March, 2023

BIOGRAPHICAL SKETCH

**Glenn R. Schiraldi,** **Ph.D**., **Lt. Colonel (USAR, Ret.),** has served on the stress management faculties at the Pentagon, the International Critical Incident Stress Foundation, and the University of Maryland, where he received the Outstanding Teaching Award and other teaching/service awards in the School of Public Health. He is the author of various articles and books on human mental and physical health. His 14 books on stress-related topics have been translated into seventeen foreign languages, and include: *The Resilience Workbook*; *The Adverse Childhood Experiences Recovery Workbook;* *The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery & Growth*; *The Resilient Warrior Before, During, and After War;* *World War II Survivors: Lessons in Resilience*; *The Self-Esteem Workbook; Conquer Anxiety, Worry & Nervous Fatigue*; *The Anger Management Sourcebook*; *Ten Simple Solutions to Building Self-Esteem; Hope and Help for Depression: A Practical Guide;* and *Facts to Relax By: A Guide to Relaxation and Stress Reduction.* Glenn's writing has been recognized by various scholarly and popular sources, such as the *Washington Post*, *American Journal of Health Promotion*, the *Mind/Body Health Review*, and the *International Stress and Tension Control Society Newsletter*.

While serving at the Pentagon, he helped to design and implement a series of prototype courses in stress management for the Department of the Army—including hostility/anger management and communication skills. For the International Critical Incident Stress Foundation and Resilience Training International he designed and presents resilience training to optimize mental health and performance while preventing stress-related mental disorders such as post-traumatic stress disorder in high-risk groups (such as military, police, and firefighters). Serving at the University of Maryland since l980, he has pioneered a number of mind/body courses, which have taught coping skills to a wide range of adults to prevent stress-related mental and physical illness. His research indicates that resilience and seven other indicators of mental health can be favorably impacted by semester’s courses. He has trained clinicians and lay people internationally on various dimensions of resilience and trauma. Because of his expertise in practical skill building to prevent mental illness, he was invited to join the Board of Directors, Depression and Related Affective Disorders Association, founded as a Johns Hopkins University, Department of Psychiatry, cooperative. He has also served on the editorial board of the *International Journal of Emergency Mental Health and Human Resilience* and on the ABC News Post-Traumatic Stress Disorder working group.

He is a graduate of the U.S. Military Academy, West Point, and a Vietnam-era veteran. He holds graduate degrees from BYU (Summa Cum Laude, Valedictorian) and the University of Maryland. His research interests center on personality and stress, including resilience, post-traumatic stress, self-esteem, depression, anger/hostility, and anxiety.

CURRICULUM VITAE

**GLENN R. SCHIRALDI**, Ph.D., Department of Behavioral and Community Health, School of Public Health, University of Maryland.

#### PERSONAL DATA

Home: New Smyrna Beach, FL

Place of Birth: Brooklyn, New York

**ACADEMIC BACKGROUND**

Ph.D. University of Maryland 1983 Health Education

M.S. Brigham Young University 1976 Health Education

B.S. U.S. Military Academy 1969 Physics/Math

**AWARDS, HONORS, CERTIFICATES**

2021 The Post-Traumatic Stress Disorder Sourcebook named to “10 Best PTSD and Trauma Books for 2021” by Choosing Therapy

2016 Best of Ashburn, Ashburn Award Program for best local businesses, radio & broadcasting programming category

2006-7 Lilly-Center for Teaching Excellence Fellow, University of Maryland, unique pilot continuation program to implement plan conceived during previous year

2005-6 Lilly-Center for Teaching Excellence Fellow, University of Maryland

2003 College of Health and Human Performance George K. Kramer Practitioner Award, University of Maryland

1997 Nominated and elected to Board of Directors, Depression and Related Affective Disorders Association, Johns Hopkins University, Department of Psychiatry cooperative, serving until 2007

1996 Certification in Basic and Advanced Critical Incident Stress Debriefing (Post-Traumatic Stress Disorder Prevention), International Critical Incident Stress Foundation

1991 Celebrating Teachers Award: Certificate of Teaching Excellence, University of Maryland, nominated by outstanding graduating seniors

1991 Certificate of Achievement, Metropolitan Area Career/Life Planning Network

1990 Stress Management Education Certification, Biofeedback Certification Institute of America

1988 Certificate of Recognition, The American University and the National Center for Health/Fitness, for program design/implementation for Department of the Army

1987 The Doris W. Sands Outstanding Teaching Award, presented to the Outstanding Teacher in the College of Health and Human Performance, University of Maryland

1985 Outstanding Young Men of America

1983 Summa Cum Laude, University of Maryland

1978 Diabetes! What Now? Awarded Recommended Rating by American Diabetes Association

1976 Valedictorian, Summa Cum Laude, Brigham Young University

1976 Phi Kappa Phi (Interdisciplinary scholastic honor society)

1976 Eta Sigma Gamma (National Professional Health Science Honorary)

1975 Letter of Appreciation, Deputy Chief of Staff, U.S. Army Communications Command

1974 U.S. Army Meritorious Service Medal

1974 Letter of Appreciation, Deputy Chief of Staff, U.S. Army Communication Systems Agency

1973 U.S. Army Commendation Medal

1972 Distinguished Graduate, U.S. Army Cryptographic Supervisor Course

1972 Letter of Commendation, Director, Communications Electronics, U.S. Army Combat Support Training Center

1972 Letter of Commendation, Commander, 7th Engineer Brigade

1969 Honor Graduate, U.S. Army Officers Basic Course

1969 Graduate, U.S. Army Airborne School

1969 Honors Graduate (Dean’s List), U.S. Military Academy, West Point

1965 Athlete Scholar Award; Future Engineer Award; Boys State

Representative; Student Council President; (East Rockaway H.S.)

**PROFESSIONAL EXPERIENCE**

University of Maryland 2007-present Adjunct Faculty

University of Maryland 1983-2007 Full-time

Faculty:

Lecturer,

permanent

appointment

University of Maryland 1980-1983 Graduate

Teaching

Assistant

New Milford Board of

Education 1977-1980 Secondary

Teacher/Coach

(Health and

Mathematics)

Brigham Young University 1975-1976 Graduate

Teaching

Assistant

U.S. Army Communications

Command 1973-1974 Foreign Aid

Project Officer

U.S. Army VII Corps,

Germany 1972-1973 Brigade Commu-

nications -

Electronics

Officer

U.S. Army VII Corps Signal

Battalion 1970-1972 Operations

Officer &

Corps Signal

Platoon Leader

**PUBLICATIONS**

**Books**

Schiraldi, G. R. The Adverse Childhood Experiences Workbook: Heal the Hidden Wounds from Childhood Affecting Your Adult Mental and Physical Health. Oakland, CA: New Harbinger Publications, 2021. Hardcover edition, 2021. Amazon’s “#1 New Release in Popular Developmental Psychology”; “#1 New Release in Children’s Studies Social Science"; “Therapist Recommended.” Audio edition, 2021. German-language edition, 2021, 2022. Polish-language edition, 2021. Russian-language edition, 2021. Turkish-language edition, 2021. Arabic-language edition, 2021. Traditional Chinese-language edition, 2023.

Schiraldi, G. R. The Resilience Workbook. Oakland, CA: New Harbinger Publications, 2017. Polish-language edition, 2017. Chinese-language edition, 2018. Korean-language edition, 2020. Yuehua Culture (Chinese-language) edition, 2020. Audio edition, 2021. Arabic-language edition, 2021, Korean-language edition, 2023.

Schiraldi, G. R. The Resilient Warrior: Before, During, and After War. Ashburn, VA: Resilience Training International, 2011. Text for National Guard’s Vets4Warriors (telephone counseling program) and Rivers of Recovery (an outdoor rehabilitation program for service members and their families).

Schiraldi, G. R. The Complete Guide to Resilience: Why It Matters; How to Build and Maintain It. Ashburn, VA: Resilience Training International, 2011. Adopted as text for Disaster Resilience Leadership master’s program by Dr. Charles R. Figley, Disaster Resilience Leadership Academy, Tulane University; text for Homeland Security program Acute Stress Management course, Daniel Webster College; on Australian Defence Force Reading List.

Schiraldi, G. R. World War II Survivors: Lessons in Resilience. Ellicott City, MD: Chevron, 2007.

Schiraldi, G. R. Ten Simple Solutions for Building Self-Esteem. Oakland,CA: New Harbinger, 2007. Arabic-language edition, 2007. Spanish-language edition, 2008. Korean-language edition, 2009. French-language edition, 2010. Japanese-language edition, 2011. Chinese-language edition, 2013. Estonian-language edition, 2014. Polish-language edition, 2014. Czech-language edition, 2014.

Schiraldi, G. R., & Kerr, M. H. The Anger Management Sourcebook. Chicago, IL: McGraw-Hill, 2002. Indian-language edition, 2004.

Schiraldi, G. R. The Self-Esteem Workbook. Oakland, CA: New Harbinger, 2001 (first edition), 2016 (second edition). Korean-language edition, 2017. Hebrew-language edition, 2004. Turkish-language edition, 2005. Polish-language edition, 2007/2020. German-language edition, 2007. Dutch-language edition, 2008. Chinese-language edition, 2009. French-language edition, 2010. Italian-language edition, 2010/2020. Japanese-language edition, 2011, 2019. Romanian-language edition, 2016. Spanish-language edition, 2017. Russian-language edition, 2021. Polish-language edition, 2021. Publisher’s Best Seller. Courage to Change Best Seller. Audio edition, 2021.

Schiraldi, G. R. The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery and Growth. Chicago, IL: McGraw-Hill/Contemporary, 2000 (first edition), 2009 (second edition), 2016 (revised and expanded edition). Chinese-language edition, 2003. Korean-language edition, 2010. Named to Choosing Therapy’s “10 Best PTSD & Trauma Books for 2021.”

Schiraldi, G. R. Conquer Anxiety, Worry and Nervous Fatigue: A Practical Guide. Ellicott City, MD: International Critical Incident Stress Foundation/Chevron Publishing, 1997.

Schiraldi, G. R. Building Self-Esteem: A 125 Day Program. Ellicott City, MD: Chevron, 1999 (Republished as The Self-Esteem Workbook).

Schiraldi, G. R. Hope and Help for Depression: A Practical Guide. Miami Beach, FL: Healthy People, 1990. Best Seller, Mind/Body Health Catalog, Mental Medicine Update Newsletter, Center for Health Sciences/Institute for the Study of Human Knowledge.

Schiraldi, G. R. Stress Management Strategies. Dubuque, Iowa: Kendall/Hunt, 1988 (first edition), 1994 (second edition), 1995 (third edition).

Schiraldi, G. R. Facts to Relax By - A Guide to Relaxation and Stress Reduction. Provo, Utah: Utah Valley Regional Medical Center, 1982 (first edition), 1987 (second edition), l995 (revised), l996 (third edition). Revised 2003.

Schiraldi, G. R. Diabetes! What Now? Provo, Utah: Utah Valley Regional Medical Center, 1977 (first edition), 1978 (second edition), 198l (third edition), 1984 (fourth edition), 1986 (fifth edition), 1990 (sixth edition).

**Book Chapters**

Howard, D.E., Schiraldi, G. R., Pineda, A., & Campanella, R. “Stress and Mental Health among College Students: Overview and Promising Prevention Interventions*.*” In Stress and Mental Health of College Students, pp. 91-124. Mery V. Landow (Ed.). Hauppauge, NY: Nova Science Publishers, 2006.

Schiraldi, G. R. "Enhancing Self-Esteem," in Allen, R. J., & Hyde, D. Investigations in Stress Control. Minneapolis, Minnesota: Burgess, 1988.

Schiraldi, G. R. "Progressive Muscular Relaxation," in Squillace, M. R., Living with Heart Disease, Los Angeles, CA: Lowell House, l998.(Chapter reprinted from Conquer Anxiety, Worry & Nervous Fatigue, integrated as part of stress management section.)

**Articles (\*-refereed)**

\*Schiraldi, G. R. The Hidden Wounds from Childhood Helping Adult Caregivers Heal. In N. Kaplan Toren & C. Korzeniowski (Eds). Proceedings of the 2021 Oxford Symposium in School-Based Family Counseling. Institute for School-Based Family Counseling, 2022

Schiraldi, G. R. “Traumatic Wounding and the Promise of Healing.” LifeNet (International Critical Incident Stress Foundation), 31 (4), December, 2020.

\*Brown, S. L., Chopra, P. K., & Schiraldi, G. R. “Validation of the Humility Inventory (HI), a Five-Factor, Self-Report Measure of Humility.” The International Journal of Educational and Psychological Assessment, 2013, 12 (2).

**\*** Schiraldi, G. R., Jackson, T. K., Brown, S. L., & Jordan, J. B. “Resilience Training for Functioning Adults: Program Description and Preliminary Findings From a Pilot Investigation.” International Journal of Emergency Mental Health, 2010, 12 (2), 117-129.

**\***Lee, H., Brown, S.L., Mitchell, M., & Schiraldi, G. R. “Correlates of Resilience in the Face of Adversity for Korean Women Immigrating to the U.S.” Journal of Immigrant and Minority Health, 2008, 10 (5), 415-422.

\* Brown, S. L., Schiraldi, G. R., & Wrobleski, M. P. “Association of Eating Behaviors and Obesity with Psychosocial and Familial Influences." American Journal of Health Education, 2009, 40 (2), 80-89.

Schiraldi, G. R. “World War II Survivors: Lessons in Resilience.” International Journal of Emergency Mental Health, 2007, 9 (1), 47-53.

\*Brown, S.L., & Schiraldi G. R. “Helping Adolescents Understand and Manage Anger,” American Journal of Health Education, 2007, 38 (1), 44-50.

**\***Brown, S. L., & Schiraldi, G. R. “Reducing Sub-Clinical Symptoms of Anxiety and Depression: A Comparison of Two College Courses,” American Journal of Health Education, 2004, 35 (3), 158-164.

Schiraldi, G. R. “The Myths of Mental Illness: Hope for the Future,” Guest Editorial, International Journal of Emergency Mental Health, 2002, 4 (1), 1.

**\***Schiraldi, G. R., & Brown, S. L. “Preventive Mental Health Education for Functioning Adults: Stress, Coping, and Mental Health Courses at the University of Maryland,” International Journal of Emergency Mental Health, 2002, 4 (1), 57-63.

**\***Schiraldi, G. R., & Brown, S. L. “Primary Prevention for Mental Health: A Stress Inoculation Training Course for Functioning Adults,” American Journal of Health Education, 2001 (September/October), 32 (5), 279-287.

**\***Schiraldi, G. R., & Brown, S. L. “Primary Prevention for Mental Health: Results of an Exploratory Cognitive-Behavioral College Course.” The Journal of Primary Prevention, 2001, 22 (1), 55-67.

**\***Valera, R. J., Sawyer, R. G., & Schiraldi, G. R. “Perceived Health Needs of Inner-City Street Prostitutes: A Preliminary Study. American Journal of Health Behavior, 2001 (January/February), 25(1), 50-59.

**\***Valera, R. J., Sawyer, R. G., & Schiraldi, G. R. “Violence and Post Traumatic Stress Disorder In A Sample of Inner City Street Prostitutes.” American Journal of Health Studies, 2000, 16 (3), 149-155.

Sowby, S.K., & Schiraldi, G. R. “A Vision for the New Millennium: Strengthening the Host,” Journal of Health Education, 1999(March/April), 30(2), 131-132.

**\***Schiraldi, G. R., Spalding, T. W., and Hofford, C. W. "Expanding Health Educators' Roles to Meet Critical Needs in Stress Management and Mental Health," Journal of Health Education, l998 (March/April), 29(2), 68-76.

Schiraldi, G. R. "Research Suggests More Ways to Help Symptoms of Depression and Anxiety," Smooth Sailing, newsletter of the Depression and Related Affective Disorders Association (DRADA), Johns Hopkins University, Summer 1992.

**\***Schiraldi, G. R., and Beck, K. H. "Personality Correlates of the Jenkins Activity Survey." Social Behavior and Personality, 1988, 16(1), 109-115.

Collins, B., and Schiraldi, G. R. "The Right Room for Health and Happiness." Army Life - Lifestyle Information Fitness Education. April, 1987.

