

Lori Gray Ph.D., L.P.
Western Michigan University
School of Interdisciplinary Health Programs
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Associate Professor Holistic Health and Contemplative Well-Being School of Interdisciplinary Health Programs Western Michigan University	August 2016-present
Program Director Holistic Health and Contemplative Well-Being Programs School of Interdisciplinary Health Western Michigan University	December 2019-present
Faculty Associate Center for Fostering Student Success Western Michigan University	August 2017-August 2022
Associate School Director School of Interdisciplinary Health Programs Western Michigan University	August 2018-July 2020
Program Co-Coordinator Peace Corps Health Preparatory Minor Western Michigan University	August 2018-December 2019
Licensed Psychologist and Mindfulness Instructor Certified Teacher in Mindfulness Based Stress Reduction and Mindfulness Mentor Offering mindfulness-based stress reduction workshops, training and consultation	September 2005-present

Education

Ph.D., Counseling Psychology, August 2003
Michigan State University, East Lansing, Michigan.

M.A., Counseling Psychology, June 1998
Graduate Certificate in Holistic Health Care
Western Michigan University, Kalamazoo, Michigan.

B.A., Psychology, May 1995
The University of Michigan, Ann Arbor, Michigan.

B.M.A., Trumpet Performance, May 1995
The University of Michigan, Ann Arbor, Michigan.

Professional Certifications

Mindfulness Mentor Training Program, 2022

Advanced training for certified mindfulness meditation teachers with Jack Kornfield and Tara Brach

National Board-Certified Health and Wellness Coach (NBC-HWC), 2018

International Consortium for Health and Wellness Coaching

Certified Mindfulness Teacher in Koru Mindfulness for Emerging Adults, 2016

The Center for Koru Mindfulness, Durham, North Carolina

Certified Teacher in Mindfulness-Based Stress Reduction, 2014

The Center for Mindfulness in Medicine, Health Care and Society, Oasis Teacher Training
The University of Massachusetts Medical School, Worcester, Massachusetts.

Certificate Program in Mindfulness and Psychotherapy, 2014

Institute for Meditation and Psychotherapy, Newton Center, Massachusetts.

Certification in Primary Care Behavioral Health, December 2012

The University of Massachusetts Medical School, Worcester, Massachusetts.

Professional Certified Coach, April 2006

International Coach Federation, specializing in mentoring and wellness coaching.
Mentor Coach Certification Program, Bethesda, Maryland.

Graduate Certificate, Holistic Health Care, June 1998

Western Michigan University, Kalamazoo, Michigan.

Teaching Experience

Adjunct Associate Professor

August 2000 – December 2014

Integrative Holistic Health and Wellness, Western Michigan University, Kalamazoo, Michigan.

Teaching and developing curriculum for Integrative Holistic Health and Wellness program.

Awarded Adjunct Associate status by the Board of Trustees in December of 2013- 2016.

Faculty Trainer and Mentor

September 2006 – June 2011

Wellcoaches Corporation, Wellesley, Massachusetts.

Faculty wellness coach trainer and mentor for health care professionals.

Delivered domestic and international programs and individual mentoring via webcam and teleconferencing.

Visiting Assistant Professor

September 2003 – June 2005

Kalamazoo College, Kalamazoo, Michigan.

Instructor for introductory and health psychology courses.

Course Instructor August 2002 – May 2003
Western Michigan University; Kalamazoo, Michigan.
Instructor for University 101 and 102 (adjustment to college and career development)

Course Instructor August 1999 – August 2002
Michigan State University; East Lansing, Michigan.
Instructor for TE 150, "Reflections on Learning", educational psychology.
Constructed syllabus, class projects and learning contracts.

Course Instructor August 2001 – December 2001
Michigan State University; East Lansing, Michigan.
Instructor for CEP 860, "Stress Management".
Created syllabus and class activities for graduate students.
Constructed class projects, experiential learning.
Provided students with experiences utilizing a model for stress counseling.

Course Instructor August 1998 – August 2000
Michigan State University; East Lansing, Michigan.
Instructor for CEP 260, "Psychology of Personal Adjustment".
Created syllabus and designed class activities.
Attended summer seminars with Dr. Stephen Yelon and mentoring via weekly seminars.
Constructed class exams and experiential learning projects.

Course Instructor July 1998 – August 2000
Western Michigan University; Kalamazoo, Michigan.
Instructed HOL 530 "Holism and the Environment"
Guest lecturing in other Holistic Health Care Departmental courses.

