for use in experimental research.
- Developed secular ethics interventions for general populations within experimental frameworks.
- Experienced in teaching university courses on meditation and contemplative practices, including True Happiness: The Art, Practice, and Science of Human Flourishing and Living a Meaningful Life: The History, Philosophy, and Practice of Contemplative Life.
- Skilled in designing and conducting neuroscientific studies integrating EEG and psychophysics, and designing and conducting psychometric assessments (self-report and behavioural measures) to investigate cognition, perception, and affective states.
- Proficient in programming and executing visual and auditory psychophysics experiments.
- Experienced in both quantitative and qualitative research design, ensuring methodological rigour and replicable findings.
- Strong understanding of statistical analysis (Frequentist and Bayesian) and proficient in relevant analytical software.
- Competent in using medical imaging instruments, particularly EEG, and associated analysis software.
- Skilled in conducting structured and semi-structured interviews for research purposes.

Research Skills

Proficiency in project and experimental design; advanced statistical analysis (Frequentist and Bayesian); participant testing, collection and analysis of neuroimaging data (electroencephologram; EEG); assisted in programming and execution of visual and auditory psychophysics experiments using MATLAB's Psychtoolbox extension; ability to operate BioSemi ActiveTwo system using 64 Ag/AgCl active

electrodes and ActiveView Software (EEG); interpretation of results using programs such as MATLAB, BrainVision Analyzer, JASP, and SPSS; completed ethics application; academic and research writing.

Relevant experience

- Competency in developing experimental designs and conducting research projects using both qualitative and quantitative methodologies
- Proficiency in using medical imaging instruments (electroencephalograph; EEG) and associated software.
- Experienced in conducting semi-structured and structured interviews for research purposes
- Adept in using a broad range of psychometric measurements
- Outstanding writing skills
- Excellent research and report writing skills
- Thorougher comprehension of statistical analysis (Frequentist and Baysean) and proficient in using analytical software
- Ability to extrapolate both detailed or broader conclusions from scientific data and apply to practical endeavours and problem solving of human and social issues
- Expertise in producing systematic literature reviews using databases such as EbscoHost, ProQuest, and APA PsycArticles
- Confidently present information and research findings in writing or in person
- Engaging public speaking ability
- Thorougher understanding of the major theoretical perspectives, concepts, and empirical findings in the core tenets of psychology. Along with the ability to apply these facets to personal, social, and organisational issues
- Ability to apply and evaluate different research methods used in psychological science
- Use both critical and creative thinking styles through the scientific approach to problem solving
- Understands professional ethical practices and the value structure of psychological science, and respects various social, cultural, spiritual and gender diversity facets of communities I find myself in

Technical Skills

EEG imaging tools	BioSemi ActiveTwo system using 64 Ag/AgCl active electrodes
Neuroimaging software	BrainVision Analyzer, ActiveView, MATLAB using Psychophysics Toolbox extensions
Programming	JavaScript, MATLAB, Python
Statistical analysis	SPSS, JASP, G-Power, R Studio
Publication software	Adobe InDesign, Illustrator and Photoshop
Audio production	Pro Tools, Steinberg Cubase, Adobe Audition
General IT	IWork suite *(Pages, Numbers, and Keynote)*. Microsoft Office (*Word*, *Excel*, *Access, PowerPoint* and *Outlook)*
Languages:	Fluent Thai and English, minimal Italian

Work Experience

Published four books as translator/author. All publications can be found at http://watmarpjan.org/en/audio-books/books/

1. Reflections from Emptiness, 2015
2. The World and the Heart, 2011
3. Simple Teachings on Higher Truths, 2009

4. Sotapattimagga: The Path of the Sotapanna, 2007

General Interests Meditation, Buddhist philosophy, reading

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