Schiraldi, G. R. "Use Your Imagination to Relax and Counter Effects of Stress." Diabetes in the News. March/April, 1986.

Schiraldi, G. R. "To Aid or Not to Aid." Life and Health National Health Journal, Quarterly edition, Second Quarter, 1980, 2(2), 22-23.

Schiraldi, G. R. "To Aid or Not to Aid." Life and Health National Health Journal, January 1980, 95(1), 19-20.

## Other

Schiraldi, G. R. “Resilience, Growth, and Thriving.” *Encyclopedia of Trauma*, Figley, C. R. (Ed.). Thousand Oaks, CA: Sage, 2012.

Schiraldi, G.R. "How Stressful Are You: The Stress Test." Miami Beach, FL: Healthy People, 1988.

Schiraldi, G.R. "Preparing an Educational Protocol: Non-thesis Project Guidelines," for Department of Health Education, University of Maryland, 1988.

Schiraldi, G.R. "Psychological Correlates of the Type A Behavior Pattern: A Descriptive Study", in Abstracts International. Ann Arbor, Michigan: University Microfilms International, 1984.

Schiraldi, G.R. "Psychological Correlates of the Type A Behavior Pattern: A Descriptive Study", University of Oregon Microforms, 1983.

**PROFESSIONAL PRESENTATIONS**

**National and International**

“Skills-based Resilience Training: Hope for Change,” 4th Resilience Online Congress 2023: Strengthening Resilience—Best Practice and Science,” Germany, March 14, 2023.

“The Hidden Wounds from Childhood: Helping Adult Caregivers Heal,” Oxford Symposium in School-Based Family Counseling,” webinar, August 7, 2021.

“The Resilience Training International Approach to Building Resilience in Individuals and Groups,” Department of Homeland Security Psychosocial Disaster Resilience webinar, October 22, 2015.

“Treatment of Psychological Trauma: The State of the Art,” International Critical Incident Stress Foundation 13th World Congress on Stress, Trauma & Coping, Baltimore, MD, May 15, 2015.

“The Resilience Training International Approach to Psycho-social Resilience and Climate Change,” International Transformational Resilience Coalition webinar, November 20, 2014.

“Resilience,” U.S. Air Force Command Chief Master Sergeant’s Training Course, Lackland Air Force Base, San Antonio, TX, December 3, 2013.

“Resilience,” Suicide Prevention Summit: Using Community Based Approaches to Prevent Suicide, Defense Suicide Prevention Office, Washington, D.C., September 25, 2013.

“Self-Care for Attorneys: Secondary Trauma and Burnout,” Panel, Fifteenth Annual Maryland Partners for Justice Conference, Baltimore, MD, May 16, 2013.

Schiraldi, G. R. “Behavioral Resilience: Preparing Tactical Athletes Emotionally,” Plenary Session: Military Symposium, International Critical Incident Stress Foundation 12th World Congress on Stress, Trauma, and Coping, Baltimore, MD, February 22, 2013.

Schiraldi, G. R. “Comprehensive Resilience Training: Progress, Promise, and Practical Considerations,” afternoon workshop, International Critical Incident Stress Foundation 12th World Congress on Stress, Trauma, and Coping, Baltimore, MD, February 23, 2013.

Sullivan, M. R., Brown, S. L., & Schiraldi, G. R. “Comprehensive Resilience Training: A Comparison of Three Approaches.” Poster, International Critical Incident Stress Foundation 12th World Congress on Stress, Trauma, and Coping, Baltimore, MD, February 22-23, 2013.

Schiraldi, G. R. “Resilience: Within Everyone’s Reach,” Association of the United States Army Annual Conference & Symposium, Presenter and Panelist, Military Family Forum, Washington, DC, October 23, 2012.

Schiraldi, G. R. “Remarkable WWII Survivors: Inspiring Stories and Timeless Lessons in Resilience.” Air Force Association’s Air and Space Conference and Technology Exposition, National Harbor, MD, September 19, 2012.

Jordan, J.B., Jackson, T.K., & Schiraldi, G.R. “The Effectiveness of a College Course for Healthy Adults in Building Resilience and Improving Mental Health.” Poster, 8th Scientific Meeting of the American Academy of Health Behavior, Oxnard, CA, March 9-12, 2008.

Hughes, T. J., Jordan, J. B., & Schiraldi, G. R. “A College Course to Build Resilience and Prevent Mental Disorders in Functioning Adults.” Paper, American Public Health Association 135th Annual Meeting and Exposition, Washington, DC, November 5, 2007.

Lee, H., Brown, S. L., Mitchell, M., & Schiraldi, G. R. “Correlates of Resilience in the Face of Adversity in a Mother-Daughter Korean Population, Paper, AAHE/AAHPERD National Convention, Baltimore, MD, March 16, 2007.

Schiraldi, G. R. “WWII Survivors: Lessons in Resilience.” Plenary Session, International Critical Incident Stress Foundation 8th World Congress on Stress, Trauma, and Coping, Baltimore, MD, February 18, 2005.

Brown, S. L., Wrobleski, M., & Schiraldi, G. R. “Obesity, Eating Behavior, and Mental Health.” Paper, Association of Health, Physical Education, Recreation, & Dance National Convention, New Orleans, LA, 2004.

Brown, S. L., & Schiraldi, G. R. “Life Philosophies as Predictors of Depression, Somatic Symptoms, and Life Satisfaction Among College Students Over the Last Twenty Years. Paper, Association of Health, Physical Education, Recreation, & Dance National Convention, New Orleans, LA, 2004.

Brown, S. L., Schiraldi, G. R., & Wrobleski, M. “Psychological Strengths as Correlates of Happiness and Health in College Students.” Paper, The Second International Positive Psychology Summit, Washington, DC, October 2-5, 2003.

Schiraldi, G. R., & Brown, S. L. “Preventing Mental Illness: Results of an Exploratory Cognitive-Behavioral College Course.” Paper, American Psychological Association Annual Convention, Washington, DC, August 5, 2000.

Brown, S. L., & Schiraldi, G. R. “Reducing Symptoms of Anxiety and Depression: Combined Results of a Cognitive-Behavioral College Course.” Paper, Anxiety Disorders Association of America National Conference, Washington, DC, March 24, 2000.

Schiraldi, G. R., and Pinciaro, P. "The Stress and the Healthy Mind Course: A College Course to Prevent Depression, Anxiety and Hostility." Paper presented at the national conference of the National Association for Self-Esteem, Baltimore, Maryland, November, l995.

Schiraldi, G. R. American Diabetes Association Scientific Sessions. Authors Corner (Diabetes! What Now?). Baltimore, Maryland, June 17, 1985.

Schiraldi, G. R., and Allen, R. J. "Evolution of the Human Health Construct: Do Our Roots Suggest Philosophical/Professional Directions?" Paper presented at the American Alliance for Health, Physical Education, and Recreation National Conference, Minneapolis, Minnesota, April 11, 1983.

**RESEARCH PROJECTS**

**Grants**

1986 Biomedical Research Support Grant Committee, Graduate School, University of Maryland. Human Psychophysiology Laboratory equipment to measure respiratory and electrodermal activity. Co-investigator. $2,044 approved and funded.

1985 National Heart, Lung and Blood Institute. "Smoking Cessation in Patients with Cardiovascular Disease." Principal Investigator. $424,953. Approved, not funded.

**PROFESSIONAL PUBLIC SERVICE**

**Consultancies**

2021-present Blogger for *Psychology Today.*

2020-present Board of Directors, Help for Trauma/ Intensive Trauma Recovery, Morgantown, WV.

2018-present National Advisory Board, Horses for Heroes, Santa Fe, NM (post-traumatic healing and resilience for active duty military and veterans).

2016-present Advisory Board, Emotional Intelligence Urban Initiative, Brooklyn, New York.

2015 Development of U.S. Special Operations Command Chaplains Advanced Education Program Curriculum, MacDill AFB, FL. (Graduate-level seminar to mitigate suicidality, PTSD, and other stress-related conditions in U.S. Special Operations Command service members and their families, Joint Special Operations University. Developed Optimizing Spiritual Resiliency module in Spiritual Readiness course, and Traumatic Stress and Moral Injury module in Crisis Care and Counseling course.)

2014-2021 Founding member and member of steering committee, International Transformational Resilience Coalition

2013 Development of Air Force Culture of Excellence and Basic Military Training Capstone course, U.S. Air Force/Council for Logistics Research

2011-2014 Resilience Trainer, Vets4Warriors, veteran telephone peer support program for military service members and their families, administered through National Guard and University of Medicine and Dentistry of New Jersey.

2011 Expert witness, Kackos vs. Board of Trustees, Public Employees’ Retirement System, State of New Jersey (PTSD following 9/11 in Vietnam veteran)

2010-2015 Scientific Advisory Board, Rivers of Recovery (wilderness rehabilitation for traumatized veterans)

2002-2004 Depression and Bipolar Strategic Alliance/DRADA Task Force on Support Group Leader Training Project: Training Video and Manual Development for Group Leaders and Mental Health Professionals. Baltimore, Maryland.

2001-2015 ABC News, Medical News, Needham, MA. Working Group on Post-Traumatic Stress Disorder. Consultation; expert pre-publication review of articles.

2000-present International Critical Incident Stress Foundation, Ellicott City, Maryland. Traumatic stress education faculty.

2001-2002 Advisory Board, Certified Wellness Coach Program, Corporate Health and Wellness Training, Workforce Development and Continuing Education, Montgomery College, Rockville, MD.

1991 BEMW Counseling and Training Associates. Stress management curriculum development to help relocating FBI employees.

1988 Arlington Hospital, Arlington, VA. Stress management instructor in Control Data Corporation's StayWell Training Program, teaching cognitive restructuring, active listening, assertiveness, dealing with aggressive people, giving and receiving negative feedback, empathy training, and relaxation. Also, Worksite Health Seminar Series: Stress Management and Relaxation Training for employees of The Washington Naval Yard and Blue Cross/Blue Shield.

1985-1988 The Army Staff Corporate Fitness Program, The Pentagon, Washington, D.C. Stress Management Consultant and Instructor in Type A modification, coping and communication, and relaxation training for Department of the Army (cognitive restructuring, hostility management, assertiveness training, cognitive-behavioral drills, time management, nutrition and exercise guidelines).

1988 WJLA-TV, Washington, D.C. (Channel 7, ABC Affiliate). Technical Adviser and Educational Materials Designer for "The Stress Factor" stress documentary.

1984-1986 Washington Hospital Center Heart Institute, Washington, D.C. Comprehensive Cardiovascular Health Promotion Project. Program development, evaluation and funding.

1984 State of Maryland Department of Natural Resources, Tidewater Administration, Annapolis, Maryland. In-service stress management training program development.

###### Scholarly Activities

2021 Manuscript reviewer for Everly, G. S., Jr. and Athey, A. B. Transformative Resilient Leadership: Leading Beyond Crisis. Washington, D. C.: American Psychological Association.

2021 Reviewer for Schab, L. M. The Self-Esteem Workbook for Teens (2nd Ed.). Oakland, CA: New Harbinger.

2019 Reviewer for Marr, H. K. A Clinician’s Guide to Foundational Story Psychotherapy: Co-Changing Narratives, Co-Changing Lives*.* New York: Routledge.

2019 Reviewer for Intellectual Reserve, Emotional Resilience for Self-Reliance. Salt Lake City: Intellectual Reserve.

2018 Reviewer for Everly, G. S., Jr., and Lating, J. M. *A* Clinical Guide to the Treatment of the Human Stress Response, 4th Ed. New York: Springer

2018 Reviewer for Lee, L. J., Moral Injury Reconciliation: Practitioner’s Guide for Treating Moral Injury, PTSD, Greif, and Military Sexual Trauma through Spiritual Formation Strategies. Philadelphia: Jessica Kingsley Publishers.

2016 Manuscript reviewer for Mruk, C., Feeling Good by Doing Good: A Guide to Authentic Self-Esteem. New York: Oxford University Press.

2015 Manuscript reviewer for Rendon, J. Upside: The New Science of Post-Traumatic Growth. New York: Touchstone.

2014 Developer, “Resilience, Growth, and Thriving,” Massive Open Online Course, MOOC 1000: Trauma! Tulane University

2014 Developer, “Post-traumatic Stress and Recovery,” 10-hour online course, Distance Learning Center for Addiction Studies (www.dlcas.com/).

2014 Book reviewer for Tick, E., Warrior’s Return: Restoring the Soul After War, Boulder, CO: Sounds True.

2014 Book reviewer for Miller-Karas, E., Building Resilience to Trauma: The Trauma and Community Resiliency Models, New York: Routledge.

2014 Manuscript reviewer for International Journal of Stress Management (“Meaning Made Distress and Growth: An Examination of the Integration of Stressful Life Experiences Scale”)

2014 Manuscript reviewer for International Journal of Stress Management (“Interrelationships Among Three Avoidant Coping Styles and their Relationship to Trauma, Peritraumatic Distress, and PTSD”)

2014 Manuscript reviewer for International Journal of Stress Management (“Performance Under Acute Stress: A Qualitative Study of Soldiers’ Experiences of Hand-to-Hand Combat”)

2013 Manuscript reviewer for International Journal of Stress Management (“Posttraumatic Recovery to Distress Symptoms Ratio: A Mediator of the Relationships between Demographic Variables and Resilience to War and Fire Disaster”)

2013 Book reviewer for International Journal of Emergency Mental Health (*Treating PTSD in Military Personnel: A Clinical Handbook*)

2012 Manuscript reviewer for International Journal of Stress Management (“Exposure to Trauma and PTSD Prevalence in an Iraqi Representative Sample”)

2012 Manuscript reviewer for International Journal of Stress Management (“PTSD, Coping Strategies and Social Support among Injured Victims of Terror Attacks along the Life Cycle: Early Adulthood, Middle Adulthood and Late Middle Age”)

2012 Manuscript reviewer for Scurfield, R. M., & Platoni, K. T. (Eds.), Healing War Trauma: A Handbook of Creative Approaches, New York: Routledge.

2012 Discussant, Psychophysiological Aspects of EMDR and CBT in the Treatment of PTSD, Association for Applied Psychophysiology and Biofeedback 43rd Annual Scientific Meeting, Baltimore, MD, March 9,2012.

2012 Manuscript reviewer for International Journal of Emergency Mental Health (“Elite Firefighter/First Responder Mindsets and Outcome Coping Efficacy”)

2011 Manuscript reviewer for International Journal of Emergency Mental Health (Predicting Attempted Suicide)

2010 Manuscript reviewer for International Journal of Stress Management (“Mind-Body Skills Groups for Posttraumatic Stress Disorder and Depression Symptoms in Palestinian Children and Adolescents in Gaza”)

2010 Manuscript reviewer for International Journal of Emergency Mental Health (“Impact of Physical Restraints in the Emergency Department on Attendance at Subsequent Outpatient Psychiatric Treatment”)

2010 Manuscript reviewer for International Journal of Emergency Mental Health (“Use of Translators with Medical Strike Teams and Behavioral Health Units: Appropriately and Effectively”)

2010 Manuscript reviewer for International Journal of Stress Management (“A Meta-Analytic Examination of Hardiness”)

2010 Manuscript reviewer for International Journal of Emergency Mental Health (“Critical Incident Stress Management in a School Setting Following Police Shooting of an Adolescent”)

2009 Invited participant, Department of Defense workshop/symposium, “Total Fitness for the 21st Century,” Psychological Fitness working group (charged with defining total and psychological fitness, and identifying components, metrics, gaps, barriers), Uniformed Services University, Bethesda, MD, December 6-9, 2009.

2009 Reviewer for Rothschild, B., Eight Keys to Safe Trauma Recovery, New York: Norton.

2008 Manuscript reviewer for International Journal of Stress Management (“Progressive Counting: Multi-Site Group and Individual Treatment Open Trials”)

2008 Manuscript reviewer for International Journal of Emergency Mental Health (“Somatic Experiencing Treatment with Social Service Workers Following Hurricanes Katrina and Rita”)

2008 Manuscript reviewer for International Journal of Stress Management (“Does disclosure of traumatic experiences influence dissociation or anxiety in group therapy for post-traumatic stress?”)