Adjunct Lecturer of Music September 1995 – May 1996
The University of Michigan-Flint Campus; Flint, Michigan.
Instructed and designed syllabi for courses in music theory, music appreciation, aural skills, and advanced music history for non-music and music majors.

Courses taught for Western Michigan University (as full-time faculty):

HOL 5750 Resiliency Theory and Skills

HOL 6305 Mindfulness Theory and Skills

HOL 5305 Mindfulness Theory and Skills

HOL 3305 Introduction to Mindfulness Skills

HOL 5300 Mindfulness to Enhance Daily Living

HOL 5321 Holistic Health Coaching

HOL 4700 Relationship Centered Skills

Additional courses taught for Western Michigan University (2000-present):

HOL 5350 Holistic Approaches to Stress

HOL 6400 Holistic Health Methods

HOL 5310 Introduction to Holistic Health

HOL 5340 Holistic Health and Spirituality

HOL 530 Holism and the Environment

CECP 5830 Positive Psychology/Science of Strengths

University 102 Career Development

University 101 Adjustment to College

Curriculum development:

HOL 5390 Seminar on Animal-Assisted Services (2025). Curriculum development supported by a WMU Venture Grant award.

HOL 5850 Applied Mindfulness (2025). Advanced skills and application course for mindfulness practices.

HOL 5603 Tai Chi and Qigong Theory and Practice (2021). Expanded three credit hour class designed to integrate research and theory alongside the practices of Tai Chi and Qigong.

HOL 5750 Resiliency Theory and Skills (2021). Advanced three credit hour course designed to integrate research and theory alongside the practices of resiliency skills.

HOL 5650 Health and Wellness Coaching Skills (2021). Advanced skills course to complete the coaching skills course rotation for nine credit hour certificate program.

HOL 5604 Yoga Theory and Practice (2021). Expanded three credit hour course designed to integrate research and theory alongside the practice of yoga.

HOL 5602 Meditation Theory and Practice (2021). Expanded three credit hour course designed to integrate research and theory alongside the practice of meditation.

HOL 6505 Mindfulness Theory and Skills (2018). Graduate level course designed as an elective or as part of the graduate level certificates.

HOL 2701 Resiliency Training for Life (2018). Re-development and updates to expand course from two to three credit hours, integrating current content in applied neuroplasticity.

HOL 3505 Introduction to Mindfulness Skills (2016). Created and implemented as an extension of a “split level” design alongside HOL 5305, accommodating two developmental levels of students within a shared classroom environment (on-ground and on-line classrooms).

HOL 5305 Mindfulness Theory and Skills (2015). Expanded HOL 5305 to a three-credit hour offering.

HOL 5305 Mindfulness to Enhance Daily Living (2012). Created and implemented a one-credit hour elective in mindfulness skills, offered as an on-line classroom elective.

HOL 5321 Holistic Health Coaching (2008). Created and implemented a three-credit hour course in wellness coaching skills and theory, offered as an on-line classroom elective.

CECP 5830 Positive Psychology/Science of Strengths (2006). Created and implemented a one credit hour special topics course in evidence based applied Positive Psychology.

Other Professional Training

Qi-Gong Teacher Certification Training, 2023 – present

Trauma Sensitive Mindfulness Certification Training, 2021 – present

Compassion Cultivation Training (developed at Stanford University), 2019

Heart Math Biofeedback Certification Training program, 2018

Professional Mindfulness Teacher Retreat with Dr. Jon Kabat Zinn, 2017

WMU Implicit Bias Training workshop, 2017

Wellcoaches School of Health and Wellness Coaching, certification training renewal, 2016 – 2021

Scholarly Activities

Publications

Published Journal Articles (peer-reviewed journals):

Tompkins, E., & **Gray, L.**, (2025). Mindfulness-Based Recovery from Stroke (abstract only). *Stroke Journal*, 56(1), ISSN · 0039-2499 (print) 1524-4628 (web).

Gray, L. (2021). The impact of a mindfulness curriculum on self-reported health and well-being in university students. *The International Journal of Learning in Higher Education*, 28(2), ISSN 1447-9494.

