

## CURRICULUM VITAE

University of Idaho

**NAME:** Jamie C. Derrick

**DATE:** May 2021

**RANK OR TITLE:** Associate Clinical Professor

**DEPARTMENT:** Psychology and Communication

**OFFICE LOCATION AND CAMPUS ZIP:**

Mary Forney Hall, 013 [3043]

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**DATE OF FIRST EMPLOYMENT AT UI:** Sept1998 (part-time lecturer, spousal accommodation)  
July 2003 (half-time assistant professor, non-tenure track)  
July 2007 (full-time assistant professor, non-tenure track)  
Sept 2014 (assistant clinical professor)  
July 2015 (associate clinical professor)

**DATE OF TENURE:** non tenure track

**DATE OF PRESENT RANK OR TITLE:** July 2015

**EDUCATION BEYOND HIGH SCHOOL:**

**Degrees:**

**Stanford University**, Ph.D. Counseling Psychology [1992]

**Stanford University**, M.A. Social Psychology [1992]

**Stanford University**, M.A. Organizational Behavior [1991]

**University of Idaho**, B.S. Business [1981]

**Post-Doctoral Fellowship:**

**University of California, Berkeley** Department of Psychology [1992-1994]

**Certificates and Licenses:**

**Licensed Psychologist**, State of Idaho Psy-325 (2000-present)

**Trauma-informed mindfulness**, Mindful Experiential Therapy, Portland [2018]

**Certification in Mindful Yoga** Instruction, Prajna Yoga, Santa Fe, New Mexico [2017]

**Advanced Mindfulness Facilitation**, UCLA Mindful Awareness Research Center [2015]

**Mindfulness Facilitation**, UCLA Mindful Awareness Research Center [2014]

**Candidate in Mindfulness Based Stress Reduction**, U-Mass Medical Center [2013]

**Analytical Psychology Specialization**, Seattle Jungian Institute [2009]

**Certified Trainer Child Emotional Education**, University of Washington [2006]

**Licensed Psychologist**, State of California Psy-14447 (1995-2005)

**EXPERIENCE:****Teaching, Research, and Clinical Appointments:**

**University of Idaho**, Associate Clinical Professor [2015-present]  
**University of Idaho**, Assistant Clinical Professor [2013-2015]  
**University of Idaho**, Assistant Professor, non-tenure track, full time [2007-2013]  
**University of Idaho**, Assistant Professor, non-tenure track, half time [2003-2007]  
**University of Idaho**, Lecturer, half-time [1999-2003]  
**California State University, Sonoma**, Assist. Professor of Counselor Education [1995-98]  
**University of Southern California** Assist. Professor of Counseling Psych [1994-1995]  
**University of California, Berkeley**, Post-doctoral Clinical Fellow [1992-1994]  
**Stanford University**, Ctr for Advanced Study in the Behavioral Sciences [Summer, 1992]  
**Yale University Medical School/ West Haven VA** Pre-doctoral Clinical Intern, [1991-92]  
**Stanford University**, Pre-doctoral Clinical Fellowship, Student Health Center [1990-1991]  
**Stanford University Medical School**, Research Fellow, Stanford Sleep Clinic [1988-90]  
**Stanford University Medical School**, Research Fellow, Substance Abuse [1987-1988]

**Consulting & Mentoring:**

**Washington State University, Pullman, Washington**, Consultation and mentoring in mindfulness pedagogy provided to staff working in the WSU Honors College in coordination with the Office of the Provost as they develop mindfulness-based programming for inclusive excellence across their campus. [2020-present]

**Executive Coaching in Mindfulness-based Decision Making**, one on one consultation with executives and company presidents in production businesses, law firms, and governmental agencies. High ranking positions can be isolating while carrying the stress and responsibility of leadership creating a need for private outside support.

**Chico State University, Office of the President, Chico, California**, consultation and curriculum development for Chico State University president, Gayle Hutchinsen and their Office of Equity and Inclusion to bring mindfulness-based affinity groups for racial literacy and harmony to their campus. Provided training for staff on interpersonal mindfulness as intervention and oversaw the implementation of a program for mindfulness-based race conversations for faculty and staff at Chico State University. [2020-2021]

**Denison University, Granville, Ohio**, Programming on Religious and Spiritual Life. Provided consultation about university-based mindfulness intervention for undergraduate populations including best practices for young adults, strategies for supporting success, and structuring materials to benefit college student needs. [2018-2019]

**UCLA, Mindful Awareness Research Center, UCLA Medical School.** Meditation Practice Mentor for UCLA, Intensive Personal Practice Program. Individual consultation and practice support resources, bi-monthly mentoring for American and International students interested in becoming certified mindfulness facilitators. [2015-2017]

**Inward Bound Meditation Experience,** Meditation Teaching Staff. (Nationally Accredited Organization that offers secular residential meditation retreats to teens ages 14-19). Meditation Teaching Staff & Health Practices Coordinator. Provided leadership and mentoring in small-group relational mindfulness and overseeing mental health assessment and medication interventions. [July 2015-present]

**Spirit Rock Residential Retreat Center,** Meditation Teaching Staff. (Nationally Accredited Meditation Retreat Center that offers residential meditation retreats and mindfulness education). Provide mindfulness training in small-group mindfulness, mentor teens' meditation practices, offer arts-based mindfulness practices. [Dec 24-Jan2, 2015]

**Kepro Employee Assistance Program,** Medical Health Provider offering affordable mental health resources. Provide low cost, short-term counseling and assessment services to individuals and families on the Palouse. [2006-2018]

## **TEACHING ACCOMPLISHMENTS:**

### **Areas of Specialization:**

Clinical & Developmental Psychology  
 Mindfulness-Based Education  
 Trauma-informed Mindfulness  
 Relational Mindfulness

### **Courses Taught:**

Developmental Psychology, Psyc 305 – live [2000 to present; 150 students/ yr]  
 Developmental Psychology, Psyc 305 - WWW [2006 to present; 180 students/ yr]  
 Mindfulness and Well-Being, Psyc 404- live [2015-2018; 70 students/ yr]  
 Psychology of Emotion, Psyc 456 – live [2011-2012, 50 students/yr]  
 Adult Development and Aging, Psyc 419 -live [2002-2010; 25 students/ yr]  
 Adult Development and Aging, Psyc 419 – WWW [2006-2010; 100 students/ yr]  
 Abnormal Psychology, Psyc 311 – live [2001-2008; 200 students/ yr]  
 Arts-based Mindfulness, Psyc 404 – live [2015; 30 students]  
 Disorders of Childhood and Adolescence, Psyc 422 [2005-2010; 45 students/ yr]  
 Psychology of Well-being, Psyc 404 – live [2011; 15 students]  
 Art, Artists, & Madness, Core 120/ 170 – live [2006-2011; 140 students/ yr]  
 Classroom Behavior Management for Young Children, Psyc 404 [2009-10; 25 students]  
 Depth Psychology for Actors and Stage Performance, The 404 [2010-11; 50 students]  
 Pathways to Building a Sustainable Environment, NR 404 [Spring 2005; 35 students]

