

Michael John Mackenzie, PhD
Assistant Professor, Behavioral Health & Nutrition
Joint Appointment, Human Development & Family Studies
Department of Behavioral Health and Nutrition
College of Health Sciences, University of Delaware

010 Carpenter Sports Building
26 North College Avenue
Newark, DE 19716
Office: (302) 831-8974
Email: mmackenz@udel.edu
Web: <http://sites.udel.edu/ahbsl>

ACADEMIC APPOINTMENT:

Assistant Professor 2014 – Present

*Departments of Behavioral Health & Nutrition / Human Development & Family Studies,
University of Delaware – Newark, DE*

- Director of Mind Body Behavior Laboratory. Research investigates ways mind body practices impact health behaviors and outcomes. We aim to help develop and implement community-based health education, training, interventions, programs, and services.
- Courses taught: BHAN 332: Health Behavior Theory & Assessment, BHAN 435: Physical Activity Behavior, BHAN 609: Research Methods, HLPR 430/630: Behavior Change Strategies & Tactics, BHAN 467/ HLPR 667: Mind, Body, Behavior, and HLPR 664: Health Coaching Practicum.
- Program Director for Graduate Certificate in Health Coaching. Committee member for development of Center for Health & Wellness Innovation (CHWI) at Science, Technology & Advanced Research (STAR) Health Campus, and member of College of Health Sciences Interdisciplinary Clinical Services Committee.

EDUCATION & TRAINING:

Postdoctoral Fellow 2012 – 2014

Department of Kinesiology & Community Health, University of Illinois – Urbana-Champaign, IL

- Specialization in Exercise Psychology
- Primary Project: “Effects of physical activity & aerobic fitness on cognition in breast cancer survivors.”
- Supervisor: Professor Edward McAuley

PhD Kinesiology 2009 – 2012

Faculty of Kinesiology, University of Calgary - Calgary, AB

- Specialization in Health & Exercise Psychology
- Dissertation: “Exploring relations between yoga practice, attention & affect regulation, & health outcomes in cancer survivors.”
- Supervisor: Professor Nicole Culos-Reed

MSc Applied Psychology 2000 – 2003

Department of Applied Psychology, University of Calgary - Calgary, AB

- Specialization in Counselling Psychology
- Thesis: “Effects of a mindfulness-based stress reduction (MBSR) program on measures of stress & mood in post-treatment early stage breast cancer outpatients.”
- Supervisors: Associate Professor Nancy Marlett, Professor Linda Carlson

DipEd Educational Psychology 1998 – 1999

Department of Educational Psychology, University of Calgary - Calgary, AB

- Specialization in Community Rehabilitation

BA Communication 1992 – 1996

School of Communication, Simon Fraser University – Burnaby, BC

- Specialization in International Communication & Globalization
- Extended Minor in Anthropology
- Certificate in Chinese Studies

SCHOLARLY ACTIVITY:

Book Chapters (underline indicates trainee):

1. **Mackenzie MJ**, Zuniga KE, McAuley EM (2016). Cognitive impairment in breast cancer survivors: The protective role of physical activity, cardiorespiratory fitness, and exercise training. In T McMorris, ed., *Exercise-Cognition Interaction: Neuroscience Perspectives* (pp.399-419). London: Academic Press.
2. Speca M, Carlson LE, **Mackenzie MJ**, Angen M (2014). Mindfulness-based stress reduction (MBSR) as an intervention for cancer patients. In R Baer, ed., *Mindfulness-Based Treatment Approaches: Clinician's Guide to Evidence Base and Applications, 2nd edition* (pp. 293-316). Burlington: Academic Press.
3. Vallance JK, Culos-Reed SN, **Mackenzie MJ**, Courneya KS (2013). Physical activity and psychosocial health among cancer survivors. In P Ekkekakis, ed., *Routledge Handbook of Physical Activity and Mental Health* (pp. 518-529). New York: Routledge.
4. Speca M, Carlson LE, **Mackenzie MJ**, Angen M (2006). Mindfulness-based stress reduction (MBSR) as an intervention for cancer patients. In R Baer, ed., *Mindfulness-Based Treatment Approaches: Clinician's Guide to Evidence Base and Applications* (pp. 239-261). Burlington: Academic Press.
5. **Mackenzie MJ** (1998). The martial art of muay thai in Thai society. In M Howard, W Wattanapun, A Gordon eds., *Traditional T'ai Arts in Contemporary Perspective* (pp. 213 - 237). Bangkok: White Lotus Press.

Refereed Articles (underline indicates trainee):

1. **Mackenzie MJ**, Wurz AJ, Yamauchi Y, Pires L, Culos-Reed SN. (In Press) Yoga helps put the pieces back together: a qualitative exploration of a community-based yoga program for cancer survivors. *Evidence-based Complementary & Alternative Medicine*.
2. Fanning J, **Mackenzie M**, Roberts S, Crato I, Ehlers D, McAuley E. (2016) Physical Activity, Mind Wandering, Affect, and Sleep: An Ecological Momentary Assessment. *Journal of Medical & Internet Research: Mobile & Ubiquitous Health*, 4(3).
3. Awick EA, Ehlers D, Fanning J, Phillips SM, Wójcicki T, **Mackenzie MJ**, Motl R, McAuley E (2016). Effects of a home-based DVD-delivered physical activity program on self-esteem in older adults: Results from a randomized controlled trial. *Psychosomatic Medicine*.
4. Cooke GE, Wetter NC, Banducci SE, **Mackenzie MJ**, Zuniga KE, Awick EA, Roberts SA, Sutton BP, McAuley E, Kramer AF (2016). Moderate physical activity mediates the association between white matter lesion volume and memory recall in breast cancer survivors. *PLOS One*. DOI:10.1371/journal.pone.0149552.
5. **Mackenzie MJ**, Zuniga KE, Raine LB, Awick EA, Hillman CH, Kramer AF, McAuley E (2016). Associations between physical fitness indices and working memory in breast cancer survivors and age-matched controls. *Journal of Women's Health*, 25 (1), 99-108.
6. Chaddock-Heyman L, **Mackenzie MJ**, Zuniga KE, Cooke G, Awick EA, Roberts SA, Erickson KI, McAuley E, Kramer AF (2015). Higher cardiorespiratory fitness levels are associated with greater hippocampal volume in breast cancer survivors. *Frontiers of Human Neuroscience*, 9, 465.