Kelley, R., Humerickhouse, K., Gibson, D., & **Gray, L.** (2021). Timeless principles for effective teaching and learning: a modern application of historical principles and guidelines. *World Journal of Education*, 11(3), ISSN 1925-0754. DOI: <https://doi.org/10.5430/wje.v11n3p1>

Okpych, N, & **Gray, L.** (2021). Ties that bond and bridge: Exploring social capital among college students with foster care histories using a novel social network instrument (FC-Connects). (FRACAA funded). *Innovative Higher Education*, ISSN 0742-5627. DOI: <https://doi.org/10.1007/s10755-021-09553-x>

Gray, L. (2020). Living the full catastrophe: a mindfulness-based program to support recovery from stroke. *Healthcare*, 8(4), <https://doi.org/10.3390/healthcare8040498>, ISSN 2227-9032.

Bennett, J., Unrau, Y., **Gray, L.**, & Dawson, A. (2020). A coaching model to support college students from foster care. *Relational Child and Youth Care Practice*, 33(2), ISSN 2410-2954.

Gray, L., Font, S., Unrau, Y., & Dawson, A. (2018). The effectiveness of mindfulness meditation module for students who have aged out of foster care. *Innovative Higher Education*, 43(5), 339-352, ISSN 0742-5627. DOI: 10.1007/s10755-018-9433-3.

Works in Progress (targeted peer-reviewed journals):

Tompkins, E., **Gray, L.**, Noble, H & Bertram, J. (2025). Extreme Resilience after Stroke: A Qualitative Bounded Case Study of Chronic Stroke Patient and Caregiver. Targeted journal for submission: *Journal of Holistic Nursing*, ISSN 1552-5724.

Tompkins, E., **Gray, L.**, Noble, H & Bertram, J. (2025). Fostering Resilience in Chronic Ischemic Stroke: State of the Science. *Journal of Nursing Scholarship*, ISSN 1527-6546.

Tompkins, E., **Gray, L.**, Noble, H & Bertram, J. (2025). Mindfulness-Based Recovery from Stroke: Convergent Mixed Methods Pilot Study. Targeted journal for submission: *Mindfulness*, ISSN 1868-8527.

Gray, L. & Doan, E. (2025). Bearing witness through mindfulness-informed stroke rehabilitation. (ethnographic study). Targeted journal for submission: *Mindfulness*, ISSN 1868-8527.

Gray, L., Okpych, N, & Derren, J. (2025). Adult attachment style, emotional resiliency, and support seeking behaviors in college students aging out of foster care. (WMU FRACAA funded). Targeted journal for submission: *Journal of American College Health*, ISSN 0744-8481.

Other Scholarly Writing:

Gray-(Boothroyd), L., Moore, M., Silverio, G., & Tschannen-Moran, B. (2010). Fundamentals of coaching psychology. In M. Moore, & B. Tschannen-Moran (Eds.), *Coaching psychology*. Lippincott Williams & Wilkins: Philadelphia PA.

Moore, M., & **Gray-(Boothroyd), L.** (2006). The obesity epidemic: a confidence crisis calling for professional coaches [White paper]. Wellesley, MA: Wellcoaches Corporation.
<http://www.wellcoaches.com/images/whitepaper.pdf>

Gray, L.(2003). Hopeful thinking within aspects of successful aging: A study of older adults. Michigan State University, Department of Counseling Educational Psychology and Special Education.

Gray, L. (2000). Exploring positive addiction, spirituality and experiences of meditation. Apprenticeship research project. Michigan State University, Department of Counseling Educational Psychology and Special Education.

Gray, L. (1998). Aspects of coping with rheumatoid arthritis. *Michigan Academician*, 30(1), 85-94.

Gray, L. (1997). Factors surrounding psychological adaptation to chronic illness. *Michigan Academician*, 29(3), 48. (abstract only)

Grant Activity

National Institute on Disability, Independent Living, and Rehabilitation Research. “Mindfulness-Based Intervention for Post-Stroke Pain.” In collaboration with Shirley Ryan Lab Rehabilitation Hospital, Chicago, IL. Submission: December 2024.

Venture Grant Award, Western Michigan University. Award of \$3,300 to support collaboration with Dr. Angela Moe to create an Animal-Assisted Interventions Course Series. WMU’s therapy dog program has increased well-being on campus and in the community for several years. This grant will expand a seminar on animal-assisted interventions and create a practicum in partnership with Unified Clinics and the Holistic Health Program in the School of Interdisciplinary Studies. Awarded: April 2024. Project Completion: May 2026.

