

# Laurel M. Hicks

## EDUCATION

Doctor of Philosophy  
(Expected 2017)

Wayne State University, Detroit, MI  
*Dual Title: Social Work (Clinical Concentration) & Infant Mental Health*  
Entered Candidacy – May 2016

M.S.W 2012

Wayne State University, Detroit, MI  
*Major: Social Work, Psychodynamic Concentration, GPA: 3.9*  
*Directed Study: Secondary and Vicarious Trauma in Sexual Assault and other Front-line Workers*

B.A.Sc. 2001

University of Windsor, Windsor, ON  
*Major: Engineering, Mechanical*

## LICENSURE

2015 – present  
2012 – present

License Social Worker – Michigan #6801094277  
Registered Social Worker – Ontario #820626

## RESEARCH AREAS

Perinatal mental health; child welfare; trauma-informed, and mindfulness-based interventions; physiological stress responses; infant mental health

## RESEARCH EXPERIENCE

Graduate Research Assistant

Wayne State University – Merrill Palmer Skillman Institute (Sept 2013 – present)

Study: Baby on Board: Early Parenting Study

Investigator: Carolyn Dayton, PhD

Responsibilities: Quantitative data analysis in SPSS, qualitative data analysis, collect and analyze respiratory sinus arrhythmia data collection (heart rate, respiration, skin conductance), mentor undergraduate and graduate students, collaborate on manuscripts and grants.

Wayne State University – Dept. of Translational Neuroscience (May 2014- December 2014)

Study: Project CLIMB: Context Learning Initiated Mindfulness and Balance

Investigator: Moriah Thomason, PhD

Responsibilities: administer clinical assessments to determine exposure to trauma and trauma symptoms in children and their caregivers.

Administer learning tasks to children, K-bit IQ testing, collect saliva and blood samples.

Research Therapist

Wayne State University – Department of Pediatrics (Sept 2015-Aug 2016)

Study: Project Chill: Clinical Interventions for Type-1 Diabetes in Adolescence

Investigator: Deborah Ellis, PhD

Responsibilities: Provide therapeutic group interventions (Mindfulness-Based Stress Reduction) to adolescents and young adults with type-1 diabetes.

Research Assistant

University of Windsor – Dept. of Psychology (Aug 2012- Aug 2013)

Study: A longitudinal, multisite, randomized controlled trial investigating the effectiveness of a recently developed sexual assault resistance education intervention for first year University Students.  
 Investigator: Charlene Senn, PhD  
 Responsibilities: recruiting, conducting pre – and post- assessment sessions, conducting the control intervention, participate in weekly research team meetings, track participants, conduct follow up survey management, participate in qualitative data coding and entry into SPSS.

## HONORS / AWARDS

2016, 2015, 2014	Merrill Palmer Skillman Institute Predoctoral Fellow, Wayne State University.
2016	Mind Life Summer Research Institute Research Fellow
2015	1 <sup>st</sup> place poster – Wayne State University Graduate Exhibition
2014	Wayne State University, School of Social Work Travel Award
2015, 2014	Merrill Palmer Skillman Travel Award
2014	Blackstone Launch Pad, Mobile App Competition: Best Non-WSU based app, Wayne State University
2014	Thomas C. Rumble Fellowship Development of Research and Scholarship Award, Wayne State University Presented to doctoral student who shows high promise in research and scholarship. Provides tuition and \$16,000 stipend.
2014	Wayne State Graduate School External Funding Application Award
2013	Thomas C. Rumble Fellowship Recruitment Award, Wayne State University Presented to outstanding new doctoral recruit. Provides tuition and \$16,000 stipend.
2011	Graduate Professional Scholarship, Wayne State University Presented to outstanding academic graduate students who show promise in research.
2011	Metro Canadian Scholarship
2011	Elizabeth Brehler Scholarship Finalist
2011	Yale Child Study Centre Post-Grad MSW Fellowship Finalist
2011	Phi Alpha Honor Society – Chapter Omicron Omicron
2011	Golden Key International Honor Society

