CURRICULUM VITAE
University of Idaho

NAME: Rajal G. Cohen **DATE:** December 23, 2020

RANK OR TITLE: Associate Professor

HOME DEPARTMENT: Psychology & Communication
ADDITIONAL AFFILIATION: Biological Sciences

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DATE OF FIRST EMPLOYMENT AT UI: August 12, 2012

DATE OF TENURE: March 2018

DATE OF PRESENT RANK OR TITLE: July 1, 2018

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

PhD	The Pennsylvania State University University Park, PA Psychology	2008
MS	The Pennsylvania State University University Park, PA Psychology	2005
BS	Wesleyan University Middletown, CT Psychology	2002

Certificates and Licenses:

NASTAT/AmSAT Virginia School for the Alexander Technique 1997

EXPERIENCE:

Teaching, Extension and Research Appointments:

Postdoctoral Researcher, Oregon Health & Science University 2008-2012
Department of Neurology

Instructor, Teaching Assistant., and Research Assistant; Pennsylvania State University 2003-2007
Departments of Psychology and Kinesiology

Non-Academic Employment:

Teacher of the Alexander Technique – self-employed 1997-2003

Consulting:

Scientific Consultant for the Poise Project 2016-2020

TEACHING ACCOMPLISHMENTS:

Areas of Specialization:
Cognitive Psychology, Cognitive Neuroscience, Action, Motor Learning, Ergonomics, Research Methods

Courses Taught at the University of Idaho:

Psyc 218 Research Methods in the Behavioral Sciences	2012-2020
Psyc 452/552 Biomechanics & Ergonomics	2014-2020
Psyc 494 Action Research Lab	2013-2020
Psyc 497 Practicum in Instruction	2013-2020
Psyc 372 Physiological Psychology	2016, 2019, 2020
Psyc 404/425 Psychology of Action	2013, 2015, 2017
Neur 508 Topics in Neuroscience (co-taught)	2013

Courses Taught at the Pennsylvania State University:

Psych 256 Cognitive Psychology (120-person lecture)	2006-2007

Students Advised:

Undergraduate Students:
Advised to completion of degree:
~12 per year

Graduate Students:
Advised to completion of degree-major professor:

Jason Baer (M.S. Psychology)	May 2016
Ramyaa Ravichandra (M.S. Psychology)	May 2019

Served on graduate committee:

Jason Baer* (Ph.D. Biology: Neuroscience)	in progress
James Miller (M.S. Psychology, WSU)	in progress
Benjamin Richardson (Ph.D. Psychology, WSU)	in progress
Paul Matthews (M.S. Architecture)	August 2018
Zachary Spielman (M.S. Psychology)	November 2017
Thomas Ulrich (Ph.D. Psychology)	August 2017
Mark Meyer (M.S. Psychology)	Dec 2015
Connor Hoover (M.S. Psychology)	May 2015
Missy Thompson (Ph.D. Neuroscience)	May 2014

Courses Developed at the University of Idaho:

Psyc 372 Physiological Psychology	2016
Psyc 552 Biomechanics & Ergonomics	2014
Psyc 425 Psychology of Action	2013
Psyc 218 Research Methods in the Behavioral Sciences	2012

Courses Developed at the Pennsylvania State University:

Psych 256 Cognitive Psychology (120-person lecture)	2006

Honors and Awards:

Awards to Students:

Malori Basye: Phil Mohan Award for Academic Excellence	2020
Teresa Moote: William Reese Award for Outstanding Student Research	2019
Dan Kral: Honorable Mention, Three Minute Thesis	2018
Jordan Becker: William Reese Award for Outstanding Student Research	2018
Jordan Becker: Undergraduate Research Award	2016
Jason Baer: William Reese Award for Outstanding Student Research	2016
Addison Johnson: Phil Mohan Award for Academic Excellence	2016
Kennedy Woods: Undergraduate Research Award	2015
Isabella Orr: William Reese Award for Outstanding Student Research	2015
Ryan Seymore: Phil Mohan Award for Academic Excellence	2014

Invited Presentations:

"Current Scientific Research and Models for the Alexander Technique" – video symposium on May 18, 2020. **https://www.alexandertechniquescience.com/video-presentations/symposium/** (1300 attendees)

"Science catches up - Alexander technique and 21st century research." Invited plenary talk, 11th International Alexander Technique Congress, Chicago, August 3, 2018.

"Alexander Technique & Science" (panel with Patrick Johnson and Tim Cacciatore), AT Congress: Chicago, August 3, 2018.

"The Poise Project: bridging the gap" (panel with Aniko Ball, Monika Gross, Belinda Mello, Stephanie Young). AT Congress, Chicago, August 2, 2018.

"Research 101" (workshop with Monika Gross). AT Congress, Chicago, July 31, 2018.

"Connections between cognition and posture in aging, Parkinson's disease, and neck pain." Department of Biology, University of Idaho, September 1, 2017.

"From biomechanics to brains: A survey of research relevant to the Alexander technique" (with Tim Cacciatore). Annual meeting of the American Society for Alexander Technique, Minneapolis, June 10, 2016.

"Emerging mechanisms of the Alexander technique" (with Tim Cacciatore). Annual meeting of the American Society for Alexander Technique, Minneapolis, June 9, 2016.

"Power & Poise: Inhabiting Your Body Every Day." Women's Leadership Conference, University of Idaho, March 25, 2015.

"Mind in Movement." Palouse Biomechanics Retreat, Palouse Divide, ID, January 25, 2016.

"Clarifying the scientific foundations of the Alexander technique." Alexander Technique Training in Chicago, October 17, 2015.

"Clarifying the scientific foundations of the Alexander technique" (with Molly Johnson). Annual conference and general meeting of the American Society for Alexander Technique, Boston, June 13, 2015.

"Cognition, posture, and action: The art and science of connection." Max Planck Institute for Human Development, Berlin, Germany, June 22, 2012.

"Executive dysfunction and freezing of gait in Parkinson's disease." Pacific Northwest Udall Center Retreat, Skamania Lodge, Stevenson, WA, June 18, 2011.