**Courses Taught at Other Universities:**

The Experience of Gender (University of Southern California)  
 Cognitive Biases in Clinical Decision-making (University of Southern California)  
 Theory and Practice of Counseling (California State University)  
 Group Counseling Technique (California State University)  
 Peer Counseling Techniques (California State University)  
 Social Psychology (Pacifica Graduate School of Professional Psychology)  
 Conflict Resolution (Pacifica Graduate School of Professional Psychology)

**Students Advised:****Undergraduate Students: 65 undergraduates per year**

[Estimated advisees to have earned degrees: 650 since 2000]

**Graduate / Advanced Student Committees:**

Mindfulness in Virtual Reality Intervention for Anxiety. Master's Thesis Project, Committee Member Department of Art/ Virtual Technology and Design. [2019-2020].

Mindfulness in Virtual Reality Intervention for Nerve Pain. Senior Design Project, Committee Member Department of Art/ Virtual Technology and Design. [2018].

Mindfulness in Architectural Design. Senior Design Project, Committee Member. Department of Art and Architecture. [2015].

Attachment Disorders in Infancy. Master's Thesis Committee Member: Family and Consumer Sciences. [2013]

Eating Disorders in a High School Population. Master's Thesis Committee Member: Family and Consumer Sciences. [2003].

**Training & Mentoring:**

Semester long training for undergraduate teaching assistants in the theory and practice of relational mindfulness. At the completion of the training, they facilitate relational mindfulness practices in small groups under my supervision and mentoring. Have mentored 15 students [2016-present]

**Teaching Materials Developed:** (non-scholarship activity)

Derrick (*Nekich*), J. **Web-based interactive student study guide** (sixteen learning modules with self-scoring quizzes) included with all Wadsworth Developmental Psychology textbooks. Wadsworth Publishers: San Francisco. (2006)

Derrick, J **Classroom-based, Multi-media slide presentations** for Child Development (2020) 17 chapters, slide presentations available on 80 topics. Copies of slide presentations provided for students on bblearn.

Chapter 1, Segment 1 'Introduction' slides

[https://bblearn.uidaho.edu/bbcswebdav/pid-1815809-dt-content-rid-24343848\\_1/courses/201820\\_43463/ch01\\_1\\_intro\\_live18.pdf](https://bblearn.uidaho.edu/bbcswebdav/pid-1815809-dt-content-rid-24343848_1/courses/201820_43463/ch01_1_intro_live18.pdf)

*Chapter 1-17, Topics 2-80 are similarly stored. Links available upon request.*

Derrick, J **Web-based, video presentations** for Child Development (2020) 17 chapters, video presentations available on 80 topics. Each video contains discussion, multi-media exploration of topics, and mini-assessments of comprehension. Videos are uploaded to vimeo and available to students through the bblearn interface.

Chapter 1, Segment 1 'Introduction'

Video link: <https://vimeo.com/285776100/8203e27b40>

*Chapter 1-17, Topics 2-80 are similarly stored. Links available upon request*

### **Courses Developed:**

Developmental Psychology, live & WWW versions  
 Mindfulness and Well-being  
 Psychology of Emotion  
 Adult Development and Aging live & WWW versions  
 Abnormal Psychology  
 Arts-based Mindfulness  
 Disorders of Childhood and Adolescence  
 Psychology of Well-being  
 Art, Artists, & Madness  
 Classroom Behavior Management for Young Children  
 Depth Psychology for Actors and Stage Performance  
 Pathways to Building a Sustainable Environment  
 The Experience of Gender (University of Southern California)  
 Cognitive Biases in Clinical Decision-making (University of Southern California)  
 Theory and Practice of Counseling (California State University)  
 Group Counseling Technique (California State University)  
 Peer Counseling Techniques (California State University)  
 Social Psychology (Pacifica Graduate School of Professional Psychology)  
 Conflict Resolution (Pacifica Graduate School of Professional Psychology)

### **Non-credit Classes, Workshops, Seminars, Invited Lectures, etc.:**

Derrick, J. Women in Science Society, University of Idaho. "Reducing Pandemic Stress". Educational lecture and professional facilitation in mindfulness. [Nov, 2020].

Derrick, J. Rotaract Club of University of Idaho "Mindfulness & Coping with the Pandemic". Educational lecture and professional facilitation in mindfulness [Nov. 2020].

Derrick, J. Honors Scholars' Fireside Chat, University of Idaho Honors Program "Mindfulness Made Simple". [April 2020].

Derrick, J. (Mindfulness Strategies for Pandemic Resiliency. Invited lecture for Theatre 101 (David Lee Painter, Faculty) [March 2020]

Derrick, J. (October 2019). Mindfulness & Self Compassion Strategies. Invited lecture for Theatre 101 (David Lee Painter, Faculty)

Derrick, J. (Oct 2018). Mindfulness Strategies for College Resiliency. Invited lecture for Theatre 101 (David Lee Painter, Faculty)

Derrick, J. Mindfulness-based Art and Identity Formation in Student Leaders. Invited workshop with high risk, low income minority students admitted to the University of Idaho TRIO program for youth leadership training. [June,2013]

Derrick, J. Personal Narrative and the Unbound Book. Elective workshop at the University of Idaho with students enrolled in Psychology of Emotion, Moscow, Idaho. [May, 2013]

Derrick, J. Mindfulness-based Art and Stress Reduction. Workshop offered at the University of Idaho to incoming students facing the transition to college. [Oct, 2010]

Derrick, J. Public gallery installation and showing of student art projects developed in Core 120, 'Art, Artists, & Madness'. Gallery installed in the University of Idaho Commons and catered gallery opening held on Mom's weekend to allow parents to attend. Gallery also presented to the Idaho State Board of Education as model of teaching innovation in the University of Idaho Core Curriculum. [2009]

Derrick, J. Public gallery showing of student art projects developed in Core 120, 'Art, Artists, & Madness'. Gallery installed in the University of Idaho Commons and catered gallery opening held on Mom's weekend to allow parents to attend [2008].

Derrick, J. Public gallery showing of student art projects developed in Core 120, 'Art, Artists, & Madness'. Gallery installed in the Hartung Theatre lobby during the opening and run of 'A Midsummer Night's Dream'. [2007].

