

<https://barnard.edu>

<https://www.columbia.edu/>

**Info For**

[Faculty \(/info-for/faculty\)](/info-for/faculty)

[Students \(/info-for/students\)](/info-for/students)

[Staff \(/info-for/staff\)](/info-for/staff)

[Alumnae \(https://barnard.edu/alumnae\)](https://barnard.edu/alumnae)

[Parents \(/parents-families\)](/parents-families)

[Offices and Services \(/offices-services\)](/offices-services)

---

**News & Events**

[News \(/featured-news\)](/featured-news)

[Events \(https://barnard.edu/events\)](https://barnard.edu/events)

[Academic Calendar \(/academic-calendar\)](/academic-calendar)

[Barnard Magazine \(/magazine\)](/magazine)

[Media Relations \(/for-the-media\)](/for-the-media)

[Community Messages \(https://barnard.edu/news?field\\_news\\_category=2616\)](https://barnard.edu/news?field_news_category=2616)

[Give to Barnard\(/give\)](/give)

[COVID-19 Information\(https://alert.barnard.edu/\)](https://alert.barnard.edu/)

**BARNARD**  
BARNARD COLLEGE · COLUMBIA UNIVERSITY

[Boldly Barnard \(/boldly-barnard\)](/boldly-barnard) [The Academic Experience \(/academic-experience\)](/academic-experience) [Our Campus & Community \(/our-campus-community\)](/our-campus-community) [Beyond Barnard](#)



**Tara Well**

Associate Professor of Psychology

---

**Department**

Psychology

**Office**

415E Milbank Hall

By appointment

**Contact**

[twell@barnard.edu \(mailto:twell@barnard.edu\)](mailto:twell@barnard.edu)



<https://twitter.com/tarawell88>



<https://www.linkedin.com/in/tarawell/>



<http://www.tarawell.com>

Tara Well, Ph.D. is an associate professor of psychology at Barnard College of Columbia University where she has taught Personality Psychology, Health Psychology, and Psychology of Leadership for over 20 years. Her research on motivation, perception, and cognition has been funded by the National Science Foundation (NSF) and the National Institute of Mental Health (NIMH) and published in the top psychology journals (as Barbara Woike).

Her current research focus is on mirrors and reflections. Professor Well developed a mirror-based meditation program to teach people how to manage their attention and emotions. Her book, *Mirror Meditation: The Power of Neuroscience and Self-Reflection to Overcome Self-Criticism, Gain Confidence and See Yourself with Compassion* (<https://www.amazon.com/Mirror-Meditation-Neuroscience-Self-Reflection-Self-Criticism/dp/1684039673/>) will be released in June 2022.

She writes on related topics, such as body-image, self-compassion, narcissism, emotional resilience, meditation, and the role of self-awareness in leadership for *Psychology Today* (<https://www.psychologytoday.com/us/blog/the-clarity>), *Salon* (<https://www.salon.com/2020/02/13/how-to-love-yourself-without-being-a-narcissist/>), *Medium* (<https://tarawell.medium.com/>), and *Thrive Global* (<https://thriveglobal.com/authors/tara-well-phd/>). She has appeared on *NBC Nightly News* (<https://www.nbcnews.com/nightly-news/video/coronavirus-is-a-particular-challenge-for-those-struggling-with-mental-health-81116741521>) and has been quoted in *The New York Times* (<https://www.nytimes.com/2018/03/07/opinion/behind-the-selfie.html?smid=pl-share>), *Boston Globe* (<https://www3.bostonglobe.com/lifestyle/2017/07/27/why-should-tell-girls-they-beautiful-less-often/btsPTfelvibz88qwd9s50H/story.html?arc404=true>), *Washington Post* (<https://www.thelily.com/women-are-disrupting-their-skin-makeup-and-hair-removal-routines-and-loving-it/>), *Vice* (<https://www.vice.com/en/article/k7a4za/v-sign-fingers-peace-vagina-pose-photo>), *Vox* (<https://www.vox.com/the-goods/2255596/pandemic-social-awkward-conversations>), *Bloomberg* (<https://www.bloomberg.com/news/articles/2017-02-16/how-to-stay-sane-in-a-world-of-crazy-news>), *Forbes* (<https://www.forbes.com/sites/lauragarnett/2018/07/31/the-key-to-building-trust-that-sticks/?sh=6f8b46c8c074>), *INC* (<https://www.inc.com/lauren-delisa-coleman/will-this-big-new-trend-punish-working-women.html>), *Harper's Bazaar* (<https://www.harpersbazaar.com/uk/beauty/mind-body/a32002950/its-ok-to-feel-disappointed-during-a-pandemic/>), *Shape* (<https://www.shape.com/celebrities/interviews/iskra-lawrence-no-makeup-confidence-tip>), *Allure* (<https://www.allure.com/story/mirror-meditation-age-acceptance?verso=true>), *Life & Style Magazine* (<https://www.lifeandstylemag.com/posts/kardashian-anxiety-155472/>), and more.

Dr. Tara Well also partners with major companies in the health and beauty industry and works with national and international organizations. Recent projects include promoting positive body image in girls and women, using self-awareness to manage stress and develop emotional resilience, and the role of attention and motivation in mindful media consumption.

---

## Education



---

## Courses



# In The News

Prof. Tara Well on How To Make Peace With Your Ageing Body (<https://www.crunchytales.com/how-to-make-peace-with-your-ageing-body/>)

February 15, 2022 CrunchyTales

Prof. Tara Well on Breakthroughs in Male Emotional Vulnerability Online (<https://melmagazine.com/en-us/story/paintok-sadtok-explained>)

February 7, 2022 Mel Magazine

Prof. Tara Well on the Double Standard of Aging (<https://www.northjersey.com/story/news/2022/02/03/sex-and-city-reboot-supermodel-ageism-entertainment/9297549002/>)

February 3, 2022 NorthJersey.com

Prof. Tara Well Discusses the Phenomenon of Women Returning to the Office Without Makeup ([https://www.huffpost.com/entry/makeup-free-return-to-the-office\\_1\\_611c48a3e4b0ff60bf7a9de1?utm\\_source=headtopics&utm\\_medium=news&utm\\_campaign=2021-08-19](https://www.huffpost.com/entry/makeup-free-return-to-the-office_1_611c48a3e4b0ff60bf7a9de1?utm_source=headtopics&utm_medium=news&utm_campaign=2021-08-19))

August 20, 2021 HuffPost

Prof. Tara Well on How Seeing Your Own Face Activates Dopamine Pathways (<https://www.positivelypositive.com/2021/08/12/seeing-your-own-face-activates-dopamine-pathways/>)

August 16, 2021 Positively Positive

Prof. Tara Well on Zoom and Young People's Affinity for Cosmetic Surgery (<https://www.madmoizelle.com/oui-les-jeunes-font-plus-de-chirurgie-esthetique-mais-non-ce-nest-pas-seulement-a-cause-des-influenceuses-1187006>)

August 10, 2021 Madmoizelle

[Load More\(?page=1\)](#)