

Ann Sebren, EdD, CMT-P

Movement Science and Population Health
College of Health Solutions
Arizona State University

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SCHOLARLY INTERESTS

Science and practice of stress regulation with an emphasis on the efficacy of mindfulness-based interventions for enhanced well-being and health behavior change

EDUCATION

1992: Doctor of Education – University of North Carolina at Greensboro, Greensboro, NC.
1984: Bachelor of Science (Education: Teacher Certification), University of Southern Mississippi, Hattiesburg, MS.
1983: Master of Science (Physical Education), University of Southern Mississippi, Hattiesburg, MS.
1981: Bachelor of Science (Athletic Training), University of Southern Mississippi, Hattiesburg, MS.

MINDFULNESS TEACHER CERTIFICATIONS

2019: Certified Mindfulness Teacher – Professional, International Mindfulness Teachers Association
2019: Mindfulness Training Institute Certified Teacher

Mindfulness Teacher Training

- 2018-2019: Mindfulness Training Institute, Certified Mindfulness Teacher Training
 - 4 onsite 5-day intensives of instruction and teaching with feedback; Monthly online tutorials, small group and individual sessions; Assigned readings; three 5-8 page essays; Videotaped teaching for supervision; Met regularly with program mentor and lead teachers
 - Accredited by the International Mindfulness Teachers Association
- 2008:
 - Teacher Practicum in Mindfulness-Based Stress Reduction, Center for Mindfulness in Medicine, Health Care and Society, University of Massachusetts Medical School, Worcester, MA.
- 2006:
 - Mindfulness Based Stress Reduction in Mind-Body Medicine 7 Day Professional Training, Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School, Attended in Gilroy, CA.
- 2005:
 - Graduate Certificate in Transpersonal Studies (Emphasis of Study: Psychology of Meditation), Sofia University, Palo Alto, CA.

PROFESSIONAL EXPERIENCE

Arizona State University

2019-present: Teaching Professor

College of Health Solutions Distinguished Faculty (Career Track)
Movement Science and Population Health Programs Faculty
College of Health Solutions

2015-2019: Principal Lecturer

College of Health Solutions Distinguished Faculty (2017)
Degree Coordinator, Master of Science in Exercise and Wellness
Exercise Science and Health Promotion Program
School of Nutrition and Health Promotion, College of Health Solutions

2014-2015: Senior Lecturer

Exercise Science and Health Promotion Program (formerly Exercise and Wellness)
School of Nutrition and Health Promotion, College of Health Solutions

2011-2014: Senior Lecturer

Program Coordinator, BS in Exercise and Wellness Program
School of Nutrition and Health Promotion, College of Health Solutions (2013-2014)
School of Nutrition and Health Promotion (2012-2013)
College of Nursing and Health Innovation (2011-2012)

2010-2011: Senior Lecturer

Exercise and Wellness Program
College of Nursing and Health Innovation

2004-2009: Lecturer

Department of Exercise and Wellness/Exercise and Wellness Program
East College / School of Applied Arts and Sciences

2000-2004: Faculty Associate

Department of Exercise and Wellness
East College

1996-2000: Visiting Assistant Professor/Faculty Associate

Department of Exercise Science and Physical Education
College of Liberal Arts and Sciences

Idaho State University

1994-1996: Assistant Professor

Department of Physical Education and Dance

University of Colorado, Boulder

1993-1994: Research Assistant

Department of Molecular, Cellular, and Developmental Biology

University of North Carolina at Greensboro

1986-1990: Graduate Teaching Assistant

Department of Exercise and Sport Science

CURRICULUM AND INSTRUCTION

Courses Developed at Arizona State University

- EXW 300: Foundations of Exercise and Wellness (Health Promotion and Wellness) (3 cr) (immersion)
- EXW 302: Fundamentals of Wellness (3 cr): ASU Online
- EXW 400: Stress Management for Wellness (3 cr): ASU Online/course
- EXW 450: Social Determinants of Health and Health Behavior (3 cr) (immersion)
- EXW 450: Social Determinants of Health and Health Behavior: ASU Online/course
- EXW 598: Qualitative Research Methodology (3 cr) (immersion)
- EXW 540: Mindfulness, Stress, and Health (3 cr) (immersion)
- EXW 540: Mindfulness, Stress, and Health (3 cr): ASU Online/course
- EXW 784: Doctoral Internship (2 cr) (immersion)

Courses Taught at Arizona State University

Undergraduate (2000-present):

EXW 300 Foundations of Exercise and Wellness

EXW 450 Social Determinants of Health & Health Behavior (formerly Cultural & Social Issues in EXW)

EXW 400 Stress Management for Wellness (ASU Online/course)

Graduate (2000-present):

EXW 591 Exercise and Wellness Seminar I and II

EXW 540 Mindfulness, Stress, and Health (immersion, ASU Online/course)

EXW 598 Qualitative Research Methods

EXW 784 Doctoral Teaching Internship

Department of Exercise Science and Physical Education (1996-2000):

Undergraduate:

Introduction to Exercise Science and Physical Education

Foundations of Exercise and Wellness

Motor and Developmental Learning

Methods of Teaching Secondary Physical Education

Philosophical Issues in Exercise Science and Physical Education

Supervision of Student Teachers

Additional Teaching Related Activities

2024: Guest Lecture, Barrett, The Honor's College Academy of Excellence

- *Workshop: Mindfulness for Stress and Well-Being*

2024: Guest Lecture, Barrett, The Honor's College & College of Liberal Arts and Sciences, SLC

320/HON 394 Compassion: Dialogue Between Humanities, Sciences, and the Arts

- *Mindfulness and the 4 Heart Qualities*

2024: Guest Lecture, Walter Cronkite School of Journalism and Mass Communication, JMC 504

Cronkite Master's Seminar:

- *Optimizing Stress: How Optimizing and Regulating Stress, Not Getting Rid of It, Might Be Better for Us*

2014-2023: 7 Guest Lectures, College of Health Solutions, EXW 542 Health Promotion Theory

- *Mindfulness-Based Interventions in Health Promotion*

2023: Guest Lecture, Walter Cronkite School of Journalism and Mass Communication, JMC 504 Cronkite Master's Seminar:

- *Stress Mindset and Stress Regulation for Productivity and Well-Being*

2023: Guest Lecture, Edson College of Nursing and Health Innovation, DNP 660 Advanced Neuropsychopathology Lifespan

- *Mindfulness: Science and Practice*

2022: Guest Lecture, ASU W.P. Carey School of Business, MKT 370 Professional Sales and Relationship Management:

- *Mindfulness in Sales: Valuing Awareness Adds Value,*

2021-2022: 2 Guest Lectures, College of Health Solutions, EXW 591 Exercise & Wellness Seminar I

- *Introduction to Mindfulness: An Overview of My Work*

2021: Guest Lecture, College of Health Solutions, CHS 101 The ASU Experience for Health Solution Students

- *Mindsets, Positive Emotion, and Mindfulness: Preparing Successfully for Final Exams*

2021: Peer Teaching Review, EXW 400 Stress Management for Wellness: Participated in a peer teaching review of my course for feedback and improvement

2021: 2 Empathic Teaching Workshops, College of Health Solutions, Social and Emotional Learning and Intelligence Affinity Network:

- *Centering Before Empathic Teaching: The Impact of Stress on Empathy*

2020: Special Module Development, ASU EdPlus: Developed a mindfulness-based self-care learning module for ASU Edplus

- *Mindfulness and Self-Care for COVID*

2020: Continuing Education Course Development, Music Therapy

- Developed and submitted invited proposal for 4 week continuing education course on Mindfulness and Music as a collaborative project with faculty in music therapy

2018: 2 Guest Lectures, School of Social Transformation, SST 498 Justice and Practice: *Mindfulness and Test Anxiety: Preparing for the LSAT*

2013-2016: 3 Guest Lectures, College of Health Solutions, EXW 410 (EXW 598) Obesity Perspectives and Prescriptions

- *Social Determinants of Obesity*

2015: Guest Lecture, College of Health Solutions, EXW 450 Social Determinants of Health and Health Behavior: *Early Childhood Experience as a Determinant of Health*

2015: Guest Lecture, School of Life Science, BIO 182 General Biology II: *Mindfulness and Attention*

2014: Guest Lecture, College of Health Solutions, EXW 100 Introduction to Health and Wellness

MOOC (Mass Open Online Course): 15 minute video lecture – *Stress and Positivity*

