

Michael John Mackenzie, PhD (He/Him)
Associate Professor, Health Behavior Science
Department of Behavioral Health & Nutrition
College of Health Sciences, University of Delaware

315 Tower at STAR Campus
100 Discovery Blvd
Newark, DE 19713
Office: (302) 981-7476
Email: mmackenz@udel.edu
Web: <http://sites.udel.edu/mbbl>

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CITIZENSHIP:

US Permanent Resident / Canadian Citizen

ACADEMIC APPOINTMENTS:

Associate Professor, Health Behavior Science (Tenured) 2020 – Present
Academic Director, Graduate Program in Clinical Health Coaching
Director, Mind Body Behavior Laboratory
Behavioral Health & Nutrition, College of Health Sciences, University of Delaware

Assistant Professor, Health Behavior Science 2014 – 2020
Academic Director, Graduate Program in Clinical Health Coaching
Director, Mind Body Behavior Laboratory
Behavioral Health & Nutrition, College of Health Sciences, University of Delaware

ACCREDITATIONS:

Registered Clinical Counsellor (ID#:3213) 2008 – Present
BC Association of Clinical Counsellors – Victoria, BC

EDUCATION & TRAINING:

Postdoctoral Fellow in Exercise Psychology 2012 – 2014
Department of Kinesiology & Community Health, University of Illinois – Urbana-Champaign, IL
▪ Primary Project: “Effects of physical activity & aerobic fitness on cognition in breast cancer survivors.”

PhD in Health & Exercise Psychology 2009 – 2012
Faculty of Kinesiology, University of Calgary - Calgary, AB
▪ Dissertation: “Exploring relations between yoga practice, attention & affect regulation, & health outcomes in cancer survivors.”

MSc in Counselling Psychology 2000 – 2003
Division of Applied Psychology, University of Calgary - Calgary, AB
▪ Thesis: “Effects of a mindfulness-based stress reduction (MBSR) program on measures of stress & mood in post-treatment early stage breast cancer outpatients.”

DipEd in Educational Psychology 1998 – 1999
Faculty of Education, University of Calgary - Calgary, AB

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. Pacanowski CR, Diers L, Crosby RD, **Mackenzie M**, Neumark-Sztainer D (In Press). Yoga's impact on risk and protective factors for disordered eating: a pilot prevention trial. In C Cook-Cottone, ed., *Yoga for Positive Embodiment in Eating Disorder Prevention and Treatment*. London: Routledge.
2. **Mackenzie MJ**, Zuniga KE, McAuley EM (2016). Cognitive impairment in breast cancer survivors: The protective role of physical activity, cardiorespiratory fitness, & exercise training. In T McMorris, ed., *Exercise-Cognition Interaction: Neuroscience Perspectives* (pp.399-419). London: Academic Press.
3. Specia 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 & Applications, 2nd edition* (pp. 293-316). Burlington: Academic Press.
4. Vallance JK, Culos-Reed SN, **Mackenzie MJ**, Courneya KS (2013). Physical activity & psychosocial health among cancer survivors. In P Ekkekakis, ed., *Routledge Handbook of Physical Activity & Mental Health* (pp. 518-529). New York: Routledge.
5. Specia 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 & Applications* (pp. 239-261). Burlington: Academic Press.
6. **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. Pacanowski CR, Diers L, Crosby RD, **Mackenzie M**, Neumark-Sztainer D. (2020). Yoga's impact on risk and protective factors for disordered eating: a pilot prevention trial. *Eating Disorders: Journal of Treatment & Prevention*. 28(4), 513-541.
2. Michalec B, Schneider J, **Mackenzie M** (2020). Teaching Empathy in an Interprofessional Setting with a Focus on Decategorization: Introducing I-TEAM. *Journal of Interprofessional Education & Practice*. <https://doi.org/10.1016/j.xjep.2020.100395>
3. Bullard T, Mengmeng Ji, An R, Trinh L, **Mackenzie M**, Mullen S (2019). A systematic review & meta-analysis of adherence to physical activity interventions among three chronic conditions: cancer, cardiovascular disease, & diabetes. *BMC Public Health*.
4. Gannon M, **Mackenzie M**, Short V, H& D, Abatemarco D (2019). Application of a RE-AIM evaluation framework to test integration of a mindfulness based parenting intervention into a drug treatment program. *Maternal & Child Health Journal*.