"Microkinematics of movement preparation: Tremor as a window into the mind." Action Club, Penn State University, University Park, PA, April 25, 2008.

"Why should cognitive psychologists care about motor control?" Department of Psychology, Jagellonian University, Krakow, Poland, May 20, 2005.

SCHOLARSHIP ACCOMPLISHMENTS:

Areas of specialization:

Planning, preparation, and control of human movement and posture
Contributions of cognition to posture, gait, and action
Cognitive/motor changes due to age, experience, training, and neurological disorders

Peer Reviewed/Evaluated Publications: (*students mentored by Dr. Cohen)

de Lima Pardini, A.C., Coelho, D. B., Nucci, M.P., Boffino, C.C., Batista, A.X., de Azevedo Neto, R.M., Silva-Batista, C., Barbosa, E.R., **Cohen, R.G.,** Horak, F. B., Teixeira, L.A., Amarao, E. (2020). Brain networks

associated with anticipatory postural adjustments in Parkinson's disease patients with freezing of gait. *Neuroimage: Clinical 28* 102461. PMCID: PMC7575874

Cohen, R.G., *Baer, J.L., *Ravichandra, R., *Kral, D. McGowan, C.P., Cacciatore, T.W. (2020). Lighten up! Postural instructions affect static and dynamic balance in healthy older adults. *Innovations in Aging,4, igz056.* PMID 32226825.

*Baer, J.L., Vasavada, A., **Cohen, R.G.** (2019). Anticipation and inhibition affect neck posture. *Human Movement Science, 64*, 108-122. PMID: 30710861

*Becker J.J., Copeland S.L., *Botterbusch E.L., **Cohen, R.G.** (2018). Preliminary evidence for feasibility, efficacy, and mechanisms of Alexander technique group classes for chronic neck pain. *Complementary Therapies in Medicine 39* (2018) 80–86. PMID: 30012397

De Lima-Pardini, A.C., de Azevedo Neto, R.M., Coelho, D.B., Boffino, C.C., Shergill, S.S., de Oliveira Souza, C., Brant, R., Barbosa, E.R., Cardoso, E.F., Teixeira, L.A., **Cohen, R.G.**, Horak, F.B., Amaro, E. Jr. (2017). An fMRI-compatible force measurement system for the evaluation of the neural correlates of step initiation. *Scientific Reports, 7*, 43088. PMID: 28230070

Mancini, M., Smulders, K., **Cohen, R.G.**, Horak, F.B., Giladi, N., Nutt, J.G. (2017). The clinical significance of freezing while turning in Parkinson's disease. *Neuroscience, 343*, 222-228. PMID: 27956066

Cohen, R.G., Nutt, J.G., Horak, F.B. (2017) Recovery from multiple APAs delays gait initiation in Parkinson's disease. *Frontiers in Human Neuroscience, 11*, 60. PMID: 28261073

Cohen, R.G., Vasavada, A.N., Wiest, M., Schmitter-Edgecombe, M. (2016). Mobility and upright posture are associated with different aspects of cognition in older adults. *Frontiers in Aging Neuroscience, 8:257*. PMID: 27877123

Peterson, D.S., King, L.A., **Cohen, R.G.**, Horak, F.B. (2016). Cognitive contributions to freezing of gait in Parkinson disease – Implications for physical rehabilitation. *Physical Therapy Journal*, *96*, 659-670. PMID: 26381808

Cohen, R.G., Gurfinkel, V.S., *Kwak, E., *Warden, A.C., Horak, F.B. (2015). Lighten up: Specific postural instructions affect axial rigidity and step initiation in patients with Parkinson's disease. *Neurorehabilitation & Neural Repair, 29*, 878-888. PMID: 25665828

Peterson, D.S., Fling, B.W., Mancini, M., **Cohen, R.G**., Nutt, J.G., Horak, F.B. (2014). Dual-task interference and brain structural connectivity in people with Parkinson's disease who freeze. *Journal of Neurology, Neurosurgery, & Psychiatry*, *86*, 786-792. PMID: 25224677

Fling, B.W., **Cohen, R.G**., Mancini, M., Carpenter, S.D, Fair, D.A., Nutt, J.G., Horak, F.B. (2014). Functional reorganization of the locomotor network in Parkinson patients with freezing of gait. *PloS One, 17*; 9(6):e100291. PMID: 24937008

Cohen, R.G., Klein, K.A., *Nomura, M., *Fleming, M., Mancini, M., Giladi, N., Nutt, J.G., Horak, F.B. (2014). Inhibition, executive function, and freezing of gait. *Journal of Parkinson's Disease, 4*, 111-122. PMID: 24496099

Lomond, K.V., Henry, S.M., Jacobs, J.V., Hitt, J.R., Horak, F.B., **Cohen, R.G.**, DeSarno, M. (2013). Protocol to assess the neurophysiology associated with multi-segmental postural coordination. *Physiological Measurement, 34*, N97–N105. PMID: 24065623

Fling, B.W., **Cohen, R.G.,** Mancini, M., Nutt, J.G., Fair, D.A., Horak, F.B. (2013). Asymmetric pedunculopontine network connectivity in parkinsonian patients with freezing of gait. *Brain. 136*, 2405-2418. PMID: 23824487

*Papegaaij, S., Smith, B., de Lima, A.C., **Cohen, R.G.**, Horak, F.B. (2012) Keeping your balance while balancing a cylinder: Interaction of voluntary and postural goals. *Experimental Brain Research. 223*, 79-87. PMID 22965549

*deLima-Pardini, A.C., Papegaaij, S., **Cohen, R.G.**, Teixeira, L.A., Smith, B.A., Horak, F.B. (2012). The interaction of postural and voluntary strategies for stability in Parkinson's disease. *Journal of Neurophysiology, 108*, 1244-1252. PMID: 22673326

Cohen, R.G., Horak, F.B., Nutt, J.G. (2012). Peering through the FoG: Visual manipulations shed light on freezing of gait. *Movement Disorders, 27*, 470-472. PMID: 22488859

