

## **EDUCATION**

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<b>Ph.D.</b>	Clinical Psychology, August 2018 <i>Health Psychology Concentration</i>	California School of Professional Psychology, San Diego
<b>M.A.</b>	Clinical Psychology, June 2015	California School of Professional Psychology, San Diego
<b>B.S.</b>	Psychology, June 2011 <i>Social Psychology Emphasis</i>	University of California, San Diego (UCSD)
<b>B.A.</b>	Sociology, June 2011 <i>Culture/Communication Emphasis</i>	University of California, San Diego (UCSD)

## **LICENSURE & BOARD CERTIFICATIONS**

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- Licensed as a Psychologist, California Board of Psychology, #31533, Issued 12/19/2019
- Board Certified in Biofeedback (BCB), Biofeedback Certification International Alliance, #B5673, Issued 9/18/2014

## **SELECTED PROFESSIONAL TRAINING**

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### **Foundations in Buddhist Contemplative Care Training Program (09/2021-05/2022)**

New York Zen Center for Contemplative Care, 119 W. 23<sup>rd</sup> Street, Suite 401, New York, NY 10011

### **Mindful Self Compassion (MSC) Certified Teacher (November, 2021)**

UC San Diego Center for Mindfulness. Mentor: Steven Hickman, Ph.D.

### **Certificate Program in Mindfulness and Psychotherapy (09/2020-05/2021)**

The Institute for Meditation and Psychotherapy, Cambridge Health Alliance/Harvard Medical School Department of Psychiatry.

### **A Year to Live, Insight Meditation Training Program (1/2020-12/2020)**

Spirit Rock Insight Meditation Center (Online). Faculty: Vinny Ferraro.

### **Academy of Integrative Health and Medicine: People, Planet, Purpose (10/2019)**

Conference and workshops, San Diego, CA.

### **VA CALM Mindfulness Facilitator Training (9/2018-9/2019)**

VA Greater Los Angeles Healthcare System, West Los Angeles. Faculty: Christiane Wolf, M.D., J. Greg Serpa, Ph.D.

### **Mindfulness-Based Emotional Balance (MBEB) Teacher Training (4/2017-7/2017)**

Earthrise Retreat Center, Petaluma, CA. Faculty: Margaret Cullen, M.A., LCSW & Gonzalo Brito, Ph.D.

### **Mindfulness and Compassion: The Art and Science of Contemplative Practice (6/2015)**

San Francisco State University, San Francisco, CA.

### **Mindful Self-Compassion (MSC) Teacher Training (12/2015-3/2015)**

The Garrison Institute, Garrison, New York. Faculty: Kristin Neff, Ph.D., Christopher Germer, Ph.D., Steven Hickman, Ph.D., Michelle Becker, M.A., LMFT, Beth Mulligan, PA-C, Dawn MacDonald, MSW, RSW

### **Compassion Cultivation Training (CCT) (9/2013-11/2013)**

Sharp Memorial Hospital, San Diego, CA. Facilitators: R. Edward Harpin, Ph.D., Susan Knier, MBA-PM, BS-OTR/L, Kris Nelson

## **POST-DOCTORAL TRAINING**

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**Postdoctoral Residency in Clinical Psychology** (full time, 9/2018-9/2019)

**VA Greater Los Angeles Healthcare System, West Los Angeles Center** (APA Accredited)

Track: Interprofessional and Integrative Health

Major Rotations: Integrative Health and Healing Center

Minor Rotations: Interprofessional Acupuncture Clinic; Health Promotion/Disease Prevention: Cardiopulmonary Rehabilitation; Health Promotion/Disease Prevention: Smoking Cessation Program; Integrative Health: Homeless Patient Aligned Care Team (HPACT)

Supervisors: J. Greg Serpa, Ph.D., Kristin Tillisch, M.D., Morgan Kay, Ph.D., Megan Taylor-Ford, Ph.D., Carol Bowman, M.D.

Duties: Provided individual and group-based behavioral health interventions to outpatient, domiciliary, and medical inpatient patients with a range of psychological and medical diagnoses, with particular focus on mindfulness- and compassion-based approaches to care. Collaboratively developed integrative health initiatives in inpatient and outpatient settings to promote physical and emotional healing among individuals living with illness, pain, traumatic stress, homelessness, and at the end of life. Provided interprofessional education and support to healthcare providers, patients, and the community.