5. Culos-Reed SN, Dew M, Zahavich A, Wilson K, Arnason T, **Mackenzie M**, Brissette C, Van Patten C, Santa Mina D (2018) Development of a community wellness program for prostate cancer survivors. *Translational Journal of the American College of Sports Medicine*. 3(13), 97-106.
6. Gannon M, **Mackenzie M**, Kaltenbach K, Abatemarco D. (2017). Impact of mindfulness-based parenting on women in treatment for opioid use disorder. *Journal of Addiction Medicine*. 11(5), 368-376.
7. Awick EA, Ehlers D, Fanning J, Phillips SM, Wójcicki T, **Mackenzie MJ**, Motl R, McAuley E (2017). Effects of a home-based DVD-delivered physical activity program on self-esteem in older adults: Results from a randomized controlled trial. *Psychosomatic Medicine*, 79(1), 71-80.
8. **Mackenzie MJ**, Wurz AJ, Yamauchi Y, Pires L, Culos-Reed SN. (2016) Yoga helps put the pieces back together: a qualitative exploration of a community-based yoga program for cancer survivors. *Evidence-based Complementary & Alternative Medicine*, 2016.
9. Fanning J, **Mackenzie M**, Roberts S, Crato I, Ehlers D, McAuley E. (2016) Physical activity, mind wandering, affect, & sleep: An ecological momentary assessment. *Journal of Medical & Internet Research: Mobile & Ubiquitous Health*, 4(3): e104.
10. 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 & memory recall in breast cancer survivors. *PLOS One*.
11. **Mackenzie MJ**, Zuniga KE, Raine LB, Awick EA, Hillman CH, Kramer AF, McAuley E (2016). Associations between physical fitness indices & working memory in breast cancer survivors & age-matched controls. *Journal of Women's Health*, 25 (1), 99-108.
12. 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.
13. Zuniga KE, **Mackenzie MJ**, Roberts SA, Raine LB, Hillman CH, Kramer AF, McAuley E (2015). Relationship between fruit & vegetable intake & interference control in breast cancer survivors. *European Journal of Nutrition*.
14. Zuniga KE, **Mackenzie MJ**, Kramer AF, McAuley E (2015). Subjective memory impairment & well-being in community-dwelling older adults. *Psychogeriatrics*, 16, 20-26.
15. Gothe NP, Wójcicki TR, Olson EA, Fanning JF, Awick EA, Chung HD, Zuniga KE, **Mackenzie MJ**, Motl RW, McAuley E (2015). Physical activity levels & patterns in older adults: the influence of a DVD-delivered exercise program. *Journal of Behavioral Medicine*, 38 (1), 91-97.
16. 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 & health-related quality of life in older adults: a randomized controlled trial. *Quality of Life Research*, 24 (2), 455-462.
17. **Mackenzie MJ**, Carlson LE, Paskevich DM, Ekkekakis P, Wurz AJ, Wytsma K, Krenz KA, McAuley E, Culos-Reed SN (2014). Associations between attention, affect & cardiac activity in a single yoga session for cancer survivors: An enactive neurophenomenology-based approach. *Consciousness & Cognition*, 27, 129-146.

18. 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.
19. **Mackenzie MJ**, Carlson LE, Ekkekakis P, Paskevich DM, Culos-Reed SN (2013). Affect & mindfulness as predictors of change in mood disturbance, stress symptoms & quality of life in a community-based yoga program for cancer survivors. *Evidence-Based Complementary & Alternative Medicine*. 1-13.
20. 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 & Alternative Medicine*. 1-17.
21. **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 & Health*, 23 (1), 59-69.
22. 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.
23. **Mackenzie MJ**, Carlson LE, Specia M (2005). Mindfulness-based stress reduction (MBSR) in oncology: Rationale & review. *Evidence-Based Integrative Medicine*, 2 (3), 139-145.

Manuscripts in Review (underline indicates trainee):

1. Berzins N, **Mackenzie M**, Pickles N, Hebbel S, Leonard T, Beneck D, Saienni A, Peterson M, Galantino M (2019). Development & preliminary feasibility study of a community-based wellness coaching for cancer survivors' program (target journal: *Supportive Care in Cancer*).
2. Nichols A, Pacanowski CR, **Mackenzie M**. A systematic review on weight loss outcomes from weight-neutral interventions (target journal: *Journal of the Academy of Nutrition & Dietetics*).
3. Bercaw S, Snider S, **Mackenzie M**. A qualitative needs assessment for the integration of health coaching within a university extension diabetes education program (target journal: *Journal of Human Sciences & Extension*).

Manuscripts in Preparation (underline indicates trainee):

1. Gannon M, **Mackenzie M**, Reid L, Abatemarco D. A qualitative process evaluation of the implementation of a mindfulness-based parenting intervention for women in treatment for opioid use disorder (target journal: *Maternal & Child Health Journal*).
2. **Mackenzie M**, Hebbel S, Crato I, Pires L, Orsega-Smith B, Siegel S. Examining survivors of cancer & physical activity: a community-based participatory research needs assessment (target journal: *Supportive Care in Cancer*).
3. **Mackenzie MJ**, Zuniga KE, Raine LB, Awick EA, Roberts SA, Chaddock-Heyman L, Hillman CH, Kramer AF, McAuley E. A case-control investigation of cardiorespiratory fitness on executive control in a task switching paradigm (target journal: *Health Psychology*).

4. Leonard, T, **Mackenzie M**, Ferguson, J, Peterson PM. A Qualitative Study of the Overall Experience of Health Coaching in an Employee Wellness Setting (target journal: *American Journal of Health Promotion*).
5. Ferguson J, **Mackenzie M**, Mattei A, Saienni A, Peterson PM. A pilot mixed methods study of the feasibility of a mindfulness-based employee wellness program in a university setting (target journal: *Journal of American College Health*).
6. Mattei A, Mackenzie M, Pusekcer K, Saienni A, Orsega-Smith E. Exploring Mindfulness in Innovation, Creativity & Entrepreneurship (target journal: *Journal of Contemplative Inquiry*).
7. Jartres J, Goodwin S, Saienni A, **Mackenzie M**. Best possible self imagery: does perspective impact optimism? (target journal: *Journal of Positive Psychology*).
8. Sawyer V, **Mackenzie M**, Paris C. I can be mindful: the cultivation of a mindful learning environment for young children, their teachers, & families using a socio-ecological perspective (target journal: *Journal of Child & Family Studies*).

