

LAUREL M. HICKS, Ph.D., LCSW

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EDUCATION

- 2017 **Wayne State University, Detroit, MI**
Degree: Ph.D. Dual-Title in Social Work (Clinical Research Concentration)
& Infant Mental Health
Dissertation: Preparing to Parent: Mindfulness in Expectant Parents
Exposed to Adversity
- 2012 **Wayne State University, Detroit, MI**
Degree: Master of Social Work (Psychodynamic Concentration)
Directed Study: Secondary and Vicarious Trauma in Sexual Assault and
other Front-line Workers
- 2001 **University of Windsor, Windsor, ON**
Degree: Bachelor of Applied Science in Mechanical Engineering

POST-GRADUATE POSITIONS

- 2019 – present **University of Colorado – Boulder, CO**
Research Associate Faculty
Renée Crown Wellness Institute
Study: Upward Study: Preventing Depressive Relapse in Pregnant Women
with Recurrent Depression
Study: The Colorado Lullaby Project: building connections in pregnancy
and postpartum
Study: ALMA: Peer support program for reducing perinatal depression
- 2017 – 2019 **University of Denver – Denver, CO**
Postdoctoral Fellow
Neurodevelopmental Research Lab
Study: The Care Project: Reducing fetal exposure to maternal depression to
improve infant risk mechanisms (R01)
Advisors: Elysia Poggi Davis, Ph.D. & Benjamin Hankin, Ph.D.
Design and lead sub-study: Mental health in fathers from pregnancy through
postpartum. Lead infant MRI data and infant EEG/ERP research design and
data collection. Provide Interpersonal Therapy with perinatal women in OB
clinics at Denver Health and University of Colorado Hospitals (under
supervision of Nancy Grote at University of Washington). Mentor
undergraduate and graduate students. Collaborate on manuscripts and
grants.

LICENSURE

2017 – present Licensed Clinical Social Worker (Colorado: CSW.09924874)
2015 – present Licensed Clinical Master Social Worker (Michigan: 6801094277)
2012 – 2017 Registered Social Worker (Ontario: 820626)

RESEARCH INTERESTS

Clinical Intervention Research and Evidence-Based Practice
Perinatal and Infant Mental Health
Trauma-Informed Mindfulness-Based Interventions
Integrated Behavioral Health
Disparities in Reproductive Health

PRE-DOCTORAL RESEARCH EXPERIENCE

2013-2017 **Wayne State University / Merrill Palmer Skillman Institute**
Graduate Research Assistant
Study: Baby on Board: Early Parenting Study & Motown Lullaby Study
Investigator: Carolyn Dayton, Ph.D.
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.

2015-2016 **Wayne State University – School of Medicine, Department of Pediatrics**
Research Clinical Therapist
Study: Project Chill: Clinical Interventions for Type-1 Diabetes in Adolescence
Investigator: Deborah Ellis, Ph.D.
Responsibilities: Provide therapeutic group interventions (Mindfulness-Based Stress Reduction) to adolescents and young adults with type-1 diabetes living in Detroit.

2014-2015 **Wayne State University – Dept. of Translational Neuroscience**
Graduate Research Assistant
Study: Project CLIMB: Context Learning Initiated Mindfulness and Balance
Investigator: Moriah Thomason, Ph.D.
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.

2012-2013 **University of Windsor – Department of Psychology**
Research Assistant (Full-time)
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, Ph.D.

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.

<https://www.nejm.org/doi/full/10.1056/NEJMsa1411131>

PUBLICATIONS

Journal Articles (PEER-REVIEWED)

Under Review

Hicks, L.M., Ou, C., Charlebois, J., Tarasoff, L.A., Roos, L., Pawluski, J., Fairbrother, N., Hooykaas, A., Tomfohr-Madsen, L. (Submitted). Assessment of Canadian Perinatal Mental Health Services from the Perspective of Providers: Where Can we Improve? Submitted to *Archives of Women's Mental Health*.

Carbone, J., **Hicks, L.M.**, Brown, S, Saini, E.K., Dayton, C. (submitted). Adverse Childhood Experiences: Associations with a Blunted Cortisol Stress Response during Pregnancy. Submitted to *Psychoneuroendocrinology*.

Fritzson, A.E., Dimidjian, S.A., **Hicks, L.M.**, Law, G., Nytych, J., Park, B. (submitted). The Use of Lullaby to Support Social and Emotional Wellness among Parents during the COVID-19 Pandemic. Submitted to *Psychology of Music*.