7. Zuniga KE, **Mackenzie MJ**, Roberts SA, Raine LB, Hillman CH, Kramer AF, McAuley E (2015). Relationship between fruit and vegetable intake and interference control in breast cancer survivors. *European Journal of Nutrition*. [Epub ahead of print] PubMed PMID: 26123915.
8. Zuniga KE, **Mackenzie MJ**, Kramer AF, McAuley E (2015). Subjective memory impairment and well-being in community-dwelling older adults. *Psychogeriatrics*, 16, 20-26.
9. Gothe NP, Wójcicki TR, Olson EA, Fanning JF, Awick EA, Chung HD, Zuniga KE, **Mackenzie MJ**, Motl RW, McAuley E (2015). Physical activity levels and patterns in older adults: the influence of a DVD-delivered exercise program. *Journal of Behavioral Medicine*, 38 (1), 91-97.
10. Awick EA, Wójcicki TR, Olson EA, Fanning JF, Chung HD, Zuniga KE, **Mackenzie MJ**, Kramer AF, McAuley E (2015). Differential exercise effects on quality of life and health-related quality of life in older adults: a randomized controlled trial. *Quality of Life Research*, 24 (2), 455-462.
11. **Mackenzie MJ**, Carlson LE, Paskevich DM, Ekkekakis P, Wurz AJ, Wytsma K, Krenz KA, McAuley E, Culos-Reed SN (2014). Associations between attention, affect and cardiac activity in a single yoga session for cancer survivors: An enactive neurophenomenology-based approach. *Consciousness and Cognition*, 27, 129-146.
12. Wurz AJ, Capozzi LC, **Mackenzie MJ**, Danhauer SC, Culos-Reed SN (2013). Translating knowledge: A framework for evidence-informed yoga programs in oncology. *International Journal of Yoga Therapy*, 23 (2), 85-90.
13. **Mackenzie MJ**, Carlson LE, Ekkekakis P, Paskevich DM, Culos-Reed SN (2013). Affect and mindfulness as predictors of change in mood disturbance, stress symptoms and quality of life in a community-based yoga program for cancer survivors. *Evidence-Based Complementary and Alternative Medicine*. 1-13.
14. Culos-Reed SN, **Mackenzie MJ**, Sohl SJ, Jesse MT, Ross AN, Danhauer SC (2012). Yoga & cancer interventions: A review of the clinical significance of patient reported outcomes for cancer survivors. *Evidence-Based Complementary and Alternative Medicine*. 1-17.
15. **Mackenzie MJ**, Carlson LE, Munoz M, Specia M (2007). A qualitative study of self-perceived effects of mindfulness-based stress reduction (MBSR) in a psychosocial oncology setting. *Stress and Health*, 23 (1), 59-69.
16. Minor H, Carlson LE, **Mackenzie MJ**, Zernicke K, Jones L (2007). Evaluation of a mindfulness-based stress reduction (MBSR) program for caregivers of children with chronic conditions. *Social Work in Health Care*, 43 (1), 91-109.
17. **Mackenzie MJ**, Carlson LE, Specia M (2005). Mindfulness-based stress reduction (MBSR) in oncology: Rationale and review. *Evidence-Based Integrative Medicine*, 2 (3), 139-145.

Manuscripts in Review (underline indicates trainee):

1. Henry ZJ, Peterson PM, **Mackenzie MJ**. Motivational effects of an online physical activity social marketing campaign on the millennial generation (submitted to: *Cyberpsychology*).
2. Bercaw S, Snider S, **Mackenzie M**. A qualitative needs assessment for the integration of health coaching within a university extension diabetes education program (submitted to: *BMC Health Services Research*).

Manuscripts in Preparation (underline indicates trainee):

1. **Mackenzie MJ** & Culos-Reed SN. Do changes in attention and affect before and after yoga class predict ongoing yoga practice in cancer survivors? (target journal: *Annals of Behavioral Medicine*)
2. **Mackenzie MJ**, Cuthbert C, Culos-Reed SN. Investigating the effects of yoga practice on cancer survivor support persons (target journal: *Psycho-Oncology*).
3. Jartres J, Goodwin S, **Mackenzie M**. Best possible self imagery: does perspective impact optimism? (target journal: *Journal of Behavior Therapy and Experimental Psychiatry*).
4. Sawyer V, **Mackenzie M**, Paris C. I can be mindful: the cultivation of a mindful learning environment for young children, their teachers, and families using a socio-ecological perspective. (target journal: *Journal of Child & Family Studies*).
5. **Mackenzie M**, Sawyer V, Paris C. The use of mindfulness with children, their teachers, and families: a conceptual review. (target Journal: *Child Development Perspectives*).
6. **Mackenzie M**, Gannon M, Short V, Reid L, Abatemarco D. Associations between mindful parenting and parenting attitudes and behaviors for pregnant and parenting women in drug treatment. (target Journal: *Mindfulness*).

Abstracts:

1. **Mackenzie M**, Fanning J, Roberts S, Crato I, Pohlig R, McAuley, E (2016) Sedentary activity, mind wandering and affect regulation: an ecological momentary assessment. *Annals of Behavioral Medicine*, 50 (Supplement), S146.
2. Fanning J, **Mackenzie M**, Roberts S, Crato I, McAuley E (2016). Mind wandering, sleep and physical activity: results of an ecological momentary assessment. *Annals of Behavioral Medicine*, 50 (Supplement), S146.
3. **Mackenzie MJ**, Zuniga KE, Raine LB, Awick EA, Hillman CH, Kramer AF, McAuley E (2015). Cardiorespiratory fitness, physical activity, and working memory in breast cancer survivors. *Annals of Behavioral Medicine*, 49 (Supplement), S174.
4. Fanning J, **Mackenzie M**, Roberts S, Ehlers D, McAuley E (2015). Physical activity and attention – a momentary assessment (PANAMA): methods. *Annals of Behavioral Medicine*, 49 (Supplement), S44.
5. Zuniga KE, **Mackenzie MJ**, Awick EA, Roberts SA, McAuley E (2015). Psychological well-being and subjective memory impairment in breast cancer survivors. *Annals of Behavioral Medicine*, 49 (Supplement), S234.
6. McAuley E, **Mackenzie M**, Zuniga K, Awick E, Raine L, Hillman, C (2014). Objective and subjective memory impairment in breast cancer survivors: effects of fitness and nutrition. *Psycho-Oncology*, 23 (Supplement 3), 312-313.
7. **Mackenzie MJ**, Wurz AJ, Yamauchi Y, Long RB, Culos-Reed SN (2014). “Yoga helps put the pieces back together”: A qualitative exploration of a community-based yoga program for cancer survivors. *International Journal of Yoga Therapy*, (Supplement), S33.
8. Yamauchi Y, **Mackenzie MJ**, Nakamura Y (2014). Yoga, fatigue, and regular physical activity among Japanese breast cancer survivors. *International Journal of Yoga Therapy*, (Supplement), S38.