2006 Manuscript reviewer for Journal of School Health (“Anger, Stress, Coping and Relationships with School Connectedness in Fourth Grade Children”)

2005 Facilitator, “Is Resilience Teachable?” Ask the Experts Discussion Program, International Critical Incident Stress Foundation 8th World Congress on Stress, Trauma, and Coping, February 18, 2005, Baltimore, MD.

2005 Reviewer of scholarly work of Dr. Jeff Lating for promotion to full professor, Loyola College of Maryland, Psychology Department, Baltimore, MD.

2005 Forward to Culp, S. *Positive Emotion Recovery: A Guide for Survivors of Abuse and the Therapists Who Work with Them*. New York: Ithaca Press.

2003 Manuscript reviewer for International Journal of Psychology (“Predictors of Chinese Life Satisfaction: Contributions of Collective Self-Esteem”)

2003 Reviewer for Girdano, D.A., Everly, G. S., Jr., & Dusek, D. E., Controlling Stress and Tension, Boston, MA: Allyn & Bacon.

2003 Reviewer for Interactive Psychoeducational Group Therapy for Traumatized Women: Clinician’s Manual, New York: Sage Publications.

2003 Manuscript reviewer for International Journal of Emergency Mental Health (A Behavioral Analytic Model for Assessing Stress in Police Officers: Phase I. Development of the Law Enforcement Officer Stress Survey.

2003 Book reviewer for Meiners, C. J. When I feel Afraid. Minneapolis, MN: Free Spirit Publishing.

2002 Manuscript reviewer for International Journal of Psychology (“Exploring Self-Esteem of Hong Kong Chinese Adults with Cardiac Diseases”)

2002 Reviewer, Romas, J. A., & Sharma, M, Practical Stress Management, Boston, MA: Allyn & Bacon.

2001-2002 Editor, special issue on preventive mental health, International Journal of Emergency Mental Health

1999-present Member, Editorial Board, International Journal of Emergency Mental Health and Human Resilience.

1999 Reviewer, Donnelly, J., Mental Health: Dimensions of Self-Esteem and Emotional Well-Being, Needham Heights, MA: Allyn & Bacon.

1999 Reviewer, Zetin, M., & Tate, D., The Psychopharmacology Sourcebook, Los Angeles, CA: Lowell House.

1997 Reviewer, Howell, P.L., Dip.Psych. (Clin), M.A.P.S.,Information on Eating Disorders for Health Practitioners, Victoria, Canada: The Anorexia and Bulimia Nervosa Foundation.

1997 Reviewer, Squillace, M.R., Living with Heart Disease, Los Angeles, CA: Lowell House.

1991-1993 Reviewer, BHES 463, "Stress and Society," designed by Paul Rosch, M.D. (President, American Institute of Stress). For University of Maryland, University College, Center for Instructional Development and Evaluation.

1990 Reviewer, Stress Management, part of 16 volume Wellness Series, Dushkin Publishing.

* 1. Book reviewer for Health Education Research

1986 Manuscript reviewer for Health Education Research

**Media**

##### Radio/Web

“Self-Esteem and Resilience,” Courageously.U with Tara Bixby, Boise, Idaho, November 8, 2022.

“Stress, Trauma, and Resilience,” Finding Genius Foundation with Richard Jacobs, San Antonio, TX, June 3, 2022.

“Resilience,” ComfortZoneCrusher.com with David Lorscheid, Netherlands, February 19, 2018.

“Post-Traumatic Stress Disorder,” Ed Tyll Show, Starcom Radio Network (syndicated), February 27, 2017.

“Self-Confidence in the Workplace,“ Simulcast with Mary O’Connor, Master Your Career: How to Progress Confidently in Your Job or Business, Guest Expert Series, Thriving Fast, Dublin, Ireland, February 9, 2017.

“Post-Traumatic Stress Disorder,” Salt and Light Radio with Stuart Roth and Stephanie Hefner (WSRQ FM 98.9, 106.9; AM 1220, Sarasota, FL), December 10, 2016.

“Self-Esteem,” Coping Conversations with Dr. Bob Phillips, November 20, 2016.

“Post-Traumatic Stress Disorder,” Ed Tyll Show, Starcom Radio Network (syndicated), October 20, 2016.

“What Makes a Person Resilient?” On the Rock, word for the week podcast with Special Operations Chaplain Pete Stone, September 7, 2016 (www.livingontherock.org).

The Trauma Therapist Project: Interviews of master therapists, leading thinkers, and game changers in the field of trauma therapy, The Trauma Therapist Podcast, with Guy MacPherson, July 21, 2016 (www.thetraumatherapistproject.com).

“Post-Traumatic Stress Disorder,” The Best of Health and Fitness, Talk Zone internet radio, with Shanee Rubin, July 11, 2016.

“Bullying Survivors Virtual Summit: Rebuilding Your Life After Bullying,” National Bullying Prevention Month, with Melissa Winter, bullyingsurvivorssummit.com, October 24, 2015.

“Military Suicide and the Long-term Solution,” Inside Education Show with Paul Preston, KCNR AM 1460, Redding California, April 18, 2013.

“A Hands-On Approach to Treating Trauma and Building Resilience,” National Institute for the Clinical Application of Behavioral Medicine. One of six one-hour teleseminars bringing together the leading experts and innovators for “New Treatments for Trauma” series for health and mental health practioners, with Dr. Ruth Buczynski, May 12, 2011.

“Combat Stress: What Every Military Service Member and Their Loved Ones Should Know,” Your Military Life Blog TalkRadio Show with Nancy Brown and Phyllis Zimbler, [www.yourmilitarylife.com](http://www.yourmilitarylife.com), June 23, 2009.

“Self-Esteem,” Fully Alive with Dr. Greg and Lisa Popcak, SiriusXM Radio, Channel 159, January 28, 2009.

“Returning Wounded Veterans,” Federal News Radio, with Jeff Seldin, WFED AM 1050, Washington, DC, March 14, 2008.

“Self-Esteem and Women,” Get Real Girls, with Liv Lane, WSMP FM 107.1, Minneapolis, MN, December 8, 2007.

“Building Self-Esteem in Women,” Speaking of Women, with Melissa Hawes, WWZZ FM 104, Arlington, VA, May 2, 2004.

“Stress in Combat Veterans from Four Wars,” Main Street Show, with Barbara Klein, Voice of America, November 11, 2002.

“Beating Senior Blues,” Growing Older: A New Perspective, with David Doyle, WOKY, Milwaukee, September 15, 2002.

“Self-Esteem,” Bright Moment, with Ed Smith, WRPR, Mahwah, NJ, April 17, 2002.

“Self-Esteem,” The Morning Show, with Laura Olson and Jim Maurice, KLGR, Redwood Falls, MN, November 12, 2001.

“Primary Prevention for Mental Health in College Students,” Psychology Minute with Dr. Roger Klein, All News Radio Station, KQVAM, Pittsburgh, October 24, 2001. [Precipitated by favorable results of “Stress and Healthy Mind” course, paper, American Psychological Association Annual Convention.]

“Nature and Treatment of Post-Traumatic Stress Disorder.” Joyce Keller Show, WGBB, Merrick, N.Y. July 26, 2000.

“Post-Traumatic Stress Disorder and the Anniversary of Columbine,” Diane Kepley, WTOP, Washington DC, April 20, 2000.

"Coping with College Stress," Body Talk: The Alexa Champion Show, WMUC, College Park, Maryland, September 20, 1992.

"Recent Advances in the Recognition and Treatment of Depression and Cardiovascular Disease," The Joyce Keller Show, WGRB, Baldwin, N.Y., November 27, 1987.

Television/Telesummits/Podcasts

“Adverse Childhood Experiences: Lessons for Leaders,” Leading Saints podcast, with Kurt Francom, Salt Lake City, UT, March 11, 2023.

“Recovering from Toxic Childhood Stress,” Evidence-Based: New Harbinger Psychology Podcast, with Cassie Stossel, Oakland, CA, May 30, 2023.

“Recovering from Adverse Childhood Experiences,” Resiliency Within Show, VoiceAmerica Health and Wellness channel. with Elaine Miller-Karas, Claremont, CA, August 22, 2022.

“Adverse Childhood Experiences,” Brimming with Joy with Heather Russon, Provo, UT, August 29, 2022.

“Childhood Adversity, PTSD, and the Road to Recovery,” Judging Meghan podcast with Meghan Judge, September 16, 2021.

“Adverse Childhood Experiences: Impacts and Healing,” Post Trauma Secrets and Decluttering podcast with Valerie Huard, Ontario, CA, September 16, 2021.

“Adverse Childhood Experiences and Approaches to Healing,” Other Side of Addiction podcast with Al Richards, Episode #14, July 19, 2021. (On YouTube)

“Overcome Adverse Childhood Experiences,” Healthy and Happy Mind, live podcast with Dr. Rozina Lakhani, MD, psychiatrist, February 6, 2021. (On YouTube)

“Bullied, Abused, Suicidal No More Online Show,” with Angele Edwards, June, 2020. (On Youtube)

“Rewiring Your Brain and Mind for Resilience”, Day 3 of The Self-Sabotage Summit with Helen Maffini, MindBE Business, January 7-11, 2019. (On YouTube)

“The Current State of Resilience,” Brain Savvy Live webinar, with Anna O’Connor and Melissa Kerr, March 22, 2018.

“Resilience and Wholesome Self-Esteem,” Gamechanger Global Summit on Personal Development, bringing together global leaders in personal development, human behavior, neurobiology and spirituality, with Kate and Henare O’Brien, Australia, February 28, 2018.

“Resilience,” My Own Worst Enemy mental health podcast with Danny Whittaker, Manchester, United Kingdom, November 17, 2017.

“Post-Traumatic Stress Disorder and Resilience,” Treating Trauma without Drama: Top Experts Reveal Tips for Handling Treatment Challenges with Confidence and Ease with Dr. Patricia Sherman, June 11, 2017.

“Being Your Best: Optimizing Health, Performance and Resilience,” Confidence Summit: Extreme Confidence and How to Get It, Inside Minds of Leaders, Mia Hewitt, host, The Money Channel (sponsored by Forbes), Ft. Lauderdale, FL, June 5, 2017.

“Quietly Glad: Healthy Self-Esteem and Self-Acceptance,” the Self-Acceptance Online Summit, 30 leading voices from around the world exploring landscape of self-esteem, self-acceptance, self-compassion, shame, vulnerability and related topics. Tami Simon, moderator. Sounds True Publishing, Inc., Louisville, CO, September 11, 2017.

“The Costs of Sleep Deprivation in Adults,” UMTV, College Park, Maryland, February 21, 2007.

“Post-Traumatic Stress Disorder in Senior Citizens and Combat Veterans,” Retirement Living Television’s Healthline!, CN8, Kevin Soden, M.D., Catonsville, MD, October 11, 2006.

“Veterans and Post-Traumatic Stress Disorder,” NewsCenter at Six, WCSH Channel 6 (NBC Affiliate), Portland, Maine, March 25, 2006.

“Displaced Students Stress Following Hurricane Katrina,” CTV-76 News, Prince George’s County, Maryland, September 7, 2005.

“Stress and Sleep Deprivation,” UMTV, College Park, Maryland, April 22, 2002.

“Two-Month Aftermath of September 11, 2001,” UMTV, College Park, Maryland, November 19,2001.

“How to Cope with September 11, 2001, and the Tornado in College Park,” UMTV, College Park, Maryland, October 5, 2001.

“Post-Traumatic Stress Disorder,” Healthline, Newschannel 8, ABC Affiliate, Dave Lucas, Springfield, VA, May 10, 13 & 14, 2000.

“Post-Traumatic Stress Disorder and the Anniversary of Columbine,” PGTV, CTV, Channel 15, April 20, 2000.

"Managing Your Stress," Group W Cable, The Westinghouse Cable Network, Bayshore, N.Y., July 2, 1985.

**Printed**

Interviews on coping with the aftermath of September 11, 2001, by: *Miami Herald*, *Washington Times (10/14/01)*, *San Francisco Gate (10/2/01)*.

Other interviews: *Remedies for Life* (“From Childhood Harm to Adult Health: Learning to Heal from ACEs,” April 2022), *PsychologyToday.com* (“Overcoming the Need to Please,” October 1, 2017), *First for Women* (“Is Self-doubt Holding You Back,” March 2, 2015), *PsychCentral* (“What Really Strengthens Self-Esteem” and “Signs of Low Self-Esteem,” January 30, 2012), *Stars and Stripes* (social media bridging gap between troubled vets and treatment, September 23, 2011), *Medill Reports,* Chicago (7,8-dihydroxyflavone for the possible treatment of PTSD, January 26, 2011), *Star-Ledger,* Newark, NJ(Post-traumatic stress disorder and traumatic brain injury in veterans, June 5, 2008), *Försvarsutbildaren***,** Swedish armed forces’ magazine (Post-traumatic stress disorder in returning Gulf vets, March 2008), *Petra,* German women’s magazine(Self-esteem, January 2008), *The Beacon* (Vets teach lessons in resilience, July 2007), *San Diego Union Tribune* (Post-traumatic stress disorder and violence in Marines in Iraq, July 31, 2007), *ABCNews.com* (For Virginia Tech students, post-traumatic stress may live on, April 17, 2008), *Försvarsutbildaren***,** Swedish armed forces’ magazine (Wounded Gulf vets and Post-Traumatic Stress Disorder, No. 4, 2006),*Des Moines Register* (Staying calm in the current real estate market, September 6, 2006), *The* *London Observer/Guardian Unlimited* (PTSD in returning vets, July 3, 2006), *Capital Weekly*, Augusta, Maine (Post-traumatic Stress disorder in vets and civilians, March 23, 2006), *Baltimore Sun* (Hurricane Katrina, September 4, 2005), *Cape Cod Times* (Combat stress and readjustment, March 19, 2005), *The* *Tallahassee Democrat* (Homecoming/re-entry for Iraq veteran, February 14, 2005), *The Washington Times* (culturally relevant university classes, November 29, 2004), *The Arizona Republic* (Overcoming Setbacks, June 29, 2004), *MADDvocate* (Diagnosing and Treating Post-Traumatic Stress Disorder, Summer 2004), *Time Magazine* (Coaching Stress, April 5, 2004), *Baltimore Sun* (Meditation, December 7, 2003), *Reuters News*(Sniper anxiety in Washington, D.C., area, October 17, 2002), *Milwaukee Sentinel* (PTSD in WWII survivors, Veterans Day, November 12, 2001); *ABC News Health Section On-Line* (PTSD symptoms following American Airlines crash, November 18, 2001); *Woman’s Day* (self-esteem and confidence, with Mihaly Csikszentmihalyi, David Burns, and Nathaniel Branden, April 20, 1999), University of Maryland *Diamondback* (Stress and free time, April 15, 2002; Stress Management: A Work in Progress, December 5, 2001);*Gazette Community News* (modern stress and coping, March 5, 2003).

**TEACHING EFFECTIVENESS**

1. Overall evaluation of course ranked in 99th percentile; would like instructor again 98th percentile; improved attitude toward field 99th percentile, HLTH 486, Stress and the Healthy Mind, Spring, 1992 and Spring, l995(IDEA Report).

2. Overall evaluation of course ranked in 99th percentile; communicating content and purpose 98th percentile; involving students and would like instructor again 95th percentile; improved attitude toward field 94th percentile, HLTH 680, Psychological Dynamics of Coping with Stress, Spring, 1990 (IDEA Report).

3. Overall evaluation of course, involving students and communicating content and purpose ranked in 99th percentile; creating enthusiasm and preparing exams 98th; improving attitude toward field 96th, HLTH 485, Ways of Knowing About Human Stress and Tension, Fall, 1990 (IDEA Report).

4. All 18 student evaluation items exceeded college and department averages, HLTH 485, Ways of Knowing About Human Stress and Tension, Fall, l997 (College instrument).100% of students ranked course in top 25% or higher, Spring, l997.

5. 100% of students ranked class in top 10% or higher, compared to all courses taken at UMCP, HLTH 680, Psychological Dynamics of Coping with Stress, Spring, l997.

6. Overall evaluation of course, creating enthusiasm, student involvement, and communicating content and purpose ranked in 99th percentile, Health 485, Ways of Knowing About Human Stress and Tension, Spring, 1987 (IDEA Report).