Abstracts:

1. Berzins N, **Mackenzie M**, Pickles N, Hebbel S, Leonard T, Beneck D, Saienni A, Peterson M, Galantino M (2020). Development & preliminary feasibility study of a community-based wellness coaching for cancer survivors' program. *Annals of Behavioral Medicine*, 54 (Supplement), S821.
2. Blair RI, Orsega-Smith E, **Mackenzie M** (2018). Personality dimensions predict perceived stress levels, mindfulness scores, and coping styles in college students. *Annals of Behavioral Medicine*, 52 (Supplement), S368.
3. **Mackenzie M**, Fanning J, Roberts S, Crato I, Pohlig R, McAuley, E (2016) Sedentary activity, mind wandering & affect regulation: an ecological momentary assessment. *Annals of Behavioral Medicine*, 50 (Supplement), S146.
4. Fanning J, **Mackenzie M**, Roberts S, Crato I, McAuley E (2016). Mind wandering, sleep & physical activity: results of an ecological momentary assessment. *Annals of Behavioral Medicine*, 50 (Supplement), S146.
5. **Mackenzie MJ**, Zuniga KE, Raine LB, Awick EA, Hillman CH, Kramer AF, McAuley E (2015). Cardiorespiratory fitness, physical activity, & working memory in breast cancer survivors. *Annals of Behavioral Medicine*, 49 (Supplement), S174.
6. Zuniga KE, **Mackenzie MJ**, Awick EA, Roberts SA, McAuley E (2015). Psychological well-being & subjective memory impairment in breast cancer survivors. *Annals of Behavioral Medicine*, 49 (Supplement), S234.
7. McAuley E, **Mackenzie M**, Zuniga K, Awick E, Raine L, Hillman, C (2014). Objective & subjective memory impairment in breast cancer survivors: effects of fitness & nutrition. *Psycho-Oncology*, 23 (Supplement 3), 312-313.
8. **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.

9. Yamauchi Y, **Mackenzie MJ**, Nakamura Y (2014). Yoga, fatigue, & regular physical activity among Japanese breast cancer survivors. *International Journal of Yoga Therapy*, (Supplement), S38.
10. 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.
11. **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.
12. Zuniga KE, **Mackenzie MJ**, Kramer AF, McAuley E (2014). Subjective memory impairment & well-being in community-dwelling older adults. *Annals of Behavioral Medicine*, 47 (Supplement), S37.
13. 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.
14. 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.
15. **Mackenzie MJ** & Culos-Reed SN (2013). Affect & mindfulness as predictors of change in mood disturbance, stress symptoms & quality of life in a community-based yoga for cancer survivors program: a longitudinal multilevel modeling approach. *Annals of Behavioral Medicine*, 45 (Supplement), S249.
16. 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.
17. **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.
18. Culos-Reed SN, **Mackenzie MJ**, Wurz AJ (2011). If you build it, they will come...& benefit: a community-based yoga program for cancer survivors. *International Journal of Yoga Therapy*, (Supplement), S31.
19. **Mackenzie MJ**, Culos-Reed SN, Stephenson LE (2010). Examining psychosocial outcomes from a yoga intervention in cancer survivors. *Annals of Behavioral Medicine*, (Supplement), S113.
20. Ross AN, **Mackenzie MJ**, Culos-Reed SN (2010). Yoga for prostate cancer survivors. *International Journal of Yoga Therapy*, (Supplement), S31.
21. 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 & future work with a yoga program DVD. *International Journal of Yoga Therapy*, (Supplement), S41.

22. 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.

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 & Posters (underline indicates trainee):

International

Presentation

1. **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.

Poster

1. **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.

National

Presentation

1. **Mackenzie M**, Galantino ML, Narducci E, Berzins N, Leonard T, (August 2021). Wellness Coaching for Cancer Survivors. Cancer Support Community Annual Leadership Conference. Washington, DC (Online).
2. Peterson M, Leonard T, **Mackenzie M**, Tynan D (October 2020). Clinical Health Coaching in Primary Care. Podcast for the 2020 Collaborative Family Healthcare Association Annual Conference. Philadelphia, PA (Online).
3. Abatamarco D, **Mackenzie M**, Kaltenbach K (June 2019). Mindfulness interventions in the treatment of maternal substance use. Mini symposium at the 81st Annual Meeting – College on Problems of Drug Dependence. San Antonio, TX.
4. Abatamarco 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. Panel presentation at the International Symposium of Contemplative Studies, San Diego, CA.

