

- *COUN 5080: Professional Ethical Issues in Counseling*
- *COUN 5800: Psychopharmacology*
- *COUN 5400: Diagnosis and Assessment (x 2)*
- *COUN 5100: Fundamentals of Counseling Skills*
- *COUN 5101: Fundamentals of Counseling Skills I (x3)*
- *COUN 5400: Diagnosis and Assessment (x2)*

Western Washington University

College of Education, Everett, WA

Graduate Program in Rehabilitation Counseling

Affiliate Instructor, September, 2024-Present

Associate Professor, 2020–2024

Assistant Professor, 2014–2020

Clinical Coordinator, 2014-2022; 2024

Teach rehabilitation counseling course material to master's students under CACREP accreditation standards in online, in-person, and hybrid formats. Develop course content and provide engaging lectures to students with varied learning needs. Assist students in developing their counseling and clinical skills. Work with students to increase their overall content knowledge of the field of rehabilitation counseling. Provide supervision in areas of ethics, case conceptualization, evidence-based practices, and personal growth as a counselor. Provide advising and mentorship. Engage in internal and external service. Actively participate in scholarship.

73 Courses/Sections taught through Fall, 2024

- *RC 580 Theories and Techniques I of Rehabilitation Counseling (x 8)*
- *RC 582 Current Issues: Trauma Informed Care (x1)*
- *RC 582 Introduction to Rehabilitation Counseling (x1)*
- *RC 583 Theories and Techniques II of Rehabilitation Counseling (formerly Practice of Rehabilitation Counseling) (x 8)*
- *RC 584 Group Counseling (x 9)*
- *RC 585 Social, Psychological, and Attitudinal Aspects of Disability (x1)*
- *RC 588 Career Development & Job Placement (x 2)*
- *RC 590 Pre-Practicum (x 6)*
- *RC 591 Practicum (x 8)*
- *RC 592 Internship in Rehabilitation Counseling (x 27)*
- *RC 596 Group Applications (x2)*

University of Washington Employment Program (UWEP)

Department of Rehabilitation Medicine, Seattle, WA

Interim Associate Director, January, 2019–March, 2020

UWEP provides a wide variety of community-based services for individuals who have a disability, developmental or otherwise, and are looking for employment. These services include functional assessments on actual work sites, job development and matching, on-the-job training, and long-term follow-up. The Associate Director position oversees the day-to-day operations of the organization—monitoring budget, billing, reporting, and audits; providing

assistance with client case consultation, client initial intake and referral, and grievances; and facilitating staff meetings and trainings.

University of Wisconsin–Madison

College of Education, Madison, WI

Department of Rehabilitation Psychology and Special Education

Instructor, 2012–2014

Developed and taught rehabilitation counseling psychology course material to master's and undergraduate students. Served as clinical supervisor for graduate and undergraduate rehabilitation counseling psychology students in their internships.

- *RP&SE 820: Rehabilitation Counseling Psychology–Theories and Issues*
- *RP&SE 860: Rehabilitation Counseling Psychology–Clinical Practice Seminar and Supervision*
- *RP&SE 501: Rehabilitation Counseling Psychology–Applications (x 2)*
- *RP&SE 630: Internship in Rehabilitation (x 2)*

University of Hawaii–Manoa

Online Guest Speaker, Spring 2013

Guest speaker (compensated) for an online course in medical and psychosocial aspects of disability. Topics included mindfulness meditation, the blood and immune system, kidney and urinary tract conditions, and conditions of the musculoskeletal systems. Facilitated student discussions online. Designed exam questions.

- *KRS 681: Medical and Psychosocial Aspects of Disability*

University of Maine–Farmington

College of Education, Farmington, ME

Rehabilitation Services Program

Assistant Professor, Fall 2011–Summer 2012

Developed and taught courses in the Rehabilitation Services Program. Facilitated advising sessions. Conducted scholarly research. Participated in service activities. Rehabilitation Services student club advisor.

- *REH 200: Counseling and the Helping Relationship (x 2)*
- *REH 277: Mindfulness and its Application to Rehabilitation*
- *REH 320: Addiction Rehabilitation*
- *REH 330: Psychosocial Rehabilitation*

ITT Technical Institute, Madison, WI

Instructor, 2010–2011

Taught courses in the social psychology and group dynamics areas. Facilitated group activities and advising.