7. Instructor and course ranked among the upper 5% at University of Maryland, Health 485, Ways of Knowing About Human Stress and Tension, Summer I, 1986 (Departmental instrument).

8. Instruction ranked among upper 13th percentile of University instructors, Health 485, Ways of Knowing About Human Stress and Tension, Spring 1985 (standardized University instrument).

9. Average ranking of instructor for above course was "Among the upper 5%" compared with other instructors at the University of Maryland (departmental instrument).

10. Average ranking of instructor was "Among the upper 5%" compared with other instructors at the University of Maryland, Health 285, Controlling Stress and Tension, Fall, 1987 (Departmental Instrument).

11. Student evaluations of instructor, all courses exceeded department average, Spring l995, HLTH 285, 485, 486 (departmental instrument).

12. Mean student ratings exceeded means for all college and departmental courses in 17 of 18 categories. 100% of students ranked course in top 25% compared to all courses taken at UMCP. HLTH 485, Ways of Knowing About Stress and Tension, Fall, 1996 (College Form).

13. Mean student ratings exceeded means for all college and departmental courses in 16 of 18 categories. 100% of students ranked course in top 25% compared to all courses taken at UMCP. HLTH 680, Psychological Dynamics of Coping with Stress, Fall, 1996 (College Form).

1. 100% of evaluation items exceeded departmental averages for graduate courses. HLTH 685, Spring, l997.
2. Mean student ratings for 100% of evaluation items exceeded means for the department and college for three courses (HLTH 486, 485, 285), Spring, 1998. 100% of students ranked HLTH 486 among top 5% compared to all courses taken at University of Maryland. 100% of students ranked HLTH 485 among the top 25%.
3. Overall evaluation items for all courses exceeded averages for all departmental and college courses, Spring, 2000.
4. Mean ratings for all evaluation items for HLTH 486 (both sections) exceeded averages for all departmental and college courses, Spring, 2001. For the third course (HLTH 485), 100% of overall evaluation items and instructor items exceeded averages for all departmental and college courses.
5. Mean ratings for all evaluation items for HLTH 485 exceeded averages for all departmental and college courses, Spring, 2004 (College form).
6. Mean student ratings for all evaluation items exceeded departmental and group averages for HLTH 285 and HTLH 485, Spring, 2005 (University form).
7. Mean student ratings for all evaluation items exceeded departmental and group averages for HONR 243P, Fall, 2005 (University form). Mean student ratings for all evaluation items exceeded averages for similar courses for HLTH 285, Fall, 2005 (University form).
8. Mean student ratings for all evaluation items exceeded departmental and means for similar courses for HLTH 485, Spring 2006 (University form).
9. Mean student ratings for all evaluation items for HONR 248P exceeded averages for all Honors 200 level courses and averages for the entire Honors department, Fall 2006 (University form).

23. Mean student ratings for all evaluation items exceeded departmental means and/or means for similar courses for HLTH 285, Spring 2007 (University form).

24. Mean student ratings for all but one evaluation items exceeded averages for both similar courses and all Honors department courses, HONR 248P, Spring 2007.

**Invited Speaking Engagements and Workshops**

“How to Prevent Exhaustion,” Chevron Corporation, March 1, 2023.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” Remote Learning: Live Presentation, sponsored by International Critical Incident Stress Foundation, December 7-8, 2022.

“Post-Traumatic Stress Disorder and Dissociation,” workshop for Polish trauma therapists in training, Remote Learning: Live Presentation sponsored by Sabina Sadecka Psychologia, Poznan, Poland, November 11, 2022.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” International Critical Incident Stress Foundation Speakers Bureau, Personnel Support Aviation Ltd., Scotland, Remote Learning: Live Presentation, October 6-7, 2022.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” International Critical Incident Stress Foundation Speakers Bureau, Saskatchewan, Canada, Remote Learning: Live Presentation, September 22-24, 2022.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” Blue Cross Blue Shield of Arizona, Remote Learning: Live Presentation, June 28-29, 2022.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” University of Texas, San Antonio, Remote Learning: Live Presentation, June 23-24, 2022.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” University of Texas, San Antonio, Remote Learning: Live Presentation, April 21-22, 2022.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” Remote Learning: Live Presentation, International Critical Incident Stress Foundation, April 14-15, 2022.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” International Critical Incident Stress Foundation Speakers Bureau, Saskatchewan, Canada, Remote Learning: Live Presentation, April 7-8, 2022.

“Resilience Across Diagnoses and Through the Lifespan,” live interactive webinar for mental health professionals, J&K Seminars, March 18, 2022.

“Hidden Wounds from Childhood: The #1 Unaddressed Public Health Problem Facing the Nation,” Rotary International, New Smyrna Beach, FL, January 25, 2022.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” International Critical Incident Stress Foundation Speakers Bureau, Saskatchewan, Canada, Remote Learning: Live Presentation, January 13-14, 2022.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” International Critical Incident Stress Foundation Speakers Bureau, Saskatchewan, Canada, Remote Learning: Live Presentation, October 21-22, 2021.

“Faith, Joy, and Science,” Faith and Science Seminar Series, Brigham Young University College of Life Sciences, Provo, UT, September 9, 2021.

“Resilience in Times of Change,” Department of Defense Human Resources Directorate, Washington, DC, February 17, 2021.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” Remote Learning: Live Presentation, International Critical Incident Stress Foundation, February 25-26, 2021.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” Manchester, NH, Police Department, February 18-19, 2021.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” Remote Learning: Live Presentation, International Critical Incident Stress Foundation, October 22-23, 2020.

“Resilience Training: Psychological Survival Skills for Before,

During, and After Crises,” Remote Learning: Live Presentation, International Critical Incident Stress Foundation, August 23-24, 2020.

“Bearing Up During the Corona Virus War,” NASA Goddard Space Flight Center, Greenbelt, MD, April 28, 2020.

“Adverse Childhood Experiences and Health Outcomes: How the Hidden Wounds of Toxic Childhood Stress Affect Mental and Physical Well-being; What Health Professionals Need to Know,” Palmer College of Chiropractic, Port Orange, FL, October 28, 2019.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Laredo, TX, October 24-25, 2019.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Las Vegas, NV, October 10-11, 2019.

“Police Resilience Training,” DeKalb County Police, Tucker, GA, October, 3-4, 2019.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, San Francisco, CA, September 19-20, 2019.

“Police Resilience Training,” DeKalb County Police, Tucker, GA, August 22-23, 2019.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Houston, TX, August 1-2, 2019.

“Police Resilience Training,” DeKalb County Police, Tucker, GA, June 6-7, 2019.

“Resilience and Self-Care,” NASA Goddard Space Flight Center, Greenbelt, MD, May 23, 2019.

“Resilience and Self-Care for Veterans,” NASA Goddard space Flight Center, Greenbelt, MD, May 23, 2019.

“Fire Road: The Kim Phuc Story,” Inspiring Women, New Smyrna Beach, FL, April 23, 2019.

“Resilience and Self Care,” FBI Victim Service Providers, Orlando, FL, April 17, 2019.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Atlantic City, NJ, March 5-6, 2019.

“Everyday Coping,” Veterans Workshop, Kissing Tree Veterans Group, San Marcos, TX, November 3, 2018.

“Reflections on Living Well,” Warrior and Rescuer Wellbeing and Spirituality: A Retreat on Living Well for Active Military, Veterans, and First Responders, Orcas Island, WA, October 13, 2018.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Houston, TX, August 22-23, 2018.

“Honoring Our Veterans,” St. Matthews Episcopal Church, Sterling, VA, November 11, 2017.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” Buck County Regional Critical Incident Stress Management Teams, Doylestown, PA, October 12-13, 2017.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” California Highway Patrol, Sacramento, CA, October 10, 2017.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” Big Sky Critical Incident Stress Management, Billings, Montana, May 10-11, 2017.

“Resilience Training: Promise and Potential,” Commanders Summit, 70th Intelligence, Surveillance and Reconnaissance Wing, Ft. Meade MD, November 9, 2016.

“The Crisis Trauma Continuum: Trauma, Moral Injury, & Grief,” 2-day workshop for chaplains, Special Operations Chaplaincy Graduate Certificate Course on Crisis Counseling, Special Operations Command, MacDill Air Force Base, Tampa, FL, July 27-28, 2016.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, San Francisco, CA, June 9-19, 2016.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Columbia, MD, June 2-3, 2016.

“Optimizing Spiritual Resiliency,” 2-day workshop for chaplains, Special Operations Chaplaincy Graduate Certificate Course on Spiritual Readiness, Special Operations Command, MacDill Air Force Base, Tampa, FL, May 9-10, 2016.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” Wounded Warrior Project, Jacksonville, FL, February 9-11, 2016.

“Unbroken: Lessons from 47 Days on a Life Raft and Beyond,” Potomac 4.0 Group, Arlington, VA, September 13, 2015.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Denver, CO, August 20-21, 2015.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” Kansas EMS Association, Topeka, KS, August 13, 2015.

“Resilience Training: Strengthening Ourselves and Others in Difficult Times,” Clinical Preceptorship Training Symposium for U.S. Navy drug and alcohol counselors/supervisors, U.S. Navy Mine and Antisubmarine Warfare Base, San Diego, CA. June 8, 2015.

“Resilience Training: Caring for Ourselves and Others in Difficult Times,” Father Steve Letourneau Lecture Series/Symposium, Salina Regional Health Center, Salina, KS, March 27, 2015.

“Resilience Training: Psychological Survival Skills,” Chesapeake Bay Organization Development Network, Coaching Community of Practice, Bethesda, MD, March 3, 2015.

“Resilience Training: Caring for Ourselves and Others in Difficult Times.” Keynote address to Patient & Family Experience Week Symposium, and seminar for residents/medical students, Children’s National Health System, Washington, DC, February 11, 2015.

“Resilience Training: Caring for Ourselves and Those We Lead,” HealthONE EMS Education, Denver, CO, January 21, 2015.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” Speaking tour, series of one- to two-day workshops throughout Australia and New Zealand, Crisis Intervention and Management Australasia, September 15-October 1, 2014.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Wichita, KS, July 23-24, 2014.

“Resilience Training: Caring for Ourselves and Those We Lead,” Ontario Provincial Police Detachment Commanders Conference, Toronto, Ontario, Canada, May 22, 2014.

“Resilience Training: Caring for Ourselves and Those We Lead,” Transportation Security Administration, Year of Learning Series, Pentagon City, VA, May 14, 2014.

“Spiritual Roots of Resilience,” National Prayer Luncheon, Seymour Johnson Air Force Base, Goldsboro, NC, May 2, 2014.

“Resilience: Taking Care of Yourself and Those You Lead,” Seymour Johnson Air Force Base, Goldsboro, NC, May 1, 2014.

“The Heart of Resilience: What’s Love and Community Got to Do with It?”, Training Officers Consortium Annual Institute, Norfolk, VA, April 29, 2014.

“Resilience Training: Taking Care of Yourself and Those You Lead,” Headquarters, Department of Homeland Security, Washington, DC, April 17, 2014.

“Transformational Resilience: Oregon Leaders Self-Care Two-day Workshop,” Resource Innovation Group and City of Eugene, Eugene, OR, March 20-21, 2014.

“Remarkable WWII Survivors: Inspiring Stories and Timeless Lessons in Resilience,” 2014 Annual Leadership Coaching Conference, Georgetown University Institute for Transformational Leadership, Washington, DC, March 7, 2014.

“Building Personal and Professional Resilience,” IQ Solutions, Rockville, MD, January 16, 2014.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, San Diego, CA, December 5-6, 2013.

“The High-Performance Corporate Athlete: Thoughts on Individual Resilience, Happiness, and Sustained Excellence,” Robert H. Smith School of Business IMPACT program for learning and development professionals, Washington, DC, November 4, 2013.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Phoenix, AZ, October 17-18, 2013.

“Resilience Training: Caring for Yourself and Those You Lead & Love,” U.S. Department of the Treasury, Washington, D. C., September 24, 2013.

“Sleepless in September: How to Get Refreshing Sleep Again,” Civility Collaborative and the Code 600 Diversity Team, NASA Goddard Space Flight Center, Greenbelt, MD, September 11, 2013.

“Sleep, Sleep Debt, and Nightmares: How to Get Refreshing Sleep Again,” National Guard’s Vets4Warriors peer counseling program, University of Medicine and Dentistry of New Jersey, Piscataway, NJ, June 18, 2013.

“Remarkable WWII Survivors: Inspiring Stories and Timeless Lessons in Resilience,” Franciscan Oaks Assisted Living Center, Denville, NJ, June 18, 2013.

“Resilience: What’s Love Got to Do With It?” Civility Collaborative and the Code 600 Diversity Team, NASA Goddard Space Flight Center, Greenbelt, MD, May 16, 2013.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” Southeastern Pennsylvania Task Force (Homeland Security), Blue Bell, PA, May 8-9, 2013.

“Comprehensive Resilience Training: Strengthening Self, Family, and Coworkers,” Training Officers Consortium Annual Institute, Virginia Beach, VA, April 30, 2013.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” South Central Mountain Terrorism Task Force, Pleasant Gap, PA, March 12-13, 2013.

“Remarkable WWII Survivors: Inspiring Stories and Timeless Lessons in Resilience,” Executive Development Exchange Network, Washington, D.C., February 20, 2013.

“Keep the Light On: Fighting Suicide with Resilience Training,” Suicide Awareness and Prevention Webinar sponsored by District of Columbia National Guard, Washington, DC, November 2, 2012.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” Pennsylvania Homeland Security, Harrisburg, PA, October, 2012.

“Self-Esteem & Resilience: Improving Feelings of Self-Worth,” AMCAP, Alexandria, VA, October 20, 2012.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, San Francisco, CA, August 16-17, 2012.

“Remarkable WWII Survivors: Inspiring Stories and Timeless Lessons in Resilience,” Lemnitzer Lecture, Association of the United States Army, Arlington, VA, March 20, 2012.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Houston, TX, March 1-2, , 2012.

“The Resilient Warrior: Self-Care & Resilience Building,” Samueli Institute, Alexandria, VA, February 21, 2012.

“The Resilient Warrior: Self-Care & Resilience Building,” National Guard Vets4Warriors peer counseling program, University of Medicine and Dentistry of New Jersey, Piscataway, NJ, December 5, 2011.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Toronto, Canada, October 12-13, 2011.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Columbia, MD, July 14-15, 2011.

“Resilience Training in the Public Schools,” Conference on Mental Health in Our Schools, Mental Health Association of Prince George’s County, Hyattsville, MD, May 3, 2011.

“Resilience: Considerations for Clinicians,” Argosy University, Arlington, VA, February 12, 2011.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Forsyth Medical Center, Winston-Salem, NC, November 12-13, 2010.

“Resilience Training: Psychological Survival Skills for Before, During, and After Crises,” International Critical Incident Stress Foundation, Regina, Canada, October 14-15, 2010.

“Resilience: Considerations for Clinicians,” Argosy University, Arlington, VA, August 13, 2010.

“Resilience: Considerations for Clinicians,” Argosy University, Arlington, VA, February 26, 2010.

“Resilience and Primary Prevention of Combat Stress Casualties: Considerations and Possibilities,” Walter Reed Army Medical Center, Department of Psychiatry, Washington, DC, December 4, 2009.

“Building Strength Through Resiliency,” 4-day resilience training, Calgary Police Service, Calgary, Canada, October 19-22, 2009.

Resilience, Happiness, and Mental Health: Implications for Clinical Practice, Washington, D.C., Employee Assistance Professionals Association, Washington, D.C., Department of Commerce, October 15, 2009.

“Resilience Training: Improving Mental Fitness and Functioning Under Pressure,” International Critical Incident Stress Foundation, Columbia, MD, May 28-29, 2009.

“Resilience Training: Improving Mental Fitness and Functioning Under Pressure,” Canadian Security Intelligence Service, Ottawa, Canada, May 21-22, 2009.

“Clinical Applications of Brain Plasticity,” seminar and panel discussion sponsored by Mental Health Association of Prince George’s County and Doctors’ Community Hospital, Lanham, MD, April 24, 2009.

