

# CURRICULUM VITAE

**Glenn S. Brassington, Ph.D.**

## IDENTIFYING DATA

Address: Associate Professor  
Department of Psychology  
Sonoma State University  
1801 E. Cotati Ave.  
Rohnert Park, CA 94928-3609

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e-mail: glenn.brassington@sonoma.edu  
dr.brassington@stanfordmedalumni.org

Birthplace: Sydney, Australia

Citizenship: United States of America

## ACADEMIC HISTORY

- 2000-2002 **Post-doctoral Fellow**  
National Heart Lung & Blood Institute (National Institutes of Health  
Cardiovascular Disease Prevention and Biostatistics Training Program  
Stanford Center for Research in Disease Prevention  
Stanford University School of Medicine
- 1999-2000 **Clinical Psychology/Behavioral Medicine Intern**  
VA Palo Alto Health Care System, Palo Alto, California
- 1995-2000 **Doctoral Degree in Clinical Psychology**  
University of Missouri-Columbia
- Dissertation: Social support and exercise adherence among older adults.  
Committee: Thomas M. DiLorenzo, Ph.D. (Chair), Abby C. King, Ph.D., Lizette  
Peterson-Homer, Ph.D., David McDonald, Ph.D., and Hal Williamson, M.D.
- 1993 **Master of Arts Degree in Psychology**  
San Jose State University, San Jose, California
- Thesis: Aerobic exercise and sleep quality in elderly individuals.  
Committee: Robert A. Hicks, Ph.D. (Chair), Robert Pellegrini, Ph.D.,  
and Bruce C. Ogilvie, Ph.D.
- 1985 **Bachelor of Arts Degree in Humanities**  
**with concentrations in Behavioral Studies and Philosophy**  
St. Joseph's College, Mountain View, California

## HONORS

- 2000-2002    **National Research Service Award**  
National Heart Lung & Blood Institute, National Institutes of Health
- 2001        **Competitive Research Paper, Prize Winner**  
Innovative Approaches to Understanding and Influencing Physical Activity  
The Cooper Institute, Dallas, Texas
- 2001        **Fellow at the 27<sup>th</sup> Ten-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease**  
American Heart Association. Tahoe, California  
Faculty: Drs. Arnett, Burke, Feldman, Barrett-Connor, Criqui, Finnegan, Franklin, Goff, Howard, Kumanyika, Fulton, Goldberg, Kaplan, Labarthe, Lewis, Mulvihill, Mensah, Pearson.
- 1994        **James L. McGaugh/San Jose State Univ. Student Scholarship Award**  
Western Psychological Association
- 1992        **College of Social Sciences Alumni Scholarship Award**  
San Jose State University
- 1989-1990    **Nominated to the Academic Freedom and Professional Ethics Committee**  
San Jose State University
- 1985        **Dean's List, St. Joseph's College, Mountain View, California**

## PROFESSIONAL INTERESTS

- Data analytic strategies for the evaluation of clinical trials research.
- Psychological performance enhancement in sport, performing arts, and life
- Promoting the psychological development and creativity of children
- Complimentary and integrative medical approaches (mind-body-spirit) to healthy aging
- Using psychological theories (e.g., social cognitive theory) to predict and control adherence to health behaviors (i.e., exercise, diet, relaxation, sleep)
- The practice of Clinical Health Psychology/Behavioral Medicine in medical settings

## MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- American Psychological Association
- Society of Behavioral Medicine
- Association for the Advancement of Applied Sport Psychology

## GRANTS

- 2006 **Provost Research Award (\$2,000)**  
Sonoma State University
- 2002 **RISC CAP mini grant (2,500)**  
Sonoma State University
- 2000 **Faculty Grant for Undergraduate Research--Principal Investigator (\$15,000)**  
Stanford University
- 1993 **Graduate student research award-- Principal Investigator (\$2,500)**  
San Jose State University Foundation

## PUBLICATIONS

Brassington, G.S., & King, A.C. (in press). The Effects of Physical Activity on Physical and Psychological Health. In Handbook of Health Psychology. Mahwah, New Jersey: Lawrence Erlbaum Associates Publishers.

Brassington, G.S. (2004). Excellence is No Accident: Mental Training for Business Leaders, Athletes, and Performing Artists. Somatics, 14 (2) 14-24.

Brassington, G.S. (2004). Mental Skills Training. In Steiner, H. (Ed.), Handbook of Mental Health Interventions in Children and Adolescents: An Integrated Developmental Approach (pp. 733-757). San Francisco, CA: Jossey-Bass.

Brassington, G.S. & King, A.C. (2004). Theoretical Considerations for physical activity promotion. In Oja, P. & Borms, J. (Ed.), The Multidisciplinary Series of Physical Education and Sport Science: Health Enhancing Physical Activity (pp. 321-338). United Kingdom: Meyer & Meyer Sport.

Adam, M., Brassington, G.S. Steiner, H., & Matheson, G. (2004). Psychological and social factors associated with performance-limiting injuries in professional ballet dancers. Journal of Dance Medicine and Science, 8(2), 43-46.

Pyle, R.P., McQuivey, R.W., Brassington G.S., Steiner H. (2003). High School Student Athletes: Associations between intensity of participation and health factors. Clinical Pediatrics. 42(8), 697-701.

Steiner, H., Pyle, R.P., Brassington, G.S., Matheson, G., King, M. (2003). The College Health Related Information Survey (C.H.R.I.S-73): A screen for college student athletes. Child Psychiatry & Human Development, 34(2), 97-109.