9. Yamauchi Y, **Mackenzie MJ**, Nakamura Y (2014). Impact of a single yoga session upon mood disturbance in Japanese breast cancer survivors. *International Journal of Yoga Therapy*, (Supplement), S38.
10. **Mackenzie MJ**, Chung HD, Zuniga KE, Woods JA, McAuley E (2014). Multilevel modeling of exercise effects on loneliness in older adults. *Annals of Behavioral Medicine*, 47 (Supplement), S178.
11. Zuniga KE, **Mackenzie MJ**, Kramer AF, McAuley E (2014). Subjective memory impairment and well-being in community-dwelling older adults. *Annals of Behavioral Medicine*, 47 (Supplement), S37.
12. Awick EA, Wójcicki TR, Olson EA, Fanning JT, Chung HD, Zuniga KE, **Mackenzie MJ**, Motl RW, McAuley E (2014). Does a home-based DVD-delivered physical activity program increase self-esteem in older adults: an RCT. *Annals of Behavioral Medicine*, 47 (Supplement), S178.
13. Chung HD, Wójcicki TR, Olson EA, Fanning JT, Awick EA, **Mackenzie MJ**, Zuniga KE, Motl RW, McAuley E (2014). Effects of a 6-month DVD-delivered exercise intervention on functional limitations in older adults. *Annals of Behavioral Medicine*, 47 (Supplement), S179.
14. **Mackenzie MJ** & Culos-Reed SN (2013). Affect and mindfulness as predictors of change in mood disturbance, stress symptoms and quality of life in a community-based yoga for cancer survivors program: a longitudinal multilevel modeling approach. *Annals of Behavioral Medicine*, 45 (Supplement), S249.
15. Culos-Reed SN, Danhauer SC, **Mackenzie MJ**, Sohl SJ (2012). The clinical significance of patient reported outcomes: yoga for cancer survivors. *Annals of Behavioral Medicine*, 43 (Supplement), S66.
16. **Mackenzie MJ**, Wurz AJ, Culos-Reed SN (2011). Evaluation of pre-post class affective measures during a seven-week yoga for cancer survivors program. *International Journal of Yoga Therapy*, (Supplement), S40.
17. Culos-Reed SN, **Mackenzie MJ**, Wurz AJ (2011). If you build it, they will come...and benefit: a community-based yoga program for cancer survivors. *International Journal of Yoga Therapy*, (Supplement), S31.
18. **Mackenzie MJ**, Culos-Reed SN, Stephenson LE (2010). Examining psychosocial outcomes from a yoga intervention in cancer survivors. *Annals of Behavioral Medicine*, (Supplement), S113.
19. Ross AN, **Mackenzie MJ**, Culos-Reed SN (2010). Yoga for prostate cancer survivors. *International Journal of Yoga Therapy*, (Supplement), S31.
20. Culos-Reed SN, Stephenson LE, Norris J, **Mackenzie MJ** (2009). Building sustainable community programming for cancer survivors: research results from a class-based yoga program and future work with a yoga program DVD. *International Journal of Yoga Therapy*, (Supplement), S41.
21. Carlson LE, **Mackenzie MJ**, Munoz M (2004). Understanding the self-perceived effects of ongoing mindfulness-based stress reduction (MBSR) on cancer patients: a grounded theory approach. *Psycho-Oncology*, 13 (S2), S138.

Technical Reports:

1. Culos-Reed SN, **Mackenzie MJ**, Capozzi L, Wurz AJ (2012). Yoga for cancer survivors: building a sustainable community-based program. *Knowledge Translation in Alberta: Health Research with Impact, Volume 3* (pp. 11-16). Edmonton: Alberta Innovates – Health Solutions.
2. Gardiner HP, Cairns KV, Osborne D, Mills J, **Mackenzie MJ** (2003). *Edmonton Homelessness Study* (pp. 1-24). Edmonton: Edmonton Joint Planning Committee on Housing.

3. Gardiner HP, Cairns KV, Alarie R, Briggs T, Leipziger C, **Mackenzie MJ**, Strong, T (2002). *Calgary Homelessness Study* (pp. 1-109). Calgary: Calgary Homeless Foundation.

Non-Refereed Articles:

1. Culos-Reed SN & **Mackenzie MJ** (2011). Views on the 2011 Symposium on Yoga Research. *Yoga Therapy Today*, 7(3), p. 28.

Presentations (underline indicates trainee):

1. Sawyer V, Paris C, Morris L, **Mackenzie M**. (November 2016) Evolving a mindfulness-based summer camp in an early learning setting. Abstract accepted for poster presentation at the International Symposium of Contemplative Studies, San Diego, CA.
2. Abatemarco D, Gannon M, Weingarten W, **Mackenzie M** (November 2016) The use of mindfulness practices to improve parenting among new mothers in treatment for opioid addiction. Abstract accepted for panel presentation at the International Symposium of Contemplative Studies, San Diego, CA.
3. Leonard T, **Mackenzie M**, Ferguson J, Peterson P (September 2016). A qualitative study of the overall experience of health coaching in an employee wellness setting. Abstract accepted for poster presentation at the Coaching in Leadership & Healthcare 2016, Institute of Coaching, Boston, MA.
4. Sawyer V, Paris C, Morris L, **Mackenzie M** (June 2016) I can be mindful: Developing a mindfulness-based summer camp for young children in an early learning setting. Poster presentation at the Mind & Life Summer Research Institute, Garrison, NY.
5. Gannon M, **Mackenzie M**, LaNoue M, Foss M, Reid L, Abatemarco D (June 2016) Impact of a mindfulness-based parenting intervention on quality of parenting behaviors of mothers in medically-assisted treatment for opioid dependence. Poster presentation at the Mind & Life Summer Research Institute, Garrison, NY.
6. **Mackenzie MJ** (May 2016) Mindfulness in academia: Refining awareness to foster learner engagement. Featured session at the 2016 University of Delaware Summer Faculty Institute, Newark, DE.
<http://sites.udel.edu/sfi2016/webcast/#mackenzie>
7. **Mackenzie M**, Hebbel S, Crato I, Pires L, Siegel S (May 2016). Examining survivors of cancer and physical activity in Delaware (ESCAPADE): Preliminary findings from a community-based participatory needs assessment. Podium presentation for the ACCEL Community Research Exchange. Wilmington, DE.
8. Fanning J, **Mackenzie M**, Roberts S, Crato I, McAuley E (April 2016). An ecological momentary assessment of mind-wandering and physical activity: The PANA:MA study. Poster presentation at the annual Chittenden Symposium, Champaign, IL.
9. Sawyer V, **Mackenzie M**, Paris C (April 2016). I can be mindful: Development and implementation of a mindfulness-based camp for young children in an early learning setting. Poster presentation at the 31st Annual Marion H. Steele Symposium, Newark DE.
10. Bercaw S, Snider S, **Mackenzie M** (April 2016) Determining the best ways to incorporate health coaching in Extension. Podium presentation at the National Health Outreach Conference, Roanoke, VA.
11. Bercaw S, Snider S, **Mackenzie M** (April 2016) Health coaching for Dining with Diabetes. Poster presentation at the National Health Outreach Conference, Roanoke, VA.