2013-2015: 3 Guest Lectures, School of Nutrition and Health Promotion, EXW 784 Internship (Physical Activity and Nutrition Science PhD)

- *The Tasks of Teaching*
- *Developing and Writing a Teaching Philosophy*
- *Assessment and Evaluation of Learning*

2010-2011: Instructional Support Liaison, College of Nursing and Health Innovation/School of Nutrition and Health Promotion, Office of Educational and Evaluation Excellence (E3)

- Liaison for teacher development needs for Nutrition, Exercise and Wellness, and Health Sciences faculty in SNHP
- Coordinated teacher development services for SNHP faculty on the Polytechnic campus
 - Coordinated Jossey Bass Online Teaching and Learning Conference
 - Co-organized E3 presentation on the use of SoftChalk for online teaching
- Member, E3 Clinical Track Scholarship Grant Selection Committee
 - Assisted with development of clinical track scholarship grant review criteria
 - Reviewed 2 submissions

- Participated in E3 web design discussions
- Provided teacher development workshops
 - *Planning Your Scholarly Project: Overview and Brainstorming* (Co-Presented with Dr. Debra Hagler & Dr. Kathryn Records); CONHI E3 Clinical Track Grant Committee Faculty Development Workshop.
 - *Let Your Teaching Be a Mirror: Teacher Reflection Skills and Strategies for Improving Teaching*, CONHI E3 Teacher Development Workshop.

2008-2011: 8 Guest Lectures, School of Nutrition and Health Promotion, EXW 791 Seminar (Physical Activity and Nutrition Science PhD)

- *Teaching in the University*

2002-2009: 8 Graduate Student Orientation Sessions, Department of Exercise and Wellness: Delivered orientations sessions for all current master's and doctoral students

- *You're Not in Kansas Anymore: Or Welcome to Graduate School*
- *Going Down the Rabbit Hole: Or Welcome to Graduate School*
- *May the Force Be With You: Or Welcome to Graduate School*

2001-2004: 8 Teacher Development Workshops, Department of Exercise and Wellness: Delivered teacher development workshops for faculty and graduate teaching assistants

- *Teaching in the University: Getting Started*
- *Writing a Professional Teaching Philosophy Statement*
- *Assessment and Evaluation: Design of the Written Exam*
- *Becoming a Reflective Teacher: Why and How?*
- *Designing a Course Curriculum*
- *Adult Cognitive Development: Theory and Implications for Teaching*
- *The Affective Dimension of Teaching*

Academic Programs Developed at Arizona State University

- 4+1 Pathway: BS in Exercise and Wellness to MS in Exercise and Wellness (Approved 2018)
- Master of Science in Exercise and Wellness Concentrations (Withdrawn in Summer 2016)
- BS in Health Education and Health Promotion (Approved for Fall 2014)
- BS in Physical Activity and Nutrition (Not Approved)
- BS in Exercise and Wellness (Health Promotion Concentration)
- Wellness Foundations Minor

Instructional Spaces Planned at Arizona State University

- Sun Devil Fitness Center Downtown Phoenix Campus Exercise and Wellness Laboratories and Classrooms (2012)
- NH12 4th Floor Downtown Phoenix Campus Exercise and Wellness Spaces (2010):
- YMCA Exercise and Wellness Classrooms (2010)

Instructional and Curricular Professional Development

Professional Continuing Education (Mindfulness Teacher Certification)

2025:

- Equanimity: Finding Some Ease in the Midst of it All, 4 week online course focused on practices related to the development of equanimity, Barre Center for Buddhist Studies

2024:

- *Teaching Mindfulness Summit* (3 day online), On Demand webinars focused on range of topics and issues related to teaching mindfulness designed for certified mindfulness facilitators

- *Role of Mindfulness in Mental Health* (1 hr online); International Mindfulness Teachers Association Webinar
- *Pedagogy of Mindfulness Training Programs* (1 hr online); International Mindfulness Teachers Association Webinar
- *Mindfulness Training Institute Tutorials* (attended 2 online); Continuing education for mindfulness teacher training to maintain certification
- *Mindfulness Training Institute Teacher Supervision*; 4 online mentoring/supervision sessions for mindfulness teacher certification

2023:

- *Buddhist Psychology Training*, Spirit Rock Retreat Center (5 month online), Didactic, interactive, and case-based training on psychology of mental health and well-being from Buddhist texts and perspectives; Limited to licensed clinicians and certified mindfulness teachers
- *Infinite Journey*, Mindfulness Training Institute (2hrs/week April, Online), Didactic, interactive training in facilitating mindfulness-based interoceptive, somatic practices for working with distress for certified mindfulness teachers.
- *Insight Meditation Retreat*, Spirit Rock Retreat Center (Online), 5 day silent retreat required as continuing education for maintenance of mindfulness teacher certification
- *Mindfulness Training Institute Alumni Tutorials* (attended 2), Continuing education for mindfulness teacher training to maintain certification, Online.
- *Mindfulness Training Institute Teacher Supervision*; 2 mentoring/supervision sessions required for certification, Online

2022:

- *Mindfulness Training Institute Alumni Tutorials* (attended 3), Continuing education for mindfulness teacher training to maintain certification, Online.
- *Mindfulness Training Institute Teacher Supervision*; 2 mentoring/supervision sessions required for certification, Online
- *Beyond Anxiety*, Sangha Live, Online, 3 hour mindfulness practice and training on application of mindfulness for anxiety
- *Turning Inward Fall Mindfulness Retreat*, Insight LA, Online, 7 day silent retreat required as continuing education for maintenance of mindfulness teacher certification

2021:

- *Mindfulness Training Institute Alumni Tutorials* (attended 10), Continuing education for mindfulness teacher training to maintain certification, Online.
- *Mindfulness Training Institute Teacher Supervision*; 4 mentoring/supervision sessions required for certification, Online
- *How to Use Mindfulness as an Empowerment in Daily Life*, International Mindfulness Teachers Association, Online webinar for certified mindfulness teachers focused on issues related to teaching mindfulness to general audiences for use in daily life
- *Embodied Awakening*, Mindfulness Training Institute; 4 day online training for certified mindfulness teachers focused on mindfulness of body; Included training on trauma-sensitive teaching of bodily awareness practice
- *The Original Body Scan: 7 Day Mindfulness Retreat and Training*, Insight LA, Online, 7 Day retreat and mindfulness training related to original body scan practices and mindfulness of bodily experience for reducing stress and enhancing well-being; Continuing education for maintenance of mindfulness teacher certification
- *Somatic Sensing: Knowing Thoughts and Emotions Through Sensations*, 3 hour online mindfulness training and practice, (March).

2020:

- *Mindfulness Training Institute Alumni Tutorials* (attended 6), Continuing education for mindfulness teacher training to maintain certification, Online.

- Mindfulness Training Institute Teacher Supervision; 3 mentoring/supervision sessions required for certification, Online
- *Contemplative Research Conference*, Mind and Life Institute, Zoom, (November.)
- *Teaching Mindfulness in a Time of Economic and Social Disparity*, International Mindfulness Teachers Association, Webinar (May)
- *The Boundless Qualities of the Heart: Lovingkindness, Compassion, Joy, and Equanimity*, Mindfulness Training Institute Alumni Retreat and Training, 4 day online instruction, practice, and inquiry (August).
- *Resilience and Nature*, 6 week online course with Mark Coleman (May-June).
- *Working with our Minds and Calming the Nervous System in Times of Difficulty*, 2 day online Instruction and Practice, Insight Meditation Scottsdale (April)

2019:

- Mindfulness Training Institute Alumni Tutorials (attended 1), Continuing education for mindfulness teacher training to maintain certification, Online.