- *GE 375: Psychology (x 2)*
- *GE 347: Group Dynamics*

University of Wisconsin–Madison

College of Education, Madison, WI

Department of Rehabilitation Psychology and Special Education

Teaching Assistant, 2008–2009

Served as a clinical supervisor for undergraduate and master’s rehabilitation psychology students in their practicums and internships. Provided weekly individual and group supervision, assisted students in developing learning objectives for their practicum/internship experiences, attended site visits and worked with site supervisors to monitor progress and performance of students, and facilitated discussion in clinical practice seminars. Served as a supervisor for the following courses:

- *RPSE 910: Internship in Rehabilitation*
- *RPSE 860: Seminar & Practicum in Rehabilitation*
- *RPSE 630: Internship in Rehabilitation*

University of Wisconsin–Madison

College of Education, Madison, WI

Department of Rehabilitation Psychology and Special Education

Teaching Assistant, 2007–2008

Responsibilities included selecting supplemental reading materials, grading weekly reflection papers and examinations, and tutoring. For the Techniques class, served as a “client” for master’s level students to role-play with. Served as teaching assistant for the following courses:

- *RPSE 505: Biological, Psychosocial, & Vocational Aspects of Disability*
- *RPSE 810: Rehabilitation Counseling Psychology–Techniques*

University of Wisconsin–Madison

College of Education, Madison, WI

Department of Rehabilitation Psychology and Special Education

Research Assistant, 2005–2006

Prepared publications, completed literature searches, and worked on research projects under the direction of Erik Carter, Ph.D. Observed middle school and high school students in classroom settings, collected data, and reported results. Coordinated observations of subjects with case managers, parents, and students within three schools in Madison, WI; subsequent publication “Peer Interactions and Academic Engagement of Youth with Developmental Disabilities in Inclusive Middle and High School Classrooms.”

CLINICAL EXPERIENCE

University of Wisconsin–Madison

Waisman Center, Madison, WI

Neurodevelopmental Disabilities Clinic

Post-Doctoral Fellow, October, 2013–May, 2014

Provided services within an interdisciplinary team to assist with the diagnosing and clinical care for children with developmental disabilities (e.g., autism spectrum disorders, intellectual disabilities, fragile X, and genetic disorders associated with developmental delay). Completed initial consultations with families and patients that included interviewing, patient observations, report writing, and referral. Assisted and completed additional assessment at follow-up appointments to include: interviewing, psychometric testing, behavioral observations, and report writing. Evaluated for co-occurring disabilities and provided appropriate referrals. Conferenced daily with interdisciplinary team. Received post-doctoral supervision.

Common Threads (Alternative School)

McFarland, WI

Counselor, August–October, 2013

Counselor at an alternative school (K-12) for children with disabilities (physical and mental) and severe behavioral issues. Conducted individual, group, and family counseling sessions. Developed behavioral plans. Facilitated meetings with public school staff, families, support staff, and other team members.

Forward Psychology Group, LLC

Madison, WI

Post-Doctoral Intern, June–August, 2013

Observed supervising neuropsychologist complete initial mental health status exams. Completed testing and behavioral observations for the neuropsychological evaluation of adults with various disabilities. Reviewed results with supervisor for reports sent to the Social Security Administration for eligibility determinations.

University of Wisconsin–Madison

APPIC Pre-Doctoral Internship in Psychology

Wisconsin Internship Consortium in Professional Psychology (WICPP)

Dean Healthcare, Madison, WI

Department of Pediatric Neuropsychology

Pre-Doctoral Intern, August, 2009–August, 2011

Completed 2,825 hours of clinical experience in the primary area of pediatric neuropsychology. Conducted neuropsychological evaluations for patients ages 6-21 years old: clinical interview, 5-6 hours of neuropsychological testing, post-test conference, and write-up of neuropsychological report. Observed and assisted supervising pediatric neuropsychologist with mini-evaluations of children ages 3-6 years old. Assisted and independently conducted brief behavioral consultations with parents and school personnel in the primary areas of attention, anxiety, and depression issues. Utilized an evidenced based program: “Coping Cats” for anxiety reduction, ages 7-15 years old. Also, conducted brief memory assessments for adults ages 45-95 years old. Observed two Mindfulness Based Stress Reduction group therapy courses.