12. **Mackenzie, MJ** (April 2016) Mindfulness for the whole family: cultivating focus and calm in ourselves and homes. Invited talk for the Annual Week of the Young Child, National Association for the Education of Young Children. University of Delaware Laboratory Preschool, Newark, DE.
13. Sood E, Lache S, **Mackenzie M** (April 2016). How to persevere and overcome the stress of rejection. Invited panelist for “Mentoring beyond the Science,” ACCEL Mentoring, Education & Career Development Core. Wilmington, DE.
14. **Mackenzie MJ**, Zuniga KE, Raine LB, Awick EA, Roberts SA, Chaddock-Heyman L, Hillman CH, Kramer AF, McAuley E (March 2016). A case-control investigation of cardiorespiratory fitness on executive control in a task switching paradigm. Poster presentation for the 5th Biennial International Cancer & Cognition Task Force Meeting. Amsterdam, NL.
15. Abatamarco DJ, Gannon M, **Mackenzie MJ** (February 2016). Mindfulness Based Stress Reduction. Invited workshop for the 16th Annual Scientific Meeting of the American Academy of Health Behavior. Ponte Vedra Beach, FL.
16. **Mackenzie MJ**, Abatamarco DJ (February 2016). Building a research agenda through mentorship with academy and institutional support. Invited podium presentation for the 16th Annual Scientific Meeting of the American Academy of Health Behavior. Ponte Vedra Beach, FL.
17. **Mackenzie MJ**, Fanning JF, Roberts SR, Ehlers D, Crato I, McAuley E (June 2015). Sedentary activity, mind wandering, and affect regulation: an ecological momentary assessment. Poster presentation for the Mind & Life Summer Research Institute. Garrison, NY.
18. **Mackenzie MJ**, Hebbel SM, Siegel SD (May 2015). Examining survivors of cancer and physical activity in Delaware: a community-based participatory research approach. Invited podium presentation for the Delaware CTR-ACCEL Conference on Community Engagement. Wilmington, DE.
19. **Mackenzie MJ**, Hebbel SM, Siegel SD (February 2015). Examining survivors of cancer and physical activity in Delaware: a community-based participatory research approach. Invited podium presentation for the Accelerating Clinical & Translational Research 2015 Annual Meeting. Charleston, SC.
20. Fanning J, Ehlers D, **Mackenzie M**, Roberts S, Buman M, Huberty J, McAuley E (January 2015). Ecological momentary assessment in physical activity research: a comparison of two methodologies. Poster presentation for the Chittenden Symposium on Mobility, Technology and the Future of Health. Champaign, IL.
21. **Mackenzie MJ**, Hebbel SM, Siegel SD (December 2014). Examining survivors of cancer and physical activity in Delaware: a community-based participatory research approach. Poster presentation for the Delaware CTR-ACCEL Updates in Community Engaged Research Meeting. Wilmington, DE.
22. Zuniga KE, **Mackenzie MJ**, Roberts SA, Raine LB, Hillman CH, Kramer AF, McAuley E (October 2014). Relationship between fruit and vegetable intake and interference control in breast cancer survivors. Poster Presentation for the American Institute for Cancer Research Annual Research Conference. Washington, DC.
23. **Mackenzie MJ**, Carlson LE, Paskevich DM, Ekkekakis P, Wurz AJ, Wytsma K, Krenz KA, Culos-Reed SN (June 2013). Associations between affect, attention and heart rate variability in a single yoga session for cancer survivors: a neurophenomenological approach. Poster presentation for the Mind & Life Summer Research Institute. Garrison, NY.

24. McAuley EM & **Mackenzie MJ** (March 2013). Loneliness, social relations and physical activity. Invited podium presentation for the 2013 Center on Health, Aging and Disability Symposium. Champaign, IL.
25. **Mackenzie MJ**, Wurz AJ, Culos-Reed SN (April 2012). Preliminary analyses of an ongoing community-based yoga program for cancer survivors. Poster presentation for the Annual Canadian Association of Psychosocial Oncology Meeting. Vancouver, BC.
26. **Mackenzie MJ**, Wurz AJ, Wytsma K, Krenz KA, Culos-Reed SN (February 2012). Yoga for cancer survivors. Invited podium presentation for the 6th International Sport Sciences Symposium. Tokyo, Japan.
27. **Mackenzie MJ**, Wurz AJ, Culos-Reed SN (September 2011). Evaluation of pre-post class affective measures during a seven-week yoga for cancer survivors program. Poster presentation for the Department of Oncology / SACRI Trainee Research Day. Calgary, AB.
28. **Mackenzie MJ** & Culos-Reed SN (September 2012). Yoga for Cancer Survivors. Invited podium presentation for the Physical Activity and Cancer Meeting, Prostate Cancer Canada Network. Calgary, Alberta.
29. **Mackenzie MJ** & Culos-Reed SN (June 2010). Yoga practice, affect regulation, mindfulness, flow states, and intervention satisfaction in cancer survivors: a proposed study. Poster presentation for the Department of Oncology / SACRI Trainee Research Day. Calgary, AB.
30. Adair CE, Gardiner HP, Forbes FE, McDougall G, Mitton C, **Mackenzie MJ** (November 2005). The community extension team (CET) for the severely mentally ill: Pilot results and learnings. Mental Health Research Showcase. Banff, AB.
31. Carlson LE, **Mackenzie MJ**, Specia M, Munoz M (April 2005). A qualitative study of self-perceived effects of mindfulness-based stress reduction (MBSR) in a psychosocial oncology setting. Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society: 3rd Annual Conference for Clinicians, Educators and Researchers. Worcester, MA.
32. Carlson LE, **Mackenzie MJ**, Specia M, Munoz M (April 2005). A qualitative study of self-perceived effects of mindfulness-based stress reduction (MBSR): beyond symptom reduction. Annual Canadian Association of Psychosocial Oncology Meeting. Victoria, BC.
33. **Mackenzie MJ**, Carlson LE, Munoz M (June 2004). Understanding the self-perceived effects of ongoing mindfulness-based stress reduction (MBSR) on cancer patients: a grounded theory approach. Annual Complementary and Alternative Medicine Research Symposium. Calgary, AB.
34. **Mackenzie MJ**, Carlson LE, Munoz M (March 2004). Understanding the self-perceived effects of ongoing mindfulness-based stress reduction (MBSR) on cancer patients: a grounded theory approach. Annual Mindfulness-Based Stress Reduction Meeting. Worcester, MA.
35. Adair CE, McDougall GM, Mitton C, Gardiner HP, Alarie R, **Mackenzie MJ**, Coleman M, Rawlings S, Steer T (March 2004). The Community Extension Team (CET): Pilot of a new intervention to improve continuity of care for the severely mentally ill. Sebastian K. Littmann Research Day (Department of Psychiatry, University of Calgary). Calgary, AB.