“Stress Management Practices for Individuals,” AmeriCorps/Legacy Corps National Training, Scottsdale, AZ, January 21-23, 2009.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Atlanta, GA, April 17-18, 2008.

“Post-Traumatic Stress Disorder and Returning Veterans,” CENTERSTAGE Theatre, Baltimore, MD, November 29, 2007.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Bozeman, MT, November 2-3, 2007.

“Resilience: Perspectives for Counselors,” Trauma Counseling graduate course, Argosy University (Dr. Hugh Marr, instructor), Arlington, VA, September 22, 2007.

“Managing Student Stress,” Delta Sigma Theta Sorority, Inc., University of Maryland, College Park, MD, February 21, 2007.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Alberta, Canada, March 16, 2007.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Atlanta, GA, April 21, 2007.

“Resilience: Perspectives for Counselors,” Trauma Counseling graduate course, Argosy University (Dr. Hugh Marr, instructor), Arlington, VA, September 29, 2006.

“Practical Strategies for Teaching Clients Self-Esteem,” Master Clinicians Series day-long workshop, sponsored by the Institute for the Advancement of Human Behavior and the Counseling Program, Old Dominion University, Norfolk, VA, June 30, 2006.

“Taking the Stress Out of Finals,” Wellness Matters Managing Stress for Life series, Center for Health and Wellbeing, University of Maryland, College Park, MD, May 2, 2006.

“Stress Management,” Resident Life, La Plata Hall, University of Maryland, College Park, MD, April 12, 2006.

“Post-Traumatic Stress Disorder” statewide symposium for returning veterans and clinicians. Keynote/plenary address on the nature and treatment of PTSD, breakout session (resilience), and panel discussion. Sponsored by Maine Department of Health & Human Services, Southern Maine Labor Council, Paralyzed Veterans of America, Veterans for Peace, Catholic Charities Maine, Pax Christi. Augusta, ME, March 25, 2006.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Las Vegas, NV, March 4, 2006.

“Resilience: Perspectives for Counselors,” Trauma Counseling graduate course, Argosy University (Dr. Hugh Marr, instructor), Arlington, VA, January 21, 2006.

“Finishing Strong: Handling Final Exams Stress,” Phi Beta Sigma Fraternity campus service project, Cambridge Community Center, University of Maryland, College Park, MD, December 8, 2005.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Great Falls, MT, September 10, 2005.

“Post-traumatic Stress Disorder,” AMCAP 7th Annual Seminar for counselors, psychotherapists, and helpers, Silver Spring, MD, October, 15, 2005.

“Managing Stress,” Campus Recreation Center, Weight and Fitness Staffers, University of Maryland, College Park, MD, August 29, 2005.

“Resiliency Issues,” FBI Academy, Stress Management in Law Enforcement Course, Behavioral Sciences Unit, Quantico, VA, April 25, 2005.

“Resilience,” Keynote speaker, 18th Annual Washington D.C. Area Singles New Year’s Conference, Centerville, VA, January 1, 2005.

“Stress and Mental Health,” Women’s Relief Society, Silver Spring, MD, February 23, 2005. Additional stress management workshops presented to church groups: Liberty Conference, Cherry Hill, NJ, May 28, 2005; Olney, MD, June 9, 2005; Laurel, May 5, 2005.

“WWII Survivors: Lessons in Resilience,” Plenary Session, International Critical Incident Stress Foundation 8th World Congress on Trauma, Stress & Coping, Baltimore, MD, February 18, 2005.

“Stress Management,” Magruder High School Youth Summit sponsored by Family Services Agency, Gaithersburg, MD, December 8, 2004.

“Trauma and Resilience: Training for Clinicians,” Veterans Administration, Baltimore, MD, November 29, 2004.

“Resilience,” Research and Development Seminar, Counseling Center, University of Maryland, College Park, MD, November 3, 2004.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Denver, CO, August 14, 2004.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Columbia, MD, July 17, 2004.

“Stress Management and Resilience,” Shopping Center Management Association Summer Conference, Inn & Conference Center, College Park, MD, June 9, 2004.

“Resilience to Trauma,” Keynote Address, 12th Annual Treating Traumatic Stress & Dissociation Disorders Conference, sponsored by University of West Virginia Schools of Medicine (Department of Behavioral Medicine and Psychiatry) and Nursing, and Trauma Recovery Institute, Morgantown, WV, April 16, 2004.

“Promoting Resilience,” Plenary Session, 12th Annual Treating Traumatic Stress & Dissociation Disorders Conference, sponsored by University of West Virginia Schools of Medicine (Department of Behavioral Medicine and Psychiatry) and Nursing, and Trauma Recovery Institute, Morgantown, WV, April 16, 2004.

“Teaching Self-Esteem to Clients,” day-long professional development symposium for mental health professionals, Clinician’s Institute for Training and Education, Ottawa, Ontario, Canada, April 30, 2004.

“Teaching Self-Esteem to Clients,” day-long professional development symposium for mental health professionals, Clinician’s Institute for Training and Education, Toronto/Kitchener, Ontario, Canada, April 29, 2004.

“Resilience,” Adult Health and Development Program, University of Maryland, College Park, MD, March 13, 2004.

“Controlling Music Performance Anxiety,” Clarice Smith Center for Performing Arts, University of Maryland School of Music, College Park, MD, February 3, 2004.

“Increasing Feelings of Self-worth,” Association of Mormon Counselors and Psychotherapists, Alexandria, VA, October 16, 2004.

“Stress Management Principles,” Women’s Relief Society, College Park, MD, April 20, 2004.

“Stress Management.” Women’s Relief Society, Eldersburg, MD, September 9, 2004.

“Stress Management Strategies,” Depression and Related Affective Disorders Association Bipolar Support Group, University of Maryland Health Center, College Park, MD, November 20, 2003.

“Managing College Stress,” University of Maryland, Annapolis Hall, College Park, MD, November 15, 2003.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Columbia, MD, August 7, 2003.

“Managing College Stress,” University of Maryland, Annapolis Hall, College Park, MD, December 9, 2002.

“Stress Management Advancements,” Women’s Relief Society, College Park, MD, November 12, 2002.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Columbia, MD, May 31, 2002.

“Stress, Mental Health, and Resilience: Building Emotional Intelligence,” Surviving in the 21st Century, Community Preparedness Fair, College Park, MD, March 16, 2002.

“Best-Kept Secrets of Stress Management,” Women’s Conference, Columbia, MD, May 4, 2002.

“Self-Esteem and Chronic Pain,” Mayo Clinic Comprehensive Pain Rehabilitation Center, Rochester, MN, August 15, 2001.

“Especially for Scholars: The 25 Best-kept Secrets of Stress Management,” National Society of Collegiate Scholars, College Park, MD, November 26, 2001.

“The Tools to Manage Time and Reduce Stress,” Beyond the Classroom, Living and Learning Program, Department of Resident Life, College Park, MD, December 3, 2001.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” World Congress on Stress, Trauma, and Coping, International Critical Incident Stress Foundation, Baltimore, MD, April 18, 2001.

“Managing Stress: Practical Application to Meditation,” Seniors Fitness Symposium sponsored by Maryland State Governor’s Advisory Council on Physical Fitness, Leisure World, MD, May 30, 2001.

“Perspectives on Wellness,” Interfaith Health and Wellness Day, SDA Church, Rockville, MD, May 5, 2001.

“Managing Anger,” Women’s Relief Society, Laurel, MD, April 12, 2001.

“Emotional Preparedness: Psychological Resilience Training,” White Oak Ward, Silver Spring, MD: February 21, 2001.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, New Orleans, LA, February 16, 2001.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Melbourne, FL, February 3, 2001.

“Secrets of Stress Management,” Washington D.C. Area Singles Conference, Arlington, VA, December 30, 2001.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Albuquerque, NM, November 4, 2000.

“Preventing Post-Traumatic Stress Disorder: Resilience Training to Build Psychological Strength,” International Critical Incident Stress Foundation, Cleveland, OH, September 9, 2000.

“Resilience: Lessons from WWII Survivors,” Senior University, College Park, MD, February 28, 2000.

“People Under Pressure: Essential Coping Skills to Succeed in an Increasingly Complex World,” FBR Investment Services, Arlington, VA, March 1, 2000.

“Emotional Preparedness,” Women’s Relief Society, Dunkirk, MD, October 26, 2000.

“Emotional Preparedness,” Women’s Relief Society, Glendale, MD, September 26, 2000.”

“Teaching Skills to Strengthen Patients’ Mental Health,” Franklin Square Hospital Center, Department of Psychiatry, Baltimore, MD, June 10, 1999.

“Post-Traumatic and Other Stress Disorders,” Stress, Depression and Suicide Seminar for Parents, Teachers, Corrections, and Mental Health Professionals, sponsored by Mental Health Association of Prince George’s County, College Park, MD, April 30, 1999.

“Stress and Depression: Ways to Strengthen the Individual,” Depression & Related Affective Disorders Association, Bethesda, MD, March 6, l999.

"Stress, Emotional Health & Spirituality," Woman's Relief Society, Silver Spring, MD, November 18, l997.

"Stress, Emotional Health & Spirituality," Takoma Park Church open house, November 22, l997.

"Stress Management for Commuters," Commuter Appreciation Day, Office of Commuter Affairs and Community Service Programs, Stamp Union, University of Maryland, College Park, Maryland, April 16, 1997.

"Spirituality and Health: What the Research Shows", Adult Health and Developmental Clinic, University of Maryland, College Park, Maryland, March 2, l996.

"Unrealistic Expectations: Changing the Way We View Expectations So That We Can Govern Ourselves Effectively," Women's Relief Society, Chevy Chase, Maryland, February 28, l996.

"Managing Depressive Illness: Focus on Self-Esteem," Depression and Related Disorders Association, Johns Hopkins School of Medicine Cooperative, Catonsville, Maryland, July 13, l995.

"Stress Management Workshop," National Governors' Association, Governors' Washington Directors and Federal Liaison Staff, Annapolis, Maryland, May 12, l995.

"Time/Stress Management Seminar," College Park Institute of Religion, College Park, MD., April 23, l995.

"College Dorm Stress," Heritage Hall, University of Maryland, College Park, MD., April 3, l995.

"Stress Management," Society of Women Engineers Regional Meeting, University of Maryland, College Park, MD., November l9, l994.

"Contemporary Issues in Stress Management," Women's Relief Society, Chevy Chase, Maryland, March 23, l994.

"Mental Health Maintenance," Depression and Related Affective Disorders Support Group, Towson, Maryland, August 1, 1993.

"Perspectives in Controlling Stress and Tension," Single Adult Conference, Annapolis, Maryland, October 9, 1993.

"Building Self-Esteem When the Antecedents are Missing," Women's Relief Society, Calvert County, Maryland, June 16, 1993.

"Stress and the Healthy Mind: Skills to Manage Stress, Build Self-Esteem and Prevent Anxious Depression," National Mental Health Association Conference, Alexandria, Virginia, May 21, 1993.

"Building Self-Esteem," Youth Conference, The Church of Jesus Christ of Latter-day Saints, Suitland, Maryland, April 8, 1993.

"Skills to Prevent Anxious Depression and Build Self-Esteem," National Depression and Manic-Depression Association Research Triangle Regional Conference, Raleigh, North Carolina, November 14, 1992.

"Anger, Healing and Forgiveness," Eastern Regional Deaf Conference, Silver Spring, Maryland, November 7, 1992.

"Staying Healthy," Depression and Related Affective Disorders Association (DRADA) Support Group, Sykesville, Maryland, September 2, 1992.

"Stress and the Healthy Mind: Skills to Build Self-Esteem and Prevent Anxious Depression," Capital Area Depressive and Manic Depressive Association, Walter Reed Army Hospital, Bethesda, Maryland, April 16, 1992.

"Pulling Out of Depression," Women's Relief Society, Silver Spring, Maryland, October 24, 1991.

"Stress Management," Survive the 90's Conference, Hyattsville, Maryland, October 19, 1991.

"Mental Health Maintenance for Psychiatric Patients," On Our Own, sponsored by Prince George's County Mental Health Association, Cheverly, Maryland, September 7, 1991.

"The Nature, Treatment and Prevention of Depression," Deaf Women's Relief Society, Gallaudet College, Washington, D.C., April 13, 1991.

"Hardiness as a Function of all Counseling," Metropolitan Area Career/Life Planning Network, Northern Virginia Community College, Alexandria, Virginia, March 21, 1991.

"Hardiness as a Function of All Counseling," Middle Atlantic Career Counseling Association 20th Annual Conference, Sheraton Conference Center, Lancaster, Pennsylvania, October 18, 1990.

"Making Sense of Stress," Olney Family Dental Center, Olney, Maryland, August 29, 1990.

"Stress Management: Dialogue and Practicum for New N.Y.C. Principals," Supercenter (a Consortium of Board of Education of N.Y.C., Graduate School of City University of New York, and Council of Supervisors and Administrators), Hudson River Inn and Conference Center, Ossining, New York, May 5, 1990.

"Recognizing, Treating and Preventing Depression," Women's Relief Society, Silver Spring, Maryland, May 6, 1990.

"Hope and Help for Depression," Randolph Ward Elders' Quorum, Silver Spring, Maryland, May 20, 1990.

"Coping with College Stress," a workshop for resident students sponsored by Resident Life, University of Maryland, College Park, Maryland, December 6, 1989.

"Stress and Coping After College," a workshop for resident students sponsored by Resident Life, University of Maryland, College Park, Maryland, November 15, 1989.

"Stress Management Worksite Workshop," American College Health Association, Rockville, Maryland, August 25, 1989.

"Human Worth, Self-Esteem, and Stress," Gaithersburg Single Adults, Gaithersburg, Maryland, June 5, 1989.

"Depression and Singles," We The People Regional Singles Conference, Key Bridge Marriott, Arlington, Virginia, December 31, 1988.

"Depression: What We've Learned About Mental Health and Emotional Self-Reliance" - A three-hour Workshop, the Church of Jesus Christ of Latter-day Saints, Silver Spring, Maryland, November 20, 1988.

"Cognitive-Behavioral Approaches to Stress Management," American Red Cross, Rockville, Maryland (Holland Laboratory), April 14, 1988.

"Stress Management and Leadership," Prince George's County Human Relations Commission: Leadership Development Forum on Fitness and Lifestyle Management, Bowie State College, Bowie, Maryland, April 13, 1988.

"Depression: Its Nature, Professional Treatments, Community Resources, Self-Management, and Prevention Workshop," We The People Regional Singles Conference, Key Bridge Marriott, Arlington, Virginia, January 1, 1988.

"Recent Advances in the Understanding and Treatment of Depression," Health Lecture Series, Department of Defense, The Pentagon, December 15, 1987.

"Depression and Women of the Eighties," Women's Relief Society, Washington, D.C., November 4, 1987.

"The Nature and Treatment of Depression," National Institute of Mental Health Depression/Awareness, Recognition, Treatment Program: American Association of University Women, Arlington, Virginia, October 24, 1987.

"Type A Behavior and Your Heart," Army Materiel Command, Alexandria, Virginia, September 17, 1987.

"Stress and Burnout," Health Lecture Series, Department of Defense, The Pentagon, September 15, 1987.

"The Stress Link to High Blood Pressure." Health Lecture Series, Department of Defense, The Pentagon, May 26, 1987.

"Stress Management for Career Development Professionals." Career Development Center. University of Maryland, College Park, Maryland. April 25, 1987.

"Stressful Eating." Health Lecture Series, Department of Defense, The Pentagon. March 25, 1987.

"Hope and Help for Depression," Health Lecture Series, Department of Defense, The Pentagon, January 20, 1987.

"Troubled Sleep-What You Can Do," Health Lecture Series, Department of Defense, The Pentagon, December 9, 1986.

"Ten Ways to Conquer Stress," Health Lecture Series, Department of Defense, The Pentagon, October 28, 1986.

"The Stress Mess," Health Lecture Series, Department of Defense, The Pentagon, October 14, 1986.

"Stress Management: Practical Solutions for Busy Medical Professionals," The 1986 National Perinatal Association Annual Conference, Washington, D.C., November 3, 1986.

"Stress Management," Parents Day, University of Maryland, College Park, Maryland, October 18, 1986.

"Stress-related Depression," Silver Spring Maryland Women's Relief Society Conference, Silver Spring, Maryland, September 27, 1986.