Day, A., Curtis, A., Paul, R., Shi, C., **Hicks, L.M.**, Quist, L., Jianrattanasawat, L. (revise and resubmit). Access to Adequate Prenatal Care and Delivery Services among Female Youth in Foster Care: Michigan Medicaid Claim Analysis. Submitted to *Child and Adolescent Social Work Journal*.

Published

Irwin, J. L., Meyering, A. L., Peterson, G., Glynn, L. M., Sandman, C. A., **Hicks, L. M.**, & Davis, E. P. (2021). Maternal prenatal cortisol programs the infant hypothalamic–pituitary–adrenal axis. *Psychoneuroendocrinology*, *125*, 105106.

Hicks, L. M., & Dayton, C. J. (2019). Mindfulness and trauma symptoms predict child abuse potential in risk-exposed, men and women during pregnancy. *Child Abuse & Neglect*, *90*, 43-51. doi:10.1016/j.chiabu.2019.01.018 (IF: 2.9)

Wong, K., **Hicks, L.M.**, Trentacosta, C., van den Heuvel, M.I. (2019) The Role of Mindful Parenting in Individual and Prosocial Decision-making in Children. *Frontiers in Psychology*. doi: 10.3389/fpsyg.2019.00550 (IF: 2.09)

Dayton, C. J., Brown, S., Goletz, J., **Hicks, L.M.**, Barron, C., Sperlich, M., & Smith-Darden, J. (2019). Pathways to Parenting: Predictors of Prenatal Bonding in a Sample of Expectant Mothers and Fathers Exposed to Contextual Risk. *Child & Family Studies*. doi:10.1007/s10826-019-01343-6 (IF: 1.42)

Hicks, L. M., Swales, D. A., Garcia, S. E., Driver, C., & Davis, E. P. (2019). Does Prenatal Maternal Distress Contribute to Sex Differences in Child Psychopathology? *Current Psychiatry Reports*, 21(2), 7. doi:10.1007/s11920-019-0992-5 (IF: 3.86)

Dayton, C. J., Johnson, A., **Hicks, L. M.,** Goletz, J., Brown, S., Primuse, T., ... & Muzik, M. (2018). Sex differences in the social ecology of breastfeeding: a mixed methods analysis of the breastfeeding views of expectant mothers and fathers in the US exposed to adversity. *Journal of Biosocial Science*, 1-20. doi:10.1017/S002193201800024X (IF: 1.2)

Hicks, L. M., Dayton, C. J., & Victor, B. G. (2018). Depressive and trauma symptoms in expectant, risk-exposed, mothers and fathers: is mindfulness a buffer?. *Journal of Affective Disorders*. doi:10.1016/j.jad.2018.05.044 (IF: 3.84)

Hicks, L. M., Dayton, C. J., Brown, S., Muzik, M., & Raveau, H. (2018). Mindfulness Moderates Depression and Quality of Prenatal Attachment in Expectant Parents. *Mindfulness*, 1-11. doi:10.1007/s12671-018-0907-2 (IF: 3.02)

Dayton, C. J., Matthews, W. K., **Hicks, L. M.,** & Malone, J. C. (2017). The expression of music throughout the lives of expectant parents. *Journal of Psychology of Music*, 45(6), 839-854. (IF: 1.4)

Brown, S., Victor, B., **Hicks, L. M.,** & Tracy, E. M. (2017). Recovery support mediates the relationship between parental warmth and quality of life among women with substance use disorders. *Quality of Life Research*, 26(5), 1327-1335. (IF: 2.95)

Brown, S., **Hicks, L. M.,** & Tracy, E. M. (2016). Parenting efficacy and support in mothers with dual disorders in a substance abuse treatment program. *Journal of dual diagnosis*, 12(3-4), 227-237. doi:10.1080/15504263.2016.1247998 (IF: 1.639)

Dayton, C. J., Buczkowski, R., Muzik, M., Goletz, J., **Hicks, L.M.,** Walsh, T. B., & Bocknek, E. L. (2016). Expectant fathers' beliefs and expectations about fathering as they prepare to parent a new infant. *Journal of Society of Social Work Research*, 1-11. doi:10.1093/swr/svw017 (IF: 1.05)

Works in Preparation

Brown, S., Dayton, C., **Hicks, L.M.,** Carbone, J., Saini, E. Adverse Childhood Experiences and the Cortisol Stress Response During Pregnancy (in progress)

Dayton, C., **Hicks, L.M.,** Carbone, J., Saini, E., Brown, S. Simon, V. Sex Differences in Stress Response to a Simulated Baby Cry Protocol among Urban-Dwelling, Risk-Exposed Expectant Mothers and Fathers. (In progress)

Hicks, L. M., Dayton, C. What Rocked the Cradle: An Investigation of the Effects of Childhood Trauma on the Biobehavioral Risk of Expectant Mothers and Fathers.