Brassington, G.S. (2002). Sleep Problems. In D.L. Mostofsky, & L.D. Zaichkowsky (Eds.), Medical and Psychological Aspects of Sport and Exercise (pp. 193-204). West Virginia: Fitness Information Technology, Inc.

Hicks, R.A., Fortin, E. Brassington, G.S. (2002). Arousability and dreaming. Dreaming, 12(3), 135-139.

Brassington, G.S., Atienza, A.A., Perczek, R.E., & Abby C. King. (2002). Intervention-related cognitive versus social mediators of exercise adherence in the elderly. American Journal of Preventive Medicine 23(2), 80-86.

King, A.C., Stokols, D., Talen, E., Brassington, G.S., Killingsworth, R. (2002). Theoretical approaches to the promotion of physical activity: Forging a transdisciplinary paradigm. American Journal of Preventive Medicine, 23(2), 15-25

Castro, C.M., King, A.C., & Brassington, G.S. (2001). Telephone versus mail interventions for maintenance of physical activity in older adults. Health Psychology, 20(6), 438-444.

Brassington, G.S., King, A.C., & Bliwise, D.L. (2000). Sleep problems as a risk factor for falls in a sample of community-dwelling adults aged 64-99 years. Journal of the American Geriatrics Society, 48(10), 1234-1240.

Wilcox, S., King, A.C., Vitaliano, P.P., & Brassington, G.S. (2000). Anger expression and natural killer cell activity in family caregivers participating in a physical activity trial. Journal of Health Psychology, 5(4), 431-441.

DiLorenzo, T. M., Bargman, E. P., Stucky-Ropp, R., Brassington, G. S., French, P.A. & LaFontaine, T. (1999). Long-term effects of aerobic exercise on psychological outcomes. Preventive Medicine, 28, 75-85.

Wilcox, S., King, A.C., Brassington, G.S., & Ahn, D.K. (1999). Physical activity preferences of middle-aged and older adults: A community analysis. Journal of Aging and Physical Activity, 7, 386-399.

King, A.C., & Brassington, G.S. (1997). Enhanced physical and psychological functioning in older family caregivers: The role of regular physical activity. Annals of Behavioral Medicine, 19(2), 91-100.

King, A.C., Oman, R.F., Brassington, G.S., Bliwise, D.L., & Haskell, W.L. (1997). Moderate-intensity exercise and self-rated quality of sleep in older adults: A randomized controlled trial. Journal of the American Medical Association, 277(1), 32-7.

Brassington, G.S., & Hicks, R.A. (1995). Aerobic exercise and sleep quality in elderly individuals. Journal of Aging and Physical Activity, 3, 120-134.

Brassington, G.S. (1994). Insomnia and styles of parental authority in college students. Psychological Reports, *74*(3), 712-714.

Brassington, G. (1993-1994, winter). Caregivers caring for themselves. Stanford Medicine, pp. 25-32.

Brassington, G.S., Welter, M.G., Lucero, K.E., Bramlette, J.L., & Hicks, R.A. (1992). Arousability and eating problems in college women. Perceptual & Motor Skills, *75*, 754.

Lucero, K.E., Hicks, R.A., Bramlette, J., Brassington, G.S., & Welter, M.G. (1992). Comparing eating attitudes of Asian and Caucasian college women. Psychological Reports, *71*, 255-258.

## **MANUSCRIPTS--IN REVIEW & IN PREPARATION**

Brassington, G.S., & Adam, M. Mental skills distinguish elite soloist ballet dancers from corps de ballet dancers (in preparation).

Brassington, G.S. & King, A. C. Exercise dose-response, psychosocial variables, and cardiovascular risk factors (in preparation).

## **PUBLISHED ABSTRACTS**

Brassington, G. S., Tucker, J., Wooley, M., Piccola, J., Posell-Wilson, J., & Hicks, R. A. (2005). Sleep disturbances, dreaming, and symptoms of premenstrual dysphoria in college students. Sleep, *28*, A309.

Brassington, G. S., Tucker, J., Wooley, M., Piccola, J., Posell-Wilson, J., & Hicks, R. A. (2005). Habitual sleep duration and mood states in college students satisfied with their sleep. Sleep, *28*, A315.

Brassington, G.S., & Kings, A.C. (2001). Long-term effects of varying intensities and formats of physical activity on psychological outcomes in older adults. Annals of Behavioral Medicine.

Brassington, G.S., & Kings, A.C. (2000). Social support & exercise adherence among older adults. Annals of Behavioral Medicine.

Brassington, G.S., King, A.C., & Wilcox, S. (1997). Predictors of exercise program preferences in adults aged 64-99. Annals of Behavioral Medicine, *19*, S056.

Sollers III, J. J., Brassington, G. S. & Thayer, J. F., & Rossy, L. (1996). Stability of cardiovascular responses to forehead cold pressor stimulation. Psychophysiology, *33*, S79

Brassington, G. S., King, A. C., & Bliwise, D. L. (1996). Falls and sleep problems in a 64-99 year old population. Annals of Behavioral Medicine, 18, S077.

Brassington, G. S., & King, A. C. (1996). Staff contact and exercise maintenance: A randomized study. Annals of Behavioral Medicine, 18, S175.

King, A. C., & Brassington, G. S. (1996). Evaluation of home-based exercise training in distressed populations: The case of older family caregivers. Annals of Behavioral Medicine, B077.