Professional Development: Content

- 2024: *Science of Compassion: Caring and Thriving without Burning Out*; ASU Faculty Women's Association; Workshop on the science of compassion, addressing compassion fatigue, and the importance of connecting to meaning and purpose in compassionate work
- 2023: *Society for Behavioral Medicine Annual Conference*, Phoenix AZ. Integrated new research and perspectives into EXW 400 Stress Management for Wellness related to smartphone addiction
- 2023: *Hope, Healing and Compassion: A Conversation with Dr. Barry Kerzin*, Phoenix AZ, ASU Center for Mindfulness, Compassion, and Resilience. 2 hr meeting with Dr. Barry Kerzin, personal physician to the Dalai Lama addressing the power of compassion as a transformative agent
- 2022: *Change at Work Workshop*, Insight LA, Daylong workshop on mindfulness, stress, and individual change processes in the workplace
- 2019: *Cultivating Concentration and Serenity*, 2 Day Instruction and Practice, Insight Meditation Society, Tucson AZ.
- 2019: *Awakening, Truth, and Community*, 2 Day Instruction and Practice, Insight Meditation Scottsdale, Scottsdale, AZ.
- 2018 *Leading from Where You Are: Managing Up, Down, and Sideways*, ASU College of Health Solutions Faculty Leadership Development Workshop, December, Phoenix AZ.
- 2018 *International Symposium for Contemplative Research*, Phoenix, AZ. Integrated new research into EXW 540 Mindfulness, Stress, and Health course, November, Phoenix, AZ.
- 2018 *Mindfulness Summit and Interactive Dialogue*, 2 Day Conference. Arizona State University Center for Mindfulness, Compassion, and Resilience, April, Phoenix AZ.
- 2018 *Loving the House that Ego Built*, 2 Day Mindfulness Training Retreat, April, Scottsdale AZ.
- 2018 *Mindful Leadership Certificate Workshop*, Arizona State University Center for Mindfulness, Compassion and Resilience. Full day workshop on leading mindfulness efforts in organizations and communities, February, Glendale, AZ.
- 2018 *Mindfulness for Emerging Adults: Creating and Innovating a Better World for All*, Arizona State University Center for Mindfulness, Compassion, and Research. Full day workshop on teaching mindfulness practice to college age students, February, Phoenix AZ.
- 2018 *Building Healthy Lifestyles Conference*, Arizona State University, February, Tempe, AZ.
- 2018 *Science of Mindfulness and Compassion*, 2 Day Workshop with Dr. Kristen Neff and Dr. Shauna Shapiro. Integrated new research and teaching skills directly into EXW 540 Mindfulness, Stress, and Health, February, Tucson, AZ.

- 2017 *Building Healthy Lifestyles Conference*, Arizona State University
- 2016: *International Symposium for Contemplative Studies*, San Diego. Integrated concepts directly into EXW 400 Stress Management for Wellness, EXW 598 Mindfulness, Stress, and Health, and mindfulness-based community work.
- 2016: *Mindfulness and the Brain Self-Guided Video Course*, Sounds True. Integrated concepts directly into EXW 400 Stress Management for Wellness, EXW 598 Mindfulness, Stress, and Health, and mindfulness-based community work.
- 2016: *Building Healthy Lifestyles Conference*, Arizona State University.
- 2015: *Meeting the World: Exploring the Ethics, Values, and Responsibility for Bringing Mindfulness Into Society*, University of Massachusetts Center for Mindfulness in Medicine, Health Care and Society Spring Conference, Attended Live Streamed. Integrated concepts directly into EXW 400 Stress Management for Wellness, EXW 598 Mindfulness, Stress, and Health, and mindfulness-based community work.
- 2015: *Stress Symposium*. American Academy of Anti-Aging Medicine, Atlanta, GA. Integrated content directly into EXW 400 Stress Management for Wellness and EXW 598 Mindfulness, Stress, and Health.
- 2015: *Mindfulness Summit*. Online summit of 40 mindfulness scholars and teachers. Integrated content into EXW 400 Stress Management for Wellness and EXW 598 Mindfulness, Stress, and Health
- 2015: *Building Healthy Lifestyles Conference*, Arizona State University
- 2014: *Science of Happiness (Online Course)*, Greater Good Science Center, University of California, Berkeley. Integrating content directly in EXW 400 Stress Management for Wellness.
- 2014: *Greater Good Gratitude Summit* (Live Webcast), Greater Good Science Center, University of California, Berkeley. Directly integrated content on the science of gratitude into EXW 400 Stress Management for Wellness.
- 2014: *Building Healthy Lifestyles Conference*, Arizona State University.
- 2013: Attended all day *Society of Behavioral Medicine Pre-Conference Workshop: Stress and Obesity – Translational and Clinical Perspectives*, San Francisco, CA. Directly integrated resources and content into EXW 400 Stress Management for Wellness.
- 2013: *11th Annual International Scientific Conference on Investigating and Integrating Mindfulness in Medicine, Health Care, and Society*. Directly integrated content into EXW 400 Stress Management for Wellness and EXW 598 Mindfulness, Stress, and Health. Observed (live stream) the following keynote presentations:
 - Kluge Research Symposium on Mindfulness: Neural Mechanisms of Mindfulness – Emerging Models; Jha, Amishi, Symposium Chair.
 - Love 2.0: How Positivity Resonance Nourishes Health; Fredrickson, Barbara, Keynote.
 - Mindfulness, Stress Reduction, and Physical Health: New Brain-Behavior- Physiology Pathways; Cresswell, David, Keynote.
- 2013: *Building Healthy Lifestyles Conference*, Arizona State University.
- 2012: *International Symposia for Contemplative Studies*, Denver, CO. Attended conference sessions on current research on the neural mechanisms and efficacy of mindfulness-based interventions; Directly integrated resources and content into EXW 598 Mindfulness, Stress, and Health
- 2012: *Building Healthy Lifestyles Conference*, Arizona State University.
- 2011: *Building Healthy Lifestyles Conference*, Arizona State University.
- 2010: Attended the *Society for Behavioral Medicine Annual Conference and the Pre-Conference CAM SIG Course: Mindfulness Meditation and its Application to Obesity and Substance Abuse: Theory, Research, and Practice*; Society for Behavioral Medicine, Seattle, Washington. Directly integrated resources and content from conference presentations into EXW 450 Social

Determinants of Health and Health Behavior and the pre-conference course into EXW 598 Mindfulness, Stress, and Health.

- 2010: Participated in the *Robert Wood Johnson Foundation webinar “A New Way to Talk About the Social Determinants of Health”*. Used this material substantially to revise core aspects of EXW 450 Cultural and Social Determinants of Health.
- 2010: *Building Healthy Lifestyles Conference*, Arizona State University.
- 2009: *Building Healthy Lifestyles Conference*, Arizona State University.
- 2008: *Building Healthy Lifestyles Conference*, Arizona State University.
- 2007: *Building Healthy Lifestyles Conference*, Arizona State University.
- 2006: *Building Healthy Lifestyles Conference*, Arizona State University.

Professional Development: Classroom Instruction

- 2025: ASU Future of Learning Community (FOLC) Fest
- 2025: *Student Accessibility Faculty Webinar*, ASU Student Accessibility and Inclusive Learning Services
- 2024: *ASU Teaching and Learning with Generative AI*, Completed all materials and assignments for 3 Modules:
 - Module 1: Fundamentals of Generative AI
 - Module 2: Awareness of Generative AI Applications
 - Module 3: Ethics and Responsible Use of Generative AI
- 2024: *ASU Professional Development Conference*, attended 3 sessions:
 - AI Demystified: From Concept to Everyday Impact
 - Action: Utilizing Movie-Based Technology for Presentations and Lecture
 - Your New Superpower: Storytelling
- 2023: *Proving Grounds Training Session*, College of Health Solutions, ASU Pat Tillman Veteran's Center. Online 1 hour training session focused on veteran and military culture and considerations for university faculty.
- 2023: *Barrett Honor's Information Zoom Workshop*, College of Health Solutions. 1 hr online workshop focused on the basics of the ASU Barrett Honors program, including Honors contracts in classes, how to be a Barrett Honors Director or Committee member, the online Honors program, and other Honors-related information
- 2023: *Coalition for Transformational Education*, Tempe, AZ, Arizona State University.
- 2023: *From Equity Talk to Equity Walk*, CHS Justice Equity Diversity and Inclusion Webinar
- 2022: *ASU Inclusive Communities Faculty Training*, ASU CareerEdge.
- 2022: *Mindfulness, Diversity, and the Quest for Inclusion*, ASU CareerEdge Online Course. Certificate of Complete Earned.
- 2022: *REMOTE: The Connected Faculty Summit*, 2 day virtual conference, Arizona State University (Badge Earned). Sessions attended:
 - Wednesday, June 8 • 9:30am - 10:00am [Students Discuss Impactful Inclusive Teaching Strategies](#)
 - Wednesday, June 8 • 10:00am - 10:30am [Next Generation Global Education: Online Global Learning](#)
 - Wednesday, June 8 • 10:30am - 11:00am [Make Humanizing Your True North: Techniques for Consistently Delivering Inclusive and Engaged Learning](#)
 - Wednesday, June 8 • 11:30am - 12:00pm [Communication Skills To Enhance Your Ability To Create Equity, Belonging, And Connection](#)
 - Wednesday, June 8 • 12:00pm - 12:30pm [Humanizing Remote Higher Education for Increased Access, Support, and Learning Outcomes](#)
 - Wednesday, June 8 • 12:30pm - 1:00pm [Transformation Everyday: The Ripple Effect of Faculty DEI Practice](#)
 - Thursday, June 9 • 9:30am - 10:00am [Inclusive Teaching Practices](#)
 - Thursday, June 9 • 10:00am - 10:30am [Strategies for Ensuring Your Course Content is Equity-centered](#)