Derrick, J. The Incredible Years Training Program and Research Outcomes, Talk presented as part of a professional education retreat for honored teachers selected for their excellence from public schools around the State of Idaho, University of Idaho School of Education, Moscow Idaho. [2006]

Derrick (*Nekich*), J. Crossing the Line: Sharing our similarities and differences nonverbally. Invited workshop with University of Idaho Dean of Students Office and ASUI student leadership retreat. University of Idaho Retreat Center, Coeur d'Alene, Idaho. [2003]

Derrick (*Nekich*), J. Strengths and skills needed for student leadership. Invited presentation and group facilitation for leadership retreat for ASUI student leaders, University of Idaho Retreat Center, Coeur d'Alene, Idaho. [2002]

Derrick (*Nekich*), J. Emotion in family communication. Workshop for the Wellness Program at University of Idaho. [April, 2003]

Derrick (*Nekich*), J. Parenting your challenging child. Wellness Workshop at University of Idaho. [2002]

### **Honors and Awards:**

Nominated to give *opening talk at TEDx Uidaho* ‘Cultivating Curiosity’. [2016]

Voted **Professor of the Year** by Gamma Phi Beta, University of Idaho [2014]

**Valued Professor Award** by Kappa Kappa Gama, University of Idaho [2011]

Voted Kappa Delta **Professor of the month**, University of Idaho [2005]

**Achievement and Service Award**, Associated Students University of Idaho [2004]

**Outstanding Service to Students with Disabilities**, Office of Disability Support Services/ Dean of Students Office, University of Idaho [2002]

**Award for Excellence**, Alumni Association, University of Idaho [2002]

**Outstanding Faculty Award**, Dean of Students, University of Idaho [2001]

### **SCHOLARSHIP ACCOMPLISHMENTS:**

#### **Publications, Exhibitions, Performances, Recitals:**

##### **Peer Reviewed/Evaluated:**

Locke, K & Derrick (*Nekich*), J. (2001). Agency and communion in naturalistic social comparison. *Personality and Social Psychology Bulletin*, 26, 864- 874.

McLean-Parks, J., Boles, T., Conlon, D., DeSouza, E., Gatewood, W., Gibson, K., Halpern, J., Locke, D., Derrick (*Nekich*), J., Straub, P., Wilson, G., & Murnighan, K. (1996). Distributing adventitious outcomes: social norms, egocentric martyrs, and the effects on future relationships. *Organizational Behavior and Human Decision Processes*, 67(2), 181-200.

Bliwise, D., Derrick (*Nekich*), J.C., & Yesavage, J.A. (1995). Prediction of outcome in behaviorally based insomnia treatments. *Journal of Behavior Therapy and Experimental Psychiatry*, 26(1), 17-23.

Bliwise, D.L., Carroll, J.S., Lee, K.A., Derrick (*Nekich*), J.C., & Dement, W.C. (1993). Sleep and “sundowning” in nursing home patients with dementia. *Psychiatry Research*, 48, 277-292.

Derrick (*Nekich*), J.C. (1992). Attribution and complexity of thought in the resolution of domestic conflict. *Dissertation Abstracts*.

Bliwise, D.L., Carskadon, M.A., Seidel, W.F., Derrick (Nekich), J.C., & Dement, W.C. (1991). MSLT-defined sleepiness and neuropsychological test performance do not correlate in the elderly. *Neurobiology of Aging*, 12, 463-468.

Bliwise, D.L., Derrick (Nekich), J.C., & Dement, W.C. (1991). Relative validity of self-reported snoring as a symptom of sleep apnea in a sleep clinic population. *Chest*, 99, 600-607.

Cronkite, R., Finney, J., Derrick (Nekich), J., & Moos, R.J. (1990). Remission among alcoholic patients and family adaptation to alcoholism: A stress and coping perspective. In R.L. Collins, K.E. Leonard, B.A. Miller, & J.S. Searles (Eds.), *Alcohol and the Family*.

**Other:** (formal program evaluation results)

Derrick, J. Pre- and post-assessment measures of mindfulness, self-compassion, and college risk behaviors to assess the educational and wellness impacts of a weekly mindfulness class. Fifty students completed structured mindfulness training in 2017 and completed pre- and post- questionnaires. Results show statistically significant improvement based on pre-post assessments of self-compassion, well-being and risky health behaviors. Unpublished.

**Presentations and Other Creative Activities:** (web pages, audio productions, etc)

Derrick, J. **Three Week Introduction to Mindfulness Resiliency** [developed October 2020], a structured and paced series of 18 guided meditations designed to support University administrators and their families during the pandemic. Professionally recorded and edited.

Derrick, J. **You & I Mindfulness Resources Webpage** [developed 2020]: offers educational resources and information about mindfulness programming, including links to join my programming at University of Idaho. <https://www.zen-sunflower.com/considering-meditation/https://www.zen-sunflower.com/you-i-mindfulness-tools/>

Derrick, J. **21-Day of Quarantine Support** [developed April 2020], a structured and paced series of 21 guided meditations and resiliency tips designed for emotional support and resiliency during the pandemic. Professionally recorded and edited.

Derrick, J. **UI Mind YouTube Channel** [developed 2018]: mindfulness videos and recordings of brief guided meditations. Zoom recordings of the weekly Wednesday drop-in sessions are available on-demand [\[https://www.youtube.com/channel/UCjLMgWgZsUYxWTU8JJbtMTg\]](https://www.youtube.com/channel/UCjLMgWgZsUYxWTU8JJbtMTg)

Derrick, J. **Library of Pre-Recorded Guided Meditation Resources**, a library of 70 pre-recorded, edited guided mindfulness meditations uploaded to Soundcloud and developed to support resiliency, emotional well-being, and wellness. [These recordings](#) are accessed from around the world with growing number of followers. [developed 2017-present]

Derrick, J. **UI Mind Program Resources Webpage** [developed 2014]: offers information about mindfulness programming at University of Idaho and online mindfulness resources. <https://www.webpages.uidaho.edu/derrick/mindfulness.htm>

Derrick, J. **UI Mind Mindfulness blog/ Facebook Page** [developed 2015]; bi-weekly educational blog entries about mindfulness practices and announcements about UI Mind programming, 520 page likes & followers. <https://www.facebook.com/UIMind/?ref=hl>

### **Professional Meeting Papers & Invited Talks**

Derrick J. (May 2020) Relational Mindfulness Practices. Two-hour talk and workshop on small group narrative sharing as interpersonal mindfulness for 70 trainees in the UCLA mindfulness training program. UCLA Mindful Awareness Research Center, Teacher Training Program, Los Angeles, Ca.

Derrick, J. (Sep 2018). Staying Calm When Life is Hard: Mindfulness in Daily Life. Keynote address for Mindful Symposium, Washington State University Consortium on Mindfulness.

Derrick, J. (May, 2018). Mindfulness Made Simple. Invited talk for Palouse Non-profit Leadership Meeting, 1912 Center, Moscow Idaho.