Grant Award, St. Luke’s Hospital System. “Mindfulness-Based Stroke Recovery.” Award of \$8,000 to continue pilot project funded internally by WMU in collaboration with the Neurology Institute of St Luke’s Hospital System, Kansas City, MO. Awarded: April 2023. Project Completion: June 2025.

Faculty Research and Creative Activities Award, Western Michigan University. “Mindfulness-Based Skills Training for Survivors of Stroke.” Award of \$9,900 to support mixed methods pilot study in collaboration with the Neurology Institute of St Luke’s Hospital System, Kansas City, MO. Awarded: April 2022. Project Completion: June 2023.

CHHS Research Incentive Award, Western Michigan University. “The Efficacy of Mindfulness-Based Stress Reduction Training for Undergraduate College Students”: Award of \$1,500 to fund a mixed - methods research project on the impact of brief mindfulness training and home practice support in undergraduate college students. Awarded: December 2019. Project completion: May 2024.

Faculty Research and Creative Activities Award, Western Michigan University. “The Connections Study of College Students with Foster Care Histories”: Award of \$9,950 to study attachment style and success of students enrolled in WMU’s Seita Scholars program. Awarded February 2019. Project completion: September 2021.

Support for Faculty Scholar’s Award, Western Michigan University. “Mindfulness Training in Undergraduate College Students”. Award of \$1,829 to fund pilot study on the academic and emotional impact of brief mindfulness training and home practice support in undergraduate college students. Awarded: February 2017. Project completion: June 2019.

Conference Travel Awards

International Education Faculty Development Fund, Western Michigan University. Travel award of \$1200 for paper presented at the Tenth International Conference on Health, Wellness & Society, Sep 3-4, 2020, at the University of Sorbonne, Paris, France (COVID-19 travel impacted).

International Education Faculty Development Fund, Western Michigan University. Travel award of \$600 for poster presented at the 3rd International Conference on Mindfulness, July 12, 2018, University of Amsterdam, Amsterdam, The Netherlands.

International Education Faculty Development Fund, Western Michigan University. Travel award of \$1200 for paper presented at the 2nd International Conference on Mindfulness, May 13, 2016, Sapienza University of Rome. Rome, Italy.

Academic Presentations (Juried/Peer Reviewed)

Gray, L. (2025). Mindful Communication: Enhancing Aphasia Rehabilitation Through Mindfulness Techniques. Paper presented as a featured workshop at the Michigan Speech Language and Hearing Association's annual conference, March 13-15, Kalamazoo, MI.

Tompkins, E., **Gray, L.**, & Noble, H. (2025). Building a Grounded Theory of Resilience in Chronic Ischemic Stroke. Paper presented at the European Life After Stroke Forum, March 2025, Prague, Czech Republic.

Tompkins, E., **Gray, L.** (2025). Mindfulness-Based Recovery from Stroke. Poster presented at the American Heart Association's annual International Stroke Conference, February 2025, Los Angeles, California.

Gray, L. (2024). A Mindfulness-Based Protocol in Support of Recovery from Stroke (MBRFS): A Pilot Study. Paper accepted to be presented at the International Mindfulness Conference, Bangor University, August 2024, Wales, UK.

Gray, L. (2024). A mindfulness-based protocol in support of recovery from stroke (MBRFS): a pilot study." Paper accepted to be presented at the 10th European Stroke Conference (ESOC), May 2024, Basel, Switzerland.

Gray, L. (2024). Mindfulness-Based Protocol for Recovery from Stroke (MBRfS): A pilot study. Poster presented at Spring Convocation, Western Michigan University, April 2024, Kalamazoo, MI.

Gray, L. (2024). Holding a gentle space: mindfulness-based support for aphasia." Paper presented at the Michigan Speech Language and Hearing Association's annual conference, May 18-20, Muskegon, MI.

Gray, L. (2023). Mindfulness-based protocol for recovery from stroke (MBRfS): A pilot study. Peer juried poster presentation. Poster session presented virtually at the seventh International Conference on Neurology and Neurological Disorders, June 16-17, 2023, Rome, Italy (hybrid format event).

Tompkins, E., **Gray, L.**, & Noble, H. (2023). Mindfulness-Based Recovery from Stroke. Peer juried poster presentation. Midwest Nursing Research Society (MNRS) Annual Conference, April 2023, Des Moines, IA.