Brown, S., Dayton, C. J., **Hicks, L. M.,** MacWilliams, M. J., Junquist, A. Making It Real: Prenatal, Relationship-Based Interviews with Pregnant Women Exposed to Environmental Risk.

Book Chapters (Non-Peer Reviewed)

Hicks, L. M., Brookens-Harvey, B., Muzik, M. Mindful Mamas: Mindfulness-Based Yoga for Depressed Women entering Motherhood. In I. Ivtzan (Ed.), *The Handbook of Mindfulness-Based Programs: Every Established Intervention, from Medicine to Education*: Routledge Press, 2019.

Gonzalez-Prendes, A. A., & **Hicks, L. M.** (2018). Cognitive Behavioral Therapy. In E.J. Mullen (Ed.), *Oxford Bibliographies in Social Work*. New York: Oxford University Press.

Gonzalez-Prendes, A. A., & **Hicks, L. M.** (2018). Cognitive Behavioral Therapy. In E.J. Mullen (Ed.), *Oxford Bibliographies in Social Work*. New York: Oxford University Press.

Reports

Colorado Department of Public Health and Environment (2020). *Colorado Maternal Mortality Prevention Program Legislative Report 2014–2016*.

RESEARCH GRANTS

Funded Proposals

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. \$3000.

Submitted Proposals

2020 **Colorado lullaby project: Nurturing wellness and social connections in parent-infant dyads with song.** (PI). AB Nexus Collaborative Award. (Submitted October 2020.)

2020 **Understanding Prevention in Pregnant Women with Recurrent Depression – COVID Supplement.** (Co-Investigator). National Institutes of Mental Health. PI Sona Dimidjian, PhD. (R01 Supplemental Funding Submitted September 2020)

2020 **A Model for Intergenerational Transmission of Risk from Perinatal Depression to Development of Emotion Dysregulation in Early Childhood: An Experimental Test.** (PI of CU subaward site). National

Institutes of Mental Health. PI Sherryl Goodman, PhD. (R01 Submitted June 2020, not awarded)

- 2020 **Colorado lullaby project: Nurturing wellness and social connections in parent-infant dyads with song.** (PI). Redline Arts and Society Grant. (Submitted January 2020, not awarded)
- 2019 **Colorado lullaby project: Nurturing wellness and social connections in parent-infant dyads with song.** (PI). CCTSI Maternal and Child Health Pilot Mentored Grant. (Submitted October 2019, not awarded).
- 2018 **The impact of a mobile mindfulness app on prenatal psychopathology, stress and infant brain development.** (PI). Mind & Life Institute Varela Grant. Application was scored well but not awarded.
- 2016 **Mindfulness and physiological responses to parenting stress: Associations with child abuse potential in an urban sample of trauma-exposed expectant parents.** Doris Duke Fellowship for the Promotion of Child Well-being (Finalist).
- 2014 **The Effects of a Mindfulness-Based Intervention on Stress Response, Birth Outcomes and Mental Health of Parents during the Childbearing Year.** Resubmitted to Canadian Institute of Health Research Doctoral Student Award. Application was scored but not awarded. Received 4.4/5.
- 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 Doctoral Student Award. Application was scored but not awarded. Received 4.1/5.

Proposals in Progress

- 2020 **Colorado lullaby project: Nurturing wellness and social connections in parent-infant dyads with song.** Will be submitted as R61/R33 to NCCIH in October 2020.

CONFERENCE PRESENTATIONS

Paper Presentations

- 2020 **Hicks, L.M.,** Kordyban, L., Coleman, N., Levy, J., Segal, Z., Goodman, S.H., Dimidjian, S. *Mindful Mood Balance for Moms: A Scalable Digital Intervention to Prevent Relapse of Depression in the Perinatal Period.* Paper presented at the International Marcé Society Biannual Conference, Iowa City, IA. October 5.