## FUNDING

2016	(Finalist) <b>Mindfulness and physiological responses to parenting stress: Associations with child abuse potential in an urban sample of trauma-exposed expectant parents.</b> Doris Duke Fellowship for the Promotion of Child Well-being.
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- 2014 **Improving Maternal, Infant and Birth Outcomes in Detroit Mothers: A Trauma-Sensitive Mindfulness Intervention.** Blue Cross Blue Shield of Michigan Foundation Student Research Award. PI: Laurel Hicks, School of Social Work & Merrill Palmer Skillman Institute, Wayne State University. \$3000.
- 2013 **The effects of a mindfulness-based intervention on stress response, birth outcomes and mental health of parents during the childbearing year.** Submitted to Canadian Institute of Health Research. PI: Laurel Hicks.  
Application was scored but not awarded. Received 4.1/5.

#### PEER-REVIEWED PUBLICATIONS

- Brown, S., **Hicks, L. M.**, Tracy, E. M. (accepted for publication). Parenting Efficacy and Support in Mothers with Dual Disorders in a Substance Abuse Treatment Program. *Journal of Dual Diagnosis*.
- Dayton, C. J., Buczkowski, R. S., Muzik, M., Goletz, J., **Hicks, L.**, Walsh, T., & Bocknek, E. L. (In press, Dec 2016). *Social Work Research: Special Issue on Social Work with Men and Fathers*. Expectant fathers' beliefs and expectations about fathering as they prepare to parent a new infant.
- Gonzalez-Prendes, A. A., **Hicks, L. M.** (2016). "Cognitive Behavioral Therapy." *Oxford Bibliographies in Social Work*. Ed. Edward J. Mullen. New York: Oxford University Press, forthcoming

#### WORKS SUBMITTED

- Dayton, C., Matthews, W., **Hicks, L. M.**, Malone, J. The Expression of Music Throughout the Lives of Expectant Detroit Parents. Submitted 01/2016 to *Journal of the Psychology of Music*. (revised and resubmit)
- Brown, S., Victor, B., **Hicks, L. M.**, Tracey, E. M. Recovery Support Mediates the Relationship between Parental Warmth and Quality of Life among Women with Substance Use Disorders. Submitted 01/2016 to *Journal of Applied Developmental Psychology*. (revise and resubmit)

#### WORKS IN PREPARATION

- Hicks, L.M.**, Dayton, C., Brown, S. Mind-body Interventions in Trauma Exposed Populations: A review and call for research.
- Hicks, L. M.**, Dayton, C. J., Brown, S. Dispositional Mindfulness and Depression Moderates Quality of Parental Bonding in Urban Expectant Parents
- Dayton, C., **Hicks, L.**, Martinez-Torteya, C., Basu, A., Muzik, M., Brown, S. Cortisol response to a parenting stress stimulus in violence-exposed expectant mothers and fathers.
- Brophy-Herb, H., Stacks, A., **Hicks, L. M.**, Wong, K. Reflective Functioning, Mind-Mindedness and Mindfulness.
- Dayton, C., **Hicks, L.**, Swain, J. The implications of new parenting neurobiology finding on infant mental health practice.