Derrick, J. (May 2017). Mindfulness and Mental Health: Simple practices for caregivers. National Alliance on Mental Health Conference, University of Idaho, Moscow, Idaho.

Derrick, J. (January 2017). Mindfulness and the Creative Process. Eastside Mindfulness Coalition, Secular Spirituality Center, Los Angeles, CA.

Holyoke, L, Shieffelbein, K. and Derrick, J. (October, 2016). The Psychologically Safe Classroom is Essential in Mindfulness Education. Northwest Research on Women and Gender, University of Vermont, Burlington.

Derrick, J. (April, 2016). Starting a Kindness Revolution. Opening talk at the TEDx Uidaho 2016, Cultivating Curiosity. Talk Title: "Starting a Kindness Revolution" Video file available <https://www.youtube.com/watch?v=itnoDEL5QjQ>.

Derrick, J. (April, 2015). The Path to Success is Not Straight. Keynote speaker for Uideas Spring Conference, University of Idaho Sustainability Center..

Derrick, J. (July, 2014). Contemplative Arts in Mindfulness Education. Talk presented to the Department of Psychiatry, Mindfulness Training Class, University of California, LA, CA.

Derrick (Nekich), J and Alexander, T. (October,2013). Strategies for building a 'strengthening the spirit curriculum with Native American youth. Indian Education Summit,

Lewiston Idaho.

Derrick (Nekich), J and Alexander, T. (September,2013). Using Contemplative Practices to Strengthen the Young Scholar's 'Spirit'. Northwest Association of Educational Opportunity Programs, Portland Oregon.

Derrick (Nekich) J (April 2012). Attachment and Emotion in Infancy. Keynote for local conference on Early Infant Outcomes, Smile at Your Baby (nonprofit) Pullman, Washington.

Derrick (Nekich), J (July, 2010). Influence, Emotion, & Social Media. Talk for the Latah County Democratic Party. Moscow, Idaho.

Derrick (Nekich), J (July, 2010). Influence, Emotion, & Social Media. Talk for the Moscow City Chamber of Commerce, Moscow, Idaho.

Derrick (*Nekich*), J. April, 2008). Psychological Aspects of the Green Movement and Global Warming. Talk presented as part of community symposium organized by the Moscow Unitarian Universalist Church and the Environmental Sciences Department at University of Idaho. [Recorded talk played on local radio station KRFP, April 18, 2008, 10am]. (

Derrick (*Nekich*), J. (April, 2004) Effective Classroom Management, Training module offered as part of a training workshop for the Incredible Years Early Childhood Intervention model, University of Washington, Seattle Washington.

Derrick (Nekich), J. (February, 2003). Attachment and healthy development. Keynote address for the Young Children and Youth Awards Banquet, Moscow, Idaho.

Derrick (Nekich), J. (January, 2002). Quality of classroom environment in predicting emotional and academic outcomes. Talk presented to the Public School Teachers Association, Moscow Idaho.

Derrick (Nekich), J. (December, 1997). Toddler temperament as a determinant of parenting strategy. Talk presented as part of Moscow Parent-Toddler Cooperative Parent Education Series, Moscow, Idaho.

Derrick (*Nekich*), J. & Reikowski, D. (September, 1997) Communication and Conflict Resolution. Workshop presented to student teachers, Stanford University School of Education, Palo Alto, California.

Derrick (Nekich), J. & Boles, T. (June, 1996). Effects of gender and perception of fairness on resource allocation decisions. Talk presented to the Center for Advanced Study in the Behavioral Sciences, Summer Institute, Palo Alto, CA.

Derrick (Nekich), J. (February, 1996). Attribution, affect, and problem-solving strategies in couples. Talk presented to the Department of Psychology, Research Group on Transitions to Parenthood, University of California, Berkeley, CA.

Derrick (Nekich), J. (March, 1995). Attribution and cooperation in the resolution of couple's conflicts. Talk presented to the Department of Counseling, Counseling Colloquium, California State University, Sonoma, CA.

Derrick (Nekich), J. (March, 1994). Cultural diversity in the resolution of interpersonal conflict. Talk presented to the Department of Counseling, Counseling Colloquium, California State University, Sonoma, CA.

Boles, T. & Derrick (Nekich), J. (June, 1993). The role of prior relationship and expected future interaction on resource allocation decisions. Paper presented at the International Association for Conflict Management Meeting, Hengelhof-Houthallen, Belgium

### **Grants and Contracts Awarded:**

**Derrick, J (Nekich), principal investigator.** National Institute on Drug Abuse, Supplement, Grant#3 R01 DA012881-04\$1 Video-based teacher training to address classroom behavior management in high risk, low income children, Sept 2003-Sept 2005, \$250,000.

**Derrick, J. (Nekich), principal investigator.** National Institute of Mental Health, National Research Service Award, Grant #1 F32 MH10361-01 Conflict and Resilience in New Parents, May 1992-1994, \$150,000.

**Derrick, J. (Nekich), principal investigator.** Andrew W. Mellon Foundation. Center for Advanced Study in the Behavioral Sciences, Research Institute on Negotiation & Conflict Resolution, Stanford University Summer Fellowship award, \$40,000, May 1992-August 1992.

### **Honors and Awards:**

California State University Sonoma, **Faculty Affirmative Action Mini-Grant** [1996]

Stanford Center on Conflict and Negotiation, **Dissertation Award** [1993]

Yale University Medical School/ West Haven VA Hospital, **Scholarship Excellence** [1991]

### **SERVICE:**

#### **Committee Chair Assignments:**

University of Idaho, Ubuntu – Committee Chair. [2011-2013]

#### **University Committee Assignments:**

University of Idaho, Promotion Committee, Movement Sciences [2020]:

University of Idaho, Arts Committee. [2013-2019]

University of Idaho, Admissions Committee. [2011-2013]

University of Idaho, Hiring Committee: Director of Women's Center. [2013]

University of Idaho, Equity Committee. [2010-2011]

University of Idaho, Borah Symposium Committee. [2007-2010]

### **College Committee Assignments:**

College of Business, Special Holdings Committee, charged to evaluate and make recommendations for business plan to maintain (or sell) property left by alumni donor with the specification that it be used to promote mindfulness programming. [Fall 2017]

Special Task Force: Reorganization of Equity/ Juntera Committee: In coordination with the Chair of the Faculty Senate and Faculty Secretary merged Juntera and Equity committees formed a new committee, Ubuntu Committee. Integrated input from Directors of our diversity offices and the faculty senate, rewrote bylaws, and was awarded approval from the faculty senate. [2009-2010].