Received extensive training and supervision through the WICPP in case conceptualization and didactic content. Presented 11 formal case presentations and several special topics presentations over a 2-year period. Received over 50 hours of training devoted to multicultural topics.

Attended special psychological trainings on topics including evidence based practices, therapeutic content, pain management, EMDR, narrative therapy, and co-occurring conditions.

Division of Vocational Rehabilitation

Department of Workforce Development, Madison, WI

Employment Consultant, May, 2007–July, 2011; January 2013–October, 2013

Assessed clients in the areas of psychosocial, medical, and vocational aspects of their disabilities—ultimately helping clients to attain an optimum employment experience. Participated in all agency activities including counseling, assessment, psychosocial interventions, job development, job coaching, and team meetings.

Central Wisconsin Center

Department of Health and Family Services, Madison, WI

Advanced Practicum (Doctoral Studies), June, 2008–June, 2009

Conducted applied behavior analysis and functional assessment for clients with mental illness and profound developmental disabilities exhibiting self-injurious behaviors. Implemented intervention strategies and measured outcomes. Worked with integrated teams, including school personnel, for short and long-term inpatient stays.

Advanced Employment, Madison, WI

Employment Consultant (Master's Internship & Employment), September, 2005–September, 2007

Assisted 80 clients with developmental disabilities in one or more of the following areas: job coaching, coordination of services and team meetings, job carving/developing, assessment, monitoring behavior issues, psychosocial interventions, and coordinating behavioral plans. Reviewed case files and coordinated with caregivers, support brokers, and other staff. Monitored needs and supports among clients to promote positive employment/activity experiences. Updated monthly county reports.

University of Wisconsin Hospitals and Clinics

Department of Rehabilitation Medicine, Madison, WI

Intern Rehabilitation Counselor (Master's Internship), September, 2005–December, 2005

Observed and participated in patient rehabilitation meetings and vocational/school interviews; utilized assessment through interviewing more than 75 patients (with varying disabilities in rehabilitation that included spinal cord injury, traumatic brain injury, stroke, work injury, etc.); provided supportive listening and counseling throughout the entire rehabilitation process with patients. Helped to determine patients' needs regarding therapy, discharge plans, and return-to-work/school for a smooth discharge transition. Participated in bi-weekly staff meetings where patient needs were discussed, treatment plans were addressed, and goals were formed for successful discharging. Reviewed extensive medical documentation. Attended family meetings.

Division of Vocational Rehabilitation

Department of Workforce Development, Madison, WI

Rehabilitation Counselor (Master's Practicum), May, 2005–August, 2005

Conducted intake interviews, assessed clients' functional limitations during the intake process, reviewed medical documentation and testing documentation to determine eligibility. Assisted with the eligibility process and developed Individualized Plans for Employment. Became familiar with different types of assessments; learned about functional, psychological, and vocational evaluations and reviewed results. Provided career counseling to individuals and participated in a career workshop. Researched and utilized various community resources such as Federal, State, and other community agencies that can help people with disabilities. Ultimately, attained a greater knowledge of physical and mental impairments, and their effects on vocational and social adjustment.

University of Wisconsin–Madison

McBurney Disability Resource Center, Madison, WI

Accommodations Specialist (Master's Practicum), January, 2005–May, 2005

Evaluated medical documentation to determine eligibility for accommodations. Assisted with student interviews, reviewed and interpreted test scores and supporting documentation, and facilitated accommodation plans based on full assessment. Observed and participated in student follow-up and intake appointments. Assisted with the national Workforce Recruitment Program by supporting students in participating, providing information about the program, and following up after the program. Participated in weekly staff meetings, as well as weekly accommodation team meetings where a wide range of disabilities were discussed along with potential academic accommodations to help students have optimum success.