Brassington, G. S., & Hicks, R. A. (1996). Arousability and types of dreams recalled in college students. Sleep Research, 25, 133.

Brassington, G. S., & Hicks, R. A. (1995). Optimism, insomnia and sleep duration in college. Sleep Research, 24, 204.

Brassington, G. S., & Hicks, R. A. (1995). Insomnia, daytime sleepiness and hostility in college students. Sleep Research, 24, 203.

Brassington, G. S., & King, A. C. (1995). Smoking status and sleep disruption in healthy older adults. Annals of Behavioral Medicine, 15, S199.

Brassington, G.S., & Hicks, R.A. (1993). Insomnia and physical symptoms in male and female college students. Sleep Research, 22, 23.

Brassington, G.S., Welter, J.L., Lucero, K.E., Bramlette, J.L., & Hicks, R.A. (1993). Insomnia and eating problems in college women. Sleep Research, 22, 77.

Brassington, G. S., & Hicks, R. A. (1993). Insomnia and physical symptoms in male and female college students. Annals of Behavioral Medicine, 15, S91.

Brassington, G. S., Lucero, K. E., Welter, M. G., Bramlette, J. L., & Hicks, R.A. (1993). Daily hassles and binge eating in college women with eating disorders. Annals of Behavioral Medicine, 15, S68.

Bramlette, J.L., Welter, M.G., Lucero, K.E., Brassington, G.S., & Hicks, R.A. (1992). Coping strategies and eating disorders in college women. Proceedings of the Western Psychological Association, 1, 28.

Welter, M.G., Brassington, G.S., Lucero, K.E., Bramlette J.L., & Hicks, R.A. (1992). The relationship between insomnia and stress in college students. Proceedings of the Western Psychological Association, 1, 30.

## **SYMPOSIA & CONFERENCE PRESENTATIONS**

Brassington, G.S., Howell, J. & Steiner, H. (2007). What athletes anticipate missing when they retire from college sports. A poster presented at the annual meeting of the American Psychological Association, San Francisco, California.

Brassington, G. S., Poirier, S., Ward, K., Wooley, M., Tucker, J., Velasquez-Andrade, E., & Hicks, R.A. (2004). Ethnic Differences in Ways of Coping with Stress in College Students. In Glenn S. Brassington (Chair), Ethnicity and health promoting behavior in the management of Stress, Sleep Problems, and Obesity. A symposium presented at the annual meeting of the National Latino Psychological Association, Scottsdale, Arizona.

Brassington, G. S., Tucker, J., Grady, S., Poirier, S., Velasquez-Andrade, E., & Hicks, R.A. (2004). Ethnic Differences in Use of Sleep Medication and Daytime Naps in College Students. In Glenn S. Brassington (Chair), Ethnicity and health promoting behavior in the management of Stress, Sleep Problems, and Obesity. A symposium presented at the annual meeting of the National Latino Psychological Association, Scottsdale, Arizona.

Brassington, G. S., Gurtler, S., Tucker, J., Grady, S., Velasquez-Andrade, E., & Hicks, R.A. (2004). Overweight College Students Differ in their Recollection of their Parents' Authority Styles. In Glenn S. Brassington (Chair), Ethnicity and health promoting behavior in the management of Stress, Sleep Problems, and Obesity. A symposium presented at the annual meeting of the National Latino Psychological Association, Scottsdale, Arizona.

Velasquez-Andrade, E., Grady, S., Wooley, M., Gurtler, S., Ward, K., Hicks, R. A., & Brassington, G. S. (2004). Ethnic Differences in Adult Close Attachment Relationships. A paper presented at the annual meeting of the National Latino Psychological Association, Scottsdale, Arizona.

Fuentes, M.A., Zborowski Golub, L., Brassington, G.S., & Posell-Wilson, J. (2005). The Development of Post Traumatic Growth. A paper presented at the annual meeting of the American Psychological Association, Washington, D.C.

Wooley, M., Adams, A., Arroyo, H. C., Leonard, C.E., Miklos, A. M., & Brassington, G. S. (2005). Habitual long versus short sleepers and mood in college students. A poster presented at the annual meeting of the Western Psychological Association, Portland, Oregon.

Stassi, K., Perez, C., Avalos, C., Zepeda, W., Tucker, J., & Brassington, G. S. (2005). Premenstrual dysphoria, arousability, and nighttime sleep disturbances in college students. A poster presented at the annual meeting of the Western Psychological Association, Portland, Oregon.

Kale, W., Grady, S.K., Granados, J.M., O'Brien, K.M., Smithers, K., Vigil, J., Hicks, R. A., & Brassington, G. S. (2005). Adult close relationships, mood, and social support in college

students. A poster presented at the annual meeting of the Western Psychological Association, Portland, Oregon

Brassington G.S., & Froiland, J. (2005). Spiritual benefits of an undergraduate psychology course: Psychology of the body. A poster presented at the annual meeting of the Western Psychological Association, Portland, Oregon

Brassington, G.S., Luskin, F., & Haskell, W. (2003). Integrated mind-body-spirit intervention to promote health aging. In Susan Hillier & Heather Smith (Chairs), *Elder Transcendence: Meaning in the Unmeasurable*. An symposium paper presented at the meeting of the Western Psychological Association, British Columbia

Brassington, G.S., Longo, D.R., & DiLorenzo, T.M. (August, 1998). Worksite smoking bans and smoking behavior: A meta-analytic review. A poster presented at the National Meeting of the American Psychological Association, San Francisco, California.