GRANTS & AWARDS:

Actively Funded:

- Mindfulness in Education, Teaching, Assessment & Learning (METAL): Development, Implementation, & Evaluation (PI). Supported by University of Delaware Center for Teaching and Assessment of Learning. 2016-2017. Total award \$11,500.
- Healthcare Transformation Through Innovative Training Tools: Enhancing Team-Delivered, Coordinated Care for Delawareans (PI: Matt). Supported by Delaware Department of Health & Social Services / Centers for Medicare & Medicaid Services. 2016-2019. Total Award: \$913,727 (Co-I: \$20,365, 2016-2019).
- Mindful teaching and learning in early childhood classrooms: Curriculum development, refinement and collaborative staff development (PI: Paris). Supported by International Association of Laboratory Schools mini-grant. 2016. Total Award: \$2,000.
- Practicing safety and mindfulness parenting for mothers in drug treatment (PSMDT) (PI: Abatemarco). Supported by Abandoned Infants Act, Children's Bureau – Office of the Administration of Children & Families, US Department of Health and Human Services: USDHHS-90CB0190. 2012-2017. Total Award: \$441,599 (Co-I: \$24,960, 2015-2016).

Funding Completed:

- Examining survivors of cancer and physical activity in Delaware (ESCAPADE): a community-based participatory research approach. Delaware-CTR ACCEL Community Engagement and Outreach Research Award. Supported by an Institutional Development Award (IDeA) – National Institute of General Medical Sciences, National Institutes of Health: U54-GM104941 (PI: Binder-Macleod). 2013-2018. Total Award: \$3,982,401 (PI: \$20,000 sub-award 2015-2016).
- Associations between yoga practice, mindfulness, self-regulatory skills, health outcomes and program maintenance in cancer survivors (PI). Bombardier Canada Graduate Scholarship. Social Sciences and Humanities Research Council. 2009-2012. \$105,000.
- Yoga, mindfulness and self-regulation in a psychoosocial oncology setting (PI). Health Research Doctoral Studentship Award. Alberta Heritage Foundation for Medical Research. 2009-2012. \$64,500.
- Yoga practice, attention & affect regulation, psychosocial health outcomes, and program maintenance in cancer survivors (PI). Allan Markin Doctoral Scholarship. University of Calgary. 2011. \$5,000.
- A grounded theory approach towards understanding the self-perceived effects of an ongoing mindfulness-based stress reduction (MBSR) program on cancer patients (Co-PI with Linda Carlson, PhD). Calgary Health Region. 2002-2003. \$5,000.

HONORS:

- Research Scholars Mentorship Award. American Academy of Health Behavior. San Antonio, TX. 2015-2016.
- Who's Who in Health Sciences Higher Education. Academic Keys. 2015.
- Senior Investigator. Mind and Life Summer Research Institute. Garrison, NY. 2015, 2016.
- Abstract Citation Award. International Association of Yoga Therapists. Stockbridge, MA. 2014.
- Abstract Citation Award. Society of Behavioral Medicine. Philadelphia, PA. 2014.
- Research Fellow. Mind and Life Summer Research Institute. Garrison, NY. 2013.
- Faculty of Graduate Studies Scholarship. University of Calgary. 2010-2011. \$9,000.
- Dean's Research Excellence Award. University of Calgary. 2009-2010. \$6,000.
- Dean's Entrance Scholarship. University of Calgary. 2009. \$6,000.
- Queen Elizabeth II Graduate Scholarship. Government of Alberta. (awarded but declined to accept national-level award). 2009. \$10,000.
- Alberta Learning Graduate Scholarship. Government of Alberta. 2002. \$2,000.

STUDENT SUPERVISION & MENTORSHIP:

Graduate Student Supervision:

- Virginia Morris – PhD Human Development & Family Studies (Co-supervisor) 2016- Present
- Alexis Mattei – MS Health Promotion, University of Delaware (Project Advisor) 2016 – Present
- Ines Crato – MS Health Promotion, University of Delaware (Project Advisor) 2014 – 2016
- Jenna Ferguson – MS Health Promotion, University of Delaware (Project Advisor) 2015 – 2016
- Marisa Cheng – MS Health Promotion, University of Delaware (Second Reader) 2015 – 2016
- Tara Leonard – MS Health Promotion, University of Delaware (Second Reader) 2015- 2016
- Jillian Sullivan – MS Health Promotion, University of Delaware (Second Reader) 2015 – 2016
- Sarah Bercaw – MS Health Promotion, University of Delaware (Project Advisor) 2014 – 2015
- Jillian Jatres – MS Health Promotion, University of Delaware (Project Advisor) 2014 – 2015
- Zayna Henry – MS Health Promotion, University of Delaware (Second Reader) 2014 – 2015

Graduate Research Assistant Supervision:

- Alexis Mattei – Research Assistant, University of Delaware (Supervisor) 2016 – Present
- Ines Crato – Research Assistant, University of Delaware (Supervisor) 2014 – 2016
- Jenna Ferguson – University of Delaware (Supervisor) 2015 – 2016
- Kathryn Wytsma – University of Calgary (Supervisor) 2011 – 2012
- Katie Krenz – University of Calgary (Supervisor) 2011 – 2012
- Amanda Wurz – University of Calgary (Supervisor) 2010 – 2012