College of Letters Arts & Social Sciences, Special Dean's committee, charged to advance recommendations for revision of the Core Discovery Curriculum which resulted in implementation of iSem model currently in use. [Summer 2010]

### **Departmental Committee Assignments:**

Department of Psychology and Communication, External Relations Committee [2019-21]

Department of Psychology and Communication, New Faculty Mentoring [2017-19]

Department of Psychology and Communication, Undergrad Studies Committee, [2017-2018]

Department of Psychology and Communication, Tenure & Promotion Committee [2017]

Department of Psychology and Communication Studies, Hiring Committee [2014]

Department of Psychology and Communication Studies, Hiring Committee [2013]

Department of Psychology, Undergraduate Studies Committee, [2008-2011]

Department of Psychology, External Relations Committee [2005-2013]

### **Professional and Scholarly Organizations**

American Psychological Association

Northwest Association of Jungian Psychologists

Contemplative Mind in Higher Education

International Association for Mindfulness Teachers

**Outreach Service:** *(Because 25% of my contract involve outreach, I organize this section with five subheadings: program development, workshops, retreats, wellness classes & interviews)*

### **Outreach Program Development**

**Founded and run the UI Mind Mindfulness Education Program** [2015-present] on the University of Idaho campus. This is a far-reaching mindfulness education program that I conceived and brought into reality in January 2015. Under the auspices of this program I develop, execute, and support innovative contemplative programming in

academic and extra-curricular contexts. I have developed face-to-face programming, online synchronous programming, and content that is delivered asynchronously through websites. Highlights of my program:

- Weekly promotion of mindfulness programming using flatscreen ads, sidewalk chalk announcements, and Facebook posts followed by 500 people
- Weekly drop-in meditations attended by 600 each academic year
- Programming offered to student living groups & dorms
- Programming offered to student organizations & honors program
- Development and distribution of online wellness programming
- Development of academic, for-credit wellness programming, including meaningful training in mindfulness facilitation for teaching assistants

### **Collaborative Relationships, locally and nationally**

- I have collaborated across the campus to build relationships and coordinate the delivery of content that leverages technology and social media to engage students and staff. My programming is sponsored by Associated Students of the University of Idaho (ASUI, by formal student resolution in January 2015) and Graduate and Professional Student Association (GPSA, by formal vote in September 2016).
- My programming is integrated into Vandal Health programming (ongoing), UI Employee wellness resources (2015-2019), UI sustainability center programming (2015-2019), and new Student Orientation (2015-2016).
- I have offered outreach across the state and community by offering affordable mindfulness content in workshops and residential meditation retreats to the citizens of Idaho since 2017.
- I have collaborated with Inward Bound Meditation Experience and Spirit Rock Meditation Center and Universities across the country who are also focused on contemplative approaches to wellness. The exchange of ideas and resources continually brings innovation back the University of Idaho.

### **Outreach Workshops**

Derrick, J. Sigma Lambda Gamma Sorority, University of Idaho. “Cultivating Self Compassion”. Educational lecture and professional facilitation in mindfulness [Feb 2021].

Derrick J. Chico State University staff from the Office of Diversity and Inclusion. Interpersonal Mindfulness and Race Relations. A two-hour workshop offered to teach interpersonal mindfulness practices that can be used during difficult discussions involving race and injustice. [November 2020]

Derrick, J. Gamma Phi Beta Sorority, University of Idaho. “Managing Anxiety in the Pandemic”. Educational lecture and professional facilitation in mindfulness [Nov 2020].

Derrick, J. Washington State University Foundation, “Can Mindfulness Reduce Pandemic Stress?” Educational lecture and professional facilitation in mindfulness. [Sept 2020],

Derrick, J. Unitarian Universalist Church of the Palouse, “Less Overwhelm, More Mindfulness”. Education lecture, spiritual and poetic discussion, and professional facilitation in mindfulness. [April 2020]. ([video recording available on YouTube](#))

Derrick, J. Delta Gamma Sorority, University of Idaho, “*Mindfulness and Stress-Reduction*” Educational lecture and professional facilitation in mindfulness. [March 2020].

Derrick, J. Gamma Phi Beta Sorority, University of Idaho. “Managing Midterm Anxiety”. Educational lecture and professional facilitation in mindfulness [Nov 2018].

Derrick, J. Honors Program Staff, University of Idaho, “*Mindfulness in the Workplace*” Educational lecture and professional facilitation in mindfulness. [March 2018].

Derrick, J. Kindness is for Everyone. Mindfulness workshop offered to 4<sup>th</sup> graders at the Moscow Charter School. Note: This presentation was part of an integrated 8-week curriculum on kindness based on watching my 2016 TEDx talk on starting a kindness revolution. [Sept 2017]

Derrick, J. International Students Office University of Idaho, “*Resiliency as an International Student*” Educational lecture and professional facilitation in mindfulness. [March 2017].

Derrick, J. Kappa Gamma Sorority, University of Idaho. “Managing Finals Anxiety”. Educational lecture and professional facilitation in mindfulness [Dec 2017].

Derrick, J. Theophilus Tower Hall Meeting, University of Idaho. “Reducing Anxiety”. Educational lecture and professional facilitation in mindfulness [Oct 2017].

Derrick, J. Drawing, listening, & noticing: Mindfulness for the kiddo. Mindfulness workshop offered to 4<sup>th</sup> graders at the Moscow Charter School. Note: University of Idaho Elementary Education majors observed this workshop to learn about mindfulness in the classroom. [Sept 2017]

Derrick, J. Unitarian Universalist Church of the Palouse, “Feeling Tones: Guilt and Shame”. Education lecture, spiritual and poetic discussion, and professional facilitation in mindfulness. [January 2017]. ([video recording available on YouTube](#))

Derrick, J. New Student Orientation, University of Idaho, “*Calm Your Stress!*” Three-minute video talk and professional facilitation in mindfulness given to 1800 incoming students during orientation. [August 2016].

Derrick, J. Mindfulness and Contemplative Art. Mindfulness training offered at the Moscow High School for 25 high school students enrolled in Drawing and Art Classes. [Sept 2015]

Derrick, J. New Student Orientation, University of Idaho, “*Mindfulness to Succeed*” Three-minute talk and professional facilitation in mindfulness given to 1800 incoming students during orientation. [August 2015].