- Thursday, June 9 • 10:30am - 11:00am [Mastering Metacognition](#)
- 2021: *REMOTE: The Connected Faculty Summit*, 2 day virtual conference, Arizona State University (Badge Earned), June
- 2021: *QM Essentials Workshop* (Sarah Hoyt), CHS Instructional Support.
- 2021: *The Teacher's Social and Emotional Learning*, Coursera 5 Week Graduate Level Course, Certificate of Completion Earned.
- 2021: *Teacher Social and Emotional Learning: Programs, Possibilities, and Contexts*, Coursera 4 Week Graduate Level Course, Certificate of Completion Earned.
- 2020: *Voice Thread Tutorial*, ASU Online Instructional Designer.
- 2020: *Best Practices for Teaching Mindfulness Online*, Mindfulness Training Institute Alumni, Zoom Training (November)
- 2020: *ASUSync Training* (online), 2 week training (badge completed), Arizona State University
- 2020: *REMOTE: The Connected Faculty Summit*, 2 day virtual conference, Arizona State University
- 2020: *Zoom Training*, Arizona State University
- 2019: *Annoto Webinar*, ASU EdPlus Workshop.
- 2018: *Canvas Tutorial*, ASU UTO 2 Hour Introductory Session.
- 2018: *Canvas Webinar*, College of Health Solutions Learning Group.
- 2017: *PlayPosit Workshop*, ASU Edplus. Learned how to use the interactive video program and developed new interactive videos for EXW 400 Stress Management for Wellness
- 2015: *The 7 Affordances of eLearning*, ASU Online Webinar. Used skills and knowledge to enhance EXW 400 Stress Management for Wellness and in the conversion of EXW 450 Social Determinants of Health and Health Promotion to online delivery.
- 2013: *Zen and the Art of Micro and Mini Lectures*, ASU Online Webinar. Used skills and knowledge to develop a series of short micro lectures for EXW 400 Stress Management for Wellness
- 2013: *ASU Online Boot Camp* (2-week training for online teaching). Used skills and knowledge to increase written, audio, and video teacher presence in EXW 400 Stress Management for Wellness
- 2011: *Online/Hybrid Teaching and Course Development Workshop*: 2 day workshop by the College of Nursing and Health Innovation Office of Educational and Evaluation Excellence, Downtown Phoenix Campus, Arizona State University
 - Included coverage of the Quality Matters criteria for online course design
 - Used this material substantially in the development of EXW 302 and EXW 400 online courses, EXW 300 hybrid redesign and the addition of more online learning experiences in EXW 450
- 2010: *Jossey Bass Online Teaching and Learning Conference*. Attended (live stream), EXW Program, Polytechnic Campus, Arizona State University. Used ideas and concepts in the development of the EXW 302 online course and redesign of the EXW 300 for hybrid delivery

Professional Organizations (Current Membership)

American Mindfulness Research Association
International Mindfulness Teachers Association

Independent Study, Thesis, and Dissertation Supervision

Honors Students Course Project

Stockham, S.	Spring 2025	EXW 400	Good Anxiety in Stress Management
Alhawra, Z.	Spring 2025	EXW 400	The Effects of Stress on Academic Performance in Medical Students
Hammell, M.	Spring 2022	EXW 400	Positive Emotion Infographic and Video for the Worksite
Erwin, J.	Spring 2022	EXW 400	Effects of Chronic Stress on Vasculature and Cardiovascular Disease
Kemmou, N.	Spring 2016	EXW 400	Efficacy and Mechanisms Involved in Progressive Muscle Relaxation
Leibowitz, N.	Spring 2015	EXW 400	Stress Management in the Workplace
Allen, A.	Fall 2009	EXW 300	Research Paper: Effects of Workplace Wellness Programs on Employee Health and Health Care Costs.

Honors Thesis Committee Member

Gauthier, J.	2025	Gratitude, Resilience, and Reflection Among Adolescents
Billera, A.	2022	Evaluating Stress and Coping Strategies of Nursing Students attending Arizona State University during COVID-19
Stich, A.	2018	Bariatric Surgery: The Good, The Bad, and The Ugly
Brezinski, M.	2017	Mindfulness-Based Stress Reduction and its Application to Behavior Modification in Adolescents with High Functioning Autism
Allen, A.	2010	Wellness Works: A Threefold Approach to Integrating Health Promotion Programs in Small Business

Graduate Readings and Conference (Independent Study)

Robinson, A.	Fall 2022	3 cr	Worksite Stress and Stress Management
Martinez, A.	Spring 2022	3 cr	Mindfulness, Stress, and Health
Robinson, A.	Spring 2022	3 cr	Mindfulness, Stress, and Health
Jung, K.	Spring 2022	3 cr	Mindfulness, Stress, and Health
Hudzinski, T.	Fall 2019	1 cr	Introduction to Graduate Study in Exercise and Wellness
Pinthong, U.	Spring 2018	3 cr	Efficacy of Mindfulness for Math Anxiety
Blair, M.	Fall 2018	3 cr	Curriculum and Instruction for Effective University Teaching
Napolitano, V.	Fall 2018	3 cr	Mindfulness-Based Interventions for Health Behavior Change
Serlin, D.	Fall 2018	3 cr	Stress Mechanisms and Management for Improved Well-Being
Green, T.	Fall 2017	1 cr	Mindfulness and Performance: Annotated Bibliography
Preston, J.	Fall 2017	3 cr	Review of University and Fitness Industry Competencies for Certification
Preston, J.	Spring 2017	3 cr	Review of University and Fitness Industry Competencies for Certification

Scott, B.	Spring 2017	1 cr	Mindfulness-Based Stress Reduction
James, D.	Fall 2012	3 cr	Self-Compassion: Concept, Measures, and Associated Outcomes
Garman, S.	Fall 2007	3 cr	Social Determinants of Health: Social Support and Physical Activity.
Alsac, B.	Spring 2006	3 cr	Mindfulness and Health.
Davis, R.	Fall 2006	3 cr	Effects of Yoga on Stress, Mood, and Disease
Alsac, B.	Spring 2005	3 cr	Social Determinants of Health: Effects of Television Viewing on Physical Activity
Sendil, A.	Fall 2004	3 cr	Social Determinants of Health: Effects of Design on Fitness Related Behaviors

Master's Thesis Mentor

James, D.	2012	Exercise and Wellness	Associations Among Self-Compassion, Stress, and Eating Behaviors in College Freshmen
Davis, R.	2008	Exercise and Wellness	Role of yoga practice in stress reduction in long-term yoga practitioners
Soria, S.	2008	Exercise and Wellness	A comparison of bone stiffness in female children participating in varying after-school activities.