#### PRESENTATIONS AND INVITED SEMINARS

- Hicks, L.M.,** Dayton, C.J. *Mindfulness-Based Interventions in the Perinatal Period: Clinical Practice & Current Research*. Paper presented at Ontario Association for Infant and Child Development 2016 Learning Institute, Windsor, ON., October 2016
- Hicks, L.M.,** Shaddix, C., Duncan, L.G. Impact of a mindfulness-based childbirth and parenting intervention in pregnancy on later parent-toddler interactions. Presenting at the American Psychological Association Convention, Mindful Parenting Symposium. Denver, CO., August 2016.
- Hicks, L.M.,** Dayton, C.J. *Potential of child abuse and dispositional mindfulness in urban expectant mothers and fathers*. Presented at the Lifespan Alliance Research Day, Merrill Palmer Skillman Institute / Wayne State University, February 2016.
- Hicks, L.M.** Invited Talk: Mindfulness in Social Work. University of Windsor. *Advanced Direct Practice in Social Work course*, Windsor, ON., November 2015.
- Goletz, J., Dayton, C.J., **Hicks, L.M.** *The Developing Parent-Infant Relationship: Understanding the Effects of Pregnancy Intendedness on Prenatal Parental Bonding*. Undergraduate Research Symposium, Wayne State University, November 2015.
- Muzik, M., Hammer, L., Zhao, L., Anderson, L., **Hicks, L.M.**, Baker, K. *Integrated mental health in primary care: Total family support in an OB/Gyn and Pediatric clinic for perinatal women*. Paper presented at Postpartum Support International Annual Conference, Plymouth, MI, May 2015.
- Hicks, L.,** Moriarty, K., Muzik, M. *Mindfulness-Based Interventions in the Perinatal Period: Clinical Practice & Current Research*. Paper presented at the Michigan Association of Infant Mental Health, Kalamazoo, Michigan, May 2015.
- Dayton, C. J., Walsh, T., Bocknek, E. L., **Hicks, L.M.**, Muzik, M., Rosenblum, K. L. *Fathering in an urban setting: A qualitative analysis of interviews with Detroit fathers preparing to parent a new baby*. Paper presented at the Society for Research in Child Development, Philadelphia, PA, March, 2015.
- Dayton, C. J., Walsh, T., Bocknek, E. L., **Hicks, L.M.**, Muzik, M., Rosenblum, K. L. *Fathering in an urban setting: A qualitative analysis of interviews with Detroit fathers preparing to parent a new baby*. Paper presented at the Society for Social Work and Research, New Orleans, LA, January 2015.
- Dayton, C. J., Huth-Bocks, A. C., Busuito, A., & **Hicks, L.M.** *Mechanisms of Transmission: Interpersonal Conflict, Maternal Perceptions of Infant Emotions and Early Parenting Processes*. Paper presented at the Society for Research in Child Development Special Topic Meeting: New Conceptualizations in the Study of Parenting At-Risk, San Diego, CA, November, 2014.
- Moriarty, K., **Hicks, L.M.** Invited Talk: *Complementary Therapies in Pregnancy*. Presented at Michigan Holistic Nurses Association Monthly Meeting, Detroit, MI, October 2014.
- Hicks, L.M.** Panel Presentation: *Mindfulness in Social Work*. Wayne State University, School of Social Work, Detroit, MI, April, 2014.
- Hicks, L.M.** Invited Talk: *The Role of Doula in Nursing Environments*. University of Windsor, Family Health – Childbearing Families course, Windsor, ON, February, 2014.
- Hicks, L.M.** Invited Talk: *Stress Management – The Mind-Body Connection*. University of Windsor, Health Psychology course, Windsor, ON, March, 2013.
- Hicks, L.M.** Invited Talk: *The Role of Doula in Nursing Environments*. University of Windsor, Family Health – Childbearing Families course, Windsor, ON, January, 2013.

- Patterson, D., **Hicks, L.M.** & Dennerly, K. (April, 2012). *Prevention of Secondary Trauma at the Individual, Supervisory, and Organizational Level*. NASW-Michigan Annual Conference, Kalamazoo, Michigan.
- Hicks, L.M.** (April 2012). Invited seminar: *De-stress and unwind the mind: mindfulness, positive thinking, gratitude and exercise to reduce stress and increase happiness*. Enwin Utilities, Windsor, ON.
- Hicks, L.M.** (December 2010). Invited seminar: *Sustainable activism: volunteering in Cambodia*. Rotary Club, Grosse Isle, MI.
- Hicks, L.M.** (November 2009). Invited seminar: *Sustainable activism: volunteering in Cambodia*. Cambodian Children's Fund Fundraiser Event, Philadelphia, PA.
- Hicks, L.M.** (March 2009). Invited seminar: *Sustainable activism: volunteering in Cambodia*. Rotary Club, Lakeshore, ON.