5. Abatemarco 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.
6. **Mackenzie MJ**, Abatemarco DJ (February 2016). Building a research agenda through mentorship with academy & institutional support. Invited podium presentation for the 16th Annual Scientific Meeting of the American Academy of Health Behavior. Ponte Vedra Beach, FL.
7. 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. Podium presentation at Integrating Mindfulness-Based Interventions into Medicine, Health Care, & Society: 3rd Annual Conference for Clinicians, Educators & Researchers. Worcester, MA.

Poster

1. Pacanowski CR, Diers L, Crosby RD, **Mackenzie MJ**, Neumark-Sztainer D (April 2018). Can yoga improve risk factors for eating disorders in college women who do not already practice? A pilot RCT. International Poster presentation at the Conference on Eating Disorders. Chicago, IL.
2. Abatemarco D, Gannon M, **Mackenzie M** (November 2017) Development & Implementation of a Mindfulness Based Parenting program for Women in Treatment for Opioid Use Disorder. Poster presentation at the 41st Annual Association for Medical Education & Research in Substance Abuse (AMERSA) National Conference, Washington, DC.
3. **Mackenzie M**, Mattei A, Pusecker K (October 2017) Feasibility of a mindfulness-based teaching intervention in a university setting. Poster presentation at the Annual Association for Contemplative Mind in Higher Education (ACMHE) Conference, Scotts Valley, CA.
4. **Mackenzie MJ**, Ferguson J, Mattei A, Peterson PM (June 2017) A pilot mixed methods study of the feasibility of a mindfulness-based employee wellness program in a university setting. Poster presentation at the 2017 Mind & Life Summer Research Institute, Garrison, NY.
5. Sawyer V, Paris C, Morris L, **Mackenzie M**. (November 2016) Evolving a mindfulness-based summer camp in an early learning setting. Poster presentation at the International Symposium of Contemplative Studies, San Diego, CA.
6. 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. Poster presentation at the Coaching in Leadership & Healthcare 2016, Institute of Coaching, Boston, MA.
7. 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.
8. 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.

9. 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.
10. Bercaw S, Snider S, **Mackenzie M** (April 2016) Health coaching for Dining with Diabetes. Poster presentation at the National Health Outreach Conference, Roanoke, VA.
11. **Mackenzie MJ**, Fanning JF, Roberts S, Ehlers D, Crato I, McAuley E (June 2015). Sedentary activity, mind wandering, & affect regulation: an ecological momentary assessment. Poster presentation for the Mind & Life Summer Research Institute. Garrison, NY.
12. Zuniga KE, **Mackenzie MJ**, Roberts SA, Raine LB, Hillman CH, Kramer AF, McAuley E (October 2014). Relationship between fruit & vegetable intake & interference control in breast cancer survivors. Poster Presentation for the American Institute for Cancer Research Annual Research Conference. Washington, DC.
13. **Mackenzie MJ**, Carlson LE, Paskevich DM, Ekkekakis P, Wurz AJ, Wytsma K, Krenz KA, Culos-Reed SN (June 2013). Associations between affect, attention & 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.
14. **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.
15. Carlson LE, **Mackenzie MJ**, Speca 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.
16. **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.

Regional

Presentation

1. **Mackenzie MJ** & Saienni A (April 2021). Stress, Recovery and Mindfulness. Evelyn R. Hayes Innovations in Healthcare Symposium. University of Delaware, Newark, DE
2. **Mackenzie MJ** & Saienni A (October 2020). Putting Mindfulness into Practice. Online workshop for University of Delaware Community Engagement Initiative. Newark, DE.
3. **Mackenzie MJ**, Saienni A, Griffin A (July 2020). Mindfulness. Self-care/wellness training for PEER 24/Sean's House peer support team. University of Delaware, Newark, DE.
4. **Mackenzie MJ** & Saienni A (July 2020). Stress, Recovery & Mindfulness. Online workshop for University of Delaware Community Engagement Initiative. Newark, DE.
5. **Mackenzie MJ** (September 2018) Coaching your cancer: How health coaching can impact your journey. Keynote presentation at the Biden Cancer Support Community Summit. Wilmington, DE