"Stress-related Depression," Colonial Family Home Evening Group, Crystal City, Virginia, June 9, 1986.

"Stress and the Mind: The Most Important Stress-Resistant Attitudes", Headquarters, U.S. Army Communications Command, Ft. Huachuca, Arizona, August 16, 1985.

"Stress Management Workshop for Professionals", Headquarters, U.S. Army Communications Command, Ft. Huachuca, Arizona, August 5-15, 1985.

"Alternatives in Stress Reduction", Prince George's County Fair, Upper Marlboro, Maryland, September 15, 1984.

"Coping with Family and Personal Stress", Women's Relief Society, College Park, Maryland, June 12, 1984.

"Stress Management for the Aged", Adults Health and Developmental Program, College Park, Maryland, April 21, 1984.

"Personality and Psychological Stress in the Workplace", International Fraternity of Delta Sigma Pi (Professional Business Fraternity), College Park, Maryland, February 25, 1984.

"Single Parents Forum on Stress Management", Single Parents of the Potomac Region, Chevy Chase, Maryland, February 4, 1984.

"Biofeedback Screening", Control Data Corp. Staywell Program, Rockville, Maryland, October 6, 1983.

"Stimulating Life Quality", Adults Health and Developmental Program, College Park, Maryland, October 5, 1983.

"Techniques for Reducing Stress and Anxiety", Visiting Nurses Association, Takoma Park, Maryland, February 22, 1983.

"Stress Management in the Hospital Setting", Capitol Hill Hospital, Washington, D.C., December 8, 1982.

"Managing College Stress", Resident Assistants, University of Maryland, College Park, Maryland, December 5, 1982.

"The Most Important Anti-Stress Attitudes", Visiting Nurses Association, Takoma Park, Maryland, November 14, 1982.

"Controlling Nursing Stress", Capitol Hill Hospital, Washington, D.C., October 28, 1982.

"A Philosophical Approach to Stress Control", College Park Institute of Religion, College Park, Maryland, October 8, 1982.

"Systematic Relaxation Techniques", College Park Family Home Evening Group, College Park, Maryland, September 15, 1982.

"Relaxation Training for the Occupational Setting", U.S. Department of Justice, Washington, D.C., March 13, 1982.

"Human Health - A Multi-Dimensional Approach", Physics and Astronomy Ladies Society, University of Maryland, College Park, Maryland, February 25, 1982.

"Stress Management", Physics and Astronomy Ladies Society, University of Maryland, College Park, Maryland, October 28, 1981.

"Stress Management in Daily Living", Beta Sigma Phi Women's Sorority, Silver Spring, Maryland, April 2, 1981.

"Stress Reduction Alternatives", Mothers of Twins, Camp Springs, Maryland, October 14, 1980.

"Drug Education Through Self-Esteem Enhancement", Middle School, New Milford, Connecticut. April 20, 1978.

"Drug Education for Elementary Teachers", New Milford Elementary School, New Milford, Connecticut, March 9, 1978.

**Invited Guest Lectures, University of Maryland**

Alan Boss’s class, Entrepreneurship, BMGT 461, Topic: “Stress, Resilience, and Entrepreneurs.” October 9, 2007.

Dr. Ken Beck’s class, Health Behavior, HLTH 230. Topic: “Stress and Public Health: Considerations, Research, Directions.” February 22, 2007.

Mitch Zuckerman’s class, Honors Colloquium, HONR 100. Topic: “Transitioning to University of Maryland.” September 26, 2006.

Margaret Wrobleski’s class, Personal and Community Health, HLTH 140. Topic: “Resilience.” May 5, 2004.

Dr. Estina Thompson’s class, Women’s Health, HLTH 471. Topic:

“Stress and Coping.” November 8, 2001.

Dr. Estina Thompson’s class, Women’s Health, HLTH 471. Topic:

“Mental Health.” November 14, 2000.

Dr. Estina Thompson’s class, Women’s Health, HLTH 471. Topic:

“Mental Health.” November 15, 2000.

Dr. John Burt's Honors Seminar: The Examined Life, HONR 249I. Topic: "Meaning and Purpose." October 15, 1996.

Dr. Ellen Schulken's class, Women's Health Issues, HLTH 630. Topic: "Post-Traumatic Stress Disorder." October 14, 1996.

Dr. Tom Spalding's class, Controlling Stress and Tension, HLTH 285. Topic: Cognitive Therapy." October 17, 1996.

Dr. Colleen Farmer's class, Biophysical Aspects of Wellness, HONR 328P. Topic: "Perspectives in Stress Management." December 5, l994.

Dr. Elizabeth Tanner's class, Introduction to Health Behavior, HLTH 418N (UMBC). Topic: "Coronary-prone behavior." February 5, 1990.

Dr. Barbara Collins' class, Women's Health, Hlth 477. Topic: "Women and Depression." March 24, 1988, November 17, 1988, and April 27, 1989.

Dr. Robert Feldman's class, Controlling Stress and Tension, Hlth 285. Topic: "Guided Imagery and Meditation". June 5, 1984.

Dr. Roger Allen's class, The Nature of Human Stress, Hlth 688. Topic: "The Type A Personality". October 12, 1983.

Dr. Margaret Schmidt's class, Exercise and Body Composition, PHED 461. Topic: "Stress and Obesity", March 20, 1983, and October 14, 1982.

**Other Community/National Service**

1974-1994 U.S. Army Reserve Officer, Defense Contingency Planning. Top Secret Clearance. Presidential promotion to Major, 1981. Presidential promotion to Lieutenant Colonel, 1988.

1982 Instructor, Get Fit (Adult Fitness Program) University of Maryland, College Park, Maryland

1980 Organizer, Moderator, "Drug Education for Parents of Teenagers", multidisciplinary panel discussion by state experts, New Milford, Connecticut, Board of Education, May 4, 1980.

1979 - 1980 Instructor, "Stop Smoking Clinic", semester course, Adult Education, New Milford, Connecticut, Board of Education, Winter 1979, Spring 1980.

1979 - 1980 Coach, New Milford High School Softball Team. State Semifinals, 1979. State Competition, 1980.

1979 - 1980 Instructor, Red Cross Multi-Media Course, New Milford High School, New Milford, Connecticut.

1977 - 1979 Community Youth Group Leader and Basketball Coach, New Milford, Connecticut.

1969 Volunteer Counselor, St. Agatha's Home for Unwanted Children, Nanuet, New York.

**PROFESSIONAL MEMBERSHIPS,** past and present

International Society for Traumatic Stress Studies

International Critical Incident Stress Foundation

The International Stress & Tension Control Society. Charter member.

National Depressive and Manic Depressive Association

American Diabetes Association

Depression and Related Affective Disorders Association

Anxiety Disorders Association of America

National Association for Self-Esteem

**UNIVERSITY SERVICE**

**University**

l994 Member, Committee on Improvement of Teaching and Teaching Evaluation

1993 Reviewer, "Diversity and Classroom Climate," *College Park Teaching Folio*, Center for Teaching Excellence.

1992 Member, Francis Scott Key Scholar Selection Committee

1989 - 1990 Member, Alumni Coordination Committee

1983 - present Member, Associate Graduate Faculty

1983 Member, Search Committee, Provost, Division of Human and Community Resources

1981 - 1983 Member, University Speaker's Bureau

1982 - 1983 Member, Universities Studies Program Committee

**Division**

1984 - 1986 Member, Division Council

**College**

1999 - 2005 Member, Education Policy and Curriculum Committee (Chair, 2004)

1997 - 1998 Member, Search Committee (Chair, Health Education)

1995 - 1998 Member, Committee for Advancing and Rewarding Teaching

1992 Member, Outstanding Teaching Award Committee

1990 - 1993 Member, College Planning Advisory Council

1988 - 1989 Chair, Outstanding Teaching Award Committee

1986 - 1987 Member, College Name Change Committee

1985 - 1986 Chair, College Assembly

1985 - 1986 Chair, College Executive Committee

1984 - 1985 Vice Chair, College Executive Committee

1985 Member, Lester Fraley Award Committee

1983 - 1986 Member, College Executive Committee

**Departmental**

2006 Member, Qualifying exam Committee

Member, Program Curriculum Committee

2005 Member, Department Name Change Committee

2000 Member, Merit Committee

2000 Member, Community Outreach & Continuing Education Committee

1998 - present Member, Undergraduate Program Committee

(Chair, 2000)

1998 - 1999 Member, Education Policy and Curriculum Committee (Chair, 1999)

1997 - 1998 Member, Faculty Search Committee (multiple positions)

1996 - 1997 Chair, Faculty Search Committee (Special Populations)

1994 - 1995 Chair, Graduate Recruitment and Admissions and GTA Selection Committee

1994 - present Member, Chair, Honors Program Committee

1993 - 2000 Chair, Social Committee

1992 - 1994 Chair, Faculty Search Committee

1991 - 1997 Member, Program Policy and Curriculum Committee

1989 Member, Faculty Search Committee

1988 - 1989, 1991 Chair, Travel and Instructional Support Committee

1996 - 1997 Member, Travel and Instructional Support Committee

1988 - 1989 Member, Merit Salary Committee

1987 - 1988 Member, Graduate Admissions Committee

1986 - 1987 Chair, Instructional Support Committee

1983 - 1992 Member, Travel and Instructional Support

Committee

1984 - 1985 Member, Grievance Committee

1983 - 1984 Member, Research Board

1984 - 1985 Member, Steering Committee, Health Education Associates

1983 - 1985 Member, Health Education Associates

**INSTRUCTION AND ADVISING**

**Courses Taught (\* - Courses designed and developed)**

1983 - 2007 Hlth 285 Controlling Stress and Tension (in excess of 6500 students taught)

\*Hlth 485 Ways of Knowing About Human Stress and Tension (advanced USP, in excess of 800 students taught)

Hlth 688 Independent Studies (Hughes, Peat, Moser, Parker, Wrobleski, Manning, Brown, Hallmark, Lee, Peddicord, Hulbert, Tamassoni, Thombs, Luxenberg, Bronner, Allen, Edwards, Knapp, Yeaman, Francis, Reynolds, Scott, Pizzi, Barrick, Perillo, Gray, Germeroth, Hawkins, Rahn, Grad, Richmond)

Hlth 489 Independent Studies (in excess of 90 undergraduates)

1983 – 2000 \*Hlth 680 The Dynamics of Coping

Spring 1990 - 1996 \*Hlth 685 Stress Management Education: A Materials and Methods Practicum

Spring 1991 - 2000 \*Hlth 486 Stress and the Healthy Mind

Fall 2003-2007 Hlth 140 Personal and Community Health

Fall 2005-2007 \*HONR 248P Beyond 9/11: Stress, Survival & Coping

**Graduate Advising (\*-Completed)**

**Chaired Master's Thesis Committees**

\*2005 Sunil Menon

\*1995 Chris Rozanski Kienas

\*1993 Dan Calvin

\*1990 Margarett Knapp

\*1989 Coral Carey

\*1989 John Kunz

1989 Alan Goldberg

**Chaired Non-Thesis Projects**

\*1999 Debra Guenther

\*1988 Cheryl Buesking

\*1987 Nancy Shutta

\*1987 Patricia Hulbert

\*1987 Nancy Bickmeyer

\*1987 Helen Geller

\*1986 Fran Allen

\*1985 Diane Boston

**Doctoral Dissertations, Committee Membership**

\*2007 Rachel Permuth-Levine HLTH

\*2006 Mary Moser Mitchell HLTH

\*2006 Candace Parker HLTH

\*2004 Tracy Smith HLTH

\*2003 Fran Allen HLTH

\*2004 Carmen Valdes CAPS

2004 Brian Richmond HLTH

\*2002 Heisung Lee HLTH

\*2002 Robin Kelley FMST

\*2002 Melissa H.Kerr (½) HLTH

\*2001 Stephen Brown HLTH

\*2001 Virginia Schardt KNES

2001 Kerry Gruber KNES

\*1999 Laura Miller HLTH

\*1998 Susan Lockhart HLTH

\*1998 Sue Snyder HLTH

\*1997 Lorna Brown FMST

\*1996 Carol Dell'Amore CAPS

\*1996 Donna Cameron HLTH

\*1995 Patty Lough PSYCH

\*1995 Maureen Edwards HLTH

\*1994 Kay Wallace HLTH

\*1994 Christina Barrick HLTH

\*1993 Bob Garrison HLTH

\*1993 Coral Carey HLTH

\*1993 Emogene Johnson HLTH

\*1993 Tim Moore HLTH

\*1993 Jan Yeaman HLTH

\*1993 Susan Muller HLTH

\*1991 Karen Sullivan HLTH

\*1991 Millie Naquin HLTH

\*1991 Gwen Maples HLTH

\*1991 Carol Keydel CAPS

\*1991 Ruth Smith HLTH

\*1990 Douglas Miller PHED

\*1990 Jodine Cognato HLTH

\*1990 Segunda Acosta HLTH

\*1990 Colleen Mahoney HLTH

\*1989 Craig Hofford HLTH

\*1989 Judith La Rosa HLTH

\*1989 Andy Jennings PHED

\*1989 John Forster HLTH

\*1988 Barbara Collins HLTH

\*1988 Elizabeth Baker HLTH

\*1988 Linda Alexander HLTH

\*1988 Beverly Battle HLTH

\*1986 Kathleen Grout HLTH

\*1986 Susan McCauley-Braun HLTH

\*1985 Elizabeth Tanner HLTH

\*1985 Ben Forman PSYCH

**Master's Thesis, Committee Membership**

\*2001 Andrea Bolzano Tucker HLTH

\*1999 Rob Valera HLTH

\*1995 Kelly Kirkpatrick KNES

\*1994 Susan Fitzpatrick HLTH

\*1990 Peggy Rosen HLTH

\*1990 Sarah Miller HLTH

\*1990 Masami Shimomoto HLTH

\*1989 Chris Verikios HLTH

1989 Jo Carol Cibrowski HLTH

\*1987 Lauren Weiss HLTH

**POST DOCTORAL EDUCATION/TRAINING**

Boston University School of Medicine, Division of Psychiatry. Psychological Trauma: Maturational Processes and Therapeutic Interventions. “Frontiers of Trauma Treatment: The Roles of Attention, Memory, the Therapeutic Relationship and Restoration of the Body.” Bessel A. van der Kolk, M.D., director. Boston, MA, March 9, 2000.

U.S. Army Command and General Staff Officers Course (Leadership of Divisions and higher, including: Leadership, Staff Communications, Resource Management, Strategic Studies, Force Training, Military Law, Supporting Echelons above Corps, Joint and Combined Theatre Operations). Administered by Fort Leavenworth, Kansas, 1985-1988.

Grove Seminars. Resolving Traumatic Memories (Post traumatic stress disorders, rape, incest, and specific phobias). David Grove, M.S., Silver Spring, Maryland, September 18-19, 1987.

Maryland Psychological Association. New Behavioral & Psychotherapeutic Approaches to the Treatment of Cardiovascular Disorders. James. J. Lynch, Ph.D., Columbia, Maryland, March 1, 1986.

Daniel Management Center, University of South Carolina. Managing Anger. H.D. Weisinger, Ph.D., Washington, D.C., December 12, 1985.

Maryland Psychological Association. Neurocognitive Therapy for the Treatment of Anxiety and Psychosomatic Disorders. George S. Everly, Ph.D., Columbia, Maryland. December 7, 1985.

Maryland Psychological Association Post Doctoral Institute. Applications of Cognitive Therapy. David Burns, M.D., Columbia, Maryland. March 9, 1985.

Maryland Psychological Association. Intervention Strategies with Type A Behavior. Sharlene Weiss, Ph.D., Johns Hopkins University. June 7, 1985.

Maryland Psychological Association. Treatment of Sleep Disorders. Richard Allen, Ph.D. Johns Hopkins University. June 6, 1985.

Faculty Development, University of Maryland. Small Group Techniques and Analysis of Group Dynamics. James Rice, Ph.D. College Park, Maryland. February 4, 1984.

**REPRINT REQUESTS**

Countries from which reprint requests were received for Schiraldi, G.R., and Beck, K.H. "Personality Correlates of the Jenkins Activity Survey." Social Behavior and Personality, 1988, 16 (1), 109-115.