## POSTERS/ABSTRACTS

- Hicks, L.M.**, Dayton, C.J. *Dispositional Mindfulness and Quality of Parental Bonding Moderates Depression in Urban Expectant Parents*. Poster accepted for the International Symposium for Contemplative Studies, Boston, MA, November, 2016.
- Hicks, L.M.**, Dayton, C.J. *Potential of child abuse and dispositional mindfulness in urban expectant mothers and fathers*. Poster presented at the Mind Life Summer Research Institute, New York, June 2016.
- Muzik, MI, Hammer, L., Zhao, L., Anderson, L., **Hicks, L.M.**, Baker, K. *Integrating Peripartum Mental Health and Lactation Support into a Medical Home: A Total Family Support Model*. Poster presented at North American Society for Psychosocial Obstetrics and Gynecology, NY, NY, April 2016.
- Hicks, L.M.**, Dayton, C.J. *Potential of child abuse and dispositional mindfulness in urban expectant mothers and fathers*. Poster presented at the Contemplative Studies to Promote Child and Family Wellbeing Conference, University of Wisconsin-Madison, October 2015.
- Hicks, L.M.**, Dayton, C. J., & Nordin, M. *Mindfulness, depression, trauma and resiliency in a group of low income urban expectant parents: Preliminary analysis from the Baby on Board study*. Poster to be presented at the Michigan Association for Infant Mental Health Biennial Meeting, Kalamazoo, Michigan, May, 2015.
- Hicks, L.M.**, Dayton, C. J. *Parents-to-be in Detroit: How mindfulness is associated with perinatal depression*. Poster to be presented at the Wayne State University Graduate Exhibition, Detroit, Michigan, March, 2015. (received 1<sup>st</sup> place award)
- Hicks, L.M.**, Dayton, C. J., & Nordin, M. *Promoting mindfulness in high-risk populations*. Poster to be presented at the WSU Lifespan Alliance Graduate Research Day, Detroit, Michigan, Feb, 2015.
- Hicks, L.M.**, Dayton, C.J. *A Mindfulness-Based Intervention for Expectant Mothers and Fathers in High-Risk Populations: A Literature Review and Research Proposal*. Poster presented at the International Symposium for Contemplative Studies, Boston, MA, October, 2014
- Hicks, L.** *Mindful Mamas: Exploring the Impact of Mindfulness in Pregnancy*. Poster presented at the Wayne State University School of Social Work Qualitative Methods Research Symposium. April, 2014

**Hicks, L.M.,** Dayton, C.J. *Mindfulness-Based Interventions for Expectant Mothers and Fathers in High-Risk Populations: A Literature Review and Research Proposal.* Poster presented at the annual Merrill Palmer Skillman Graduate Research Day, Detroit, MI, February, 2014

## **TEACHING EXPERIENCE**

Adjunct Faculty                      Wayne State University – School of Social Work (Jan 2016 – present)  
Courses taught: Mind, Body, Spirit Approaches in Social Work.

Training Instructor                      Prenatal Yoga Teacher Training Instructor (2010 – present)  
Philadelphia, PA; Rochester, MI, Farmington Hills, MI; Windsor, ON;  
London, ON, Toronto, ON, Gravenhurst, ON, Kingston, ON.

## **PROFESSIONAL EXPERIENCE**

2012-present                      Registered Social Work Therapist, Windsor, ON / Novi, MI  
Responsibilities: Provide therapeutic treatment for a variety of mental health diagnosis including PTSD, substance abuse, depression, anxiety

2014 – 2015                      Pre-Doctoral Clinical Practicum  
Perinatal Social Worker, University of Michigan, Ann Arbor, MI  
Women and Infant Mental Health Clinic (under Maria Muzik, MD, MSc.)  
Responsibilities: Provide therapeutic treatment for women who are pregnant or one year postpartum. Develop and implement postpartum intervention group. Integrate care with Perinatal Psychiatrists, Obstetricians and Lactation Consultants.

2011-2012                      Crisis Centre Counseling Intern: Hôtel-Dieu Grace Hospital, Windsor, ON  
Responsibilities: Crisis intervention to clients 16 yrs. and older in the emergency room, walk-in clinic, psychiatric intake clinic, client's home and through the 24 hr. crisis line.