Derrick, J. Mindfulness and Contemplative Art Practices. Professional facilitation in mindfulness offered at UCLA Wellness Symposium, Department of Psychiatry. University of California, Los Angeles. [2014]

Derrick (*Nekich*), J. Personal Narrative and Dream Analysis. Demonstration of movement techniques at Jungian Symposium on Dream, Jungian Training Institute, Zurich Switzerland. [June 2008]

Derrick (*Nekich*), J. Dream and Unconscious Explored with Drama. Workshop presented as part of a series with Lionel Corbett, M.D. at Pacifica Graduate Institute, Santa Barbara, California. [June 2007]

Derrick (*Nekich*), J. Stress Reduction Techniques at Work. Workshop for the Wellness Program at University of Idaho. [September, 2005]

### **Outreach Multi-day Retreats**

Derrick J. Online Multi-day Trauma-informed Mindfulness Retreat. This three-day meditation retreat attended by 150 multi-racial people from around the country. I was part of a teaching team that provided instruction in interpersonal mindfulness and monitored participants with complex mental health needs. Inward Bound Meditation Experience, Los Angeles, Ca. [March 2021]

Derrick J. Online Multi-day MBSR Mindfulness Retreat. This two-day meditation retreat attended by 150 people from around the world. I was part of an international teaching team that provided a free silent meditation retreat. Monitored participants with complex mental health needs. Palouse Mindfulness and Imagine Mindfulness, San Francisco, Ca [February 2021]

Derrick J. Online Multi-day Mindfulness Retreat for Pandemic Resiliency. This three-day meditation retreat attended by 180 people from around the country. I was part of a teaching team that provided instruction in interpersonal mindfulness. UCLA Mindful Awareness Research Center, Los Angeles, Ca. [April 2020]

Derrick, J. and Potter, D. Four-Day Residential Mindfulness Retreat for Adults. Co-teaching Mindfulness-Based Stress Reduction in a North Idaho residential retreat setting to 50 adults coming from across Idaho and Washington. Daily practices that integrate MBSR, small group relational mindfulness practice, and mindful movement. [October 2019]

Derrick, J. Weeklong Residential Mindfulness Retreat for At-risk Teens in the greater Los Angeles area. Staff for iBME (Inward Bound Meditation Experience). Residential meditation retreat for teens. Offered week-long education on relational mindfulness, arts-based mindfulness, and monitored 45 teens with complex mental health needs. Santa Barbara, CA. [July 2019]

Derrick, J. and Potter, D. Four-Day Residential Mindfulness Retreat for Adults. Co-teaching with Mindfulness-Based Stress Reduction faculty to provide residential retreat that integrates MBSR, relational mindfulness, and mindful movement in North Idaho Retreat Setting for 60 adults coming from across US and Idaho. [October 2018]

Derrick, J. Weeklong Residential Mindfulness Retreat for At-risk Teens in the greater Los Angeles area. Staff for iBME (Inward Bound Meditation Experience). Residential meditation retreat for teens. Offered week-long education on relational mindfulness, arts-based mindfulness, and monitored 38 teens with complex mental health needs. Los Angeles, CA. [July 2018]

Derrick, J. and Potter, D. Four Day Residential Mindfulness Retreat for Adults. Co-teaching with Mindfulness-Based Stress Reduction faculty to provide residential retreat that integrates MBSR, relational mindfulness, and mindful movement in North Idaho Retreat Setting for 50 adults coming from across US and Idaho. [October,2017]

Derrick, J. Weeklong Residential Mindfulness Retreat for At-risk Teens. Staff for iBME (Inward Bound Meditation Experience). Residential meditation retreat for teens. Trained and then offered staff workshop on social justice/ racial justice awareness to fifteen staff in two-day advance preparation for the retreat. Offered week-long education on meditation and relational mindfulness and monitored 45 teens with complex mental health needs. Los Angeles, CA. [July 2017]

Derrick, J. Weeklong Residential Mindfulness Retreat for At-risk Teens. Staff for iBME (Inward Bound Meditation Experience). Residential meditation retreat for teens. Offered week-long education on meditation and relational mindfulness and monitored 45 teens with complex mental health needs. Los Angeles, CA. [July 2016]

Derrick, J. Weeklong Residential Mindfulness Retreat for At-risk Teens. Staff for iBME (Inward Bound Meditation Experience) Mindfulness retreat for teens. Offered week-long education on relational mindfulness, contemplative arts, and psychological health. Monitored and mentored 45 teens with complex mental health needs. Inward Bound Meditation Experience, Los Angeles, California. [July 2015]

Derrick, J. Weeklong Residential Mindfulness Retreat for At-risk Teens. Staff for Spirit Rock Meditation Center Mindfulness retreat for teens. Offered week-long education on relational mindfulness, contemplative arts, and interpersonal well-being. Spirit Rock Meditation Center, San Francisco, California. [January 2015]

Derrick (*Nekich*), J. Incredible Years Training Program, twelve-week training workshop offered to student teachers University of Idaho, Department of Family and Consumer Sciences, University of Idaho. [2006]

Derrick (*Nekich*), J. The Incredible Years Training Program, training workshop offered to student teachers University of Idaho, Department of Family and Consumer Sciences, University of Idaho. [2005]

### **Outreach Multi-day Classes & Programs**

Derrick, J. and Alexander, T. Chico State University Office of Diversity and Inclusion. **Sixteen-week mindfulness-based racial affinity group** offered to administrative staff. Provided oversight, training in facilitation, curriculum development. [Feb-May 2021]

Derrick, J. **Three Week Introduction to Mindfulness Resiliency distributed to 100 registered participants** A structured and paced series of 18 guided meditations designed to support University administrators were distributed on a schedule over three weeks. A daily e-mail containing tips for coping with the emotional challenges of the pandemic, humor, and links to a daily pre-recorded audio meditation each day for 21 days to 100 registered participants who were recruited through a promotional campaign at WSU. [October 2020].

Derrick J. **Mindfulness of Race Affinity Group** Under the mentorship of Ruth King, founder of the Mindful of Race Institute to run a yearlong mindfulness-based racial affinity group. Affinity group members are drawn from Oregon, California, and Idaho to explore interpersonal mindfulness practices and to address social justice. [2020-2021]

Derrick, J. **21-Day of Quarantine Support distributed to 280 registered participants** A structured and paced series of 21 guided meditations designed for emotional support and resiliency during the early phases of the pandemic lockdown. A daily e-mail containing tips for coping with the emotional challenges of the pandemic and links to a daily pre-recorded audio meditation each day for 21 days to 280 registered participants who were recruited through a promotional campaign at University of Idaho. [April 2020].