Master's Thesis Committee Member

Serlin, D.	2020	Exercise and Wellness	Effects of Exposure to Body Positive and Fitspiration Instagram Content on Undergraduate Womens' State Body Satisfaction and Mood
Napalitano, V.	2019	Exercise and Wellness	Association between Mindfulness and Physical Activity in College Students
Yu, G.	2019	Exercise and Wellness	Associations of Physical Activity, Mindfulness, & Resilience Practices with Perceived Quality of Life Among Female College Veterans
Glissman, C.	2019	Exercise and Wellness	Calm College: A Brief Mobile App Meditation Intervention Among Stress College Students
Rynex, B.	2018	Music Therapy	Hospice Music Therapy: A Mindfulness Informed Conceptual Framework
Soneson, N.	2018	Exercise and Wellness	How Upset are Food Insecure College Students?
Dhaliwal, Simran	2016	Exercise and Wellness	Correlates of Exercise Self-Efficacy in Older Adults with Arthritis
Smith, J.	2016	Exercise and Wellness	Association between Mindful Eating and Weight Cycling in Middle Age Women
Abbey, L.	2008	Exercise and Wellness	Influence of fitness and sex on differences in perceived exertion during submaximal walking
Farnsworth, M.	2008	Exercise and Wellness	ActivPAL activity monitor versus self-reported activity records in middle aged women
Getz, R.	2008	Exercise and Wellness	Commuting in a car, physical activity, & obesity in adults

Lundy, K.	2008	Exercise and Wellness	Comparison of campus recreation facilities and program use to perceived stress in university students.
Rooney, L.	2008	Exercise and Wellness	A correlational study of the associations between psychological state mindfulness and physical activity and eating behaviors.
Evans, D.	2004	Exercise and Wellness	Effects of mindfulness on Nocebo Cold Perceptions
Moore, M.	2004	Exercise and Wellness	Association of Behavioral, Psychological, and Demographic Factors with Body Image Distortion Among College Females
Sendil, A.	2003	Design	The Role of Design in the Development of Self Identity: The Fitness Industry
Cotton, M.	2003	Exercise and Wellness	Determining Health-Risk Behaviors of Arizona State University-East Undergraduate Students: A Needs Assessment
Prezuhy, A.	1999	Exercise Science and Physical Education	Attentional Patterns of Horseshoe Pitchers: A Manipulation of Task Difficulty

Master's Applied/Capstone Project, Chair

Lopez, A.	2022	Physical Activity and Health	Mindfulness-Based Strengths Approach to Wellness Programming for College Students on the Autism Spectrum: Review and Recommendations
Hudzinski, T.	2021	Exercise and Wellness	Development of an 8 week mindfulness-based program for academic success in middle school aged adolescents

Master's Applied/Capstone Project Committee Member

Henry, C.	2024	Physical Activity and Health	Reducing Stress in the Workplace through Walking, Stretching, and Breathing Based Breaks
Robinson, A.	2022	Physical Activity and Health	Impact of Yoga and Mindfulness Programming on Selective Attention in Female Middle School Students: Study Implementation and Curriculum Development
Jenkins, C.	2020	Exercise and Wellness	Health and Wellness Coaching to Support Student-Athlete Career Transitions
Medina, F.	2019	Exercise and Wellness	Development of Manual for Tailored Lifestyle Intervention for Midlife Mexican American Men
Pinthong, U.	2018	Interdisciplinary Studies	Effects of Mindfulness on Attention, Concentration, Self-Awareness, and Academic Performance in Math in Community College Students
Scott, B.	2018	Exercise and Wellness	Taking Control of My Diabetes: A Health Education Program for Adults Living in Long Term Care Facilities
Schletter, M.	2018 (withdrew)	Exercise and Wellness	Development of a Strength and Conditioning Program Development Course

Pierskalla, R.	2017	Exercise and Wellness	Exercise for Post-Treatment Breast Cancer Survivors
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Doctoral Dissertation Committee Member

Moreno, K.	2025	Exercise and Nutritional Sciences	Reframing Physical Activity Among Midlife Post Bariatric Women: A Mixed Methods Feasibility Study
Pinthong, U.	2021	Mary Lou Fulton College	Effects of a Mindfulness-Based Intervention on Teacher Stress, Anxiety, Burnout, and Improvement of the Learning Environment *Earned the Leadership and Innovation PhD Research Impact Award
James, Dara	2019	Nursing and Healthcare Innovation	Effects of Meditative Movement on Body Composition in Midlife Women
Yabko, B.	2013	Counseling Psychology	Examining the Efficacy of the Ninja Mind Training Program (NMT): A Mindfulness-Based Intervention for Bullied Teens
Grimstvedt, M.	2011	Exercise and Wellness Program	Physical Activity Counseling Knowledge, Attitudes, and Practices Among Nurse Practitioners and Physician Assistants
Araas, T.	2008	Dept of Exercise and Wellness	Associations of mindfulness, perceived stress, self-efficacy, and health behaviors in college freshmen. (Co-Mentor with Pamela Swan, Ph.D.) <i>Recipient of the Graduate and Professional Student Association Research Grant: \$2000.</i>
Riggs, D.	2005	Dept of Exercise and Wellness	Women's Lived Experience and Meaning of Bariatric Surgery (Co-Mentor with Pamela Swan, Ph.D.).
Trone, G.	2005	Dept of Exercise and Wellness	Body Composition Factors and Physical Activity Status as Predictors of Health Related Quality of Life in Obese Men and Women

Master's and Doctoral Comprehensive Exams

Master's Comprehensive Exams

Choi, G.	2019	Music Therapy	Wrote and evaluated comprehensive exam question on components of mindfulness in music therapy practice; Provided written feedback; Participated in oral exam
Pitts, C.	2019	Exercise and Wellness	Wrote study questions; Wrote and evaluated comprehensive exam questions on Mindfulness, Stress, and Health
Rynex, B.	2018	Music Therapy	Wrote and evaluated comprehensive exam question on components of mindfulness in music therapy practice

Nenaber, B.	2012	Exercise and Wellness	Wrote study questions; Wrote and evaluated comprehensive exam questions on Mindfulness, Stress, and Health
Drury, B.	2012	Exercise and Wellness	Wrote study questions; Wrote and evaluated comprehensive exam questions on Mindfulness, Stress, and Health
Garman, S.	2009	Exercise and Wellness	Wrote study questions; Wrote and evaluated comprehensive exam questions on Mindfulness, Stress, and Health

Doctoral Comprehensive Exams and Annual Reviews

Pinthong, U.	2020	Mary Lou Fulton College	Reviewed and provided written feedback on comprehensive exam questions; Participated in oral examination
James, D.	2019	Nursing and Health Care Innovation	Reviewed and provided written feedback on comprehensive exam questions; Participated in oral examination
Mulhearn, S.	2018	Learning, Literacy, and Technologies	Provided interview and materials on history of paradigms in physical education exam response
Moreno, K.	2018	Exercise and Nutritional Science	Reviewed and provided written and oral feedback on Annual Review progress packet
Moreno, K.	2017	Exercise and Nutritional Science	Reviewed and provided written feedback on comprehensive exam questions related to grant proposal and article review; Participated in oral examination
Abraham, T.	2008	Physical Activity, Nutrition, and Wellness	Wrote and evaluated Qualitative Research Methods questions
Kelly, S.	2008	Physical Activity, Nutrition, and Wellness	Wrote and evaluated Qualitative Research Methods questions
Washington, T.	2008	Physical Activity, Nutrition, and Wellness	Wrote and evaluated Qualitative Research Methods questions; Provided remediation experience for failed examination response
Araas, T.	2007	Physical Activity, Nutrition, and Wellness	Wrote and evaluated Qualitative Research Methods and Concentration Area questions; Evaluated comprehensive examination responses; Participated in Oral Comprehensive Examination
Dodd, D.	2007	Physical Activity, Nutrition, and Wellness	Wrote and evaluated Qualitative Research Methods questions
Huck, C.	2007	Physical Activity, Nutrition, and Wellness	Wrote and evaluated Qualitative Research Methods questions

Pomeroy, J.	2007	Physical Activity, Nutrition, and Wellness	Wrote and evaluated Qualitative Research Methods questions
Johnson, T.	2005	Physical Education	Wrote Qualitative Research Methods questions; Evaluated comprehensive examination responses; Participated in Oral Comprehensive Examination

SERVICE ACTIVITIES University Academic Service

2025: Presenter and Juror, Principals Innovation Academy Emotional Well-Being Spark Challenge

2025-present: Member, Grievance Committee, ASU Academic Senate

2021-2022: Past President, ASU Downtown Phoenix Campus Faculty Assembly

2019-2022: Member, Arizona Faculties Council

2020-2021: President, ASU Downtown Phoenix Campus Faculty Assembly

- Multiple University Academic Council meetings and correspondence with university leadership through Summer 2020 regarding faculty input on COVID response

2019-2020: President-Elect, ASU Downtown Phoenix Campus Faculty Assembly

2018-2020: Reviewer, Graduate College Completion Grants

2015-2017: Member, University Curriculum and Academic Programs Committee

2010-2012: Member, Non-Tenure Eligible Faculty Task Force, ASU Faculty Senate

2004-2011: Representative, Faculty Senate, Exercise and Wellness Program

2009-2011: Member, Student-Faculty Policy Committee,

2007-2009: Member, Governance and Grievance Committee, Polytechnic Campus.