Cohen, R.G. & Sternad, D. (2012). State space analysis of timing: Exploiting task redundancy to reduce sensitivity to timing. *Journal of Neurophysiology*, 107, 618-627. PMID: 22031769

Cohen, R.G., *****Chao, A., Nutt, J.G. & Horak, F.B. (2011). Freezing of gait is associated with a mismatch between motor imagery and motor execution, not with failure to judge doorway passability. *Neuropsychologia 49*, 3981-3988. PMID: 22027173

Cohen, R.G. & Rosenbaum, D.A. (2011). Prospective and retrospective effects in human motor control: Planning grasps for object rotation and translation. *Psychological Research. 75*, 341-349. PMID: 20941504

Cohen, R.G., Nutt, J., & Horak, F.B. (2011). Errors in initial postural preparation lead to increased choice reaction times for step initiation in older adults. *Journal of Gerontology A: Biological and Medical Sciences, 66*, 705-713. PMID: 21498341

Cohen, R.G., *Biddle, J., & Rosenbaum, D.A. (2009). Manual obstacle avoidance takes into account visual uncertainty, motor noise, and biomechanical costs. *Experimental Brain Research, 201*, 587-592. PMID: 19851762

Cohen, R.G. & Sternad, D. (2009). Variability in motor learning: Relocating, channeling and reducing noise. *Experimental Brain Research, 193*, 69-83. PMID: 18953531

Weigelt, M., **Cohen, R.**, Rosenbaum, D.A. (2007). Returning home: location memory versus posture memory in object manipulation. *Experimental Brain Research, 179*, 191-198. PMID: 17119941.

Cohen, R.G., & Rosenbaum, D.A. (2007). Directional bias of limb tremor prior to voluntary movement. *Psychological Science, 18*, 8-12. PMID: 17362370

Rosenbaum, D.A., *Halloran, E.S, & **Cohen, R.G.** (2006). Grasping movement plans. *Psychonomic Bulletin & Review, 13*, 918-922. PMID: 17328395

Cohen, R.G. & Rosenbaum, D.A. (2004). Where objects are grasped reveals how grasps are planned: Generation and recall of grasps. *Experimental Brain Research, 157*, 486-495. PMID: 15071711

Other Publications:

Cacciatore, T.W., Johnson, P., **Cohen, R.G.** (2020). Potential mechanisms of the Alexander technique: Toward a comprehensive neurophysiological model. *Kinesiology Review 9*, 199-213.

Cohen, R.G. (2015). Postural Homeostasis [Review of the book *Postural homeostasis: Papers and letters on the Alexander Technique* by Wilfred Barlow]. *AmSAT Journal, 7*, 48-49.

Rosenbaum, D.A., Vaughan, J., Meulenbroek, R.G.J., Jax, S. & **Cohen, R.G.** (2008). Smart moves: the psychology of everyday perceptual-motor acts. In P. M. Gollwitzer, J. A. Bargh, & E. Morsella (Eds.), *Oxford Handbook Of Human Action*. pp. 121-135. Oxford University Press.

Rosenbaum, D.A., **Cohen, R.G.**, Dawson, A.M., Jax, S.A., Meulenbroek, R.G., van der Wel, R., & Vaughan, J. (2008). The posture-based motion planning framework: new findings related to object manipulation, moving around obstacles, moving in three spatial dimensions, and haptic tracking. In D. Sternad (Ed.), *Progress in Motor Control- A Multidisciplinary Perspective* (pp. 485-497). Springer.

Rosenbaum, D.A., **Cohen, R.G.**, Jax, S., Weiss, D. & van der Wel, R.G.J. (2007). The problem of serial order in behavior: Lashley's Legacy. *Human Movement Science, 26*, 525–554.

Rosenbaum, D.A., Cohen, **R.G.**, Meulenbroek, R.G. J., & Vaughan, J. (2006). Plans for grasping objects. In M.L. Latash & F. Lestienne (Eds.), *Progress in Motor Control* (pp 9-25). Springer-Verlag.

Rosenbaum, D., Augustyn, J., **Cohen, R.**, & Jax, S. (2006). Perceptual-motor expertise. In K.A. Ericsson, N. Charness, P.J. Feltovich, R.R. Hoffman (Eds.), *Cambridge Handbook of Expertise and Expert Performance* (pp. 505-520). Cambridge University Press.

Conference Presentations (*students mentored by Dr. Cohen)

Gross, M., *McInnis, M., Norcia, M., *Ravichandra, R., *Basye, M., *Abdelrahman, A., **Cohen, R.** (2020, October

21-24). *Poised for Parkinson's: Online group delivery of Alexander classes for people living with Parkinson's disease/care partner dyads*. American College of Rehabilitation Medicine, online.

Gross, M., *Ravichandra, R., **Cohen, R**., *Basye, M., Norcia, M. (2020, October 21-24). *'Poised for Parkinson's': Retention of benefits from Alexander technique group course for people living with Parkinson's disease.* American College of Rehabilitation Medicine, online.

Gross, M., Cohen, R.G**.,** *Basye, M., *Achabal, A., *McInnis, M. *Ravichandra, R. *Abdelrahman, A., *Wallace, C., Norcia, M. (2020, October 15-16). *Embodied Agency: Alexander technique-based group interventions for people living with Parkinson's and their care partners*. Rehabilitation Research 2020: Envisioning a Functional Future, online.

Gross, M., *Ravichandra, R., *Basye, M., Norcia, M., Abdelrahman, A., *McInnis, M., Cohen, R. (2020, February 14-16). *'Poised for Parkinson's': Alexander technique group course improves posture, balance and mobility for people living with PD.* Movement Disorders Society – Pan-American Section, Miami.

Gross, M., *Ravichandra, R., Mello, B., Abdelrahman, A., *Becker, J.J., *Smith, S.R., Cohen, R. (2020, February 14-16). *'Partnering with Poise': Alexander technique group classes are a promising self-care intervention to counter loss-of-self for care partners of people living with neurodegenerative disease.* Movement Disorders Society – Pan-American Section, Miami.