Graduate Practicum Student Supervision

- Jenna Ferguson – HLPR 664 Health Coaching Practicum, Union Hospital Employee Wellness, 2015
- Sarah Bercaw – HLPR 664 Health Coaching Practicum, UD Cooperative Extension, 2015
- Jessica Ruggieri – HLPR 664 Health Coaching Practicum, WSFS Bank, 2015
- Laura Gimbutas – HLPR 664 Health Coaching Practicum, hour completion, 2014-2015

Undergraduate Student Supervision:

- Virginia Sawyer – BSc Health Behavior Science Undergraduate Honors Student, University of Delaware (Project Advisor) 2015 – Present
- Lanie Pires – BSc Health Behavior Science Undergraduate Independent Study, University of Delaware (Advisor) 2015-Present

Peer Mentorship:

- Jason Fanning – PhD Exercise Psychology Candidate, University of Illinois (Peer Mentor) 2012 – Present
- Amanda Wurz – PhD Exercise Psychology Student, University of Ottawa (Peer Mentor) 2012 – Present
- Yayoi Yamauchi – International Doctoral Student, Waseda University (Peer Mentor) 2012 – 2015
- Lauren Capozzi – PhD Exercise Psychology, University of Calgary (Peer Mentor) 2010 – 2015
- Kristin Zernicke – BA Psychological Sciences (Summer Research Lab Mentor) Summer, 2004

RESEARCH EXPERIENCE:

Director, Mind Body Behavior Laboratory

2014 – Present

Department of Behavioral Health & Nutrition, University of Delaware – Newark, DE

- Current projects include: 1) Examining survivors of cancer and physical activity in Delaware: A community-based participatory research approach (ESCAPADE) – PI, supported NIH IDeA sub-award; 2) Practicing safety and mindfulness parenting for mothers in drug treatment (PSMDT) – Co-I, Dr. Diane Abatemarco, PI, Division of Pediatric Population Health Research, Thomas Jefferson University and Nemours/A.I. DuPont, Supported by Abandoned Infants Act, Children’s Bureau – Office of the Administration of Children & Families, US Department of Health and Human Services sub-award; 3) Physical activity & attention, a momentary assessment: (PANAMA) – Co-PI, collaboration with Mr. Jason Fanning & Dr. Edward McAuley, University of Illinois; 4) Mindful Employee and Occupational Wellness (MEOW) –Co-PI, collaboration with Ms. Jenna Ferguson & UD Employee Wellness; 5) f health coaching in an employee wellness setting – Co-I, collaboration with Ms. Tara Leonard & Dr. Michael Peterson; 6) Implementation of a mindfulness-based camp for young children in an early learning setting (I Can be Mindful) – Co-PI, collaboration with Ms. Virginia Sawyer & Dr. Cynthia Paris, University of Delaware Early Childhood Laboratory School; 7) A Qualitative Exploratory Research Project to Determine the Best Ways to Incorporate Health Coaching in Extension – Co-PI, collaboration with Ms. Sarah Bercaw and University of Delaware Cooperative Extension.

Postdoctoral Research Associate, Exercise Psychology Laboratory

2012 – 2014

Department of Kinesiology and Community Health, University of Illinois - Urbana-Champaign, IL

- Involved in several projects: 1) Activity, Cancer & Cognition Evaluation: Effects of physical activity, aerobic fitness & nutrition on cognition in breast cancer survivors (ACCE Study – internally funded); 2) Fit & Active Seniors Trial: Influence of fitness on brain & cognition in older adults (FAST Trial - National Institute on Aging); 3) Immune Function Intervention Trial: Physical activity, aging, & immune function (ImFIT – National Institute on Aging). Introduced use of heart rate variability, heart rate recovery, and multilevel modeling for repeated measures data in SPSS to lab.

Doctoral Research Assistant, Health & Wellness Lab

2009 – 2012

Human Performance Lab, Faculty of Kinesiology, University of Calgary – Calgary, AB

- Responsible for research activities related to the Yoga Thrive program including study recruitment, database management, statistical analyses, manuscript preparation and dissemination of research findings. Served as mentor to junior lab members including undergraduate, graduate and post-graduate level students. Introduced use of heart rate variability, multilevel modeling for repeated measures data in SPSS, and mixed-methods research approaches to lab.

Research Associate

2003, 2005

Vista Evaluation and Research Services Inc. – Calgary, AB

- Evaluated Calgary Homeless Foundation’s 2005 Collaborative Granting Process, which determined funding priorities for Calgary homeless programs and services; assisted in the study design and clinical training for the 2003 Edmonton Housing Trust Fund Homelessness Study.

Clinical Research Assistant, Carlson Research Lab 2003 – 2004

Department of Oncology, University of Calgary – Calgary, AB

- Assisted in multiple research studies' design, recruitment, and organization; conducted psychometric assessments and clinical interviews; database management and analysis. Introduced use of Grounded Theory research methodology to lab.

Clinical Research Associate 2002 – 2003

Alberta Mental Health Board – Calgary, AB

- Recruitment and ongoing psychometric assessments / clinical interviews as part of the Community Extension Team (CET) for a study examining Continuity of Mental Health Services (COMHS) for persons with severe mental illness.

Graduate Research Assistant 2000 – 2002

Applied Psychological & Educational Services, University of Calgary – Calgary, AB

- Assisted Calgary Homeless Foundation (CHF) in developing processes for determining funding priorities for programs working with Calgary homeless. Assisted in clinical training for 2002 CHF homelessness study and conducted clinical interviews with Calgary homeless. Assisted in development and ongoing program evaluation of Aspen Family and Community Network's Youth Building Futures Program.

Graduate Research Assistant, Psychosocial Resources 2000 – 2002

Tom Baker Cancer Centre: Alberta Health Services – Calgary, AB

- Data entry and analysis of ongoing studies on the effects of utilising an eight-week Mindfulness-Based Stress Reduction (MBSR) program with cancer patients; co-facilitated MBSR program and drop-in group.