Derrick, J. **Self-paced Mindfulness Mini-Course**. Free, self-paced, online introduction to mindfulness class that is open to the public. It is comprised of four short lessons on mindful focus and compassion. Each lesson has an educational reading and two pre-recorded guided meditations. This program is used in the Chico State Office of Diversity and Inclusion to offer an introduction of mindfulness to staff. [March 2020]

Derrick, J **Mindfulness and Well-being, 3-credit outreach course.** 3-credit introduction to mindfulness course with integrated relational mindfulness curriculum. Taught 35 students an introductory course in mindfulness. Ran four relational mindfulness groups as breakout groups. During one class meeting per week (Wednesdays at noon), the campus community was invited to join a community guided meditation period for 20 minutes. Provided training in facilitation relational mindfulness to four undergraduate teaching assistants. Undergraduate teaching assistants were trained and supervised also to run relational mindfulness groups. [Jan-May 2020]

Derrick, J **Mindfulness and Well-being, 3-credit outreach course.** 3-credit introduction to mindfulness course with integrated relational mindfulness curriculum. Taught 15 students meeting once weekly an introductory course in mindfulness. Ran two relational mindfulness groups as breakout groups. Undergraduate teaching assistants were trained and supervised also to run relational mindfulness groups. [August-Dec 2019]

Derrick, J & Holyoke, L. **Mindfulness and Well-being, 3-credit outreach course.** 3-credit introduction to mindfulness course with required weekly relational mindfulness groups. Taught 60 students meeting once weekly an introductory course in mindfulness. Ran eight relational mindfulness groups as breakout groups for the second half of class. I provided training in facilitation relational mindfulness to eight undergraduate teaching assistants. Dr. Holyoke (AOLL, University of Idaho) assisted with leading relational mindfulness groups, grading student work and helping to oversee our team of teaching assistants. Undergraduate teaching assistants were trained and supervised also to run relational mindfulness groups. [January-May 2017]

Derrick, J. **Mindfulness and Well-being, 1-credit outreach course.** 1-credit introduction to mindfulness course with optional weekly relational mindfulness groups. Taught 60 students meeting once weekly an introductory course in mindfulness. Created curriculum and teaching materials to include relational mindfulness practices. I was solely responsible for materials development, curriculum, mindfulness facilitation, and presentations. Undergraduate teaching assistants were trained and supervised also to run relational mindfulness groups. I provided mentorship in facilitation to Laura Holyoke (AOLL, University of Idaho) in the context of this course as she prepared to enter a certification program to teach mindfulness. Dr. Holyoke assisted with leading discussion and grading student work and leading relational mindfulness groups. [January-May 2017]

Derrick, J. **Mindfulness and Well-being, 1-credit outreach course.** 1-credit introduction to mindfulness course. Taught 70 students meeting once weekly an introductory course in mindfulness. Developed and delivered curriculum, developed course materials, led meditations, 16 weekly presentations with corresponding practice guidance. I also provided mentorship in mindfulness facilitation and curriculum development to Laura Holyoke, AOLL in the context of this course as she prepared to enter a certification program to teach mindfulness. Dr. Holyoke assisted with leading discussion and grading student work. [January-May 2016]

Derrick, J. **Mindful Journaling**. [October 2015] Community-based, 8-week course in contemplative writing as a mindfulness practice offered to Moscow and Pullman Residents.

Derrick, J. **Mindfulness Meditation and Stress Reduction**. [June 2015] Community-based, 8-week course in mindfulness meditation offered to Moscow and Pullman Residents.

Derrick, J. **Mindfulness and Contemplative Art**, outreach class. 3-credit introduction contemplative art as a mindfulness practice. Taught 25 students meeting once weekly an introductory course in mindfulness through a sequenced series of contemplative art projects. Developed and delivered curriculum, developed course materials, led meditations, 16 weekly presentations with corresponding practice guidance. [January-May 2015]

Derrick, J., Eggleston, M, & Robbins, O. **Food, Spirit, & Function; A One-day Wellness Retreat**. Ocean Robbins [of the Food Revolution Network] provided a keynote talk as part of a 1-day retreat integrating talks and exercises on nutrition, functional medicine, and mindfulness practices. [Sept. 2015]

Derrick, J. & Eggleston, M. **Summer Wellness Series for Better Health & Happier Living** Series of five talks on the interface of physical health, nutrition, and mindfulness-based resiliency offered to Moscow and Pullman Residents. [June-Sept 2015]

Derrick, J. **Mindfulness-based Art and Identity Formation in Student Leaders**. Two-day contemplative arts workshop with high risk, low-income minority students admitted to the University of Idaho TRIO program for youth leadership training. [2013]

Derrick, J. **Diversity and Access Service-Learning Project**. Semester-long service-learning project that coordinated 50 student volunteers, our campus diversity offices, and the Moscow City Chamber of Commerce to raise awareness of international poverty and ultimately collected, cleaned, and shipped 1000 pairs of shoes for distribution in Africa. [Jan-May 2011]

### News interviews & Invited Podcasts

KMVT, Twin Falls, Social Media and Depression in Millennials, May 2021  
 ASUI, Mental Health Resources Guide, *Mental Health After the Pandemic*, May 2021  
 University of Idaho Argonaut, [Psychology Professor Provides Meditation](#), March 2021  
 Into the Absurd Podcast, [Mindfulness and Jungian Dreamwork](#), April 2021  
 Spokane Chronicle, [Approaching the New Year with Resiliency and Optimism](#), Jan 2021  
 Idaho News 6 (television), *Coping with the Pandemic during the Holidays*, Dec 2020  
 The Post Register, (insert), *Coping with the Pandemic during the Holidays*, Dec 2020  
 Moscow Daily News, [Community Coping Strategies to Deal with Uncertainty](#), Nov 2020  
 Argonaut, [Mindfulness at Play](#)-- November 2020

Lewiston Morning Tribune, *Analysis: When All is Not Right With the World* – July 2020  
 (Note: This article is linked on [Nebraska Department of Health and Human Resources](#))  
 KMVT 11, Boise Id, *Managing Stress with Mindfulness During the Pandemic*, April 2020  
 University of Vermont, Podcast, *Best Practices to Teach Mindfulness*– April 2020  
 Vandal Theory Podcast, *Calm in the Pandemic*– April 2020  
 Idaho Press, *Reading in the time of Covid-19: Experts explain news in a Mar 2020*  
 Univ of Idaho Argonaut, *Choosing Mindfulness: Finding the Path that Works*– Dec 2019  
 University of Idaho Argonaut, *After the break, take a break*– November 27, 2017  
 University of Idaho Argonaut, *Relief Through Mindfulness*, October 2, 2017  
 University of Idaho Argonaut, *Mindful Benefits – 20 minute meditation class*, Sept, 2017  
 Blot Magazine, *Holistic Healing*, Jan 31, 2017  
 Moscow Pullman Daily News, *UI's talks about Kindness, Big Doubts*, April 11, 2016  
 University of Idaho Argonaut, *TEDx Uidaho has Morning on Kindness*, April 4, 2016  
 University of Idaho Argonaut, *Don't Mind if I Do*, Feb 28, 2016  
 University of Idaho Argonaut, *Creating a Mindful Campus*, Feb, 16, 2016  
 Huffington Post, *Turning Mindless Activities into Mindful Ones*, Jan 26, 2016  
 University of Idaho Argonaut, *Calming the Campus*, Sept 26, 2015  
 University of Idaho Argonaut, *Mindfulness Resources Now Available*, Feb 13, 2015  
 Lewiston Morning Tribune (insert) *Health Value of Mindfulness*, April 25, 2015  
 Idaho Public Radio *What is Mindfulness?* May 8, 2015  
 KRFP Yin Radio Interview, *What is Mindfulness?* May 10, 2011