Gross, M. **Cohen, R.,** *Ravichandra, R., *Basye, M., Norcia, M. (2019, Nov 5-7). *Poised for Parkinson's: Alexander technique course improves balance, mobility and posture for people with PD.* American Congress for Rehabilitation Medicine, Chicago. *Archives of Physical Medicine and Rehabilitation 100 (12), e193*.

Gross, M. **Cohen, R**., *Ravichandra, R., Mello, B. (2019, Nov 5-7) *Alexander technique (AT) group classes: Feasible intervention for care partners of people living with Parkinson's.* American Congress for Rehabilitation Medicine, Chicago. *Archives of Physical Medicine and Rehabilitation 100 (10), e42.*

Cohen, R.G., *Billings, C.G., *Baer, J.L., *Kral, D., *Ravichandra, R., *McGowan, C.P., *Cacciatore, T.W. (2019, Oct 23). *Lighten Up! Postural instructions affect static and dynamic postural control in healthy older adults.* Society for Neuroscience, Chicago. 763.21

Gross, M., *Ravichandra, R., **Cohen, R.G.** (2019, September 25). ***"****Poised for Parkinson's****":*** *Group classes in Alexander technique for managing symptoms of Parkinson's disease.* International Congress of Parkinson's Disease and Movement Disorders, Nice, France. ***Movement Disorders, 34.***

Gross, M., *Ravichandra, R., Mello, B., **Cohen, R.G.** (2019, September 23). *Alexander technique group classes are a feasible and promising intervention for care partners of people living with Parkinson's disease.* International Congress of Parkinson's Disease and Movement Disorders, Nice, France. ***Movement Disorders, 34.***

Gross, M., *Ravichandra, R., Mello, B., **Cohen, R.G.** (2019, June 6)**.** *Alexander technique group classes are a feasible and promising intervention for care partners of people living with Parkinson's disease.* World Parkinson Congress, Kyoto.

Gross, M., *Ravichandra, R., Batson, G., McIsaac, T.L.., **Cohen, R.G.** (2019, June 6)**.** *Poised for Parkinson's: Group classes in Alexander technique for managing symptoms of Parkinson's disease.* World Parkinson Congress, Kyoto. (Selected for Tour 7: Caregiving, palliative care, self-management, and PD)

*Baer, J.L. and **Cohen, R.G.** (2018). The performance cost of postural biofeedback. Poster presented at Society for Neuroscience, San Diego, November 6.

McIsaac, T.L., **Cohen, R.G.**, Bay, R.C., Gupta, J., Adler, C.H. (2018). Multi-limb dual-task cost in Parkinson disease: Evaluating effects of implicit and explicit cues. International Congress of Parkinson's disease and Movement Disorders, Hong Kong, Oct 5-9.

*Becker, J.J., McIsaac, T.L., **Cohen, R.G.** (2018) Exercise vs. embodied Mindfulness for chronic neck pain. Poster presented at American College of Rehabilitation Medicine, Oct, Dallas, Oct 3.

Cohen, R., *Ravichandra, R., *Trusty, W., *Moote, Gross, M. (2018). Alexander technique group classes are a feasible, cost-effective, and promising intervention for balance in older women. Poster presented at American College of Rehabilitation Medicine, Oct, Dallas, Oct 3.

de Lima-Pardini, A.C., de Azevedo Neto, R.M., Coelho, D.B., Boffino, C.C., Shergill, S.S., Souza, C., Brant, R., Barbosa, E.R., Cardoso, E.F., Teixeira, L.A., **Cohen, R.G.,** Horak, F.B. (2018). An fMRI-compatible force measurement system for the evaluation of the neural correlates of freezing of gait in patients with Parkinson's

disease. Oral presentation at Freezing of Gait, Leuven, Belgium, June 7.

*Becker, J.J., **Cohen, R.G.** (2017). Feasibility & efficacy of group Alexander Technique lessons on neck pain in office workers. Oral presentation delivered at Northwest Occupational Health Conference, Spokane, Oct 27.

Cohen, R.G. (2017). Lighten Up! A mindfulness-based approach to posture and movement in Parkinson's disease. Oral presentation and 3rd annual meeting of the Inland Northwest Movement Disorder Society, Spokane, WA, September 8.

*Baer, J.L. and **Cohen, R.G.** (2017). Posture vs. performance in a dual-task paradigm. Poster presented at 13th International Conference for Cognitive Neuroscience, Amsterdam, NL, August 5-8.

*Becker, J.J., *Botterbusch, E.L., **Cohen, R.G**. (2017). Alexander technique classes reduce neck pain and alter muscle activation. Poster presented at Idaho Conference of Undergraduate Research, Boise, ID, July 26.

*Becker, J.J., *Botterbusch, E.L., **Cohen, R.G.** (2017) Group Alexander technique classes as an affordable intervention for neck pain. Poster presented at Undergraduate Research Symposium, University of Idaho, April 25.

Cox, C., **Cohen, R.G.**, Gross, M., *Kral, D. (2016). Thinking in action: Alexander technique for Parkinson's disease. Poster presented at 4th World Parkinson Congress, Portland, OR, Sep 21.

Cohen, R.G. (2016). Beyond exercise: Effects of postural instruction on balance and mobility. Round Table presentation at 4th World Parkinson Congress, Portland, OR, Sep 20.

*Woods, K., **Cohen, R.G.** (2016). Measurement of Postural Control Associated with Fall Risk. Poster presented at University of Idaho Undergraduate Research Symposium, Moscow, ID, April 11.

Cohen, R.G., Gurfinkel, V.S., Horak, F.B. (2015). Lighten Up! Mindfulness-based approach to postural control improves coordination and reduces fall risk in older adults with and without Parkinson's disease. Oral presentation delivered at 45th Annual Meeting of the Society for Neuroscience, Chicago, IL, October 19.