TEACHING EXPERIENCE:

Instructor 2014 – Present

Department of Behavioral Health & Nutrition, University of Delaware – Newark, DE

- Currently teach the following courses in Department of Behavioral Health & Nutrition:
 - BHAN 332: Health Behavior Theory and Assessment (Spring 2015). Provides students the ability to learn and demonstrate mastery of the primary health behavior theories in the field and utilize these theories to assess, analyze, and interpret individual and population-based health behaviors.
 - BHAN 435: Physical Activity Behavior (Spring 2015). Introduction to behavioral aspects of physical activity with emphasis on determinants of physical activity patterns across the lifespan.
 - BHAN 609: Research Methods (Fall 2014). Places emphasis on procedures for designing research studies, including choice of subjects, development of proper instrumentation, statistical design and analysis, formulation of research proposals, and tools for publication.
 - BHAN 430 / HLPR 630: Behavior Change Strategies & Tactics (Fall 2014, 2015). Provides students with skills to develop plans and courses of action to assist individuals in making health behavior changes.
 - HLPR 467/667: Mind, Body, Behavior (Spring 2016). Study and application of mind-body behavioral interventions inclusive of stress reduction, relaxation, meditation and yoga, and their collective importance to health, wellness, and performance. Students will develop their abilities to critically evaluate mind-body research and apply these interventions pragmatically.
 - HLPR 664: Health Coaching Practicum (Spring, Fall 2015). Provides 120 hours of health coaching practice within a supervised clinical environment. Students work with clients in clinical and community settings to hone their skills, knowledge and expertise in health coaching.

BEAUTY Program Instructor 2011 – 2012

Health & Wellness Lab, University of Calgary – Calgary, AB

- Taught classes in stress and recovery, sleep and sleep hygiene as part of the 24-week BEAUTY program (Breast cancer patients engaging in activity while undergoing treatment).

Sessional Instructor

2010 – 2012

Faculty of Kinesiology, University of Calgary – Calgary, AB

- Taught following courses in Faculty of Kinesiology:
 - KNES 253: Introduction to Exercise and Sport Psychology (Winter 2010-2012). Taught exercise psychology component of course. Content included biopsychosocial concepts underlying an understanding of human behavior in health, physical activity, and exercise.
 - KNES 330: Flexibility & Relaxation Techniques (Winter 2012). Taught relaxation component of course. Content included the study of relaxation and stress management techniques and their importance to physical fitness, health, wellness, and human performance.

Guest Lecturer

2009 – 2012

University of Calgary – Calgary, AB

- Provided lectures on health and exercise psychology, physical activity and cancer, yoga and meditation in the following courses: KNES 203: Activity: Health, Fitness & Performance, KNES 213: Introduction to Research in Kinesiology, KNES 330: Flexibility & Relaxation Techniques, KNES 397: Health & Exercise Psychology, KNES 403: Health Promotion, KNES 615: Seminar in Applied Exercise Physiology I, KNES 617: Seminar in Applied Exercise Physiology II, MDSC 635: Psychosocial Oncology, PSYC 681: Adult Psychotherapy.

Yoga Teacher

Fall 2010

Active Living, University of Calgary – Calgary, AB

- Taught lunchtime yoga class for campus recreation designed to introduce a variety of yoga tools including physical movement, breathing and meditation.

MBSR Course Instructor

2006 – 2007

Continuing Education, University of Calgary – Calgary, AB

- Co-facilitated ongoing eight-week Mindfulness-Based Stress Reduction (MBSR) course. Course content included: meditation, yoga, relaxation, imagery, and breathing techniques. Also discussed: mind-body interdependence, psychophysiological responses to stress, and effective coping.

Applied Psychology 639 MBSR Program Instructor

Fall 2001

Division of Applied Psychology, University of Calgary – Calgary AB

- Facilitated introductory ten-week Mindfulness-Based Stress Reduction (MBSR) program for graduate students in the counselling psychology program as part of APSY 639: Counselling Interventions. Course content included: introduction to mindfulness practices (meditation, yoga, relaxation, imagery and breathing techniques in both formal and informal practice settings), developing a mindfulness practice, working with stress using mindfulness modalities, use of mindfulness practices in clinical and educational settings.

PROFESSIONAL SERVICE EXPERIENCE:

Junior Mentor, Mentoring, Education, and Career Development Core

2016 – Present

Delaware-CTR ACCEL – Wilmington, DE

- Group comprises of junior and senior mentors from Christiana Care Health System, Nemours Children's Health System, University of Delaware, and Medical University of South Carolina. The MED-Core develops and implements a multilevel, cross-institutional mentoring program in Delaware, with opportunities for cross-state mentoring of MUSC faculty. Combine, streamline, organize, and develop educational infrastructure needed to provide comprehensive training in clinical and translational research to a multidisciplinary group of investigators.

- Program Director, Graduate Certificate in Health Coaching** 2015 – Present
Department of Behavioral Health & Nutrition – University of Delaware, Newark, DE
- Graduate Certificate in Health Coaching provides graduate students and allied health professionals with the knowledge and skills to facilitate positive behavior change to promote health. Students take courses in health behavior theory, behavior change strategies and tactics, chronic disease management, integrative health, and health coaching and complete a 120 hour health coaching practicum. Responsible for seeking and receiving program accreditation from The National Consortium for Credentialing Health & Wellness Coaches.
- Member, Council of Advisors** 2015 – Present
National Consortium for Credentialing Health & Wellness Coaches – San Diego, CA
- Advisory council member of consensus-building collaboration of leaders representing many health & wellness coach training and education programs. Council established for the creation of a National Certification for Health & Wellness Coaches based on best practices.
- Committee Member, Center for Health and Wellness Innovation** 2015 – Present
Department of Behavioral Health & Nutrition – University of Delaware, Newark, DE
- Development of the Center for Health and Wellness Innovation (CHWI) – supports an environment that integrates basic, clinical, population, and translational inter-disciplinary research. Center faculty engage with partners in healthcare, industry, and government agencies to conduct state-of-the-art research, and implement and promote innovative approaches to improve health and affect sustainable change in both individuals and communities.
- Committee Member, Interdisciplinary Clinical Services** 2015 – Present
College of Health Sciences – University of Delaware, Newark, DE
- Behavioral Health representative for Interdisciplinary Clinical Services at the University of Delaware Science, Technology & Advanced Research (STAR) Health Campus. Committee focus is on the coordination of integrated care with a concentration on health and wellness, inclusive of inter-professional education, research & training, and clinical services.
- Ad Hoc Peer Reviewer** 2011 – Present
- Ad hoc peer review for: *Ammons Scientific, Annals of Behavioral Medicine, Canadian Journal of Aging, E-Biomedicine, Frontiers in Human Neuroscience, Gerontology & Geriatric Medicine, Health Education Journal, Integrative Cancer Therapies, Integrative Medicine Insights, International Journal of Yoga Therapy, Journal of Sports Science, Journal of Yoga Service, Lung Cancer, Mindfulness, Psycho-Oncology, Psychophysiology, Supportive Care in Cancer, Western Journal of Nursing Research, World Journal of Pediatrics.*
- Expert Champion** 2014 – 2015
True NTH Lifestyle Management Initiative – Prostate Cancer Canada (National)
- Provide expertise in the area of yoga and mindfulness for cancer recovery. Review and provide feedback on project materials, including patient education resources and programming initiatives. Participate at national workshops, training events, and support dissemination of project resources.
- Advisory Committee Member** 2009 – 2011
Yoga Therapy Program, Mount Royal University – Calgary, AB
- Advisory committee member for Mount Royal University's 300-hour Yoga Therapy Extension Certificate Program.
- Work Group Member** 2002 – 2007
Mindfulness-Based Stress Reduction Interest Group – Calgary, AB
- Founding member of an interest group comprised of health care professionals that offer mindfulness-based programming to clinical populations in the Calgary community.