DiLorenzo, T.M., Huyser, B.A., Brassington, G.S., & Marien, W. (November, 1997). Psychology-relevant Attitudes and practices of primary care physicians. A poster presented at the meeting of the Association for the Advancement of Behavior Therapy.

Brassington, G.S. & Hicks, R.A. (April, 1996). Arousability and types of dreams recalled in college students. A paper presented at the meeting of the Western Psychological Association, San Jose, California.

Brassington, G.S., Thayer, J.F., Sollers III, J.J., McCue, K.A., & Howell, C.A. (August, 1996). Stability of cardiovascular responses to forehead cold pressor stimulation. A paper presented at the meeting of the American Psychological Association, Toronto, Ontario.

Brassington, G.S. & King, A.C. (March, 1995). Using signal detection methods to predict exercise adherence in adults. In Margaret Schneider-Jamner (Chair), *Toward a Social-Ecological Model of Participation in Physical Activity*. An symposium presented at the meeting of the Society of Behavior Medicine, San Diego, California.

Brassington, G.S., Yob, S.M., Broadbent, A.B., Rochman, M.S., Pendo, M.C., & Hicks, R.A. (March, 1995). Insomnia and world assumptions in college students. A paper presented at the meeting of the Western Psychological Association, Los Angeles, California.

Brassington, G.S., Gerbi, S.A., Mirch-Kretschman, S. E., Cullen, J.M., Blasi, S.L., & Hicks, R.A. (March, 1995). Hostility and styles of coping with stress in college students. A paper presented at the annual meeting of the Western Psychological Association, Los Angeles, California.

Brassington, G.S., Pendo, M.C., Rochman, M.S., Yob, S.M., Broadbent, A.B., Job, S.M., & Hicks, R. A. (March, 1995). Arousability and styles of coping with stress in college students. A

paper presented at the meeting of the Western Psychological Association, Los Angeles, California.

Brassington, G.S., Blasi, S.L., Cullen, J.M., Mirch-Kretschman, S.E., Gerbi, S.A., & Hicks, R.A. (March, 1995). Insomnia, daytime sleepiness and hostility in college students. A paper presented at the meeting of the Western Psychological Association, Los Angeles, California.

Blasi, S.L., Brassington, G.S. & Hicks, R.A. (March, 1995). Hostility and sleep problems in college students. A paper presented at the Spartan Psychological Association Research Colloquium, San Jose State University, San Jose, California.

Brassington, G.S., King, A.C., & Bliwise, D.L. (November, 1995). Falls and sleep problems in a 64-99 year old population. A paper presented at the meeting of the Gerontological Society of America, Los Angeles, California.

King, A.C., & Brassington, G.S. (November, 1995). Can exercise improve functioning in family caregivers? A randomized study. A paper presented at the meeting of the Gerontological Society of America, Los Angeles, California.

King, A.C., Oman, R.F., Brassington, G.S., Bliwise, D., & Haskell, W.L. (November, 1994). Effects of exercise on sleep quality in older adults: A randomized trial. A paper presented at the meeting of the Gerontological Society of America, Atlanta, Georgia.

Brassington, G.S., Oman, R.F., & King, A.C. (May, 1994). Aerobic exercise and sleep quality in older adult women and men. A paper presented at the Women's Health Conference sponsored by the American Psychological Association, Washington, D.C.

Brassington, G.S., & Hicks, R.A. (April, 1994). The impact of aerobic exercise on sleep quality and daytime sleepiness in older adults. A paper presented at the meeting of the Western Psychological Association, Kona, Hawaii.

Brassington, G.S., & Hicks, R.A. (April, 1994). The relationship between Temporal Mandibular Joint Disorder and dispositional optimism. A poster presented at the meeting of the Western Psychological Association, Kona, Hawaii.

Brassington, G.S., & Hicks, R.A. (April, 1994). Optimism and sleep quality in college students. A poster presented at the meeting of the Western Psychological Association, Kona, Hawaii.

Brassington, G.S., King, A.C., Oka, R.K. Roddenburgh, A., & Haskell, W.H. (March, 1994). A community based physical activity intervention with older adults. A lecture presented at the meeting of the America Society on Aging, San Francisco, California.

Brassington, G.S., King, A.C., Oka, R.K., Oman, R.F., & Haskell, W.H. (March, 1994). A new method for assessing daily functioning in older adults. A paper presented at the meeting of the America Society on Aging, San Francisco, California.

Oman, R.F., King, A.C., Brassington, G.S., & Haskell, W.L. (March, 1994). The national year 2000 fitness goals and the Stanford five cities data. A paper presented at the meeting of the America Society on Aging, San Francisco, California.

Brassington, G.S., & Hicks, R.A. (April,1993). Insomnia and parental authority styles in college students. A poster presented at the meeting of the Western Psychological Association, Phoenix, Arizona.

Brassington, G.S., Welter, M.G., Tan, V.L., Rhodes, K., & Hicks, R.A. (April,1993). The relationship between parental authority styles and hostility. A paper presented at the meeting of the Western Psychological Association, Phoenix, Arizona.

Brassington, G.S., & Hicks, R.A. (April,1993). The relationship between type-A behavior and parental authority styles. A poster presented at the meeting of the Western Psychological Association, Phoenix, Arizona.