Gray, L. (2022). Introducing a mindfulness-based protocol for recovery from stroke (MBRfS). Peer juried paper presentation. Paper presented virtually at the fifth International Conference on Neurology and Neurological Disorders, June 16-18, 2022, Rome, Italy (hybrid format event).

Gray, L. (2022). Introducing a mindfulness-based protocol for recovery from stroke (MBRfS). Peer juried poster presentation. Poster presented virtually at the 8th European Stroke Organization Conference (ESOC), May 4-6, 2020, Lyon, France (hybrid format event).

Gray, L. (2022). Introducing a mindfulness-based protocol for recovery from stroke (MBRfS). Peer juried paper presentation. Paper presented virtually at the Global Conference on Brain and Neurological Disorders, March 21-23, 2022, Rome, Italy (hybrid format event).

Okpych, N, & **Gray, L.**(2021). Ties that bond and bridge: Exploring social capital among college students with foster care histories. Peer juried paper presentation. Paper presented virtually at the National Conference for Engaged Scholarship on Foster Alumni and other traditionally hidden college populations, Sep 15-16, 2021, Oklahoma State University, Stillwater, OK.

Gray, L. (2021). Living the full catastrophe: a mindfulness-based program to support recovery from stroke. Peer juried paper presentation. Paper presented virtually at the Eleventh International Conference on Health, Wellness & Society, Sep 2-3, 2021, University of Sorbonne, Paris, France.

Gray, L. (2021). Learning to be present: the effectiveness of teaching mindfulness for college students raised in foster care. Peer juried paper presentation. Paper presented virtually at the Twenty-eighth International Conference on Learning, July 7-9, 2021, Jagiellonian University, Kraków, Poland.

Gray, L. (2021). Introducing a Mindfulness Based Protocol for Recovery from Stroke (M.B.R.S.). Peer juried paper presentation. Paper presented virtually at the International Conference on Mindfulness, July 5-8, 2021, Aarhus University, Aarhus, Denmark.

Gray, L. (2021). The effectiveness of mindfulness meditation module for students who have aged out of foster care. Peer juried paper presentation. Paper presented virtually at the International Conference on Mindfulness, July 5-8, 2021, Aarhus University, Aarhus, Denmark.

Gray, L. (2021). The “Connections” Study of College Students with Foster Care Histories. Poster presented at Spring Convocation, Western Michigan University, April 16, 2021, Kalamazoo, MI.

Gray, L. (2020). The impact of a mindfulness curriculum on student well-being. Peer juried poster presentation. Poster accepted to be presented at the Lilly Conference on Advancing Teaching and Learning, October 15-17, 2020, Traverse City, MI (cancelled due to COVID-19).

Gray, L. (2020). The impact of a mindfulness curriculum on self-reported health and well-being In university students. Peer juried paper presentation. Paper presented virtually at the Tenth International Conference on Health, Wellness & Society, Sep 3-4, 2020 University of Sorbonne, Paris, France.

Gray, L. (2020). Mindfulness in the college classroom. Peer juried virtual poster presentation. Poster presented virtually at the Twenty-seventh International Conference on Learning, July 13-15, 2020, University of Valencia, Valencia, Spain.

Gray, L. (2020). Being mindful in the online classroom. Peer juried virtual poster presentation. Poster presented virtually at the Thirteenth International Conference on e-Learning & Innovative Pedagogies, April 23-24, 2020, University of the Aegean, Rhodes, Greece.

Gray, L. (2019). Contemplative pedagogy in the classroom: Mindfulness curriculum for undergraduate students. Peer juried poster presentation. Poster presented at the Lilly Conference for Innovative Strategies to Advance Student Learning, August 5-7, Asheville, NC.

Gray, L. (2019). The benefits of a mindfulness curriculum for college freshman who have aged out of foster care. Peer juried paper presentation. Paper accepted to be presented at the Canada International Conference on Education, June 24-27, University of Toronto, Mississauga, Canada.

Gray, L. (2018). The effectiveness of mindfulness meditation module for students who have aged out of foster care. Peer juried poster session, (delivered via teleconference with poster on site) at the 3rd International Conference on Mindfulness, July 12, 2018, University of Amsterdam, Amsterdam, The Netherlands.

Gray, L. (2016). The experience of being well: Exploring the effects of mindfulness-based stress reduction training on participants' self-perception of health and wellness. Paper presented at the 2nd International Conference on Mindfulness, May 13, 2016, Sapienza University of Rome. Rome, Italy.