## **PRE-DOCTORAL TRAINING**

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**Pre-doctoral Intern** (full time, 8/2017-9/2018)

**Sepulveda Ambulatory Care Center (SACC), VA Greater Los Angeles HealthCare System** (APA Accredited)

Year-long training experiences: Neuropsychology Clinic; Acceptance and Commitment Therapy Clinic; Trauma Recovery Services; Couples and Family Clinic

Major Rotations: Health Psychology: Behavioral Medicine; Health Psychology: Geriatrics and Home-Based Primary Care; Primary Care Mental Health Integration

Minor Rotations: Anxiety Disorders Clinic; Insomnia Clinic

Supervisors: Sarah Duman, Ph.D., Alexis Kulick, Ph.D., J. Greg Serpa, Ph.D., Aleksey Zvinyatskovsky, Ph.D., Falguni Chauhan, Ph.D., Calvin Yang, M.D., Ph.D., Jennifer Martin, Ph.D., FAASM, CBSM, Charles De Leeuw, Ph.D., Alex Barrad, Ph.D., Melissa Lewis, Ph.D., Shana Spangler, Psy.D.

Duties: Provided individual and group psychotherapy and biofeedback therapy for patients coping with chronic medical conditions and comorbid mood disorders, including MBSR and ACT. Conducted individual, group, and home-based interventions and cognitive and affective assessments to older veterans in the Community Living Center, Hospice, and Home Based Primary Care clinics. Worked in Primary Care to deliver short-term psychotherapy and facilitate weight management and chronic pain groups. Delivered evidence-based interventions for anxiety (CBT, Exposure and Response Prevention), insomnia (CBT-I, BBT-I), and trauma (CPT, PE). Conducted neuropsychological and psychodiagnostic assessments, feedback sessions, and treatment planning for Veterans with suspected or known central nervous system injury.

**Behavioral Medicine Research Extern, Clinic Study Coordinator** (20 hours/week, 4/2016 – 5/2017)

**Veterans Medical Research Foundation, VA San Diego Healthcare**

Supervisor/PI: Pia Heppner, Ph.D.

Duties: Study Coordinator for research project examining psychophysiological, neuropsychological, and neuropsychiatric functioning among Veterans with tinnitus and hearing impairment. Study Coordinator on project examining the effectiveness of a brief, Acceptance and Commitment Therapy intervention for Veterans with cancer. Co-developed manuscript for publication on research examining the feasibility and acceptability of an ACT intervention for prostate cancer. Co-developed quality improvement project assessing the impact of Motivational Interviewing training for nurses of patients with end-stage renal disease.

**Program Development and Research Extern (CAM approaches) (20-hours/week, 9/2015-9/2016)**

Sharp Memorial Hospital, Interdisciplinary Pain Rehabilitation Program

Supervisor: R. Edward Harpin, Ph.D.

Duties: Developed, applied, and investigated outcomes of interdisciplinary therapeutic programs to teach self-management of chronic pain for patients tapering off opioid medications. Developed therapist and patient manuals and educational materials for individual and group mindfulness and biofeedback therapies.

**Advanced Practicum Trainee** (20 hours/week, 8/2014-7/2015)

**Sharp Memorial Hospital, Interdisciplinary Pain Rehabilitation Program**

Supervisor: R. Edward Harpin, Ph.D.

Duties: Conducted individual therapy with patients with co-morbid psychological and medical conditions, and chronic pain, and served as lead behavioral therapist in self-compassion based group therapy. Provided education and training to Navy medical residents regarding psychological interventions for chronic pain, mindfulness, and biofeedback therapy.

**Advanced Practicum Trainee** (15 hours/week, 8/2014-7/2015)

**UC San Diego Eating Disorder Treatment and Research Center**

Supervisors: Julie Trim, Ph.D., Leslie Anderson, Ph.D.

Duties: Worked as part of a collaborative team in an interdisciplinary medical setting (IOP and PHP) to provide treatment to adolescent and adult patients with primary eating disorder diagnoses and co-morbid substance abuse, personality disorder, and mood disorders. Provided biofeedback therapy for eating disorder patients in the partial hospitalization and intensive outpatient program, and conducted group therapy with adult patients using DBT, ACT, and CBT. Participated in DBT consultation team, DBT skills training, and educational seminars on applying neurobiological science to clinical practice. Developed and implemented two group protocols: 1) a group biofeedback and physiological psychoeducation protocol, 2) a self-compassion group intervention for eating disorders.