Brassington, G.S., Bramlette, J.L., Lucero, K.E., Welter, M.G., & Hicks, R.A. (April,1993). Binge eating and levels of exercise in students with eating disorders. A paper presented at the meeting of the Western Psychological Association, Phoenix, Arizona.

Brassington, G.S., & Hicks, R.A. (April, 1993). Parental authority styles and adult levels of arousability. A poster presented at the meeting of the Western Psychological Association, Phoenix, Arizona.

Brassington, G.S., Rhodes, K., Tan, V.L., Welter, M.G., & Hicks, R.A. (April,1993). Parental authority styles and eating attitudes in college women. A poster presented at the meeting of the Western Psychological Association, Phoenix, Arizona.

Brassington, G.S., Feist., G.J., & Rhodes, K. (April,1993). Parental authority styles and levels of constructive thinking. A poster presented at the meeting of the Western Psychological Association, Phoenix, Arizona.

Brassington, G.S., Feist., G.J., & Rhodes, K. (April,1993). Parental authority styles and self-world-assumptions. A poster presented at the meeting of the Western Psychological Association, Phoenix, Arizona.

Bramlette, J., Lucero, K., Welter, M., Brassington, G.S., & Hicks, R.A. (April,1993). Binge eating episodes and stress in college females. A poster presented at the meeting of the Western Psychological Association, Phoenix, Arizona.

Brassington, G.S., Welter, M.G., Lucero, K.E., Bramlette, J.L., & Hicks, R.A. (March, 1992). Arousability and the prediction of eating disorders in college women. A poster presented at the meeting of the Western Psychological Association, Portland, Oregon.

Brassington, G.S., Welter, M.G., Lucero, K.E., Bramlette, J.L., & Hicks, R.A. (March, 1992). Insomnia and eating disorders in college women. A poster presented at the meeting of the Western Psychological Association, Portland, Oregon.

Lucero, K.E., Bramlette, J.L., Brassington, G.S., Welter, M.G., & Hicks, R.A. (March, 1992). Frequency of eating problems among Asian and Caucasian college women. A poster presented at the meeting of the Western Psychological Association, Portland, Oregon.

## **PROFESSIONAL SERVICE**

Judge at the Intel International Science and Engineering Fair, San Jose, CA (May, 2001)

Judge at the 15<sup>th</sup> Annual California State University Student Research Competition, San Jose, CA (April, 2001)

### Journal Referee

Annals of Behavioral Medicine

American Journal of Preventive Medicine

Exercise and Sports Science Reviews

Health Psychology

International Journal of Behavioral Medicine

Journal of Adolescent Health

Journal of Applied Social Psychology

### Master's theses committee member

Debora Parente, Yoga and Self-Rated Quality of Sleep in Older Adults

Dante Picchioni, Nightmares as a Coping Mechanism for Stress

## **TEACHING EXPERIENCE--UNIVERSITY COURSES**

### 2002-present **Instructor of record**

Introduction to Counseling

Psychology of the Person (Developmental Psychology)

Psychology of the Body (Health Psychology)

Peak Performance Psychology

Introduction to Research Methods

Child Psychology

Department of Psychology

Sonoma State University

### 2001-present **Instructor of record** (co-instructor Hans Steiner, M.D.)

Mental Dimensions of Sport and Performing Arts  
Department of Psychiatry & Behavioral Sciences  
Stanford University

- 2001-present **Instructor of record**  
Excellence Is No Accident (Psychology of Performance)  
Psychology of the Body (Health Psychology)  
Continuing Studies Program  
Stanford University
- 1998 **Instructor of record**  
Introduction to Research Methods  
Department of Psychology  
San Jose State University
- 1997 **Instructor of record**  
Research Methods & Statistics in Psychology II  
Department of Psychology  
University of Missouri-Columbia
- 1996 **Instructor of record**  
Research Methods & Statistics in Psychology II  
Department of Psychology  
University of Missouri-Columbia

## **TEACHING EXPERIENCE--UNIVERSITY TEACHING ASSISTANTSHIPS**

- 1988-1990 **Graduate Lecturer / Teaching Assistant**  
Business and Professional Ethics  
San Jose State University, Department of Philosophy  
Supervisors: Rita Manning, Ph.D. & Scott Cook, Ph.D.

## **TEACHING EXPERIENCE--INVITED WORKSHOPS**

- 2007 **Psychological Dimensions of Injury Prevention and Rehabilitation in the Young Athlete**  
Lucile Packard Children's Hospital  
Medical Continuing Education  
Monterey, CA
- 2003 **Parenting the Young Athlete**  
Sports Medicine and the Young Athlete  
Hospital for Special Surgery  
New York, New York