6. **Mackenzie MJ** (June 2018). Working Well: Engaging teams with wellbeing strategies in the workplace. Invited presenter for the New Castle County Chamber of Commerce Health & Wellness Expo. Newark, DE.
7. **Mackenzie MJ** (February 2018). Mindfulness in Education. Invited talk for Newark High School, Newark DE.
8. **Mackenzie MJ** (January 2018). Health coaching in cancer survivorship: Building a vision. Keynote presentation at the Sussex County Survivorship Coalition's Achieving Wellness with Grit & Grace—A Cancer Survivorship Conference. Rehobeth Beach, DE.
9. Michalec B & **Mackenzie MJ** (October 2017). Interprofessional collaborative practice: Conflict management & empathic communication. Workshop for Healthcare Workforce Learning & Re-learning Curriculum, Delaware State Innovation Model Program, Newark DE.
10. **Mackenzie MJ** & Gawrysiak M (October 2017) Interpersonal neurobiology of addiction: How does mindfulness help? Keynote presentation at the Delaware Nurses Association Fall Conference 2017: Dilemmas of Addiction, Newark, DE.
11. **Mackenzie MJ** (September 2017) Resilience in the face of trauma. A mindfulness-based approach. Invited talk for Peace Week Delaware, Newark DE.
12. Matt K, Bolander T, **Mackenzie M**, Shuler R, Landgraf R (May 2017) Invited panelist for Stress in the American Workplace & Its Impact on Health. UD Employee Health & Wellbeing in partnership with Delaware Center for Health Innovation, Newark DE.
13. **Mackenzie M** (April 2017) Mindfulness for Innovation. Podium presentation for the Horn Entrepreneurship Youth Entrepreneurship Summit, Newark, DE.
14. **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>
15. **Mackenzie M**, Hebbel S, Crato I, Pires L, Siegel S (May 2016). Examining survivors of cancer & physical activity in Delaware (ESCAPADE): Preliminary findings from a community-based participatory needs assessment. Podium presentation for the ACCEL Community Research Exchange. Wilmington, DE.
16. **Mackenzie, MJ** (April 2016) Mindfulness for the whole family: cultivating focus & calm in ourselves & 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.
17. Sood E, Lache S, **Mackenzie M** (April 2016). How to persevere & overcome the stress of rejection. Invited panelist for "Mentoring beyond the Science," ACCEL Mentoring, Education & Career Development Core. Wilmington, DE.
18. **Mackenzie MJ**, Hebbel SM, Siegel SD (May 2015). Examining survivors of cancer & 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 & 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. McAuley EM & **Mackenzie MJ** (March 2013). Loneliness, social relations & physical activity. Invited podium presentation for the 2013 Center on Health, Aging & Disability Symposium. Champaign, IL.
21. **Mackenzie MJ** & Culos-Reed SN (September 2012). Yoga for Cancer Survivors. Invited podium presentation for the Physical Activity & Cancer Meeting, Prostate Cancer Canada Network. Calgary, Alberta.

Poster

1. **Mackenzie M**, Pickles N, Berzins N, Hebbel S, Leonard T, Beneck D, Saienni A, Peterson M, Galantino M (2019). Development & preliminary feasibility study of a community-based wellness coaching for cancer survivors program. Poster presentation at the Annual College of Health Sciences Research Day, University of Delaware, Newark DE.
2. Sawyer V, **Mackenzie M**, Paris C (April 2016). I can be mindful: Development & 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.
3. Fanning J, **Mackenzie M**, Roberts S, Crato I, McAuley E (April 2016). An ecological momentary assessment of mind-wandering & physical activity: The PANA:MA study. Poster presentation at the annual Chittenden Symposium, Champaign, IL.
4. 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 & the Future of Health. Champaign, IL.
5. **Mackenzie MJ**, Hebbel SM, Siegel SD (December 2014). Examining survivors of cancer & 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.
6. **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.
7. **Mackenzie MJ** & Culos-Reed SN (June 2010). Yoga practice, affect regulation, mindfulness, flow states, & intervention satisfaction in cancer survivors: a proposed study. Poster presentation for the Department of Oncology / SACRI Trainee Research Day. Calgary, AB.
8. **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 & Alternative Medicine Research Symposium. Calgary, AB.

GRANTS:

Actively Funded:

Federal

1. Health Consequences of fear of cancer recurrence in breast cancer survivors and partners (PI: Laurenceau). Supported by National Cancer Institute: 1R01CA240727-01A1 (Role: Co-I, 2020-2023).

Foundation

1. Cancer Health Coaching: A Community-based Implementation and Evaluation Using the RE-AIM Framework (PI: Pickles). Supported by Longwood Foundation (Role: Co-PI, UD subcontract: 2019-2021).

University

1. Motor impact of mindfulness meditation on voice production (PI: Cardona). 2021-2022. Centers of Biomedical Research Excellence (COBRE) Award (Role: Faculty Mentor).
2. Health & wellness coaching for cancer survivors (PI: Berzins). 2021-2022. University Doctoral Fellowship Award (Role: Faculty Sponsor).

Funding Completed:

Federal

1. Supporting women & children in substance use recovery – A family unity approach (SWC-FamU) (PI: Abatemarco). Supported by the Services Grant Program for Residential Treatment for Pregnant & Postpartum Women – Department of Health & Human Services, Substance Abuse & Mental Health Services Administration: H79 TI080335. 2018-2022 (Role: Site-PI, 2018-2019).
2. Practicing safety & 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 & Human Services: USDHHS-90CB0190. 2012-2017. (Role: Co-I, 2015-2017).
3. Examining survivors of cancer & physical activity in Delaware (ESCAPADE): a community-based participatory research approach. Delaware-CTR ACCEL Community Engagement & 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 (Role: Sub-award PI, 2015-2016).

State

1. 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. 2016-2017. (Role: Co-I, 2016-2017).

Foundation

1. Wellness coaching for cancer survivors (PI: Pickles). Supported by Longwood Foundation. (Role: PI, UD subcontract: 2018-2019).
2. Mindful teaching & learning in early childhood classrooms: Curriculum development, refinement & collaborative staff development (PI: Paris). Supported by International Association of Laboratory Schools mini-grant. (Role: Co-PI, 2016).