*Baer, J, *Johnson, A.Q., **Cohen, R.G.** (2015). Cognitive factors influence postural alignment. Poster presented at 45th Annual Meeting of the Society for Neuroscience, Chicago, IL, October 19.

Cohen, R.G., *Morrissey, E., Gurfinkel, V.S., Horak, F.B. (2015). Lighten Up! Brief exposure to Alexander Technique concepts improves mobility in patients with Parkinson's disease. Poster presented at American Society for Alexander Technique, Boston, June 10-14.

*Hoover, C., Werner, S., & **Cohen R.** (2014). Cognitive authentication and narrative passwords. In Proceedings of the 58th annual meeting of the Human Factors and Ergonomics Society. Chicago, IL, October 30.

Cohen, R.G., *Smith, B.A., *Sanders, N., Johnson, K.N., Vasavada, A.N., Schmitter-Edgecombe, M. (2014). Forward head posture in older subjects is associated with executive deficits. Poster presented at International Society for Posture and Gait, Vancouver, B.C., June 30.

Fling, B., **Cohen, R.**, Fair, D., Nutt, J., Horak, F. (2014). Functional reorganization of the locomotor network in Parkinson patients with freezing of gait. Poster presented at International Society for Posture and Gait, Vancouver, B.C., June 29-July 3.

Peterson, D., **Cohen, R**., Fling, B., Mancini, M., Nutt, J., Horak, F. (2014). Dual-task interference is related to PPN structural connectivity in people with Parkinson disease who freeze. Poster presented at International Society for Posture and Gait, Vancouver, B.C., June 29-July 3.

*Lima-Pardini, A., Teixeira, L. A., Horak, F.B., *Papegaaij, S., **Cohen, R**., Smith, B. (2013). Adapting postural responses on the basis of constraints imposed by a voluntary task in Parkinson's disease patients. Oral presentation at XX Congress on Parkinson's Disease and Related Disorders, Geneva, Switzerland, Dec 8-11.

Fling, B.W., **Cohen, R.G.,** Carpenter, S.D., Fair, D.A., Nutt, J.G., Horak, F.B. (2013). Reorganization of the locomotor network in Parkinson's patients with freezing of gait. Poster presented at American Society for Neurorehabilitation, San Diego, CA, November 7-8.

Cohen, R.G., Klein, K., Nomura, M., Mancini, M., Fleming, M., Nutt, J.G., Horak, F.B. (2013). Inhibitory deficits are associated with freezing of gait in Parkinson's disease. Poster presented at the Joint World Congress of the International Society for Posture & Gait Research (ISPGR) and Gait & Mental Function, Akita, Japan, June 22.

Mancini, M., **Cohen, R.G**., Klein, K., Nutt, J.G., Horak, F.B. (2013). Relationships between specific gait and balance aspects and cognition in Parkinson's disease. Poster presented at the Joint World Congress of the International Society for Posture & Gait Research (ISPGR) and Gait & Mental Function, Akita, Japan, June 26.

Fling, B.W., **Cohen, R.G.,** Nutt, J.G., Horak, F.B. (2013). Asymmetric pedunculopontine network connectivity in freezing of gait and Parkinson's disease. Talk presented at the 17th International Congress of Parkinson's Disease and Movement Disorders, Sydney, Australia, June 16-20.

*Kwak, E. & **Cohen, R.** (2012). A novel physical therapy for Parkinson's disease. Macalester Student Research Poster Presentation, St. Paul, MN, October 12.

Horak, F.B., Mancini, M. **Cohen, R.G.**, Nutt, J. (2012). Quantifying freezing of gait in Parkinson's disease during the instrumented timed up and go test. Poster presented at the 16th International Congress of Parkinson's Disease and Movement Disorders, Dublin, Ireland, June 17-21.

Cohen, R.G., Mancini, M., Johnson, M.B., Horak, F.B. (2012). Alexander Technique is associated with increased use of degrees of freedom during quiet standing. Poster presented at Joint World Congress of the International Society for Posture and Gait Research (ISPGR) and Gait and Mental Function, Trondheim, Norway, June 24-28.

*DeLima, A., *Papegaaij S., Teixeira, L., **Cohen, R.,** Smith, B., Horak, F. (2012) Adapting postural responses on the basis of constraints imposed by a voluntary task in Parkinson's disease patients. Poster presented at North American Society for Psychology of Sport and Physical Activity, Honolulu, Hawaii, June 7-9.

Cohen, R.G. (2012). Step initiation in freezing of gait. Basal Ganglia Coterie, Columbia Gorge Hotel, Hood River, OR, May 31.

Cohen, R.G. & Johnson, M. (2011). Alexander Technique research update. Annual General Meeting of the American Society for the Alexander Technique, Las Vegas, NV, June 3.

Cohen, R.G. (2011). A possible role for body schema in freezing of gait. Basal Ganglia Coterie, Columbia Gorge Hotel, Hood River, OR, May 19.

Cohen, R.G. & Sternad, G. (2011). State space analysis of intrinsic timing in throwing. Poster presented at Neural Control of Movement, San Juan, Puerto Rico, Apr 26 - May 1.

Cohen, R.G., Johnson, M., Mancini, M., *Priest, K., Horak, F. (2011). Changes in coordination associated with long-term practice of the Alexander Technique are opposite those associated with Parkinson's disease. Poster presented at Symposium for Portland Area Research on Complementary and Alternative Medicine, Portland, OR, April 16.

Cohen, R.G. & Sternad, G. (2011). State space analysis of intrinsic timing. Talk presented at New England Sequencing and Timing, Amherst, MA, March 5.

Cohen, R.G., Nutt, J., & Horak, F.B. (2010). Does faulty body schema contribute to freezing of gait in subjects with Parkinson's disease? Poster presented at Society for Neuroscience, San Diego, CA, November 17.

Cohen, R.G., Nutt, J., & Horak, F.B. (2010). The role of executive function in step initiation in young and older healthy adults, and in subjects with Parkinson's disease. Poster at Gait and Mental Function, Washington, D.C., Feb 22.