2010-2011                      Bereavement Therapy Intern: Canadian Mental Health Association, Windsor, ON  
Responsibilities: Individual and group counseling to children and adolescents suffering from bereavement related issues. Includes, art therapy, play therapy, therapeutic storytelling. Edited book for child grief. Developed a curriculum for children's bereavement group.

2010-present                      Certified Labor Doula, Windsor, ON  
Responsibilities: Provide guidance, promote relaxation and advocate during childbirth

2005-present                      Registered Yoga Teacher/ Prenatal Yoga Teacher  
Responsibilities: teach yoga and meditation to people of all ages, taught a rehabilitation program at New Beginnings Juvenile Detention Centre and Sandwich Teen Action Group (STAG).

2005-2010                      Applications Engineer, DENSO, Southfield, MI  
Responsibilities: design, test and implement electric compressors in hybrid vehicles. Lead global cross-functional team in completed tasks efficiently and on-time.

2003-2005                      Project Manager, Dura Automotive Systems, Rochester, MI

Responsibilities: guide and lead cross-functional team through development and launch of spare tire carriers for Chrysler, GM, Ford, Honda.

- 2001-2003 Design / Release Engineer, Chrysler, Auburn Hills, MI  
Responsibilities: Design and launch for production automotive components such as decklid, hood, door, hinges, mirrors, latches.
- 2000-2001 Site Manager, AgentWare Systems Inc, Windsor, ON  
Responsibilities: Provide on site support and leadership for real-time inventory system at Ford Windsor Engine Plant.

## **VOLUNTEER POSITIONS**

- 2012 Yoga 4 Hope – Committee Member  
Assist planning of daylong fundraising event for local Breast Cancer Research. Raised \$25000 in 2012.
- 2010-present Off the Mat, Into the World Mentor – Senior Mentorship Team  
Mentor participants in their fundraising challenge, lead team of mentors
- 2008-2009 Off the Mat, Into the World, Phnom Penh, Cambodia  
Worked to move sexually and physically exploited and abused children living and working in garbage dump to safe house. Provide immediate intervention to children during this transition.  
Fundraised total of \$20,000 for the Cambodian Children’s Fund

## **TRAINING**

- 09/2016 – Mindfulness-Based Childbirth and Parenting Education Training
- 07/2015 – Mindfulness-Based Stress Reduction Training
- 06/2014 – Respiratory Sinus Arrhythmia – Data Collection and Analysis
- 09/2013 – Working Model of the Child Interview Coding Training
- 08/2013 – Mindfulness-Based Cognitive Therapy
- 05/2013 – Mindful Schools Curriculum Training
- 10/2012 – Non-Violent Communication Training
- 09/2011 – Non-Violent Crisis Intervention Training
- 09/2011 – Alive! Canada Suicide Prevention Training
- 09/2011 – Therapeutic Story Telling for Children
- 05/2010 – Teaching Yoga to At-Risk Populations Training, taught by Hala Khouri LC
- 02/2008 – Off the Mat into the World, Leadership Training Intensive, NYC by Seane Corn
- 09/2008 – Reiki Training and Certification – Level 1 (Healing Touch Therapy)

## **ASSOCIATIONS**

- Michigan Association of Infant Mental Health
- Society of Social Work Research
- National Association of Social Workers
- Ontario College of Social Workers and Social Service Workers
- Ontario Association of Social Workers
- Yoga Alliance
- International Association of Yoga Therapists
- CAPP Canada Birth Professionals

## **REFERENCES**

Dr. Carolyn Dayton, Wayne State University, Social Work Assistant Professor (Infant Mental Health Practice & PhD advisor), [carolyn.dayton@wayne.edu](mailto:carolyn.dayton@wayne.edu)

Dr. Suzanne Brown, Wayne State University, Social Work Assistant Professor,  
[suzanne.brown@wayne.edu](mailto:suzanne.brown@wayne.edu)

Dr. Debra Patterson, Wayne State University, Social Work Professor (Group Therapy & Directed Study),  
[debra.patterson@wayne.edu](mailto:debra.patterson@wayne.edu)

Dr. Charlene Senn, University of Windsor, Principal Investigator, [csenn@uwindsor.ca](mailto:csenn@uwindsor.ca)