University

1. Grand challenges university seminar: Interdisciplinary training in empathy & affect recognition (PI: Michalec). Supported by University of Delaware Office of Graduate & Professional Education. (Role: Co-PI, 2018-2020).
2. Psychophysiological responses to a novel eating disorder & obesity prevention program for College women (PI: Pacanowski). Supported by University of Delaware Center for Innovative Health Research Rhodium Research Grant. (Role: Co-PI, 2019-2020).
3. Mindfulness for innovation, creativity, & entrepreneurship (MICE) (PI: Mackenzie). Supported by University of Delaware Horn Entrepreneurship. 2017-2018.
4. Mindfulness in education, teaching, assessment & learning (METAL): Development, implementation, & evaluation (PI: Mackenzie). Supported by University of Delaware Center for Teaching & Assessment of Learning. 2016-2017.

Postdoctoral Funding:

Federal

1. Influence of Fitness & Cognitive Training on Brain & Cognition. Supported by National Institute on Aging: R37AG025667 (PI: Kramer). 2005-2016. (Role: Postdoctoral Research Associate, 2012-2014).
2. Activity, Gait, & Efficacy (AGE II): Functional Limitations & Quality of Life. Supported by National Institute on Aging: R01AG020118 (PI: McAuley). 2012-2014. (Role: Postdoctoral Research Associate, 2012-2014).

Predocctoral Funding:

Federal

1. Associations between yoga practice, mindfulness, self-regulatory skills, health outcomes & program maintenance in cancer survivors (PI: Mackenzie). Bombardier Canada Graduate Scholarship. Social Sciences & Humanities Research Council. 2009-2012.

Provincial

1. Yoga, mindfulness & self-regulation in a psychosocial oncology setting (PI: Mackenzie). Health Research Doctoral Studentship Award. Alberta Heritage Foundation for Medical Research. 2009-2012.

2. A grounded theory approach towards understanding the self-perceived effects of an ongoing mindfulness-based stress reduction (MBSR) program on cancer patients (PI: Mackenzie, Co-PI Carlson). Alberta Health Services (Calgary Health Region). 2002-2003.

University

1. Yoga practice, attention & affect regulation, psychosocial health outcomes & program maintenance in cancer survivors (PI: Mackenzie). Allan Markin Doctoral Scholarship. University of Calgary. 2011.

HONORS:

- Abstract Citation Award. Society of Behavioral Medicine. Milwaukee, WI. 2014, 2020.
- Faculty Fellow. Horn Entrepreneurship, University of Delaware. Newark, DE. 2017.
- Senior Investigator. Mind & Life Summer Research Institute. Garrison, NY. 2015-2017.
- Research Mentorship Award. American Academy of Health Behavior. San Antonio, TX. 2015-2016.
- Abstract Citation Award. International Association of Yoga Therapists. Stockbridge, MA. 2014.
- Research Fellow. Mind & Life Summer Research Institute. Garrison, NY. 2013.
- Faculty of Graduate Studies Scholarship. University of Calgary. 2010-2011.
- Dean's Research Excellence Award. University of Calgary. 2009-2010.
- Dean's Entrance Scholarship. University of Calgary. 2009.
- Queen Elizabeth II Graduate Scholarship. Government of Alberta. 2009.
- Alberta Learning Graduate Scholarship. Government of Alberta. 2002.

TEACHING EXPERIENCE:

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

- BHAN/ENTR 256: Mindfulness for Innovation Fall/Spring 2017 – Present
- BHAN 332: Health Behavior Theory & Assessment Spring 2015
- BHAN 435: Physical Activity Behavior Spring 2015
- BHAN 609: Research Methods Fall 2014
- HLPR 430: Behavior Change Strategies & Tactics Fall 2015 – Present
- HLPR 630: Behavior Change Strategies & Tactics Fall 2014 – Present
- HLPR 650: Healthy Lifestyles: Mind, Body, Behavior Spring 2016, 2018 – Present
- HLPR 664: Health Coaching Practicum Spring/Fall 2015

Health Sciences, University of Delaware – Newark, DE

- HLTH 667: Interprofessional Training - Empathy, Affect & Mindfulness Fall 2019

Kinesiology, University of Calgary – Calgary, AB

- KNES 253: Introduction to Exercise & Sport Psychology Winter 2010 – 2012
- KNES 330: Flexibility & Relaxation Techniques Winter 2012

Applied Psychology, University of Calgary – Calgary AB

- APSY 639: Counselling Interventions (Mindfulness-Based Stress Reduction) Fall 2001

Continuing Education, University of Calgary – Calgary, AB

- Mindfulness-Based Stress Reduction (MBSR) Fall/Spring 2006 – 2007

STUDENT SUPERVISION & MENTORSHIP:

Undergraduate Student Supervision:

1. Nguyen, M (2017-2018). Caregiver mindfulness & orphan wellbeing in a Vietnamese Buddhist orphanage. BS Neuroscience Undergraduate Honors Student, University of Delaware (Project Advisor).
2. Pires, L (2015-2017). Examining survivors of cancer & physical activity in Delaware (ESCAPADE). BS Health Behavior Science Undergraduate Independent Study, University of Delaware (Project Advisor).
3. Sawyer-Morris, V (2015-2016). I Can Be Mindful: Integrating mindfulness with social emotional learning in the context of an inclusive summer camp for young children. BS Health Behavior Science Undergraduate Honors Student, University of Delaware (Project Advisor).