### Honors and Awards:

Moscow, Idaho School District #281, Parent Representative on Superintendent Search Committee [2009]

Moscow, Idaho School District #281, Award for Service and Leadership in Moscow Public Schools [2008]

### PROFESSIONAL DEVELOPMENT:

#### Teaching:

**Trauma-sensitive Mindfulness Education (16 hours).** East Bay Mindfulness Collective, Oakland, CA. Continuing education focused on Trauma-informed mindfulness education covering the neurobiology of trauma, modifications for mindfulness facilitation to support trauma activation, and the ethics of teaching. [2021]

**Mindfulness-based Trauma Intervention (20 hours).** Experiential Therapy Training Institute, Berkeley, CA. Continuing education focused on Mindfulness-based Trauma Intervention and that covered developmental trauma, the neurobiology of trauma, and ethics. These topics have been Child Development Courses. [2020]

**Primary Attachment Intervention and Trauma-informed intervention (48 hours),** Mindful Experiential Therapy Training Institute, Portland Oregon. Topics integrated into my Child Development Courses. [2018]

**Cultural Literacy and Equity Symposium** (8 hours), University of Idaho University of Idaho Office of Equity & Diversity and the President's Council on Diversity and Inclusion. Topics integrated into best practices for teaching. [2018]

**Neurobiology and Trauma Intervention with Arts Therapy** (32 hours), Sandtray Training Institute of New Mexico, Corrales, New Mexico. Topics integrated into my Child Development Courses. [2018]

**Social Justice and Gender and Race Identity** (8 hours), Inward Bound Meditation Education Foundation, Concord, Ma. Topics integrated into best practices for teaching. [2016]

**Radical Responsibility: Practices for Compassionate Communication, Authentic Relationship** (9 hours), Upaya Zen Center, Santa Fe, New Mexico. Integrate topics into best practices for teaching. Topics also meet requirements for continuing education to maintain Professional Psychology License, Psy-325. [2015]

### **Scholarship:**

**Integrating Inquiry and Introspection into Mindfulness Practice.** (40 hours). Studied with Frank Ostaseski, a renowned Buddhist Teacher & author, Metta Institute in Marin County, California. This event taught small group meditation and dialogue practices and meets the yearly continuing education requirements required to maintain my international certification in mindfulness teaching from UCLA and to qualify as a member of the International Association for Mindfulness Teachers. [2018]

**Mindfulness-Based Stress Reduction.** (100 hours). University of Massachusetts Medical School, Center for Mindfulness, Shrewsbury, Ma. On-site training with Jon Kabat Zinn, the founder of Mindfulness-based Stress Reduction. Training offered theory and research on mindfulness meditation and training in the evidence-based protocol for certification to offer Mindfulness-based Stress Reduction (MBSR). [2012-2013]

### **Outreach:**

**Ethics in Private Practice** (6 hours). Center for Story and Symbol, Santa Barbara, Ca. Topics meet requirements for continuing education to maintain Professional Psychology License, Psy-325. [2021]

**Mindfulness of Race** (10 hours). Inward Bound Meditation Experience (iBME). A 10 hour continuing education course focused on Mindfulness of Race that covered race relations in the USA and the use of mindfulness for race-based dialogue. [2020]

**White Supremacy Culture** (8 hours). Smith College Mini-Course: "White Supremacy Culture", November 2020. I completed a 10-hour continuing education with Loretta Ross, a nationally

recognized expert on social justice, reproductive rights, and Kingian nonviolence. [2020]

**Mindfulness and Loss** (24 hours) Upaya Zen Center. Retreat with Frank Ostaseski, founder of Metta Institute and Joan Halifax, internationally recognized Buddhist Meditation Teacher. 3-day intensive meditation retreat which explored topics related to mindfulness and the pandemic. This intensive is a requirement for maintaining certification from the Mindful Awareness Research center at UCLA as a mindfulness facilitator. [2019]

**Mindfulness-based Somatic Intervention and Trauma** (112 hours). Mindful Experiential Therapy Training Institute, Portland Oregon. Topics integrated into mindfulness intervention. [2018-2019]

**Listening to the Small, Still Voice Within** (6 hours). Center for Story and Symbol, Santa Barbara, Ca. Topics meet requirements for continuing education to maintain Professional Psychology License, Psy-325. [2018]

**Re-certification Training in Mindfulness Facilitation** (25 hours). University of California, Los Angeles, Mindful Awareness Research Center, Los Angeles, Ca. Required on-site training in the ethics, theory, and practice of mindfulness. This training is required every three years to maintain certification to teach mindfulness. [2017]

**Mindfulness Meditation Intensive** (70 hours). Upaya Zen Center, Santa Fe, New Mexico. Yearly week-long residential meditation intensive required to maintain UCLA certification to teach mindfulness mediation. [2016]

**Meditation Practice Intensive** (70 hours). Upaya Zen Center, Santa Fe, New Mexico. Yearly week-long residential meditation intensive required to maintain UCLA certification to teach mindfulness mediation. [2015]

**Dharma at the Edge: Serving in the Social Justice Arena of Society (9.5 hours)**. Upaya Zen Center, Santa Fe, New Mexico. Integrate topics into best practices for teaching. Topics also meet requirements for continuing education to maintain Professional Psychology License, Psy-325. [2015]

**Certified Mindfulness Facilitation Training** (160 hours). University of California, Los Angeles, Mindful Awareness Research Center, Los Angeles, Ca. On-site training in the theory, practice, and science of mindfulness meditation and associated health benefits. Training culminated in certification to teach mindfulness meditation and found the UI Mind Mindfulness Education Program. [2014]

**Mindfulness Meditation Intensive** (70 hours). Upaya Zen Center, Santa Fe, New Mexico. Yearly week-long residential meditation intensive required to as part UCLA certification program to teach mindfulness mediation. [2014]

**Mindfulness-based Stress Reduction Intensive** (70 hours). Shambala Retreat Center, Red Feathers, Colorado. Yearly week-long residential meditation intensive required to apply to attend UCLA certification program to teach mindfulness mediation. [2012]

**‘The Palouse Project’ at the University of Idaho.** Funded by College of Natural Resources to train faculty to integrate topics of sustainability and environment across the curriculum. Regular meetings occurred over the next year to support methods for ‘greening the curriculum’. I eliminated all paper syllabi and homework, discussed sustainability in relevant lectures, and encouraged student involvement in recycling and reuse as it related to my course topics. [2008]