SCHOLARSHIP

Refereed Journal Publications

- Lu, J., **Brickham, D.**, Jaeger, B. J., Lo, C. L. (2023). Vocational rehabilitation counselor burnout profiles and mindfulness. *Journal of Counseling & Development*.
<https://doi.org/10.1002/jcad.12461>
- Brickham, D.**, Yaghmaian, R., Morrison, B., Bowes, J., Rosenthal, D., & Tang, X. (2022). Mitigating counselor trainee stress and burnout through self-care initiatives in Rehabilitation Counseling Programs. *Rehabilitation Research, Policy, & Education*.
- Huck, G., Chan, F., **Brickham, D.**, Shelton, S., & Scafella, E. (2021). Predicting physical activity behavior change among individuals living with severe mental illness. *Journal of Applied Rehabilitation Counseling* 52(2), 73-93. <https://doi.org/10.1891/JARC-D-19-00024>
- Huck, G., Umucu, E., Shelton, S., **Brickham, D.**, Smedema, S., (2021). An evaluation of the PERMA model as a framework for reducing psychiatric comorbidity in individuals with alopecia areata. *European Journal of Health Psychology*, advance online publication.
<https://psycnet.apa.org/doi/10.1027/2512-8442/a000086>
- Yaghmaian, R. A., Grenawalt, T., Iwanaga, K., Chan, F., **Brickham, D.**, & Reling, J. (2020). Psychometric validation of the Meaningful Role-Functioning Questionnaire (MRFQ) in a sample of 229 women with fibromyalgia syndrome. *Rehabilitation Research, Policy, & Education*, 34(2), 127-138. <https://doi.org/10.1891/RE-19-12>

Kaya, C., Chan, F., **Brickham, D.**, Allen, M., Sanal, M., Sari, E., & Topal, T. (2019) Investigating the measurement structure of the Turkish version of the Dysfunctional Attitudes Scale-9. *Current Psychology*, 1-8. <https://doi.org/10.1007/s12144-019-00252-7>

Brickham, D., Kim, J. H., Gonzales, R., & Rosenthal (2016). Vocational outcomes for people with alcohol abuse/dependence who received state vocational rehabilitation services. *Journal of Vocational Rehabilitation*, 45, 267-279. <https://doi.org/10.3233/JVR-160828>

Kim, J. H., McMahon, B., Reid, C., Hawley, C., & **Brickham, D.** (2016). Psychosocial adaptation to chronic illness and disability: A virtue based model. *Journal of Occupational Rehabilitation*, 26, 45-55. <https://doi.org/10.1007/s10926-015-9622-1>

Carter, E. W., Sisco, L. G., Brown, L., **Brickham, D.**, & Al-Khabbaz, Z. (2008). Peer interactions and academic engagement of youth with developmental disabilities in inclusive middle and high school classrooms. *American Journal on Mental Retardation*, 113, 479-494. <https://doi.org/10.1352/2008.113:479-494>

Refereed Presentations

Huck, G., Song, Y., Kohloff, K., & **Brickham, D.** (May 22, 2024). *Psychosocial Adaptation, Adjustment, and Coping Among People Living with Alopecia Areata*. VRTAC-QE 2024 National Symposium on Rehabilitation Counseling, Madison, WI.

Brickham, D., Morrison, B., Tang, X., & Bengtson, K. (July 9, 2020). *Mitigating Rehabilitation Counselor Trainee Stress and Burnout Through Self-Care Initiatives in RC Programs*. National Council on Rehabilitation Education (NCRE) Conference, Virtual.

Yaghmaian, R., **Brickham, D.**, Locust, A., & Johnson, E. (June 3, 2019). *The intersection of disability justice and racial justice: Historical injustices, contemporary representations, and conversation*. National Conference on Race & Ethnicity (NCORE), Portland, OR.

Huck, G., *Shelton, S., & **Brickham, D.** (April 18, 2019). *Psychosocial coping strategies for individuals with alopecia areata*. National Council on Rehabilitation Education (NCRE) Conference, San Diego, CA.

Brickham, D., & Fitzgerald, S. (April 21, 2017). *Faculty to student microaggressions in the classroom: Research, implications, solutions*. National Council on Rehabilitation Education (NCRE) Conference, Anaheim, CA.

Brickham, D., Kuwada, B., & Fitzgerald, S. (June 2, 2016). *Faculty to student microaggressions in the classroom: Research, implications, solutions*. National Conference on Race & Ethnicity (NCORE), San Francisco, CA.

Brickham, D., Fitzgerald, S., *Mertes, A., *Kimmel, K., & *Bowes, J. (April 22, 2016). *Decreasing stress and burnout: Integrating self-care strategies into the rehabilitation counseling classroom*. National Council on Rehabilitation Education (NCRE) Conference, Newport Beach, CA.