Cohen, R.G., Nutt, J., & Horak, F.B. (2009). Failure to synchronize postural preparation and stepping may trigger freezing of gait in Parkinson's disease. Poster presented to the Society for Neuroscience, Chicago, IL, October 18.

Cohen, R.G., Nutt, J., & Horak, F.B. (2009). Multiple APAs during voluntary step initiation in healthy subjects. Poster presented to the International Society for Gait and Posture Research, Bologna, Italy, June 25.

Cohen, R.G. & Rosenbaum, D.A. (2008). Tremor as a window into the mind. Poster presented at Penn State Graduate Exhibition, Penn State University, University Park, PA, March 30.

Cohen, R.G. & Sternad, D. (2007). Variability is more than just noise: quantification of exploration, sensitivity to

error, and covariation. Poster presented at the annual meeting of The Society for Neuroscience, San Diego, CA, November 2-7.

Abe, M., **Cohen, R.G.** & Sternad, D. (2007). Influence of success criteria on trial-to-trial fluctuations in a discrete goal-directed task. Poster presented at the annual meeting of The Society for Neuroscience, San Diego, CA, November 2-7.

Cohen, R.G. & Sternad, D. (2007). Shift, shuffle, and shrink: Three components of performance improvement in a throwing task. Talk presented at European Workshop on Movement Science, Amsterdam, NL, May 31.

Cohen, R.G. & Rosenbaum, D.A. (2007). Directionally specific preparatory activity. Poster presented at European Workshop on Movement Science, Amsterdam, NL, June 2.

Cohen, R.G. & Sternad, D. (2007). Skill learning and refinement in a redundant task: minimizing timing errors with an "equifinal trajectory." Talk presented at New England Sequencing and Timing, New Haven, CT, March 5.

Cohen, R.G. & Sternad, D. (2006**).** Skill learning and refinement: the role of timing, noise reduction, and equifinality in a throwing task. Poster presented at the annual meeting of the Society for Neuroscience, Atlanta, GA, October 14-18.

Rosenbaum, D. A. & **Cohen, R. G.** (2005). Looking into the future: How we grasp objects reflects anticipation of future positions. Talk presented at the 46th annual meeting of The Psychonomics Society, Toronto, ONT, November 12.

Cohen, R.G. & Rosenbaum, D.A. (2005). Are movement and stillness essentially the same? Poster presented at Progress in Motor Control V, University Park, PA, August 17-20.

Cohen, R.G., *Ludwig, A., *McCullough, J., *New, A., *Parkins, A., Rosenbaum, D.A. (2005). Does the end-state comfort effect hold when objects are rotated? Talk presented at the Second International Workshop on Posture-Based Motion Planning, University Park, PA, April 4.

Cohen, R.G. & Rosenbaum, D.A. (2005). Still moving. Talk presented at New England Sequencing and Timing, New Haven, CT, March 5.

Cohen, R.G. & Rosenbaum, D.A. (2004). Moving and holding still: Two control systems or one? Poster presented at Psychonomics, Minneapolis, MN, November 18.

Cohen, R.G. & Rosenbaum, D.A. (2003). The end-state comfort effect holds for continuous tasks. Talk presented at The Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Hamilton, ONT, October 16-18.

Cohen, R. & King, J. (2002). How does Ritalin affect the electrical activity of the brain? An EEG study of children diagnosed with Attention Deficit Disorder. Talk presented at Radford University Student Research Forum, Radford, VA, April 25.

Peer Reviewed/Evaluated (under review):

*Baer, J.L., Vasavada, A., Cohen, R.G. (under review). The cognitive cost of postural biofeedback.
*Becker, J.J., McIsaac, T.L., Cohen, R.G. (under review). Exercise vs. mindful movement for chronic neck pain.

Other Creative Activities (i.e. web pages, etc.):
http://www.webpages.uidaho.edu/mindinmovementlab/ - website for my laboratory
http://alexandertechniquescience.com/ - website for expanding scientific understanding of Alexander Technique

Grants and Contracts Awarded:

Mountain West Research Consortium – Pilot Project Enhancement Grant 2020-2021
An online course to improve motor symptoms in rural older adults with Parkinson's
Total direct costs: $40,000 (Rajal Cohen, PI)

Parkinson's Foundation Moving Day (North Carolina.) 2018-2019
Alexander technique for people living with Parkinson's
Total funds awarded $20,000 to The Poise Project (Monika Gross, PI)
$1000 direct costs (Rajal Cohen, consultant)

University of Idaho Equipment Grant 2018
Electroencephalography (EEG) System for Investigating Neural Correlates of Cognition and Action
Total funds awarded $27,310 (with $40,000 departmental cost-share)
$67,310 direct costs (Rajal Cohen, PI)

Parkinson's Foundation Moving Day (Washington, D.C.) 2018-2019
Alexander technique for care partners of people living with Parkinson's
Total funds awarded $20,000 to The Poise Project (Monika Gross, PI)
$2000 direct costs (Rajal Cohen, consultant)

The Parkinson's Foundation Moving Day (North Carolina) 2017-2018
Alexander technique for care partners of people living with Parkinson's
Total funds awarded $25,000 to The Poise Project (Monika Gross, PI)
$1,500 direct costs (Rajal Cohen, consultant)

National Institute of Neurological Disorders and Stroke (NIH) 2017-2020
Attention and multi-limb control: Implicit and explicit cues in Parkinson's disease
Total direct costs: $300,000 to A.T. Still University (Tara McIsaac, PI)
$11,000 direct costs (Rajal Cohen, subcontract)

University of Idaho Key Fund 2016-2017
The effects of postural instruction on muscle activation.
$1,500 (Rajal Cohen, PI)

Mountain West Research Consortium CTR-IN Pilot Grant 2015-2016
Modifying postural state to reduce fall risk in older adults
$61,982 direct costs (Rajal Cohen, PI)

University of Idaho College of Letters & Social Sciences Summer Research Grant 2015
A non-exercise intervention to improve balance in the elderly
$5,000 (Rajal Cohen, PI)