- 2003            **Preventing Psychological Problems through Mental Skills Training**  
Sports Medicine and the Young Athlete  
Hospital for Special Surgery  
New York, New York
- 2000-2003    **Power Sleep**  
Numerous workshops that helped participants improve the quality of their sleep through the modification of cognitive, behavioral, and environmental factors. Each participant developed and implemented a personalized sleep improvement program and assessed the results with a 7-day sleep diary.  
Stanford Center for Research in Disease Prevention  
Health Improvement Program  
Stanford, California
- 2002            **Psychological Dimensions of Athletic Injuries**  
Pediatric Sports Medicine Conference  
Oakland Children's Hospital  
Monterey, California
- 2002            **Mental Skills Training and the Young Athlete**  
Oakland Children's Hospital  
Pediatric Sports Medicine Conference  
Monterey, California
- 2001            **Integrating Behavioral Change Strategies into Complementary and Traditional Medical settings in the Germany Health Care System**  
Workshop presented to medical faculty and other health care providers with the purpose of providing these medical professions the tools to design and evaluate health behavior change programs that will be effective in the German Health Care System.  
Department of Internal and Integrative Medicine  
University of Essen, Essen Germany
- 2001            **Peak Performance in Work, Sport, Performing Arts, and Life**  
Workshop helped participants apply mental skills used by elite athletes and performing artists to enhance their performance in various areas of their life. Some of the mental skills that participants learned included: goal setting strategies, relaxation drills, concentration techniques, and visualization.  
Stanford Center for Research in Disease Prevention  
Health Improvement Program  
Stanford, California
- 2001-2003    **Parenting the Child Athlete**

Workshop helped parents more effectively foster self-confidence, moral development, and life skills in their children who are participating in sport.  
St. Martin of Tours School  
San Jose, California

1999      **Brief-focused Health Behavior Change**  
Series of lectures to cardiology and pulmonary health care professionals. The purpose of these lectures was to provide participants the necessary tools to foster lasting changes in the health behaviors of their patients.  
Missouri/Kansas Cardiovascular and Pulmonary Rehabilitation Conference  
Kansas City, Missouri

1998      **Changing Behavioral Risk Factors for Disease: A Workshop for Medical Professionals**  
Half-day workshop presented to medical faculty, staff, and medical residents with the purpose of providing these medical professionals with tools to facilitate health promoting and disease preventing behaviors in their patients.  
Department of Family & Community-Medicine  
St. John's Mercy Medical Center, St. Louis, Missouri

1998      **Motivation to Change: How to get it, keep it, and give it away**  
7th Annual Patient Education Conference  
Sinclair School of Nursing  
University of Missouri-Columbia

1997      **Changing Health Behavior: Assessing and Fostering Readiness to Change**  
6th Annual Patient Education Conference  
Sinclair School of Nursing  
University of Missouri-Columbia

1996      **Increasing the Adoption and Maintenance of Health Promoting Behaviors.**  
Presented to nurses and medical staff  
Department of Health Promotion  
University of Missouri-Columbia Hospital

## **TEACHING EXPERIENCE--INVITED LECTURES**

2007      **Excellence Is No Accident: Mental Training for Business Professionals**  
Bill and Dave Memorial Golf Tournament  
Hewlett Packard fund raiser for the Lucile Packard Children Hospital  
Los Altos, CA

2005      **Enhancing Creative and Athletic Performance: The Psychology & Psychiatry of Sports & Performing Arts (co-presenter Hans Steiner, M.D.)**

Taught parents mental training techniques that they could use to help their children improve their athletic, artistic, and academic performances.  
Lucile Packard Children's Hospital  
Palo Alto, CA

- 2003-2004 Promoting Adherence to Health Promoting Behaviors: Exercise**  
Taught medical professionals (physicians, nurses, health educators) techniques they could use with their patients to promote participation in health promoting behaviors such as physical activity.  
Stanford Heart Health Network  
Stanford Prevention Research Center
- 2001 **Psychological Skills Training**  
Numerous addresses presented to Stanford athletic teams, local athletic associations, and parent groups. Lectures were for approximately 1.5-2 hours in length and contained information about applying psychological strategies to the enhancement of athletic and academic performance.
- 2001 **Principles of Success or How to Finish the Masters Thesis**  
Taught motivational strategies and stress management skills that would aid students in the completion of their Maters Thesis.  
San Jose State University
- 2001 **Facilitating Health Behavior Change in Medical Settings**  
Undergraduate Course in Health Psychology  
San Jose State University
- 2000 **Championship Parenting the Child Athlete**  
St. Martin of Tours School, San Jose, California
- 1995 **Ethics in Scientific Research: More than human subject's approval**  
Undergraduate Honors Seminar, Advanced Research Methods & Experimental Design  
San Jose State University
- 1993 **Ethics in Scientific Research: More than human subject's approval**  
Undergraduate Honors Seminar, Advanced Research Methods & Experimental Design  
San Jose State University
- 1992 **Interventions to reduce performance anxiety in competitive sports**  
Undergraduate Seminar in Sport Psychology  
San Jose State University

## **TEACHING EXPERIENCE--CONSULTING**

- 2001-present **Stanford University and Community Athletes**  
Numerous presentations and workshops to athletic teams at Stanford and in the surrounding community.  
Director of the Mental Skills Training Program  
Stanford University School of Medicine
- 1998-present **University Athletic Teams**  
Provided consultation to several collegiate athletic teams about mental skills training, team cohesions, and coaching.
- 2000-2001 **Santa Clara Unified School District**  
Provided consultation about evaluating the new health standards that had been implemented in the school district. Provide guidance on designing a scientifically valid program evaluation including appropriate measurement design, statistical analyses, and report writing.
- 2000-present **US Track & Field**  
Provided clinical sports psychology assessment and interventions with elite junior track and field athletes identified by US Track & Field as future Olympic competitors.
- 2000-present **Lucile Packard Children's Hospital at Stanford**  
Provided consulting about statistical analysis and manuscript editing for several studies that examined the impact of high school and college sports participation on mental and physical health.