Health Promotion MS Scholarly Project Supervision:

1. Saienni, A. (2018-2020). Mindfulness for innovation (Project Advisor).
2. Banks B. (2018-2020). Feasibility & Impact of School-based Mindfulness Training for Adolescents with Program Referrals: A Mixed-Method Approach
3. Mattei, A. (2016-2018). Exploring mindfulness in innovation, creativity and entrepreneurship (Project Advisor).
4. Blair, R. (2017-2018). Personality dimensions, mindfulness scores, and stress appraisal in college students (Second Reader).
5. Porter, S. (2017-2018). Facilitators & barriers to exercise among African Americans (Second Reader).
6. Crato, I. (2014-2016). Examining survivors of cancer and physical activity: A community-based participatory research needs assessment (Project Advisor).
7. Ferguson, J. (2014-2016). Mindful employee & occupational wellness: Feasibility & development of a stress management program for university employees (Project Advisor).
8. Cheng, M. (2015-2016). Parental depression influences away-from-home meals in families (Second Reader).
9. Leonard, T. (2015-2016). A qualitative study of the overall experience of health coaching in an employee wellness setting (Second Reader).
10. Sullivan, J. (2015-2016). Subjective and objective perceptions of weight in Hispanics and African Americans and its relationship to fruit & vegetable consumption & physical activity (Second Reader).
11. Bercaw, S. (2014-2015). A qualitative needs assessment for the integration of health coaching within a university Extension diabetes education program (Project Advisor).
12. Jatres, J. (2014-2015). Best possible self imagery: Does perspective impact optimism? (Project Advisor).
13. Henry, Z. (2014-2015). Motivational effects of an online social marketing campaign on the millennial generation (Second Reader).

HLPR 664: Graduate Health Coaching Practicum Student Supervision

1. Ferguson, J – Union Hospital Employee Wellness, 2015
2. Bercaw, S – UD Cooperative Extension, 2015
3. Ruggieri, J – WSFS Bank, 2015
4. Gimbutas, L – Hour completion, 2014-2015

Human Nutrition MS Scholarly Project Supervision:

1. Nichols, A. (2017-2019). A Systematic Review on Weight Loss Outcomes from Weight-Neutral Interventions (Second Reader).

Health Behavior Science & Promotion PhD Supervision:

1. Waad, A. (2021-Present). culturally inclusive approaches in tailoring health coaching and wellness interventions for LGBTQ+ communities (Doctoral Advisor).
2. Berzins, N. (2018-Present). Health & wellness coaching for cancer survivors (Doctoral Advisor).

Nutrition Science PhD Supervision:

1. Katcher, J. (2020-Present). intuitive eating intervention on dietary restraint and body appreciation in college women (Committee Member).

Communication Sciences & Disorders PhD Supervision:

1. Cardona, A (2019-Present). Impact of mindfulness on vocal production (Committee Member).
2. Rubino, A (2018-Present). Identity and voice rehabilitation outcomes (Committee Member).

Nursing Science PhD Supervision:

1. Horning, M (2019-2021). Family communication and perceptions of the end-of-life experience of older adults with chronic disease (Committee Member).

Biomechanics and Movement Sciences Interdisciplinary PhD Supervision

1. Cleffi, C (2020-Present). Creative movement interventions for children with autism (Committee Member).

Graduate Research Assistant Supervision:

1. Samson, R – University of Delaware (Graduate Supervisor) 2021 – Present
2. Berzins, N – University of Delaware (Graduate Supervisor) 2018 – Present
3. Saienni, A – University of Delaware (Graduate Supervisor) 2018 – 2020
4. Clover, E – University of Delaware (Graduate Supervisor) 2017 – 2019
5. Mattei, A – University of Delaware (Graduate Supervisor) 2016 – 2018
6. Ferguson, J – University of Delaware (Graduate Supervisor) 2015 – 2016
7. Crato, I – University of Delaware (Graduate Supervisor) 2014 – 2016
8. Wytmsa, K – University of Calgary (Project Supervisor) 2011 – 2012
9. Krenz, K – University of Calgary (Project Supervisor) 2011 – 2012
10. Wurz, A – University of Calgary (Project Supervisor) 2010 – 2012

SERVICE & LEADERSHIP EXPERIENCE:

Member, Campus Coalition for Wellbeing and Mental Health 2021 – Present
University of Delaware, Newark, DE

Member, Health Professions Evaluation Committee 2021 – Present
Center for Health Profession Studies – University of Delaware, Newark, DE

Member, Health Behavior Science Graduate Committee 2019 – Present
Behavioral Health & Nutrition – University of Delaware, Newark

Member, Board of Directors 2018 – Present
Cancer Support Community Delaware – Wilmington, DE

Member, Council of Advisors 2015 – Present
National Board for Health & Wellness Coaching – San Diego, CA

Academic Director, Graduate Program in Clinical Health Coaching 2015 – Present
Behavioral Health & Nutrition – University of Delaware, Newark, DE

Lab Director, Mind Body Behavior Laboratory 2014 – Present
Behavioral Health & Nutrition – University of Delaware, Newark, DE