Gray-Boothroyd, L. (2015). The experience of being well. Poster showcase accepted for presentation at the 40th Annual National Wellness Conference, National Wellness Institute, June 15-18, 2015, Minneapolis, MN.

Gray, L. (2003, April). The role of hope in successful aging. Presentation at the Great Lakes Regional Conference for Counseling Psychology, Division 17, The American Psychological Association, Kalamazoo, MI.

Gray, L. (2002, April). Hope theory and its relevance to counseling psychology. Presentation at the Great Lakes Regional Conference for Counseling Psychology, Division 17, The American Psychological Association, East Lansing, MI.

Gray, L. (2001, April). Exploring positive addiction, spirituality and experiences of meditation. Presentation at the Great Lakes Regional Conference for Counseling Psychology, Division 17, The American Psychological Association, Akron, OH.

Gray, L. (1997, April). Professional and ethical issues in counseling HIV-positive clients. Poster session presented at the Great Lakes Regional Conference for Counseling Psychology, Division 17, The American Psychological Association, Kalamazoo, MI.

Gray, L. (1997, March). Factors surrounding psychological adaptation to chronic illness. Paper presented at the annual conference of the Michigan Academy of Science, Arts, and Letters, Grand Rapids, MI.

Gray, L. (1996, March). The role of social support in coping with rheumatoid arthritis. Paper presented at the annual conference of the Michigan Academy of Science, Arts, and Letters, Alma, MI.

Service Experience

Western Michigan University

University Level Service (Western Michigan University)

Graduate Studies Council, 2023 – 2026
WMU FRACAA grant program proposal reviewer, 2023 and 2024
Undergraduate Studies Council, 2021 – 2024
Faculty Associate, Center for Fostering Success, 2017 – 2022
Faculty Senate Representative, 2016 – 2021
WMU Ad Hoc Committee on Civility Statement 2015 – 2016
Dissertation Committee Member, Counseling Psychology, 2023 – 2026
Dissertation Committee Member, Family Sciences, 2024 – 2026

College Level Service (College of Health and Human Services)

Graduate Studies Council, 2023 – 2026
CHHS Undergraduate Studies Council, 2023-2024
Committee for Interdisciplinarity, December 2020 – April 2021
Mindfulness Meditation CHHS Community Wellness Offering – March 2020 – present
Dissertation Committee Member, Interdisciplinary Health Services PhD, 2020 – 2021
Council Member, CHHS Student Wellness Council, 2019 – 2021
Coordinator of the CHHS Take a Break Wellness Programs, 2016 – 2018
CHHS Wellness and Sustainability Committee, 2015 – 2019
CHHS Search Committee, Physical Therapy Department, 2016
CHHS Dean's Circle Committee, 2016
WMU Foundation Board of Directors Fall 2016 visit to CHHS (guided mindfulness practice)

School/Departmental Level Service (School of Interdisciplinary Health Programs)

Program Director, Holistic Health and Contemplative Well-Being, December 2019 – present
Associate Director, August 2018 – July 2020
Program Co-Coordinator, Peace Corps Health Preparatory Minor, August 2018–December 2019
SIHP Executive Council, 2021 – present
SIHP Policy and Planning Committee, 2015 – present
SIHP Sabbatical Review Committee,

SIHP Annual Teacher Observations and Narrative reports (approx. 20 reports each year)

SIHP Departmental Search Committees, 2022, 2023

Other Relevant Professional Experiences

Invited Reviewer for journal submissions and grant proposals (name of journal/funding agency and year of review invitation)

- International Journal of Environmental Research and Public Health, 2021
- Mindfulness, 2000-2025
- Journal of American College Health. 2021, 2020, 2019
- PSI Grants Foundation, 2021
- Journal of Family Psychology, 2021
- Current Psychology, 2020
- WMU FRACAA grant program proposal reviewer, 2024, 2023

Invited Professional Speaking and Training Events (non-peer reviewed)

Presentation: June 2023: Shirley Ryan Ability Lab's Center for Aphasia Research and Treatment, "Stroke Recovery and Mindfulness." Chicago, Illinois.

Presentation: April 2023: American Speech Language and Hearing Association, Special Interest Group 2 Open House, "Mindfulness-Based Stroke Recovery Project." Virtual Program.