Student Union Representative

2001 – 2002

University of Calgary – Calgary, AB

- Served as the Counselling Psychology Program Representative and as Mentorship Coordinator for the Division of Applied Psychology Graduate Student Union.

CLINICAL EXPERIENCE:

MEOW Program Facilitator

2016

Employee Wellness / Behavioral Health & Nutrition: University of Delaware – Newark, DE

- Facilitated pilot six-week Mindfulness-Based Employee Wellness (MEOW) program for University of Delaware faculty and staff.

MBSR Program Facilitator

2010 – 2011

Psychosocial Resources, Tom Baker Cancer Centre: Alberta Health Services – Calgary, AB

- Facilitated several waves of an eight-week Mindfulness-Based Stress Reduction (MBSR) Group as part of the I-CAN Sleep research program for individuals with insomnia and cancer.

Clinical Counsellor

2008 – 2009

Patient & Family Counselling, British Columbia Cancer Agency – Fraser Valley / Abbotsford, BC

- Provided individual, couple and family counselling, group programs, stress management and psychosocial support to cancer patients. Assessed needs and made appropriate referrals, developed strategies for patient support, education and follow-up care as a member of an interdisciplinary team.

Clinical Counsellor

2007 – 2008

Creekside Withdrawal Management Centre, Fraser Health Authority – Surrey, BC

- Provided individual and group counselling to clients within the Centre. Provided consultation on treatment decisions in collaboration with a multi-disciplinary team. Assisted in development and implementation of the Daytox treatment program, a community-based treatment approach that included medically-supervised addiction treatment, psycho-educational addictions programming, and integrative yoga, meditation (mindfulness-based relapse prevention), and acupuncture programs.

Program Coordinator

2006 – 2007

Calgary Counselling Centre / Community Crisis Society - Calgary, AB

- Provided outreach, support, advocacy, individual, group, couple and family counseling for those experiencing domestic abuse. Provided consultation and acted as a referral source for domestic abuse service providers.

Manager of Rehabilitation Services

2005 - 2006

Canadian Paraplegic Association (Alberta) - Calgary, AB

- Provided leadership, direction, and supervision to the Calgary and Southern Alberta Canadian Paraplegic Association Rehabilitation Services Teams (community, aboriginal, consulting and vocational rehabilitation services), in consultation with the Director of Rehabilitation Services (Edmonton). Provided counseling services to those with disabilities, including spinal cord and acquired brain injuries.

Group Facilitator

2002 – 2003

Sheriff King Home, YWCA of Calgary – Calgary, AB

- Co-facilitated ongoing six-week Violence Prevention Program, largely for men charged with assault and court-mandated to treatment.

Program Assistant

2000 – 2002

Alberta Lung Association Sleep Centre – Calgary, AB

- Assisted in the development, organization, implementation and facilitation of an ongoing four-week Stress Reduction through Meditation program for adults suffering from sleep disorders.

- Youth Advisor** 2000
CAVE Youth Employment Centre – Burnaby, BC
- Provided client assessment and needs determination, action plan development, vocational and career advising, community outreach, curriculum development, and career mentorship services.
- Vocational Counsellor – Employment Consultant** 1999 – 2000
Calgary Vocational Services – Calgary, AB
- Responsible for assisting applicants of Alberta Human Resources and Employment in obtaining and maintaining employment through action plan development, employment counselling, resume preparation, job leads, and marketing assistance.

SUPERVISED CLINICAL EXPERIENCE:

- Integrated Theory Seminars** 2006 – 2007
Calgary Counselling Centre – Calgary, AB
 10-month training program with clinical supervision
- Graduate Clinical Practicum Student** 2001 – 2002
University of Calgary Counselling Centre – Calgary, AB
 8-month training program with clinical supervision
- Mindfulness-Based Stress Reduction** Summer 2001
Tom Baker Cancer Centre – Calgary, AB
 8-week training program with clinical supervision
- Community Rehabilitation Practicum Student** Winter 1999
Columbia Rehabilitation Centre – Calgary, AB
 3-month training program with clinical supervision
- Community Rehabilitation Practicum Student** Fall 1998
Arthritis Society – Calgary, AB
 3-month training program with clinical supervision

PROFESSIONAL TRAINING & CONTINUING EDUCATION:

- Graduate Certificate in Health Coaching** 2014 – 2015
University of Delaware - Newark, DE
 12-month professional training
- Yoga Alliance Registered Yoga Teacher Training** 2008 – 2009
Yoga Barn – Issaquah, WA
 500-hour professional training
- Yoga for Cancer Survivors Teacher Training** May 2009
University of Calgary – Calgary, AB
 4-day professional training
- Mindfulness-Based Cognitive Therapy** May 2008
Jack Hirose & Associates – Vancouver, BC
 2-day professional training

Yoga & Addictions Seminar <i>Creekside Withdrawal Management Centre – Surrey, BC</i> 3-day professional training	February 2008
Mindfulness-Based Relapse Prevention <i>Burnaby Addictions Services – Burnaby, BC</i> 2-day professional training	December 2007
Yoga of T Krishnamacharya <i>Krishnamacharya Yoga Mandiram – Chennai, India</i> 1-month yoga intensive	Fall 2002
Mindfulness-Based Stress Reduction <i>Omega Institute – Mount Madonna, CA</i> 5-day Residential Professional Training	February 2001

ACCREDITATIONS:

Registered Clinical Counsellor (ID#:3213) <i>BC Association of Clinical Counsellors – Victoria, BC</i>	2008 – Present
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CURRENT PROFESSIONAL MEMBERSHIPS:

American Academy of Health Behavior – Rudolph, OH	2014 – Present
American Association of University Professors – Washington, DC	2014 – Present
Society of Behavioral Medicine – Milwaukee, WI	2010 – Present
International Association of Yoga Therapists – Los Angeles, CA	2009 – Present

Last modified October 2016