2006: Member, ASUP Graduate Student Research Conference Committee, Polytechnic Campus,

University Center for Mindfulness, Compassion, and Resilience Academic Service

2022: Invited Speaker, ASU W.P Carey School of Business Professional Marketing Sales Community Advisory Board, *Mindfulness in Sales: Valuing Awareness Adds Value*.

2020: Presenter, Mid-Day Mindfulness, *The Mindfulness of Hindrances*.

2020: Co-Presenter, *Appreciative Joy and Self-Compassion*, Mindfulness Summit: Planting Seeds - Rooting in Mindfulness for Thriving Communities, (Canceled 1 week before presentation due to COVID)

- Multiple meetings with co-presenters to develop program, Developed powerpoints and experiential practices for presentation

2018: Facilitator, Mindfulness Session for ASU Night of the Open Door

2017: Facilitator, Drop In Mindfulness Sessions Fall

2017: Contributor, ASU Magazine: 3 Ways to Transform Your Outlook Through Mindfulness

2017: Speaker, Arizona Transfer Office Employee Workshop: Getting Out of the Monkey Trap – Mindfulness and Stress at Work

2017-2018: Member, Program and Curriculum Development Committee

College of Health Solutions Academic Service

College Committees and Groups

2025: Member, Ad Hoc Annual Review Committee

2024-Present: Member, Community Building Discussion

2023-Present: Member (Appointed), Vitality and Wellness Committee

2020-Present: Member, Social and Emotional Intelligence Affinity Network

2022-2023: Search Committee (Appointed), CHS Assistant Dean

2021-2023: Member (Elected), Personnel Career Track Annual Review Ad Hoc Committee

2020-Present: Member, Social and Emotional Intelligence Affinity Network,

2022: Participant, AN/TT Teaching and Learning Cluster

2020: Participant, CHS Racial and Social Justice Discussion Group:

2020: Member, COVID Faculty and Staff Vitality Team

- Facilitator, Morning Mindfulness 30 minute mindfulness practice (weekly), June-July 2020

2020: Member, COVID Health and Wellness Team

- Attended meetings; Assisted in the development of stress and mindfulness resources for website

2018-2019: Member (Elected), Personnel Committee; Chair, NTE Promotion Review Subcommittee,

2018-2019: Member, Faculty Success Hub Vision Committee, NTE Subcommittee

2018-2019: Member, Academic Success Hub Vision Committee, Curriculum Subcommittee

2018: Participant, College of Health Solutions/Wellness @ ASU Collaboration Meeting.

2018: Participant, CHS Mindfulness and Health Behavior Faculty Collaboration Meeting

2016-2017: Member, Non-Tenure Eligible Personnel Committee

2016: Participant, Faculty Search (Lecturer), Bachelor of Science in Public Health

2015-2017: Member, Director Search Committee, School of Nutrition and Health Promotion

2015: Chair, Health Education and Health Promotion Lecturer Search Committee

2013: Member, Applied Kinesiology Lecturer Search Committee

2013: Member, Health Promotion Lecturer Search Committee

2013: Member, EXW Instructor Search Committee

2013: Participant, Exercise Physiology and Aging Tenure Track Cluster Hire

School of Nutrition and Health Promotion (2014-2018)

2017-2018: President, School of Nutrition and Health Promotion Academic Assembly

2018: Participant, SNHP/EXOS Site Visit and Collaboration Discussion

2016-2017: Member, SNHP Standards and Grievance Committee

2015: Member, Non-Tenure Eligible Promotion Review Committee

2015: Member, Non-Tenure Eligible Multi-Year Status Review Committee

2015: Member, Non-Tenure Eligible Annual Review Committee

2014-2015: Participant, SNHP Director Search Committee

2013: SNHP Tour of Majors

2012: American College of Sports Medicine Conference SNHP Booth, San Francisco, CA.

2012: Member, School of Nutrition and Health Promotion Curriculum Committee

Degree Related Service:

2021-Present: Member, Healthy Lifestyles and Fitness Science Curriculum Committee

2019-2022: Member, Master of Science in Physical Activity and Health (formerly Exercise and Wellness) Curriculum Committee

2015-2019: Degree Coordinator, Master of Science in Exercise and Wellness

2015-2019: Chair, Master of Science in Exercise and Wellness Curriculum Committee

2017-2018: Ex Officio Member, BS EXW Curriculum Committee

2015: Member, Ad Hoc Master of Science in Exercise and Wellness Internship Review Committee

2014-2015: Member, Bachelor of Science in Exercise and Wellness Curriculum Committee,

2014-2015: Schedule Coordinator, Exercise and Wellness Program

2012-2014: Degree Coordinator, Bachelor of Science in Exercise and Wellness Program

2014: Member, Exercise Science and Health Promotion By-Laws Committee

2013-2016: Member, Student Success Strategies Committee, EXW/KIN Strategic Plan

2013: Peer Mentor, Peer mentor to junior lecturers and instructors in EXW Degree Program

2012: Chair, Exercise and Wellness Internship Coordinator Search Committee

Faculty Mentoring

2020-Present: Faculty Mentor, CHS Mentoring Program:

- Biviji, R. 2024 – Meet Monthly, Discuss instructional strategies and progress toward promotion;

Provided guidance and revisions on annual review and promotion packet materials, Conducted peer teaching review.

- Biviji, R. 2020-2023 - Meet monthly, Discussed instructional strategies, annual review, professional development, and progress toward promotion; Conducted peer teaching review 2020, 2022

2018-2020: Faculty Mentor, CHS Mentoring Program:

- Larson, D. 2018-2020 - Met monthly, Discussed annual review, professional development and progress toward promotion; Reviewed vita and materials; Conducted 1 peer teaching evaluation

2018: CHS Mentoring Program

- 2018 - Completed Modules 1-4, University of New Mexico Faculty Mentor Development Program

2017-2022: Informal Faculty Mentoring

- Hogan J. 2022 – Discussed stress content and organizational structure in EXW 450 curriculum, Reviewed revised course in Canvas, met and provided written recommendations for revisions
- Strong, D. 2015-2022 - Meet 3-4 times per year, Discussed EXW 450 curriculum, Discussed instructional and evaluation strategies for online teaching, Discussed professional development and progress toward promotion, Reviewed and substantially edited packet for promotion to Senior Lecturer
- Gray, T. 2017-2021: Meet 3-4 times per year, Discussed instructional strategies, Discussed professional development strategies for position advancement
- Vezina, J. 2018-2019 - Assisted with mentoring Master's student applied project
- Gregory-Mercado, K. 2018-2019 - Assisted with mentoring Master's student applied project
- Hrncir, M. 2017-2018 - Assisted with mentoring Master's students independent studies and applied project
- Hrncir, S. 2017-2018 - Assisted with mentoring Master's students independent studies and applied project

Student Engagement Activities:

2025: Presentation, Sun Devil Day: Talked with students about the BS in Healthy Lifestyles and Fitness Science Degree

2024: CHS Party on the Patio: Attended CHS graduation celebration event

2024: CHS Dinner with the Dean: Attended evening professional development meal and talked with 3 CHS students

2024: Presentation, Sun Devil Day: Talked with students about the BS in Healthy Lifestyles and Fitness Science Degree

2023: Presentation, Sun Devil Day: Talked with students about the BS in Healthy Lifestyles and Fitness Science Degree

2023: Hand Written Post Cards: Wrote 5 handwritten welcome messages to admitted College of Health Solutions Students

2022: Student Club Presentation, Healthy Lifestyles Organization (ASU Student Club): Healthy Lifestyles Series:

- *Optimizing Stress*

2022: Interview, UNI 120 Academic Success, Participated in a group project: How ASU Students Can Manage Success

2021: 2 Presentations, College of Health Solutions, CHS 101 The ASU Experience for Health Solution Students

- *Introduction to Mindfulness: Overview of My Work*

2021: Presentation, College of Health Solutions, CHS 101 The ASU Experience for Health Solution Students

- *Mindsets, Positive Emotion, and Mindfulness: Preparing Successfully for Final Exams*

2019: Interview, Cronkite School of Journalism and Mass Communication: Participated in a course project on writing a feature article about mindfulness

2019: Interview, ASU State Press: Participated in interview for article: Mindfulness for Student Stress.

2018: Interview, ASU State Press: Participated in an interview for an article: Mindfulness at ASU.

2015-2016: Faculty Advisor, ASU Art of Living Student Club.