Presentation: February 2019: Chi Sigma Lota international honor society for counseling students, counselor educators, and professional counselors, Western Michigan University, "Mindfulness as Professional Self-Care." Kalamazoo, Michigan.

Presentation: November 2016: Michigan After School Association Collaborative, Fall Conference, Southfield, Michigan. "Mindfulness Matters: Integrating Mindfulness into After School Programs".

Workshop: April 2016: B.E.S.T., NIH-funded program for post-doctoral graduate students in biomedical sciences, Michigan State University. "Mindfulness: Medicine of the Moment." East Lansing, Michigan.

Consultation and Mindfulness Training Sessions: June 29-July 3, 2015: Fetzer Institute Retreat Center's Teacher Residency Program. Kalamazoo, Michigan

Presentation: October 2014: Medical Residency Program at Western Michigan University. "The Medicine of the Moment: Mindfulness-Based Stress Reduction and Patient Care." Kalamazoo, Michigan.

Presentation: April 2013: Traverse Bay Area Intermediate School District. "Introduction to Mindfulness Based Stress Reduction". Traverse City, Michigan.

Presentation: February 2012: The Institute for Integral Development 27th Annual Conference on the Family in Stress and Crisis. "Mindfulness and Compassion as Self-Care for Helping Professionals". Clearwater Beach, Florida.

Presentation: June 2006: The United States Probation and Pretrial Services Annual District Conference. “Psychic Gardening”. Marco Island, Florida.

Presentation: January, 2006: The Institute for Integral Development 20th Annual Conference on the Family in Stress and Crisis. “Psychic Gardening and Positive Psychology” and “Wellness and Health Promotion”. Clearwater Beach, Florida.

Plenary Presentation/workshop: July, 2005: 17th Annual Mid-Atlantic Research and Training Institute Summer School with Dr. Robert Ackerman – “Positive Psychology – The New Frontier” and “Wellness Promotion and Positive Psychology”, Indiana University, Indiana, Pennsylvania.

Presentation/Workshop: July, 2010: 22nd Annual Mid-Atlantic Research and Training Institute Summer School: “Eliminating Self-Defeating Eating”, Indiana University, Indiana, Pennsylvania.

Presentation: March, 2001: Michigan ACT Council Educational Conference: “Remembering Balance: Self-care for the Professional”, East Lansing, MI.

Community-based Speaking Events and Trainings

Presentation: February 11, 2023: Bronson Hospital Cancer Center, Kalamazoo, Michigan, “A Taste of Mindfulness.”

Workshop: February 9, 2019: Retreat Workshop for Pierce Cedar Creek Institute, Hastings, Michigan, “A Day of Mindfulness.”

Presentation: December 8, 2018: Parchment District Library Expert Speakers Series, Parchment, Michigan, “Adventures in Mindfulness”.

Workshop: October 26, November 2 and November 9, 2015: Osher Lifelong Learning Institute, Extended University Programs, Western Michigan University. “Adventures in Mindfulness”. Kalamazoo, Michigan.

Workshop: April 1, April 8 April 15, 2015: Osher Lifelong Learning Institute, Extended University Programs, Western Michigan University. “Adventures in Mindfulness”. Kalamazoo, Michigan.

Workshop series: September 2013: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction: 8-week workshop”. Traverse City, Michigan.

Workshop series: May 2013: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction: 8-week workshop”. Traverse City, Michigan.

Workshop series: March 2013: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction: 8-week workshop”. Traverse City, Michigan.

Workshop series: January 2013: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction: 8-week workshop”. Traverse City, Michigan.

Workshop series: September 2012: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction: 8-week workshop”. Traverse City, Michigan.

Workshop series: January 2012: The Center for Mindfulness in Northern Michigan. “Mindfulness-Based Stress Reduction: 8-week workshop”. Traverse City, Michigan.

Workshop: January 2012: Northwestern Michigan College Extended Educational Services. “A Taste of Mindfulness”. Traverse City, Michigan.

Workshop: October 2011: Northwestern Michigan College Extended Educational Services. “A Morning of Mindfulness”. Traverse City, Michigan.

Workshop series: September 2011: The Center for Mindfulness in Northern Michigan. “Mindfulness-Based Stress Reduction: 8-week workshop”. Traverse City, Michigan.

Training Retreat: September 2011: Union Yoga Studio. “A Day of Mindfulness”. Lake Leelanau, Michigan.