Kurt Olsson Early Career Research Fellowship 2014-2015
A non-exercise intervention to improve balance in the elderly
$6,060 (Rajal Cohen, PI)

National Institute on Aging, MERIT Award 2014
Peripheral & Central Postural Disorders in Elderly (Fay Horak, PI)
$12,000 direct costs (Rajal Cohen, subcontract)

University of Idaho Seed Grant 2014
Cognition, Posture, and Action
$12,000 (Rajal Cohen, PI)

University of Idaho Key Fund Grant 2014
Cognition, Posture, and Action
$1,827 (Rajal Cohen, PI)

National Institute on Aging, MERIT Award 2013
Peripheral & Central Postural Disorders in Elderly (Fay Horak, PI)
$12,000 direct costs (Rajal Cohen, subcontract)

Medical Research Foundation of Oregon, Early Clinical Investigator Award 2011-2012
Posture and gait stability in Parkinson's disease
$20,000 direct costs (Rajal Cohen, PI)

Pacific Northwest Udall Center, Pilot Award & Renewal 2010-2012

Which executive dysfunctions are most associated with freezing of gait in PD?
$50,000 direct costs (Rajal Cohen, PI) [this led to a VA award for Fay Horak]

Grant Applications – Rejected:

National Institutes of health 2021-2025
Adaptability of postural tone: A cortically-mediated influence on mobility in older adults?
Total direct costs requested: $1,2000,000 (Rajal Cohen, PI)

National Institute for Occupational Safety and Health (NIOSH) 2019-2023
Cumulative effects of head posture variations and neck muscle activation on neck loading
Total direct costs requested: $1,354,000 (Anita Vasavada, PI)
Subcontract: $ 275,738

Parkinson's Foundation Moving Day (Chicago) 2018-2019
Alexander technique for people living with Parkinson's
Total funds requested $20,000 (Monika Gross, PI)
$1,000 direct costs (Rajal Cohen, consultant)

Davis Phinney (pre-proposal) 2018-2020
Poised for Power: Does Alexander technique enhance the benefits of Parkinson Wellness Recovery (PWR!) Training?
Total funds requested: $100,000 (Maya Katz, PI) – UC San Francisco Medical Center
$10,000 direct costs (Rajal Cohen, co-Investigator)

Parkinson's Research Group 2018-2021
Novel cerebrospinal fluid dynamics biomarkers for Parkinson's disease detection and treatment
Total direct costs requested: $439,073 (Bryn Martin & Jason Aldred, co-PIs; Rajal Cohen, co-I)

Parkinson's Foundation Moving Day (San Francisco) 2018-2019
Alexander technique for people living with Parkinson's
Total funds requested $25,000 (Monika Gross, PI)
$1,000 direct costs (Rajal Cohen, consultant)

Professional Training Opportunities Program, University of Washington
Northwest Center for Occupational Health & Safety 2018
Alexander technique vs. exercise for neck pain
Total direct costs requested $5,411 (Rajal Cohen, PI, Jordan Becker, Co-I)

CLASS Summer Research Grant, University of Idaho 2018

United States Department of Defense (DoD) 2017-2020
CSF Flow Biomarkers in Parkinson's Disease
Total direct costs requested: $300,000 (Bryn Martin, PI; Rajal Cohen, co-I)

Northwest Center for Occupational Health & Safety 2017
Professional Training Opportunities Program (PTOP)
The effects of group lessons in the Alexander Technique on neck pain in office workers
Total direct costs requested: $10,000 (Rajal Cohen, PI; Jordan Becker, Co-I)

Office Ergonomics Research Council (OERC) 2016-2017
The cost of biofeedback: Cognitive involvement in postural correction
$25,268 direct costs (Rajal Cohen, PI; Jason Baer, Co-I)

Michael J Fox Foundation, Therapeutic Pipeline Project (pre-proposal) 2016
Alexander technique and exercise for Parkinson's disease motor symptoms
$641,753 direct costs (Rajal Cohen, PI)

National Institute of Occupational Safety and Health (NIOSH) 2016
Predicting and preventing neck pain in computer users:
postural dynamics, psychosocial factors, and postural interventions
Total federal funds requested: $1,717,017 (Anita Vasavada, PI)
$100,568 direct costs (Rajal Cohen, subcontract)

Grant Applications – Pending:

Honors and Awards:

Fellowships and Honors:

Finalist, OHSU post-doc paper of the year	2011
Post-Doctoral Fellowship: CAM Training in Neuroscience & Stress, OHSU	2010-2011
Post-Doctoral Fellowship, Neurological Sciences Institute, OHSU	2008-2010
Penn State College of Liberal Arts Dissertation Award	2008
Penn State University Graduate Fellowship	2002-2005

Travel & Training:

Training in Grantsmanship for Rehabilitation Research	2014
NIH award to fMRI training in Ann Arbor, MI	2009
Penn State Travel Award to European Workshop on Movement Science	2007
CMU Young Scientist Travel Award to Carnegie Symposium on Cognition	2006
Penn State Psychology Department Travel Award to Psychonomics	2004

Undergraduate Scholarships:

Wesleyan University A.L. Brown Scholarship	1989-1990
Wesleyan University Johnston Trust Scholarship	1987-1990
National Elks Foundation Scholarship	1987-1988
National Merit Scholarship	1987-1988

SERVICE:

University of Idaho:

University-level Committee Assignments:

Promotions & Tenure Committee (CLASS)	2020-2022
Borah Symposium Committee	2019-2021
2016-2025 Strategic Planning Committee: Subcommittee on Creative and Scholarly Activity	2016
University Student Financial Aid Committee	2013-2016

Department-level Committee Assignments:

Psychology Department Chair Search Committee Chair	2019
Human Factors Graduate Faculty Committee	2012-2017
Human Factors Student Club Advisor	2017-2020
Psychology Department Faculty Search Committees	2014-2015
Psychology Department Outreach Committee	2012- 2013

Ad Hoc:

Guest expert during Faculty Success Seminar on NIH review process	2020
Advisor to Human Factors and Ergonomics Society Student Club	2017-2018
Presenter at CLASS event on collaborative research	2017
Judge for Three-Minute Thesis Competition	2016, 2017
Reviewer for Seed Grant Applications	2016
Reviewer for Olsson Grant Applications	2016
Judge for Innovation Showcase	2014
Advisor for Judo Club	2013-2015

Professional and Scholarly Organizations:

Memberships:

American Society for the Alexander Technique (AmSAT)	since 1996
Society for Neuroscience (SfN)	since 2005
International Society for Posture and Gait Research (ISPGR)	since 2009

Committee Assignments:

AmSAT Web Development Team	2010
AmSAT Government Relations Committee	2002-2005

Grant Reviews:

National Science Foundation 2015
Israeli Science Foundation 2015
Alzheimer's Society 2017
India Alliance – DBT Wellcome 2018

NIH Grant Review Panel:

Motor Function and Speech Rehabilitation (MFSR) Feb 25-26, 2019

Review Editor

Frontiers in Rehabilitation Science

Ad Hoc Reviews for Journals:

Acta Psychologica
Brain
Brain Structure and Function
Cognition
Cognitive Brain Research
Consciousness & Cognition
European Journal of Neurology
Experimental Brain Research
Frontiers in Neurology: Movement Disorders
Gait and Posture
Human Brain Mapping
Journal of Biomechanics
Journal of Experimental Psychology: Human Perception & Performance
Journal of Motor Behavior
Journal of Neurology
Journal of Neurology, Neurosurgery, and Psychiatry
Journal of Neurophysiology
Journal of Neuroscience
Journal of Psychophysiology
Motor Control
Movement Disorders
Musculoskeletal Science & Practice
Neurorehabilitation & Neural Repair
Neuroscience Letters
Neuroscience
Public Library of Science (PLoS) One
Rejuvenation Research

Outreach Service: (newspaper articles, interviews, workshops, seminars)

Community Outreach Science Presentations (* more than 50 in attendance)

* "Current Scientific Research and Models for the Alexander Technique" May 20, 2020
(Video Symposium, >600 in attendance) https://www.alexandertechniquescience.com/video-presentations/symposium/

* "Science catches up - Alexander technique and 21st century research" (600 in attendance) August 3, 2018.
Invited plenary talk, 11th International Alexander Technique Congress, Chicago, IL

"Scientific Foundations of the Alexander Technique" bimonthly, 2018-2019
Online seminar series at Riverside Initiative Alexander Technique

"Cognition, Posture, and Balance: current research and tips" Sep 27, 2017
Parkinson's disease support group, Good Samaritan Village, Moscow, ID

"AmSAT Huddle" Apr 17, 2016
Continuing education online seminar

* "Balance, Gait, And Cognition in Parkinson's Disease" Sep 6, 2014
Parkinson's Power Summit, Northern Quest Resort & Casino, Spokane, WA

*"Balance in Parkinson's disease: what it is, what goes wrong, and what you can do about it" Jan 20, 2014
American Parkinson's Disease Association, Clarkston, WA

"Balance Control in Parkinson's Disease" Nov 7, 2013
Parkinson's Disease Resource Center, Spokane, WA

"Multisensory Balance Control" May 11, 2013
Senses and Reflexes, Family Science Saturday at Palouse Discovery Science Center

"Multisensory Balance Control" Mar 12, 2010
Brain Week at OMSI, Portland, OR

"Balance and falls" Sep 25, 2010
OASIS Education Center, Portland, OR

Alexander Technique Presentations (* more than 20 in attendance)

Dance Department, University of Idaho (Moscow, ID)	2013
Privately organized workshop for massage therapists (Beaverton, OR)	2010
The Pennsylvania State University Theatre Department (State College, PA)	2002
*Blue Ridge School of Massage and Yoga (Blacksburg, VA)	1998-2002
*Texas Tech University, Depts of Music, Theater & Dance (Lubbock, TX)	2001
*Theater & Music Departments, University of the South (Sewanee, TN)	2000, 2001
Burrell Nursing Home In-service (Roanoke, VA)	2000
Willow Ridge Horse Farm (Riner, VA)	2000
Virginia Nurses Association (Salem, VA)	2000
Simple Springs Horse Farm (Floyd, VA)	2000
*Hollins University Dance Department (Roanoke, VA)	2000
*The Yoga Center (Roanoke, VA)	1999-2002
Roanoke College Fine Arts (Roanoke, VA)	1999
Hollins University Music Department (Roanoke, VA)	1999
*The Center of Dance (Blacksburg, VA)	1999
Virginia Tech Student Health Services In-service (Blacksburg, VA)	1999
Southwest Virginia Dressage Association (Floyd, VA)	1999
Virginia Tech Women's Center Staff Retreat (Blacksburg, VA)	1998
*Radford University Music Department (Radford, VA)	1998
Montgomery County Health Department In-service (Christiansburg, VA)	1998
Virginia Tech Theater Department (Blacksburg, VA)	1998
*Optimal Health Associates (Blacksburg, VA)	1997-1999

Media interviews

Lewiston Tribune: for article on cognitive aging: Use it or Lose it 2016

Community Service: (unrelated to employment)

Volunteer mentor, NSF program to increase STEM participation in HS students with disabilities	2009
Articles co-editor, Communities Directory, 4th edition	2000

PROFESSIONAL DEVELOPMENT: (workshops and seminars attended)

Teaching/Advising:

Center for Excellence in Teaching & Learning – summer webinars	2020
University of Idaho advising symposium	2012
Penn State graduate course in teaching psychology	2006

Scholarship:

NIH Training in Grantsmanship for Rehabilitation Research (TIGRR) 5-day intensive	2014
Six-week scientific writing course at Oregon Health & Science University	2010

Laboratory Management:

Workshop at Oregon Health & Science University 2012
Workshop at the annual meeting of the Society for Neuroscience 2011

Technical/Scientific

University of Michigan two-week fMRI training 2009