2013: School of Nutrition and Health Promotion Tour of Majors

2008: Presentation, ASU 101 Freshman Seminar

- *Managing Stress*

2007-2008: 2 Presentations, Polytechnic Campus, Office of Academic Success Workshop:

- *Being Present: Reducing Stress and Enhancing Learning*

Consulting

2025:

- Consultant, Leneal Muschinski, Chandler Parks and Recreation Saguaro Social Club
 - Provided recommendations for 55+ programming initiative related to mindfulness and stress management

2023:

- Consultant, Dr. C. J. Mun, Edson College of Nursing and Health Innovation
 - Provided recommendations related to Mindfulness-Based Stress Reduction facilitation for research on the synergistic effects of combining a mindfulness-based intervention with an open label placebo for chronic pain.

2022:

- Consultant, Dr. A. Poulis, ASU Assistant Professor (Summer)
 - Provided guidance on delivery of mindfulness practices for adolescents in research intervention focused on yoga and mindfulness in middle schools.
- Consultant, Haut, T, Academic Associate (Fall)
 - Provided guidance on use of EXW 400 stress related content for Community Health Workers Training Modules.
- Consultant, T. Noecker, Clinical Geropsychologist (Tucson AZ) (Summer)
 - Provided guidance on professional preparation pathways for integrating mindfulness into her clinical practice.
- Consultant, Pause Mindfulness (Portland OR) (Summer)
 - Provided guidance on mindfulness offerings at ASU and offered resources on strategies for integrating mindfulness into worksite settings.

2019:

- Content Validity Expert, College of Nursing and Health Innovation.
 - Reviewed two surveys to rate content validity of items related to acceptability of mindfulness-based interventions for relapse prevention.

2018:

- Consultant, North Carolina A & T (T.J. Exford)
 - Provided guidance and recommendations on the development of stress management courses.
- Consultant, Rocky Mountain University of Health Professions (T. Araas)
 - Provided recommendations on the development of graduate mindfulness course for online PhD degree.

2017:

- Consultant, Banner Health Employee Wellness.
 - Discussed creation of mindfulness-based programming for employee stress and

productivity.

2015:

- Consultant, Maricopa Medical Center Surgery Residents Curriculum
 - Provided recommendations for required resident seminars on physical wellness, stress, and fatigue mitigation.
- Consultant, New 501c3 organization focused on assisting low-income women go to community college
 - Provided suggestions regarding recipients stress related barriers.

2009:

- Consultant, Sheridan Memorial Hospital, Sheridan, WY.
 - Provided review of mindfulness component of online surveys developed for worksite employee wellness evaluations.

Community Service

2025: Presentation, Sun Health Wellness, *The Science of Mindfulness*

2024: Mindfulness Facilitator, *Mindfulness for Living and Being*: Donated and facilitated 6 week mindfulness-based program, Valley Unitarian Universalist Congregation FUUND Auction

2024: Presentation, Maricopa Community College New Adventures in Learning, Sun Lakes, AZ: *The Science of Mindfulness*

2022: Invited Speaker, ASU College of Health Solutions Project ECHO, *Mindfulness-Based Stress Reduction: An Introduction to Education and Training*.

2022: Invited Speaker, Sun Health Wellness Mind-Body Connection Resiliency Event: *Finding Ease and Resilience in the Midst of Change* <https://www.livewelllearning.org/courses/resiliency-2022-finding-ease-and-resilience-in-the-midst-of-change>

2020: Interview, The Long Haul Podcast (podcast to provide tools for clergy to calm down, lead better, and sustain work with satisfaction): RAIN, ABC's and Other Ways to Stay Mindful,

2020: Interview, The Long Haul Podcast (podcast to provide tools for clergy to calm down, lead better, and sustain work with satisfaction): The Importance of Being Mindful

2020: Speaker, Valley Unitarian Universalist: *Mindfulness is Reverence for Joy* - Presented 20 minute talk on mindfulness of appreciative joy

2020: Speaker, Valley Unitarian Universalist: *Calming the Mind and Body* - Video recorded a 15 minute mindfulness practice for dealing with COVID

2019: Speaker, East Valley Unitarian Universalists: *Five Habits of Mind – How Mindfulness Helps Reduce Reactivity and Enhance Well-Being*, Apache Wells Community Center

2019: Speaker, Sun Health Wellness: *Are You on Autopilot?*, Sun City, AZ.

2019: Interview for Article / Edits, Sun Health Living Well Magazine: Mindfulness, https://issuu.com/raxxdirect/docs/shlivewell_10-19?fr=sNzRmNjIwOTk2OQ

2019: Instructor, *Six-Week Introductory Training in Mindfulness*, Valley Unitarian Universalist

2018: Participant, Mindful Walk Fund Raiser for Museum of Walking, Phoenix AZ.

2015-2018: Participant, Mindfulness Gathering (Phoenix Mindfulness Network)

2015: Speaker, Valley Unitarian Universalist Justice Arizona: *How Inequality is Making Us All Sick*

2015: Speaker, Yoga and Health Symposium. *Getting Out of the Monkey Trap: Mindfulness and Stress*. Sponsored by Hegel Yoga

2009: Co-Teacher, *Mindfulness-Based Stress Reduction Program All Day Retreat*, Scottsdale HealthCare, Scottsdale, AZ

2005-2007: Member, Arizona Partnership for Mindfulness Based Training

2004: Speaker, Sunset Branch Chandler Library, Chandler, AZ: *Health Benefits of Spiritual Well-Being*

Professional Service

2022: Informal Pre-Submission Reviewer (article), Women in Sport and Physical Activity Journal
Commentary: Preeminent Women in Exercise Physiology and Their Contributions to Title IX.
2022: Reviewer (Chapter), American Educational Research Association Book Series: *Stress and Coping in Education*.
2022: Discussion Facilitator, Mindfulness Training Institute Alumni, Book discussion facilitator for certified mindfulness teachers on *Awake Where You Are* (M. Alyward) with emphasis on application for teaching
2020: Teaching Manual Development, Mindfulness Training Institute, Aug-Sept 2020

- Participated in development of a teaching manual (instructional content and practices) for enhancement of kindness, compassion, appreciative joy, and equanimity for use by MTI certified teachers

2009: Reviewer, Cengage Learning, *Invitation to Health: Brief Edition* (Hales)
2007-2009: Reviewer, Benjamin Cummings, *Health: The Basics* (R. Donatelle)
2003-2006: Reviewer, Journal of Women in Sport and Physical Activity
1992-1994: Reviewer, Journal of Physical Education, Recreation, and Dance

External Faculty Reviewer

2023: External Reviewer, Non-Tenure Eligible Promotion (Clinical Professor). Boise State University, Department of Kinesiology.
2019: External Reviewer, Non-Tenure Eligible Promotion (Senior Lecturer), University of Florida.

SERVICE ACTIVITIES IN PREVIOUS ASU UNITS

School of Nutrition and Health Promotion

2011: Member, Search Committee Interim Director of School of Nutrition and Health Promotion.
2011: Member, Search Committee SNHP Director of Academic Services

College of Nursing and Health Innovation

2011: Secondary Contact, National Institutes for Mental Health AZ Outreach Partners
2011: Member, Inter-Professional Curriculum Task Force
2010-2011: Member, Lecturer Promotion Personnel Advisory Committee
2009: Member, Clinical Track Personnel Advisory Committee (Exercise and Wellness Representative)

School of Applied Arts and Sciences

2006-2009: Member, Curriculum and Standards Committee
2008: Member, Health Promotion Professional (HPP) Residential College Development Committee

Exercise and Wellness (Department, Program)

2011-2012: Program Coordinator, Bachelor of Science in Exercise and Wellness Program
2010-2011: Chair, Health Promotion Lecturer Search Committee
2009-2011: Member, Articulation Task Force Committee, Exercise and Wellness Representative
2008-2011: Chair/Coordinator, BS EXW Curriculum Committee
2004-2011: Peer Teaching Evaluator, Promotion and Tenure Reviews
2004-2011: Member, Semester Schedule Committee
2010: Participant, Health Promotion Tenure Track Cluster Hire