Workshop: April 2011: Northwestern Michigan College Extended Educational Services. “Morning of Mindfulness”. Traverse City, Michigan.

Workshop: April, 2010: Northwestern Michigan College Extended Educational Services. “Am I Hungry? Mindfulness and Food”. Traverse City, Michigan.

Presentation: June, 2001: Healthy U. Health Promotions program, “Developing a stress-hardy attitude”. Michigan State University, East Lansing, Michigan.

Presentation: February, 2001: Healthy U. Health Promotions program, “Get a Healthy Attitude”. Michigan State University, East Lansing, Michigan.

Workshop: October, 2000: Healthy U. Health Promotions program, “Journaling for Health and Wellness”. Michigan State University, East Lansing, Michigan.

Training Retreat: March, 2000: Zen Center of Michigan, “A Return to Your Original Self”. Okemos, MI.

Presentation Series: October, 1999, and February, 2000: Healthy U. Health Promotions program, “Just Relax”. Michigan State University, East Lansing, Michigan.

Presentation Series: June – August, 1999: Healthy U Health Promotions program, “Mindful Walking for Relaxation”, a series of presentations and experiential activities. Michigan State University, East Lansing, Michigan.

Presentation: March, 1999: Healthy U. Health Promotions program, “How to Develop a Peer Support Group”. Michigan State University, East Lansing, Michigan.

Supervised Counseling and Clinical Experience

Limited License Doctoral Psychologist
Life Expansion Psychological Services
Post-doctoral private practice.

August 2003 – 2005

- Doctoral Intern** August 2002 – August 2003
University Counseling and Testing Center
Western Michigan University; Kalamazoo, Michigan
(2000-hour APA accredited internship)
- Counselor** January 1999 – June 2002
Creative Wellness, Michigan
Provided holistic counseling and hypnotherapy for adults and couples.
Received primary and group supervision.
- Clinical Supervisor** September – December 2000
Michigan State University; East Lansing, Michigan
Provided clinical supervision for a master's student in counseling.
Completed a supervision case presentation and portfolio.
- Counselor** August 1999 – May 2000
Michigan State University Counseling Center; East Lansing, Michigan
(Doctoral Practicum Site)
Provided counseling to undergraduate and graduate students at Michigan State University.
Administered career and psychological assessments.
Completed two case presentations, ABPP style.
- Counselor** January – May 1998
Lazar Psychological Services; Battle Creek, Michigan.
Provided short and long-term counseling to adults and children.
Administered intellectual and personality assessments.
Administered and monitored biofeedback interventions.
Assisted in forensic evaluations of sexual perpetrators.
Assisted in special needs evaluations of children and adolescents.
Counseled chronic pain clients.
Co-leader of group therapy for closed head injury clients.
- Support Group Leader** February – September 1997
National Arthritis Foundation; Kalamazoo, Michigan.
Provided a supportive environment for Fibromyalgia.
Facilitated group dynamics and fostered group support.
Educated participants in adaptation to chronic illness/pain.
Encouraged activities to promote self-efficacy and well-being.
- Crisis Counselor** September 1994 – August 1995
S.O.S. Crisis Center; Ypsilanti, Michigan.
Applied a crisis intervention model to counsel callers and walk-in clients.
Interventions for substance abuse, sexual abuse, suicidal ideation, mental illness.
- Activity Therapy Assistant** January – May 1993
University of Michigan Medical Center; Ann Arbor, Michigan.
Assisted Activity Therapist in unit activities.
Provided support for mentally ill patients in two hospital units.
Organized and implemented music therapy activities.

Research Employment

Research Assistant II

September 1995 – August 1996

Cumulative Trauma Disorders Clinic; The University of Michigan, Flint, MI.

Employed to perform computerized library searches on Medline,
and develop research design, data collection, data analysis using Systat.

Research Assistant I

September 1992 – May 1995

Center for the Education of Women; The University of Michigan, Ann Arbor, MI.

Data coding and entry.

Honors

Golden Apple Teaching Award, Kalamazoo College, 2004.

Milton Cudney Memorial Scholarship, Western Michigan University, 2003.

University Graduate Fellowship, Michigan State University, 1998 – 1999.

Western Michigan University Graduate Scholarship, 1997 – 1998.

Michigan Competitive Scholarship, 1991 – 1993.

University of Michigan Music Scholarship, 1990.

Michigan Teacher's Association Scholarship, 1990.

References

Available on request.