Fitzgerald, S., **Brickham, D.**, Kuwada, B., *Locust, A., & *Kimmel, K. (April 22, 2016). *Exploring the impact of microaggressions on rehabilitation counseling supervision, training, and practice*. National Council on Rehabilitation Education (NCRE) Conference, Newport Beach, CA.

- *Bowes, J., **Brickham, D.**, & Boland, B. (April 21, 2016). *Innovative felon rehabilitation programs in Washington state for people with mental illnesses*. National Council on Rehabilitation Education (NCRE) Conference, Newport Beach, CA.
- Brickham, D.** & Dong, S. (August 9, 2015). *Neuroplasticity and mindfulness practices—elevating the field of rehabilitation*. 2015 American Psychological Association's Conference (APA), Toronto, Canada.
- Brickham, D.** (April 24, 2015). *The application of mindfulness meditation in rehabilitation counseling pedagogy*. National Council on Rehabilitation Education (NCRE) Conference, Newport Beach, CA.
- Brickham, D.**, Kim, J. H., & Rosenthal, D. (November 3, 2014). *Predicting vocational outcomes for people with alcohol abuse/dependence*. National Council on Rehabilitation Education (NCRE) Conference, Washington D. C.
- Brickham, D.** (April 11, 2013). *Predicting vocational rehabilitation outcomes for people with alcohol abuse/dependence: An application of chi-squared automatic interaction detector*. Wisconsin Rehabilitation Association Conference, Kohler, WI.
- Chan, F. H., Cheing, G., Wu, M. Y., He, P. H., & **Brickham, D. M.** (August 30, 2010). *Stress and activity interference as mediators between pain intensity and catastrophizing in pain patients*. 13th World Congress on Pain, Montreal, Canada.
- Carter, E., Blakeslee, L., **Brickham, D.**, & Pelsue, D. (November, 2005). *Paraprofessional training and support needs: knowledge and tasks*. TASH Conference, Milwaukee, WI.

(*denotes student)

Invited Presentations

- Brickham, D.** (July 24, 2023). *Cultivating Compassion*. CHEC Center Webinar for CEUs, Virtual.
- Brickham, D.** (December 7, 2022). *Cultivating Compassion in Counseling*. 2022 Training Webinars on Rehabilitation Counseling, Virtual.
- Brickham, D.**, Yalamanchili, P., & Glenn, M. (December 7, 2021). *Sense and Sensibility in Using Self-Care*. National Council on Rehabilitation Education (NCRE) Conference, Virtual.
- Brickham, D.**, Kuwada, B., & Bowes, J. (October 14, 2021). *Transforming communication with clients: Cultural humility, empathy, and compassion*. International Association of Rehabilitation Professionals (IARP)—Washington Chapter, Virtual.
- Glenn, M., **Brickham, D.**, & Yalamanchili, P. (July 30, 2021). *Self-Care to self-preservation and back again*. National Council on Rehabilitation Education (NCRE) Conference, Virtual.
- Brickham, D.**, Glenn, M., Manyam, S., & Lu, J. (October 30, 2020). *Self-Care in the new normal*. National Council on Rehabilitation Education (NCRE) Conference, Virtual.
- Kuwada, B. & **Brickham, D.** (June 16, 2020). *Cultural humility empathy and compassion workshop: Tools to help facilitate The Arc's mission*. The Arc of King County, Virtual.
- Brickham, D.** & Glenn, M. (June 9, 2020). *Finding peace and productivity during a pandemic: Part 2*. National Council on Rehabilitation Education (NCRE) Conference, Virtual.
- Brickham, D.** & Glenn, M. (June 8, 2020). *Finding peace and productivity during a pandemic: Part 1*. National Council on Rehabilitation Education (NCRE) Conference, Virtual.

Brickham, D. (December 11, 2019). *Mindfulness in rehabilitation*. Hero House, Seattle, WA.

Brickham, D. & Kuwada, B. (May 20, 2016). *Discover how microaggressions may be impacting your work in the field of rehabilitation*. International Association of Rehabilitation Professionals (IARP), Washington Chapter, Tacoma, WA.

Brickham, D. (April 28, 2015). *Mindfulness meditation and its application to rehabilitation counseling*. Department of Rehabilitation Psychology and Special Education, University of Wisconsin, Madison.