## **RESEARCH POSITIONS AND RESEARCH ASSISTANTSHIPS**

- 2000-2002 **Post-doctoral Fellow**  
Stanford Center for Research in Disease Prevention  
Stanford University School of Medicine
- Conducting research on health promotion and disease prevention in older adults. Involved in three randomized controlled trials of physical activity: 1)comparing the physical and psychological effects of aerobic exercise versus Tai Chi exercise, 2)comparing the effectiveness of a computer-delivered exercise counseling system versus human telephone counseling to promote exercise adherence, and 3)comparing the effect of aerobic exercise versus health education on older adults' sleep. Other activities include conducting pilot studies on reducing sedentary activity and assessing sleep in caregivers. Weekly seminars are conducted on ethnic minority health, disease epidemiology, community health interventions, clinical trials, CVD prevention, and ethics.

Faculty: John W. Farquhar, M.D., Stephen Fortmann, M.D., Christopher Gardner, Ph.D., William L. Haskell, Ph.D., Abby C. King, Ph.D., C. Barr Taylor, M.D., Tom Robbins, M.D.

1998-1999 **Health Research Specialist**

VA Palo Alto Health Care System, Department of Geropsychiatry  
Supervisor: Javaid I. Sheikh, M.D.

Coordinated a Lilly Pharmaceutical Company sponsored medication (Olanzapine vs. Risperidone) trial with middle aged and elderly schizophrenic patients. Conducted data analysis and report writing working with psychosocial and family history data collected on a sample of older adults diagnosed with anxiety disorders.

1995-1997 **Co-Project Coordinator/Research Assistant**

Department of Psychology  
University of Missouri-Columbia,  
Supervisor: Thomas M. DiLorenzo, Ph.D.

Studies examining the attitudes of primary care physicians toward mental health workers in the managed care environment. Conducted a meta-analysis of the effect of work place smoking bans on smoking behavior. Responsibilities included study design, staff management, data analyses and report writing (Funded by the Arthur Foundation).

1993-1994 **Project coordinator**

Stanford Center for Research in Disease Prevention  
Stanford University School of Medicine  
Supervisor: Abby C. King, Ph.D.

Employed full-time. Responsibilities included participant recruitment (media campaign), staff management, implementing interventions, data collection, data management, data analysis, and report writing.

Study 1: examined the effects of an exercise intervention on immune system functioning, blood pressure reactivity to caregiving stress, and psychological well being among older adult caregivers (Funded by the National Institute of Aging).  
Study 2: examined the effects of an exercise intervention on sleep quality in older adult men and women. (Funded by the Andrus Foundation).

1992-1994 **Research Assistant**

San Jose State University, Department of Psychology  
Supervisor: Robert A. Hicks, Ph.D.

Designed and implemented studies that examined variables associated with poor sleep in college students (Funded by the National Institute of Mental Health).

1992-1993    **Research Assistant**  
San Jose State University, Department of Psychology  
Supervisor: Gregory J. Feist, Ph.D.

Designed and implemented studies that examined the relationship between parenting and subjective well-being in college students  
(Funded by San Jose State University)

## **CLINICAL EXPERIENCE**

2004- Present    **Licensed Psychologist (California)** License Number: 19926

### Post-Licensure

2004-present    **Performance & Sport Psychology Consultant**  
Director of the Mental Skills Training for Sport and Performance Program  
Department of Psychiatry & Behavioral Sciences  
Stanford University School of Medicine

2004            **Psychologist**  
worked with children and adolescents with a variety of behavioral problems and eating disorders under the supervision of Hans Steiner, M.D.  
Child and Adolescent Outpatient Clinic  
Department of Psychiatry & Behavioral Sciences  
Stanford University School of Medicine

2004            **Psychologist**  
worked with adolescents on an eating disorders inpatient unit under the supervision of Hans Steiner, M.D.  
Adolescent Psychiatry inpatient unit  
Stanford University School of Medicine

### Graduate

1992-2003    **Performance & Sport Psychology Consultant**  
ProMind Institute, Los Gatos, California  
Supervisor: Bruce C. Ogilvie, Ph.D.  
Worked with individual athletes and their families to enhance sport performance. Implemented cognitive behavioral treatments to reduce performance anxiety, improve attentional skills, enhance self-confidence, and cope with and improve injury rehabilitation.

1999-2000    **Clinical Psychology Intern**  
VA Palo Alto Health Care System, Department of Psychology  
Training Director: Antonette Zeiss, Ph.D.

Rotations in Behavioral Medicine, Primary Care Medicine, Cardiology, and Andrology. Assessment and treatment of patients suffering from a wide range of psychological problems including depression, anxiety, and substance abuse. Assessment and treatment of chronic pain, obesity, and sexual dysfunction as part of interdisciplinary (i.e., psychology, medicine, nursing, social work) treatment teams. Clients represented diverse ethnic backgrounds (e.g., African American, Mexican American, Filipino, Cuban, and Chinese American). Didactic training included topics such as: ethics, multicultural perspectives on counseling, empirically supported treatments, research methods, and end of life issues.