Austria England

Belgium Germany

Bulgaria Israel

Canada Spain

Cuba United States

Czechoslovakia

**BOOK NOTATIONS**

**I. Diabetes! What Now?**

A. Recommended Rating, American Diabetes Association

B. Endorsement, American Diabetes Association, Utah Affiliate.

C. Reviews

1. Journal of the American Dietetic Association, Vol 7l, August, 1977.

2. Diabetes Dateline: The National Diabetes Clearinghouse Bulletin. Vol. 2, No. 4., July/August, 1981, and Vol. 8, No. 3, May/June 1987.

D. Annotated Listings

1. Nutrition for Everybody. Society for Nutrition Education.Berkeley, California, 1981.

2. General Information About Diabetes, Selected Annotations. Bethesda, Maryland: U.S. Department of Health and Human Services/National Institutes of Health, August, 1980.

3. Combined Health Information Data Base. National Institutes of Health/Bibliographic Retrieval Service, 1985 (updated quarterly).

E. Approximately 50,000 copies purchased.

F. "I see many books on diabetes and personally think Diabetes! What Now? captures the essentials of diabetes and its treatment and places the information in a contemporary context that is highly readable and easily understood."

Dorothy M. Born

Coordinator of Patient Education

American Diabetes Association

G. "We think we've found the best educational book for the diabetic patient: Diabetes! What Now?"

Lael O. Chapman, Jr.

President

Visually Impaired Veterans Association

**II. Facts to Relax By**

A. Reviews: Diabetes Dateline: A Bulletin of the National Diabetes Information Clearinghouse, Vol. 6, No. 3, May/June, 1985.

Kliem, Prof. Dr. Ottmar. Das Neu Erfolgs-Und Karriere Handbuch fur Selbstandige UndFuhrungSkrafte. Munich: Thieme AG, 1985.

International Stress and Tension Control Society Newsletter. January/February, 1985.

B. Listed among nine books recommended by area psychologists who specialize in treating stress in The Washington Post "Health Journal of Medicine, Fitness, and Psychology," April 9, 1986. List was reprinted December 30, 1986.

C. "If you're going to buy one book, this is the one to read: Facts to Relax By."

Ann Ladd, Ph.D., Consultant

Alexandria Hospital Wellness Center.

D. "This book was originally designed as a patient education manual to help hospitalized people control, through relaxation, the stress that may have put them in the hospital in the first place. It has been found to have very broad appeal outside the population of already sick people. It is an entertaining and highly readable book. It presents very useful ideas and techniques in a simple, yet accurate and complete fashion. This book is highly recommended for anyone interested in learning about relaxation or personal stress management."

Roger J. Allen, Ph.D.

Associate Professor,

University of Maryland

E. Listed among nine books recommended by area stress management experts in the Baltimore Magazine, August 1989, 82(8).

F. Listed in Stress Management Resources, American Running and Fitness Association, Bethesda, Maryland.

# III. The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth.

1. Review: International Journal of Emergency Mental Health, Vol 2, No. 3, Fall 2000.

“The very latest research on treatment is covered in depth and may well be the most comprehensive list of approaches to date. The clinician who does not specialize in traumatology will find this an excellent resource to familiarize him or herself with PTSD. Colleges and universities would do well to require this text in all human science courses... superb contribution to the field of traumatology.”

B. "Glenn Schiraldi has produced a gift for traumatized people. Anyone who has wondered if they are going crazy or fear they will never feel normal again because of a traumatic experience will find relief through this book. It is filled with good, solid information, effective stress reduction methods and other guidance to help the traumatized. This book not only helps in the recovery process, it helps the traumatized grow from their ordeal and be more prepared to help others recover more quickly. This book should be called Handbook for Helping Yourself Survive because it does just that."

Charles R. Figley, Ph.D.

Professor and Director, Psychosocial Stress Research Program and Clinical Laboratory, Traumatology Institute, Florida State University

Founding President, International Society for Traumatic Stress Studies

Founding Editor, *Journal of Traumatic Stress*

Author, *Traumatology* and *Death and Trauma*

C. "This book is a treasure chest of accumulated wisdoms. Dr. Schiraldi elegantly weaves science with common sense so as to produce the most valuable, user-friendly manual on PTSD I have ever read. It is "must" reading for those who have been touched by PTSD: victims, their families, and their therapists."

George S. Everly, Jr., Ph.D.

CEO, International Critical Incident Stress Foundation

Executive Editor, *International Journal of Emergency Mental Health*

Author, *Psychotraumatology*

D. "This book offers a remarkable range of very useful information about PTSD. It is written in a very clear manner that is uniquely helpful both for trauma survivors and for clinicians; discussion of alternative trauma-focused treatments is complemented by an impressive elaboration of self-management strategies."

Raymond M. Scurfield, Ph.D.

Former Director, VA National Center for PTSD, Honolulu

School of Social Work, University of Southern Mississippi, Long Beach

E. "Glenn Schiraldi's book is going to be of great help to many traumatized people, the people who care about them, and clinicians. With an accessible, optimistic style, he offers a wealth of information on both "tried and true" techniques as well as more experimental techniques so that people can make informed choices about their trauma recovery options. The array of techniques described to help manage overwhelming feelings, intrusive memories, and dissociation is likely to be particularly useful. I found his explanations so clear and accessible that I will recommend the book to clients as well as clinicians."

Bethany Brand, Ph.D.

Clinical Supervisor to Sheppard and Enoch Pratt Hospital Trauma Services

Department of Psychology, Towson University

F. "I am quite impressed by the magnitude of the work that has been done in putting this volume together."

Mary Beth Williams, Ph.D., LCSW, CTS

President, Association of Traumatic Stress Specialists

Editor/Author, *Handbook of Post-traumatic Therapy; Life After Trauma*

Board Member, International Society of Traumatic Stress Studies

G. "What a wonderful gift to those who suffer! Just the reading of it gives a hopeful, positive sense of pending healing. Thoroughly researched, this book compiles, digests and presents in a readable fashion what is presently known about PTSD. It is saturated with current thoughts and strategies for diagnosis and treatment. The more I read the more I begin to believe there is a solution to PTSD. It is an educationally "dense" masterpiece; chock full of techniques, ideas and strategies for victims, those who love them, and helpers of the traumatized.

"I reviewed this book from the viewpoint of a medical health care provider who deals with victims of PTSD. However, many of the techniques listed are valuable tools for living that will enrich *any* life when applied. I am already "borrowing" from it to help me in my roles as a husband, father, friend and coworker."

Robert L. Bunnell, M.S., P.A.-C

Past Director, Physician Assistant Program

Rocky Mountain College

H. "The subject of the book is covered in outstanding detail and yet is well organized and presented in an easy to read and understandable format. It will certainly be valuable for self study for one suffering from post-traumatic stress disorder as well as for professionals engaged in treatment of the disorder. I think that the information set forth in the book might be of value to others also, such as those with depressive illness."

John W. Downs

U.S. Air Force Officer (Retired)

WWII prisoner of war in Germany

I. "Dr. Schiraldi has developed a thorough, yet accessible guide to recovery from the psychological impact of traumatic experiences.”

Esther Giller, M.A., Director

The Sidran Foundation, a national non-profit resource for traumatic stress conditions

J. "An important book for all mental health professionals concerned with the care of trauma victims. There are new insights and conceptual integrations which reflect the alternative pathways for healing from posttraumatic stress disorders. I recommend this book for practitioners and academics alike."

John P. Wilson, Ph.D.

President, Forensic Center for Traumatic Stress

Editor, *International Handbook of Traumatic Stress Syndromes*

K. "This book may well become the best friend of every person recovering from PTSD. I frequently find myself turning to this book for direction and comfort when the symptoms become overwhelming. It is a powerfully effective tool against the panic and feelings of isolation that I face as a person with PTSD. The clear, concise explanations, acceptance of the reality of these symptoms, and specific instructions and suggestions for professional and self-treatment, organized in an easy-to-read format, have proven invaluable in my own recovery. Glenn has taken the fear and confusion of PTSD and turned it into an understandable and manageable situation. I would recommend this book to anyone suffering from PTSD—it may save your life, and will certainly save your sanity. I can't say enough good things about it. It has, truly, changed my life."

Marybeth Quist

Survivor

1. Review: Traumatic Stress Points,Vol 14, No.4, Fall 2000, News for the International Society for Traumatic Stress Studies

“This is a book worth recommending to clients and patients

. . . counters the pessimism and lack of power that traumatized readers may feel . . . giving them a feeling of power and determination to do more about their traumatic sequelae.”

Paul Valent

ASTSS President

Melbourne,Australia

M. “The definitive resource in describing PTSD and laying out treatment plans for dealing with its multi-faceted symptoms.”

Doug Rawlings

President

Maine Veterans for Peace, Chapter 001

1. “It’s the best thing out there [on PTSD]. The writing is beautiful, clear, and concise. Thank you for writing it.”

Greg Baer, M. D.

Author, *Real Love and Post-Childhood Stress Disorder: Treating Your Unrecognized PTSD*

1. “…a life saver for me. Very highly recommended. ”

 Becca Smith, LCPC

Counselor, Counseling Services,

 Aurora University, Aurora, IL

1. **Conquer Anxiety, Worry & Nervous Fatigue: A Guide to**

**Greater Peace**

A. Review: Mind/Body Health Review,Vol. VI, No. 1, l997.

"This book is a gem. It provides a practical, up-to-date guide to the most effective treatments available. It provides a superb range of antidotes including relaxation, rational thinking, confiding past trauma, solution-focused problem solving, medications, proper sleep, nutrition, exercise, time management, assertiveness training, building self-esteem, and strengthening spiritual commitment...Don't miss it. This is a great self-help resource for individuals suffering from excessive anxiety and worry as well as a valuable resource for professionals assisting clients with anxiety disorders."

David S. Sobel, M.D. and

Robert Ornstein, Ph.D.,

Editors

B. "The best book/workbook we've ever seen for consumer/survivors about anxiety disorders (including PTSD). The exercises for developing self management skills are drawn from a variety of disciplines are are supplemented with discussions about when they are appropriate, and how and why they work."

The Sidran Foundation, a national non-profit organization devoted to advocacy, education, and research in support of people with traumatic stress conditions and severe psychiatric disabilities

C. "I read your book with great interest. You have a real beauty here—a book that will help a lot of people. Your hard work and wide-ranging study are apparent on every page. I especially liked your focus on worry as the central problem for people with anxiety disorders. Thanks for this opportunity to read your wonderful book."

Dr. Robert L. DuPont, M.D., Psychiatrist

1st President of Anxiety Disorders Association of America

Clinical Professor of Psychiatry, Georgetown Medical School

President, Institute for Behavior and Health,Inc.

D. "The information in this book is very well researched and up-to-date. The presentation is extremely well balanced with inclusion of all treatment options and etiologic perspectives. I would recommend this book to anyone suffering from excessive anxiety."

Dr. Michael Johnson, M.D., Psychiatrist

Dept. of Psychiatry & Anxiety Disorders Clinic

Medical School, University of South Carolina

E. "Dr. Schiraldi has written a highly readable overview of anxiety disorders and an up-to-date summary of the most effective treatments available. This book will be valuable to both patients and clinicians because it provides a clear presentation of relevant physiological processes required for a more complete understanding of the psychophysiological nature of anxiety and its accompanying psychosomatic complaints."

Dr. Ronald Ley, Ph.D.

President, International Society for the Advancement of Respiratory Psychophysiology;

Dept. of Psychology & Statistics

State University of New York at Albany

F. "Wonderful book! Valuable resource for both the layperson and the professional. It's readable and offers practical suggestions for those who are plagued by worry, anxiety and nervous fatigue (most of our society). Theoretically sound and based on good research. This book shows that help is within everyone's reach. It has my endorsement."

A. Dean Byrd, Ph.D.

Clinical Psychologist

Clinical Professor of Psychology

Brigham Young University and University of Utah

G. "The book is written in language most people can understand and relate to. Readers get the impression that they can do something about much of their anxiety, worry and fatigue. The self-rating instruments allow the readers to know where they stand on the extent of their problems and need to consult professional help. Many approaches are provided: cognitive, behavioral, spiritual. Readers will be able to choose what works for them."

Larry Hopwood, MSW

Family Therapist & Site Director

United Behavioral Systems, Milwaukee,Wisconsin

H. "Dr. Glenn Schiraldi's book presents a clear, systematic approach to understanding and alleviating worry and anxiety problems. It not only can serve as a comprehensive self-help guide for individuals suffering from stress and anxiety, but also is a valuable resource for mental health professionals assisting clients with anxiety disorders. Dr. Schiraldi, writing in an authoritative yet down-to-earth style, presents anxiety as a natural and understandable process that individuals need not fear, and he instills hope for overcoming anxiety through proactive development of coping skills. A central premise of the book is the idea that anxiety problems are amplifications of the body's natural responses to life stresses, and that through the development of a variety of specific self-management skills, the individual can significantly reduce worry and anxiety, while increasing his or her overall productivity and enjoyment of life. The book draws on the writings of leading researchers and clinicians, and it provides detailed step-by-step guidelines that the reader can follow in applying techniques with demonstrated effectiveness. Dr. Schiraldi's excellent explanations of the physiological, psychological, and interpersonal factors involved in the development of anxiety problems serve as a foundation for his holistic approach that integrates widely used cognitive-behavioral techniques for the assessment and treatment of worry and anxiety with current knowledge about the effects of sleep, exercise, nutrition, and medications on general well-being. Chapters on breathing and other relaxation exercises, meditation, enhancing health through proper exercise, sleep and nutrition, modifying anxious thinking, and building self-esteem provide a wealth of information that the reader can readily apply to achieve greater control over worry and anxiety. The book includes many questionnaires for self-evaluation, as well as forms for written exercises that apply the techniques described in the text. Dr. Schiraldi also has included important material on aspects of daily living that many people overlook as having impacts on their well-being, such as time management, the ability to express feelings to others, and assertiveness skills. Additional valuable resources provided in the book include detailed descriptions of anxiety disorders, medications for the treatment of anxiety, realistic guidelines for when one should seek professional assistance with personal problems, types of mental health professionals who have expertise in treating anxiety, lists of relevant professional and self-help organizations, and numerous references to other books on the topic."

Dr. Norman B. Epstein, Ph.D., Professor

Department of Family Studies

University of Maryland

I. "This is a wonderful compilation of the essential concepts in understanding and dealing with anxiety and worry. Dr. Schiraldi has brought together information from a variety of mental health disciplines, translated them into language that is easily understood, and sprinkled it all with the wisdom of some of the greatest minds known to man. A great job.

Glenn has a very admirable ability to capture the essence of biological, psychological, social and spiritual concepts relevant to anxiety and worry. He translates them into language the lay person can understand and use.

People who discover this book will be lucky indeed. Glenn has been able to synthesize and integrate the significant, core aspects of anxiety reduction into one very readable guide. Everyone suffering with excessive anxiety and/or worry would benefit from reading this book and then applying the relevant methods. This book is full of wisdom."

Dr. Robert J. Hedaya, M.D.

Biopsychiatrist

J. "Terrific resource! All of the chapters are based on empirically sound work. Should be of great use to patient/clients."

Dr. Richard Gevirtz, Ph.D., Psychologist

California School of Psychology

K. "A compendium that can serve general readers, self-help seekers, health educators, and academic instructors merits attention. By utilizing a spectral array of information modalities, the author impressively impacts to the reader. Thus, term definitions, incidence and patterns of selective disorders, specific diagnoses, signs and symptoms, specific illustrative examples, prevention, treatment approaches, self-rating instruments and how to cope—all provide this multifactual manual abundant educative material. Viewed as a comprehensive, practical treatise in health education, it would well be used as an academic class text or a mental health professional resource. The applied biopsychosocial-cultural framework enhances audience appeal.

The publication is notable for its use of concrete and abstract approaches and its inclusion of many aspects of coping from breathing retraining to relaxation, from trauma and fears to sound habits, from time management to expression of feelings and problem solving. Self-esteem, meaning and purpose, and religious commitment constitute significant components in the integration that the author discusses under happiness.