Brickham, D. (April 27, 2015). *Moving forward to a better day: Mindfulness meditation can help survivors and caregivers of TBI*. Washington State Traumatic Brain Injury Conference.

Brickham, D. (August 5, 2014). *Mindfulness meditation and its application to rehabilitation counseling*. Department of Rehabilitation Psychology and Special Education, University of Wisconsin, Madison.

SERVICE

Internal Level Service	Activities
Program-Level Service	<ul style="list-style-type: none"> ● DEI Committee (2024-Present), SU ● WDI Scholarship Lead (2022-Present), WWU ● Virtual Reality Training w/West Virginia University (2023-2024), WWU ● Open House Coordinator (2024), WWU ● Mentorship Program Design & Lead (2023-2025), WWU ● Redesign Core Counseling & Clinical Classes (2023-2024), WWU ● RSA Trainee Grant (e.g., post-graduate support, mentor) (2014–2024), WWU ● Rehabilitation Counseling Advisory Committee Member (2014–2024), WWU ● Mentor to NTT Faculty Member and Adjunct Faculty (2016–2024), WWU ● Student Rehabilitation Counseling Association Faculty Advisor (2016–2018; 2023-2024), WWU ● Marketing/Recruiting & Other (2014–2024), WWU ● Hibulb Cultural Center Day Training Field Trip Coordinator (2018; 2024), WWU ● Rehabilitation Counseling Clinical Coordinator (2014–2022), WWU ● CACREP Accreditation and Curricular Redesign (2016–2017); Site Visit (2020), WWU ● Search Committee Member for NTT Position in Rehabilitation Counseling (2018), WWU
Department-Level Service	<ul style="list-style-type: none"> ● Search Committee Member for Human Services Program, TT Position (2015–2016), WWU
College-Level Service	<ul style="list-style-type: none"> ● Woodring Bylaws Committee (2021–2022), WWU ● Woodring Equity and Diversity Committee (2019–2022), WWU ● Contemplative & Mindfulness Meditation in Education Group Member (2014–2017), WWU
University-Level	<ul style="list-style-type: none"> ● Graduate Scholarship Committee (2020–2022; 2023-2024), WWU

Service	<ul style="list-style-type: none"> ● WIT Fellowship Opportunity Grant (2024-2024), WWU ● Graduate School Information Night in the Counseling Field (Annual Event: Fall, 2018–2021), WWU ● Suicide Prevention & Wellness Initiative Task Force Member (Spring, 2017–2019), WWU
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External Level Service	Activities
	<ul style="list-style-type: none"> ● WACES Planning Committee (2023-2024) ● Cultural Humility, Empathy, & Compassion Center (checcenter.org)—Founding Member (2015–Present) ● The Arc of King County Board Member (2019–2022) ● The Arc of King County, Equity & Diversity Committee Chair (2020–2022) ● University of Washington Employment Program—Interim Associate Director (January, 2019–March, 2020) ● National Council on Rehabilitation Education (NCRE) Conference Proposal Reviewer (Bi-Annually, 2017–2019) ● WA Traumatic Brain Injury Conference, Presenter and Resource Person for Attendees (Annually when available, 2015, 2017, 2018) ● Everett Community College: Rising Intellectuals Seeking Equity conference and other student learning events (2015–2018)

PROFESSIONAL MEMBERSHIPS

American Counseling Association

- Association for Counselor Education & Supervision
- International Association for Resiliency and Trauma Counseling
- Counselors for Social Justice
- American Rehabilitation Counseling Association
- Association for Multicultural Counseling and Development

American Psychological Association

SPECIALITY TRAINING

Timeless Wisdom Training Instructors: Thomas Huebl & Others	2021-2022
Collective Healing Journey Instructors: Thomas Huebl & Others	2021-22
The Intersection of Mindful Facilitation & Group Process Instructor: Lee Mun Wah	2021
Board Chairs Academy, Third Sector Company	2020–2021

Kundalini Yoga & Meditation Teacher Training Level 1, Seattle, WA Kundalini Research Institute (KRI) Instructors: Guru Singh, Kia Miller, and Sada Simran	2019–2020
Meditation Facilitation Mentorship Program, Victoria B.C. Instructor: Michael Stone	2017
Question, Persuade, Refer (QPR) Suicide Prevention Teacher Training, WWU	2017
A Day of Mindfulness with Jon Kabat-Zinn	2013