Member, Center for Interprofessional Development, Education & Research 2017 – 2020
College of Health Sciences – University of Delaware, Newark, DE

Chair, Undergraduate Curriculum Committee 2018 – 2020
Behavioral Health & Nutrition – University of Delaware, Newark, DE

Grant Reviewer, Community Engaged Research Awards 2018 – 2019
Delaware-CTR ACCEL Program – Newark, DE

Committee Member, Health Behavior Science Search Committee 2017 – 2018
Behavioral Health & Nutrition – University of Delaware, Newark, DE

Member / Item Writer, Health & Wellness Coach Task Force 2016 – 2018
National Board of Medical Examiners – Philadelphia, PA

Ad Hoc Peer Reviewer 2011 – Present
American Journal of Preventive Medicine, Annals of Behavioral Medicine, BMC Cancer, BMC Complementary & Alternative Medicine, BMC Geriatrics, Canadian Journal of Aging, E-Biomedicine, Frontiers in Human Neuroscience, Gerontology & Geriatric Medicine, Global Advance in Health & Medicine, Health Education Journal, Health Psychology, Integrative Cancer Therapies, Integrative Medicine Insights, International Journal of Exercise Science, International Journal of Yoga Therapy, Journal of Leisure Research, Journal of Sports Science, Journal of Yoga Service, Lung Cancer, Medical Education, Mindfulness, Psycho-Oncology, Psychoneuroendocrinology, Psychophysiology, Supportive Care in Cancer, Western Journal of Nursing Research, World Journal of Pediatrics.

ADDITIONAL EMPLOYMENT EXPERIENCE:

I-CAN Sleep MBSR Program Facilitator 2010 – 2011
Tom Baker Cancer Centre: Alberta Health Services – Calgary, AB

Clinical Counsellor 2008 – 2009
Patient & Family Counselling, British Columbia Cancer Agency – BC

Clinical Counsellor 2007 – 2008
Creekside Withdrawal Management Centre, Fraser Health Authority – Surrey, BC

Program Coordinator 2006 – 2007
Calgary Counselling Centre / Community Crisis Society - Calgary, AB

Manager of Rehabilitation Services 2005 – 2006
Canadian Paraplegic Association (Alberta) - Calgary, AB

Research Associate 2003, 2005
Vista Evaluation & Research Services Inc. – Calgary, AB

Clinical Research Assistant, Carlson Research Lab <i>Department of Oncology, University of Calgary – Calgary, AB</i>	2003 – 2004
Clinical Research Associate <i>Alberta Mental Health Board – Calgary, AB</i>	2002 – 2003
Violence Prevention Program Group Facilitator <i>Sheriff King Home, YWCA of Calgary – Calgary, AB</i>	2002 – 2003
Graduate Research Assistant <i>Applied Psychological & Educational Services, University of Calgary – Calgary, AB</i>	2000 – 2002
Graduate Research Assistant, Psychosocial Resources <i>Tom Baker Cancer Centre: Alberta Health Services – Calgary, AB</i>	2000 – 2002
Program Assistant <i>Alberta Lung Association Sleep Centre – Calgary, AB</i>	2000 – 2002
Youth Advisor <i>CAVE Youth Employment Centre – Burnaby, BC</i>	2000
Vocational Counsellor – Employment Consultant <i>Calgary Vocational Services – Calgary, AB</i>	1999 – 2000

SUPERVISED CLINICAL EXPERIENCE:

Integrated Theory Seminars <i>Calgary Counselling Centre – Calgary, AB</i> 10-month training program with clinical supervision	2006 – 2007
Graduate Clinical Practicum Student <i>University of Calgary Counselling Centre – Calgary, AB</i> 9-month training program with clinical supervision	2001 – 2002
Mindfulness-Based Stress Reduction <i>Tom Baker Cancer Centre – Calgary, AB</i> 8-week training program with clinical supervision	Summer 2001
Community Rehabilitation Practicum Student <i>Columbia Rehabilitation Centre – Calgary, AB</i> 3-month training program with clinical supervision	Winter 1999
Community Rehabilitation Practicum Student <i>Arthritis Society – Calgary, AB</i> 3-month training program with clinical supervision	Fall 1998

PROFESSIONAL DEVELOPMENT:

Search Inside Yourself Leadership Institute <i>Rotman Executive Program, University of Toronto – Toronto, ON</i> 2-day professional training & 28-day challenge	July 2017
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Graduate Certificate in Health Coaching <i>University of Delaware - Newark, DE</i> 12-month professional training	2014 – 2015
Yoga Alliance Registered Yoga Teacher Training <i>Yoga Barn – Issaquah, WA</i> 500-hour professional training	2008 – 2009
Yoga for Cancer Survivors Teacher Training <i>University of Calgary – Calgary, AB</i> 4-day professional training	May 2009
Mindfulness-Based Cognitive Therapy <i>Jack Hirose & Associates – Vancouver, BC</i> 2-day professional training	May 2008
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

PROFESSIONAL MEMBERSHIPS:

American Association of University Professors – Washington, DC	2014 – Present
Society of Behavioral Medicine – Milwaukee, WI	2010 – Present

Last updated 11September21