The eight appendices and the individual rating instruments offer the reader a healthy menu for self learning and coping. The half dozen specific disorders discussed as well as the generalized medication facts and guidelines should prove helpful. References quoted enlighten.

This book represents an important, meaningful addition to the professional literature and provides an excellent opportunity for class and/or self learning. It provokes and stimulates."

Dr. Sam Silbergeld, M.D., Ph.D.,

Psychiatrist (Ret.)

US Public Health Service

National Institute of Mental Health

National Institutes of Health

L. "Excellent...well-written—simple, succinct, and in order. Understandable for both professional and lay people, including anxiety sufferers themselves. I learned a lot."

Dr. Milan K. Joshi, M.D.

Diplomate American Board of Psychiatry

**V. Hope And Help For Depression: A Practical Guide**

A. Review: American Journal of Health Promotion, July/August 1992, Vol. 6, No. 6.

"Don't overlook this book! It is one of the best resources on depression that you could have in your professional library and one of the best to hand to people who are depressed. This guide is actually an informative reference and practical workbook for understanding, managing and preventing depression.

". . . This guide is well written and easy to read with good graphic design utilizing helpful subtitles, bullet points, and illustrations. Interwoven throughout each section are interactive assessments and exercises, as well as listings of available resources for further information (complete with addresses and telephone numbers). Each section is written in a thoughtful, sensitive, and thorough (yet not overwhelming) way.

". . . The bottom line: Highly recommended! People who are depressed will find this to be a helpful resource. Mental health professionals (including employee assistance providers and pastoral counselors) will find this to be an invaluable patient (customer) education resource to build into the treatment and prevention process. Finally, family members and others who care about those who are depressed should find this guide to be a helpful resource."

Robert A. Gorsky, Ph.D.

Resource Review Editor

*American Journal of Health Promotion*

B. ". . . the best brief self-help guide to depression available for patients and their families. Clear, concise, and crisp, the reader doesn't have to wade through pages to get to practical, useful information like how to correct the distorted thoughts that sustain depressed feelings. Excellent suggestions on scheduling pleasant, mood-boosting activities, handling guilt, assertiveness, as well as how to get additional professional help if needed."

David S. Sobel, M.D. and

Robert Ornstein, Ph.D.,Editors,

*Mental Medicine Update*

C. Review: Depression and Related Affective Disorders Association, Cooperative with Department of Psychiatry, Johns Hopkins School of Medicine, Newsletter, Summer, l995.

"...a practical guide and helpful tool for both people battling depressive illness and their family members. It's style is simple and direct...especially valuable to anyone interested in practical guidelines about dealing with worries, concerns, and disturbing thoughts; using assertive behavior; and developing other important coping skills."

D. "This is a major contribution to the patient education literature on depression. Its simple, clear step-by-step explanations will benefit individuals, families and professionals alike."

Stephen M. Weiss, Ph.D.

Psychologist; President

International Society of Behavioral Medicine

E. "Should be read by all our patients . . . guides them through their journey to health in a coherent, concise, and practical way."

Vicente Figueroa, M.D.

Psychiatrist

Medical Illness Counseling Center

Bethesda, Maryland

F. "I want every single one of my clients to have a copy. The most practical, useful guide I've seen to help clients understand depression and how to help themselves."

Natalie Zimmerman, L.C.S.W.

Clinical Social Worker

**VI. The Self-Esteem Workbook**

A. "The book is excellent. We are already using it in our self-esteem presentations! Well done and many thanks...It's one of the first and finest self-esteem resource guide books that offers in-depth information in a grounded, useful way."

Jaqueline Miller

Maryland Governor's Task Force on Self-Esteem

B. “Dr. Schiraldi has created a hands-on program that can be used as a complete program or for counselors wishing to add specific exercises to treatment. This book is certainly appropriate for continuing education of counselors as well as an office manual. The material is current and well organized.”

Thomas W. Clawson

Executive Director

National Board of Certified Counselors

C. "As a former legislative aide to John Vasconcellos and the Self-Esteem effort, I found the book to be practical and impactful in its suggested activities. It can enlighten the thinking and enrich a person's experience of their own self-esteem."

Andy Michael

Aide to Assemblyman John Vasconcellos

California Task Force on Self-Esteem

D. *“The Self-Esteem Workbook* is both excellent and practical because it is built on a sound scientific base, offers clear recommendations, and comes from and speaks to the heart.”

Stevan E. Hobfoll, Ph.D.

Professor & Director, Applied Psychology Center, Kent State University

Author, *Stress, Culture and Community* and *The Ecology of Stress*

E. “The *Self-Esteem Workbook* is clearly one of the best written for understanding and exploring the true meaning, importance and value of building self-esteem. It is a guidebook for healing and loving our inner essential selves. This book encourages us to explore and learn to cherish with awe, the magic that lies within us. A must for teacher training, working with battered and abused populations, and people who are in recovery processes. A terrific workbook. I think every school in America should be working with this information.”

Sandi Redenbach, M.Ed.

Former Chairperson, California Council to Promote Self-Esteem and Personal and Social Responsibility

F. “Self-esteem—its importance and how to develop and protect it—is a poorly understood concept in today’s world of the ‘quick fix’ and ‘magic bullet.’ Dr. Glenn Schiraldi has done a great service in assembling all of the material on this important topic. His practical step-by-step format and powerful skill building exercises lead the participant on a purposeful journey that can result in a future of better physical and mental health and well being.”

Sharlene M. Weiss, Ph.D.

Founder & Former Director of Psychosocial Oncology, University of Miami Sylvester Comprehensive Cancer Center

Associate Professor of Medicine, Psychiatry, and Psychology, University of Miami School of Medicine

G. “I have been teaching courses in human development for nearly 40 years. I am impressed by the wealth of material—activities, exercises, and accompanying narratives—found in Glenn Schiraldi’s *The Self-Esteem Workbook*. I made two salient observations. One was that this workbook would be an excellent resource for helping first-year college students make the transition from high school (an activity in which I am engaged). The other was that I found myself able to view elements of my self-esteem and that of others in a more positive and helpful manner. Dr. Schiraldi’s text reminds us that building and repairing self-esteem are part of a never-ending process.”

Albert H. Gardner, Ph.D.

Assoc. Prof. Human Development

Director, Advocates for Children

University of Maryland

H. “What a wonderful workbook! Even for those of us who feel we have a high level of self-esteem, this book provides insight and techniques for improving those areas that sometimes make us question ourselves and our self worth. With some of my more difficult physical therapy patients, I often employ the cognitive rehearsal technique of acknowledging what is “right” about themselves to break their negative views of themselves or their situation. This in itself often leads to an acceleration in the healing process.”

Linda C. Harvey, MA, PT

Physical Therapy Role Extender for Rehabilitation Coordinator, Visiting Nurses Association of Maryland

Author, *Humor for Healing: A Therapeutic Approach*

**VII. The Anger Management Sourcebook**

A. “Anger is one of the biggest issues for both men and women in relationships. I have wanted a new, research-based book to give to couples to read to help them with anger issues and now I have one. This book is must reading for couples with anger issues as well as for any professional interested in the prevention and treatment of relationship issues.”

Howard J. Markman, Ph.D.

Co-director, Center for Marital and Family Studies

University of Denver

Co-author, *Fighting* for *Your Marriage*

B. “A “must use book” for those who are serious about managing their anger more effectively. Chock full of practical suggestions and tools. I look forward to guiding my patients to this book. A great job!

Robert J. Hedaya, M.D.,

Clinical Professor of Psychiatry, Georgetown University Hospital, Washington, DC Founder, National Center for Whole Psychiatry, Chevy Chase, MD

Author, *The Anti-Depressant Survival Program* (Crown, 2000), and *Understanding Biological Psychiatry* (Norton, 1996).

C. “An excellent book. Dr. Schiraldi breaks new ground in exploring the different dimensions of anger and its management. I know of no other book that covers it with such clarity and detail. I will highly recommend it to all my patients.

Carlos Sandoval. M.D.

Director, Psychosocial Oncology Services

Silvestro Comprehensive Cancer Center

University of Miami

D. “ A very useful compilation of practical techniques for emotional self-control. Highly recommended for personal and group use in any format where establishing more conscious control of mood states is a desired outcome.”

Al Bacchus, Ph.D.

Program Coordinator, Corporate Health & Wellness Training

Montgomery College, Rockville, MD

E. “An excellent work of art for the mind and soul. It brought much peace into my life. I hope that others read this book so that we might all contribute to a more loving and peaceful world.”

Mohammad Beiraghdar, M.D.

F. “Excellent book. Factual, informative, and very readable. Great techniques to assist anyone in a leadership position. Must reading for anyone commuting on the New Jersey Turnpike. Good down to earth information and methods to assist any parent dealing with adolescents. Great resource book for health care workers. Outstanding book for anyone just wanting to gain new insight into his or her own emotional makeup. I will keep this book on my shelf of frequently used resources.”

Tinsley W. Rucker, M. D.,

G. “This concise yet exhaustive review of a long-neglected subject provides many useful approaches to channeling anger in a positive direction. Skillfully written and thoroughly researched. The best book on anger I’ve seen. Long overdue.”

Bruce B. Hill, M.D.

**VIII.** **World War II Survivors: Lessons in Resilience**

A. Review: America in WWII, April 2008.

“[A] serious and in-depth study of men and women who survived… bloody combat, crashing airplanes, amputations, and dreadful prisons…In these remembrances we find no movie-style heroes, no grandstanding histrionic generals, but rather men and women who were true heroes while rejecting the label “hero.” They are good people who earned the right to offer an opinion on how to be good people. Is the current generation listening?”

1. Ken Burns, historian, filmmaker, (including PBS’ *The War*), Walpole, New Hampshire

“This is a wonderful collection of war stories; proof once again that any understanding of the dynamics of war—and especially this one—must begin with so-called ordinary soldiers, not the celebrity generals or politicians who are rarely on the front lines.”

**IX. The Resilience Workbook/The Complete Guide to Resilience**

A. “With extensive experience in military, mental health, academic, and international crisis environments, Dr. Glenn Schiraldi is uniquely prepared to offer excellent and expert guidance in developing and maintaining resilience.  In *The Complete Guide to Resilience* he covers the essentials of developing and maintaining health and resilience in any demanding situation, or in life itself.  We are guided to the best principles and practices for optimizing our physical, mental, emotional, and spiritual health and fitness, for managing new crises or post-traumatic stress disorder from the past, and for achieving great creativity and well-being under challenging circumstances.  As in his previous books, Dr. Schiraldi again offers wise, caring, comprehensive, and accessible guidance.  We can rely on him with trust and confidence for negotiating life's challenges.”

Edward Tick, Ph.D., author, *War and the Soul*; Director, Soldier’s Heart for successful warriors return; clinical psychotherapist focusing on veterans issues

B. “Impressed with Dr. Schiraldi's previous work, I have adopted *The Complete Guide* *to Resilience* as required reading for my Disaster Resilience Leadership course (DRLS 6010), to benefit future leaders who care about the resilience of themselves and those they lead.”

Charles R. Figley, Ph.D., founding president, International Society for Traumatic Stress Studies; Kurzweg Distinguished Chair in Disaster Mental Health and co-director of the Disaster Resilience Leadership Academy, Tulane University; author, *Combat Stress Injury;* Vietnam veteran

C. “Resilience is the final frontier in human psychology. Dr. Schiraldi has created a wonderful resource and valuable compendium of academic science and practical behavioral suggestions…a powerful foundation for the acquisition of resilience skills.”

George S. Everly, Jr., Ph.D., faculty, Johns Hopkins University School of Medicine; Executive Director, Resiliency Science Institutes, International; author, *The Secrets of Resilient Leadership*

D. “This book is a breath of fresh air for practitioners who treat combat related stress or injuries every day. I have seen so many books designed to assist this population but this is the most comprehensive and the most positive. Thank you, Dr. Schiraldi, for not over-pathologizing our warriors and other high-risk occupations. Thank you for showing how it can be done without pharmaceuticals. This book will become a staple in my practice.”

Mary Neal Vieten, Ph.D., ABPP, Commander U.S. Navy (RC), Operational Psychology Solutions

E. “The way this book presents resilience is a milestone for everyone in the crises business…an interaction between scientific findings, real life experiences, and exercises that will involve the reader from the first page. It is easy to understand and apply to real life situations. Whether readers want to learn or not, in the end they will have gained a massive knowledge of the secrets in resilient crises leadership management.”

Peter Jonsson, Former Director of Training for Swedish National Police; Founder, Mental Preparedness and Conduct Training, Swedish National Police; Advisor to FBI

F. “Dr. Schiraldi’s *The Complete Guide to Resilience* is clearly the authoritative work in the field. Dr. Schiraldi methodically takes the reader through the three critical steps of resilience training: gaining a basic understanding of the critical issues of resilience, helping the reader determine his/her own level of resilience, then guiding the reader through step-by-step exercises to build and maintain a resilient mind. *The Complete Guide to Resilience* is clearly a seminal work in the field of warrior and first responder resilience.”

Steve O. Steff, Ph.D., President-CEO, Crisis Care International

**X. The Resilient Warrior Before, During, and After War.**

A. “A masterpiece! A definitive, complete, and absolutely essential guide to preparing for combat, surviving in combat, and after combat. "Required reading" for anyone in the military or law enforcement, for the families and loved ones of those who go in harm's way, and for those who treat or support the returning veteran. I truly am blown away by the depth of content and scholarship in this book. I believe that it should become the definitive reference source for anyone working in this field. Well done.”

Dave Grossman, Lt. Col. (Retired), Army Ranger, former West Point psychology professor, author *On Combat* and *On Killing*

B. “As a former small unit leader of Rangers, I wish I had this manuscript long ago. It is brilliantly conceived and well presented; a superb handbook with effective, poignant guidelines on avoiding the hurtful affects of PTSD and stress and how to deal with those problems. A must have booklet for all combatants and their families and friends.”

Gary Dolan, Army Ranger, author *Of Their Own Accord*

C. “As a Navy SEAL wife who has been through a number of war zone deployments with my husband, I know how difficult homecoming can be for both people. I truly believe that this booklet will not only help normalize what so many people are experiencing when returning home from war zones but will also provide them, and their families, with tools to process the challenging events they have gone through. Very easy to read and understand…will reach people from all walks of life. Although my husband is honestly the most resilient, well-adjusted person I’ve ever known, this gives us much to talk about…a fantastic piece of work!”

Erin Roberts, wife of U.S. Navy SEAL

D. “A comprehensive handbook that provides an accessible and achievable roadmap to preparation, treatment, and recovery from the psychological stresses of combat. We are confident that this resource will prove invaluable to our participants."

Dan T. Cook, Founder, Executive Director, Rivers of Recovery

E "Glenn Schiraldi has once again offered much-needed education for stress syndromes—this time aimed directly at our service men and women. This guide is practical, easily read, and addresses the need for self-management skills before, during, and after deployment. Dr. Schiraldi's devotion to our military members, families, and communities is evident in this book."

Victoria Bruner, LCSW, RN, BCETS, Associate Director of Clinical Education, Deployment Health Clinical Center, Walter Reed Army Medical Center

F. "Dr. Glenn Schiraldi has offered a timely, insightful perspective on stress management for soldiers and their families, especially those of the post-9/11 generation. No generation has been asked to do more for our great Nation, and none has responded more superbly. Dr. Schiraldi honors their service by providing clear explanations of the stress they confront and concise suggestions on how to maintain resilience in their professional and personal lives.”

Robert M. Kimmitt, Major General, USAR (Retired), 173rd Airborne Brigade, Vietnam, 1970-71

**XI. The Adverse Childhood Experiences Recovery Workbook**

“Glenn Schiraldi is one of the world’s most trusted experts on stress and resilience. His *The Adverse Childhood Experiences Recovery Workbook* is the most complete, accessible, and evidence-based healing resource available. The ripples of childhood trauma spread throughout our society affecting every facet of life. Thanks to Schiraldi’s stellar work, there is now a trusted map to recovery available for lay people and helping professionals alike. This workbook is a game changer with the power to heal lives. I can’t recommend it highly enough.

Joan Borysenko, PhD., distinguished pioneer in integrative medicine; and New York Times bestselling author of *Minding the Body, Mending the Mind*

I have read the following and certify that this curriculum vita is a current and accurate statement of my professional record.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date