- 1998-1999     **Neuropsychological Testing**  
VA Palo Alto Health Care System, Department of Geropsychiatry  
Supervisor: Javaid I. Sheikh, M.D.  
Conducted clinical evaluations and psychological testing of middle aged and elderly adult schizophrenic inpatients involved in psychotropic (Olanzapine, Risperidone) drug trials.
- 1998           **Psychology Graduate Student Clinician**  
VA Palo Alto Health Care System  
Behavioral Medicine Summer Traineeship  
Supervisor: Judith Chapman, Ph.D.  
Outpatient assessment and individual therapy with medical patients. Assessed and treated patients suffering from chronic pain, obesity, sexual dysfunction, PTSD, and COPD.
- 1997-1998     **Psychology Graduate Student Clinician**  
Fulton State Hospital, Biggs Forensic Center  
Fulton, Missouri  
Supervisor: Mike Stacy, Ph.D.  
Pre-trial admissions assessments and clinical interviews. Led competency education classes.  
  
Supervisor: Eric Martin, Ph.D.  
Group therapy, case management, and implementing a social learning program for chronically mentally ill clients
- 1997           **Psychology Graduate Student Clinician**  
Department of Physical Medicine & Rehabilitation  
University of Missouri-Columbia School of Medicine  
Rusk Rehabilitation Center  
Supervisors: Kristofer Hagglund, Ph.D. & Thomas Witty, Ph.D.  
Outpatient assessment, psychotherapy and biofeedback for chronic pain patients.
- 1996-1998     **Psychology Graduate Student Clinician**  
Psychological Services Clinic (outpatient community clinic)

University of Missouri, Department of Psychology  
Supervisors: Jeremy Skinner, Ph.D., & David DuBois, Ph.D.  
Outpatient therapy with adults and couples.

1993-1994     **Exercise Adherence and Relapse Prevention Counselor**  
Stanford Center for Research in Disease Prevention  
Stanford University School of Medicine  
Supervisor: Abby C. King, Ph.D.  
Responsible for weekly exercise counseling phone calls designed to increase adherence to exercise programs and reduce relapse into a sedentary lifestyle.

Pre-Graduate

1987-1992     **Crisis Counselor**  
Provided suicide and crisis counseling by telephone.  
Suicide and Crisis Services, Santa Clara County, California

1985-1987     **Youth and Young Adult Counselor**  
Designed and implemented psycho-educational programs for adolescents and young adults.  
St. Christopher Catholic Church, San Jose, California.

1985           **Crisis Counselor**  
Provided counseling for adolescents who were wards of the court.  
Right of Passage Adolescent Treatment Program  
Reno, Nevada.

1982-1985     **Juvenile Counselor**  
Provided counseling for adolescents and their families who were having trouble adjusting to a juvenile detentions facility or who were suicidal.  
San Jose Juvenile Facility, San Jose, California

**SPECIALIZED CLINICAL TRAINING/WORKSHOPS**

2000           **Three-day workshop: "Health Education and CVD Risk Reduction."**  
Presenters: faculty from the Stanford Center for Research in Disease Prevention  
Stanford University School of Medicine

2000           **Two-day symposium: "ADHD, Violence and Aggression and Anxiety."**  
3<sup>rd</sup> Annual Symposium on Developmental Approaches to Psychopathology  
Presenters: faculty from several US Universities and the Division of Child and Adolescent Psychiatry  
Stanford University School of Medicine

- 1999      **Three-day conference: "African Americans: Research and Policy Perspectives at the Turn of the Century."**  
Stanford University
- 1999      **One-day workshop: "An interdisciplinary approach to end of life care."**  
Presenters: faculty and staff from the VA Palo Alto Health Care System and Stanford Geriatric Education Ctr, Division of Family and Community Medicine.
- 1998      **Half-day workshop: "Multi-Cultural issues in psychotherapy."**  
Presenters: Fulton State Hospital, MO, psychology staff.
- 1997      **One-day workshop: "Cognitive-Behavioral Treatment of Panic Disorder."**  
Presenter: Michelle Craske, Ph.D.
- 1997      **One-day workshop: "Cognitive Therapy for Emotional Disorders."**  
Presenter: Mark Reinecke, Ph.D.
- 1996      **Two-day workshop: "Short-term therapy for the long-term client."**  
Presenter: Arthur Freeman, Ph.D.
- 1993      **Pre-conference Continuing Education Seminar**  
"The Clinical Application of Mindfulness Meditation in Behavioral Medicine"  
Meeting of the Society of Behavioral Medicine, San Francisco, California  
Presenters: Jon Kabat-Zinn, Ph.D., & Saki F. Santorelli, Ed.D.
- 1991      **Preconference Continuing Education Workshop**  
"Sexual Ethics in Sports Psychology Consulting"  
Association for the Advancement of Applied Sport Psych., Savannah, Georgia.  
Presenters: Carole Oglesgy, Ph.D., & Bob Rotella, Ph.D.

## **NON-ACADEMIC ACHIEVEMENTS**

- Coached junior tennis players who were nationally ranked and received University Tennis Scholarships (1988-2002).
- Practiced the martial arts of Aikido, Judo, and Kung Fu (1988-present).
- Practiced the Eastern physical and mental practices of Yoga, Tai Chi, Qigong, Zen meditation. (1983-Present).
- Owned and operated a successful health promotion & fitness consulting company for 5 years in the San Francisco Bay Area (1988-1993).
- Coached and managed a United States junior tennis team during their tour to compete in six countries across Europe (1986).
- Achieved a Top 10 ranking in singles and #1 ranking in doubles in Northern California Men's Open tennis (1980-1983).

- One of the top ranked junior tennis player in Australia before coming to the United States at age 16 to attend college on tennis scholarship (1980).
- Competed in professional tennis beginning at age 16 (1980).

## REFERENCES

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