2005-2010: Coordinator, Charles Corbin President's Council Sport & Physical Fitness Student Research Grant
2004-2010: Coordinator, Graduate Student Awards
2008-2009: Member, Building Healthy Lifestyles Conference Committee
2008-2009: Chair, Health Promotion Lecturer Search Committee
2008-2009: Member, Master of Science Curriculum Committee
2007-2009: Chair, Master of Science Non-Thesis Option Committee
2005-2009: Coordinator, Graduate Student Orientation, Exercise and Wellness Program
2004-2009: Coordinator, Physical Activity Courses & Instructional Labs, Exercise and Wellness
2004-2009: Coordinator, Graduate Teaching Assistant Assignments, Exercise and Wellness Program
2007-2008: Coordinator, Graduate Student/Faculty Grand Canyon Camping Trip
2007-2008: Member, Assistant Professor Health Promotion Position Search Committee
2007-2008: Member of the Whole, Department Chair Position Search Committee
2005-2008: Coordinator, Distance Education Courses, Exercise and Wellness Program
2005-2008: Student Recruitment Presentations (Campus and Community) for BS EXW program
2005-2008: Member, Undergraduate Scholarship Review Committee
2004-2008: Member, BS EXW Curriculum Committee
2006-2007: Member of the Whole, Department Chair Position Search Committee
2006-2007: Member, Assistant Professor Health Promotion Position Search Committee
2004-2007: Faculty Advisor, EXW Undergraduate Student Club
2006: Acting Chair, June-July
2005: Member, Associate/Full Professor Position Search Committee

SERVICE ACTIVITIES AT PREVIOUS UNIVERSITIES

Idaho State University

College of Education

1995-1996: Member, Doctoral of Educational Leadership Development Committee, College of Education
1994-1996: Member, School Personnel and Related Programs Committee
1994-1996: Member, Teacher Education Reform Committee

Physical Education and Dance Program

1995-1996: Chair, Teacher Education Standards and Competencies Committee
1995-1996: Member, Master's Degree Revision Committee
1994-1995: Chair, Undergraduate Curriculum Review Committee, Department of Physical Education and Dance
1994-1996: Faculty Advisor, Physical Education Student's Society

University of North Carolina at Greensboro

Department of Exercise and Sport Science

1990: Participant, Physical Education NCATE (National Council for Accreditation of Teacher Education) Accreditation: Assisted in development of accreditation report
1990: Teacher/Facilitator, Educational Gymnastics Activities, UNCG Children's Festival
1987-1988: President, Physical Education Graduate Student Society
1988: Representative, University Graduate Student Council
1986-1987: Council Member, Physical Education Graduate Society

SCHOLARLY ACTIVITY

Research Participation

Fall 2023: Mindfulness 4 Musicians; Participated in research design and developed and delivered 5 week mindfulness-based intervention for performance musicians in the ASU School of Music, Dance and Theater. Collaborators: J. Caslor (School of Music, Dance, and Theater) and D. James (Edson College of Nursing and Health Innovation)

Spring/Summer 2022: Consulted on mindfulness intervention components and submitted biosketch to serve as intervention co-instructor for randomized controlled trial testing the Mindful Awareness Program (MAP) intervention with older adults with amnesic mild cognitive impairment (aMCI) in the Edson College of Nursing and Health Innovation (Dr. T. Ng)

September 2020: Participated in research design and analysis and recorded 20 minute audio-guided mindfulness practice for research on the effects of guided mindfulness practice with and without music in the Music Therapy program. Collaborator: E. Hernandez (Music Therapy)

Summer 2018: Consulted on development of an adaptation of mindfulness-based stress reduction for adults with autism spectrum disorder and delivered an adapted 8 week MBSR intervention in the College of Health Solutions (B. Braden, Speech and Hearing).

Publications

James, D. L., Larkey, L. K., Evans, B., Sebren, A., Goldsmith, K., Ahlich, E., Hawley, N., Kechter, A., & Sears, D. (2023). Mechanisms of improved body composition among perimenopausal women practicing Meditative Movement: A proposed biobehavioral model. *Menopause*: DOI: 10.1097/GME.0000000000002262

James, D., Larkey, L.K., Goldsmith, K, Evans, B., Sebren, A., & Hawley, NA. (2023), Well-Being Predictors of Body Composition in Women Participating in a Meditative Movement Intervention: An Exploratory Analysis, *Journal of Clinical and Translational Sciences*, 7: e194, 1–7. doi: 10.1017/cts.2023.621

Hernandez-Ruiz, E., Sebren, A., Celeste, A., Fowler, R., & Stephens, L. (2021). Effect of music on a mindfulness exercise: An online study. *The Arts in Psychotherapy*, <https://doi.org/10.1016/j.aip.2021.101827>

James, D., Larkey, L.K., Evans, B., Sebren, A., Goldsmith, K., & Smith, L. (2021) Pilot study of tai chi and qigong on body composition, sleep, and emotional eating in midlife/older women, *Journal of Women & Aging*, 34 (4), 449-459, <https://doi.org/10.1080/08952841.2021.2018924>.

Pagni, B., Walsh, M., Foldes, E., Sebren, A., Dixon, M., Guerithault, N., Braden, B. (2020) The neural correlates of mindfulness-induced depression reduction in adults with autism spectrum disorder: A pilot study. *Journal of Neuroscience Research*, <https://doi.org/10.1002/jnr.24600>

James D, Sebren, A., DerAnanian C, Breuning M, Rooney L, Araas T & Swan PD (2016). Associations among self-compassion, eating behaviors, and stress in college freshmen, *Journal of Basic and Applied Sciences*, 12, 81-91.

Grimstvedt, M.E., Der Ananian, C., Keller, C., Woolf, K., Sebren, A., and Ainsworth, B. (2012) Nurse practitioner and physician assistant physical activity counseling knowledge, confidence, and practices. *Preventive Medicine*. 54(5), 306-308.

Sebren, A. & Chisum, J. (2010). What is “good” health and wellness? In L. Payne, B. Ainsworth, and G. Godbey (Eds.), *Leisure, Health, and Wellness: Making the Connections*. Venture Press.

Sebren, A. (1995). Levels of wholeness: Holistic theory and physical education. In R.D. Peavy (Ed.), *Western College Physical Education Society Monograph Series*, 5.

Sebren, A. (1995). Preservice teachers' reflection and development in a field-based elementary physical education methods course, *Journal of Teaching in Physical Education*, 3, 262-283.

Sebren, A. (1994). Reflective thinking: Integrating theory and practice. *Journal of Physical Education, Recreation, and Dance*, 65, 23-24, 57-59.

Barrett, K.B., Sebren, A., & Sheehan, A.M. (1991). Content development patterns over a 2-Year period as indicated from written lesson plans. *Journal of Teaching in Physical Education*, 11, 79-102.

Sebren, A. (1985). The CALM approach to first year teaching. *The Journal of the Mississippi Association for Health, Physical Education, Recreation and Dance*, 5, 4-5.

Scholarly Presentations and Abstracts

James, D., Larkey, L., Goldsmith, K., Evans, B., Sebren, A., & Hawley, N. (2023). Well-Being Predictors of Body Composition in Midlife/Older Women Participating in a Meditative Movement Intervention: An Exploratory Analysis. *The Obesity Society Annual Meeting*. Dallas, TX.

O'Donnell, R. & Sebren, A. (2023). Habit Science and Mindfulness Practice to Improve Health Behaviors and the Global Syndemic. *Global Integrated Health Conference*. Phoenix, AZ. College of Health Solutions.

Hernandez-Ruiz, E., Sebren, A., Celeste, A., Fowler, R., Stephens, L. (March 2021). Effect of music on a mindfulness exercise: An online study. *Western Region Conference, American Music Therapy Association*, online.

James, D., Larkey, L., Evans, B., Sebren, A., and Goldsmith, K. (April 2021; Accepted as Research Spotlight). Psycho-emotional predictors of body composition in a Tai Chi Easy intervention, *Society of Behavioral Medicine Annual Meeting*.

Pagni, B., Wash, M., Foldes, E., Guerithault, N., Dixon, M., Ballard, L., Sebren, A., Dominguez, E., Haynes, C., Nespodzany, A., Monahan, L., Reicken, C., Van Houghton, K., and Braden, B.B. (2019). Mindfulness-based therapy for adults with autism: Improving disability-related quality of life, executive functioning, and emotional regulation, *International Society of Autism Research Annual Meeting*, Seattle, WA.

James, D., Larkey, L., Evans, B., Sebren, A., & Goldsmith, K. (April 2020). Effects of Tai Chi Easy on body fat percentage, sleep quality, and emotional eating in midlife and older women. *Society of Behavioral Medicine Annual Meeting*, San Francisco.

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