- 2018 **Hicks, L.M.** *Mindfulness Interventions in the Perinatal Period*. Zero to Three Annual Conference, Denver, CO. October 4.
- 2018 Dayton, C.J., Hohentanner, E., Goletz, J., **Hicks, L.M.**, & Brown, S. *A Longitudinal Analysis of Prenatal Risk and Resilience Factors Associated with Postnatal Parenting in Mothers and Fathers Exposed to Contextual Risk*. Paper presented at Society for Social Work and Research Conference. Washington, DC. January 13.
- 2018 Brown, S., Dayton, C.J., **Hicks, L.M.**, Kuo, P., & Saini, E. (2018, January). *Testosterone Moderates the Influence of Attachment Anxiety on Quality of Antenatal Bonding Among Fathers but Not Mothers Exposed to Contextual Risk*. Paper presented at Society for Social Work and Research Conference. Washington, DC. January 11.
- 2017 **Hicks, L. M.**, Dayton, C. J., Brown, S. *Mindfulness Moderates the Relationship of Depression and Quality of Prenatal Attachment in Expectant Parents Exposed to Contextual Risk*. Paper presented in symposium *Integration of Relational and Contemplative Practices in Preventative and Therapeutic Interventions for Perinatal Mood and Anxiety Disorders* at the Biennial Perinatal Mental Health Conference, Chicago, IL. November 18.
- 2017 **Hicks, L. M.**, Dayton, C. J. *Dispositional Mindfulness as a Moderating Mechanism for the Association Between Depression and Quality of Parental Bonding in Urban Expectant Parents*. Paper presented in symposium *Mechanisms of Mindfulness and Their Applications to Social Work Practice* at Society for Social Work Research Conference, New Orleans, LA. January 14.
- 2017 Dayton, C. J., **Hicks, L. M.** *Prenatal Bonding and Child Abuse Potential: Risk and Resilience in Vulnerable, Pregnant Mothers and Fathers*. Paper presented in symposium *Enhancing Services to Meet the Needs of Men Around the Period of Their Child's Birth* at Society for Social Work Research Conference, New Orleans, LA. January 15.
- 2017 Dayton, C. J., **Hicks, L. M.** *We Have to Set an Example for Them: Expectant Fathers' Perceptions of the Impact of Interpersonal Violence on Their Child*. Paper presented at Society for Social Work Research Conference, New Orleans, LA. January 15.
- 2016 **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 15.
- 2016 Shaddix, C., Cook, J. G., **Hicks, L. M.**, & Duncan, L. *Linking prenatal participation in Mindfulness-Based Childbirth and Parenting (MBCP) with later parent-toddler interactions: A qualitative follow-up study*. Paper presented at the 2016 Annual American Psychological Association Convention, Denver, CO. August 4.
- 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, Detroit, MI. February 14.

- 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, Detroit, MI. November 13.
- 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 5.
- 2015 **Hicks, L. M.**, 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, MI. May 24.
- 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 14.
- 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 12.
- 2014 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 10.
- 2012 Patterson, D., **Hicks, L. M.** & Dennerly, K. *Prevention of Secondary Trauma at the Individual, Supervisory, and Organizational Level.* Paper presented at NASW-Michigan Annual Conference, Kalamazoo, MI. April 9.

POSTERS/ABSTRACTS

- 2020 Babayon-Grandgeorge, A., Merrick, J. M., **Hicks, L.M.**, Narayan, A. J., & Davis, E. P. (2020, May). Benevolent childhood experiences in fathers-to-be: A replication and extension of resilience processes in low-income families. Poster accepted at the UCLA Undergraduate Research Conference. Los Angeles, CA.
- 2020 Kordyban, L., Coleman, N., Levy, J., **Hicks, L.M.**, Segal, Z., Goodman, S.H., Dimidjian, S. *Mindful Mood Balance for Moms: A Scalable Digital Intervention to Prevent Relapse of Depression in the Perinatal Period.* Poster session presented at the National Perinatal Association Conference, Denver, CO.

- 2019 Nolan, R.J, Vlasenko, V.V, **Hicks, L.M**, Garcia S.E., Davis, E.P. *Exploring the effects of maternal trauma on infant developmental outcomes: A literature review and research proposal*. Poster session presented at the 89th Annual Meeting of the Rocky Mountain Psychological Association. Denver, CO.
- 2018 **Hicks, L.M.**, Anderson, A., Peterson, G., Glynn, L., Sandman, C., Davis, E.P. *Prenatal Maternal Cortisol Programs the Hypothalamic-Pituitary-Adrenal Axis in Infants at 6 and 12 Months*. Poster presented at International Society of Psychoendocrinology, Irvine, CA.
- 2018 Zueger, M., Novak, M., **Hicks, L.M.**, Narayan, A., Davis, E.P. *Perinatal Paternal Mental Health and its Impact on Birth and Infant Outcomes: A Literature Review and Research Proposal*. Poster presented at DPRG research day, Denver, CO.
- 2017 Goletz, J.L., Dayton, C.J., **Hicks, L.M.** *Differences in Prenatal Maternal and Paternal Bonding with the Developing Fetus*. Poster presented at Lifespan Alliance Research Day, Detroit, MI. February 13.
- 2016 **Hicks, L. M.**, Dayton, C.J. *Dispositional Mindfulness Moderates Quality of Parental Bonding and Depression in Urban Expectant Parents*. Poster accepted for the International Symposium for Contemplative Studies, San Diego, CA.
- 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.
- 2016 Muzik, M, 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.
- 2015 **Hicks, L.M.**, Dayton, C.J. (2015, October). *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.
- 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.
- 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. (received 1st place award)
- 2015 **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.

- 2014 **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.
- 2014 **Hicks, L.M.** *Mindful Mamas: Exploring the Impact of Mindfulness in Pregnancy.* Poster presented at the Wayne State University School of Social Work Qualitative Methods Research Symposium.
- 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, Michigan.

TEACHING EXPERIENCE

- 2018 – present **University of Denver – Graduate School of Social Work**
Adjunct Professor
SOWK 4006: Human Behavior and Social Environment (MSW@Denver)
- 2016 – 2017 **Wayne State University – School of Social Work**
Adjunct Professor
SW 6991: Mind, Body, Spirit Approaches in Social Work.
- 2010 – present **Mindful Mamas: Prenatal Yoga Teacher Training**
Course developed and taught internationally

PROFESSIONAL EXPERIENCE

- 2012 – present **Licensed Social Work Therapist, Windsor, ON / Novi, MI / Denver, CO**
Responsibilities: Provide therapeutic treatment for a variety of mental health diagnosis including PTSD, substance abuse, depression, anxiety
- 2014 – 2015 **Pre-Doctoral Clinical Practicum, 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.

SCHOLARSHIPS & AWARDS

2016, 2015, 2014 Merrill Palmer Skillman Institute Predoctoral Fellow, Wayne State University.

2016, 2015, 2014 Merrill Palmer Skillman Travel Award

2016 Mind Life Summer Research Institute Research Fellow

2015 1st place poster (University-wide competition) – Wayne State University Graduate Exhibition

2014 Wayne State University, School of Social Work 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.

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.

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

COMMUNITY ENGAGEMENT

Postpartum Support International, Denver Lead Coordinator
Colorado Public Health, Perinatal-Related Depression Advisory Board
Colorado Perinatal Learning Collaborative Steering Committee
Red Cross, Disaster Mental Health Volunteer, Denver
Denver Health, Volunteer Labor Doula

AD HOC REVIEWER

JAMA Pediatrics
Journal of Mindfulness
International Journal of Yoga Therapy
Advances in Mind Body Medicine
Society of Research in Child Development Biannual Conference Review Committee

PROFESSIONAL TRAINING

Interpersonal Therapy in Pregnancy (MOMCare: Nancy Grote, PhD)
Perinatal Mental Health Disorders and Interventions (Postpartum Support International)
SBIRT Training
Mindfulness-Based Childbirth and Parenting Education Professional Training (Nancy Bardacke, CNM, Larissa Duncan, PhD)
Mindfulness-Based Stress Reduction Training (Susan Woods, LCSW)
Bayley III - Scales for Infant Development – Clinical Assessment Course
Respiratory Sinus Arrhythmia – Data Collection and Analysis
Working Model of the Child Interview Coding Training (Kate Rosenblum, PhD)
Mindfulness-Based Cognitive Therapy (Zindel Segal, PhD)
Mindful Schools Curriculum Training
Non-Violent Communication Training
Non-Violent Crisis Intervention Training
Alive! Canada Suicide Prevention Training
Therapeutic Story Telling for Children (Jerrold Brandell, Ph.D.)
Teaching Yoga to At-Risk Populations Training

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

Marcé Society of North America
Michigan Association of Infant Mental Health
Society of Social Work Research

American Psychological Association
National Association of Social Workers
Postpartum Support International
Yoga Alliance
CAPPB Canada Birth Professionals

RESEARCH MENTEES

2017-present Morgan Zueger (mentored honors thesis)

2017-present Maria Novak (mentored graduate thesis)

2017-present Devon Keyes (mentored McNair Scholar Project and honors thesis)