**Practicum Trainee** (20 hours/week, 5/2013-8/2014)

**Sharp Memorial Hospital, Interdisciplinary Pain Rehabilitation Program**

Supervisor: R. Edward Harpin, Ph.D.

Duties: Provided individual therapy and co-facilitated group therapy with physical therapists to promote self-management of chronic pain conditions. Interventions included mindfulness, acceptance, and compassion-based techniques; heart rate variability and electromyography biofeedback; psychoeducation; and behavioral and cognitive skills training to facilitate self-regulation of pain and emotions. Conducted multidisciplinary intake evaluations of referred patients. Conducted individual behavioral and biofeedback therapy with patients with acute pain presentations as part of treatment in neurorehabilitation program for TBI, stroke, or other neurodegenerative disorders.

**Practicum Trainee** (20 hours/week, 9/2012-6/2013)

**San Diego Regional Center, Department of Developmental Services**

Supervisor: Harry Eisner, Ph.D.

Duties: Worked in county nonprofit organization conducting assessments for Intellectual Disability and Autistic Disorder in children under 3 to determine eligibility for San Diego Regional Center services. Children presented with a range of conditions with neurodevelopmental origins or consequences. Conducted clinical interviews with childrens' caregivers, teachers, and service providers, as well as home and school-based behavioral observations.

**Practicum Trainee** (10 hours/week, 9/2011-9/2012)

**Areta Crowell Biopsychosocial Rehabilitation Center, Community Mental Health Clinic**

Supervisor: Carol Bivens-Levin, PhD.

Duties: Worked in community mental health clinic. Co-facilitated Socialization and Stress Management group counseling sessions with low functioning individuals with a range of severe mental health disorders. Cognitive-behavioral focus on identifying maladaptive thought and behavioral patterns and developing social skills.

## **RESEARCH EXPERIENCE**

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### **Research Coordinator (09/2013-Dec. 2016)**

Institution: Sharp Memorial Hospital and Alliant International University

Research Project: Therapeutic Self-Care for chronic pain: The effectiveness of an interdisciplinary self-compassion intervention in a hospital setting

PI: R. Edward Harpin, Ph.D.

### **Research Co-Investigator and Coordinator (2/2014-5/2016)**

Institutions: Institute of Social Medicine (Brazil) and Alliant International University

Research Project: Self-regulation of adjustment and development among people living with HIV/AIDS in Brazilian and American samples

PI: Matthew Porter, Ph.D.

### **Research Assistant (9/2014-5/2015)**

Institution: Alliant International University

Research Project: Cross-cultural validation of the Life-Extension Questionnaire (LEQ) in a Chinese sample

PI: Matthew Porter, Ph.D.

### **Research Assistant (6/2014-3/2015)**

Institution: Alliant International University

Research Project: Cross-cultural validation of the Life-Extension Questionnaire (LEQ) in a Chinese sample

PI: Matthew Porter, Ph.D.

### **Research Assistant (6/2014-3/2015)**

Institution: Alliant International University

Research Project: The effect of a brief self-compassion intervention on emotion regulation in individuals with generalized anxiety disorder

PI: Janina Scarlet, Ph.D.

### **Research Assistant (6/2012-10/2014)**

Institution: Alliant International University

Research Project: The impact of acceptance, suppression, and cognitive reappraisal of emotion on hunger, desire, craving and eating behavior

PI: Jill Stoddard, Ph.D.

### **Research Assistant (11/2013-3/2014)**

Institutions: Alliant International University

Research Project: Vagal recovery in health adults: A normative data study

PI: Richard Gevirtz, Ph.D.

### **Research Assistant (2/2010-2011)**

Institution: The Scripps Research Institute, Cognitive Electrophysiology Laboratory

Research Project: **The assessment of neuropharmacological challenges on cognitive processing with event-related potentials**

PI: John Polich, Ph.D.

### **Research Assistant (9/2009-4;2010)**

Institution: University of California, San Diego

Research Project: **The effects of priming and social comparison on women's self-evaluation and body image**

PI: James Kulik, Ph.D., Rebekah Wanic, Ph.D.

## TEACHING EXPERIENCE

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### **Mindful Self-Compassion (MSC) for Veterans** (5 courses; 8/2017-9/2019)

Greater Los Angeles VA Healthcare System

Co-Teacher of MSC for female-identified veterans (2 courses); combat veterans in the domiciliary (1 course); and general veteran population (2 courses).

### **Mindful Self-Compassion (MSC) for Healthcare Providers** (2 courses; 3/2016-6/2016)

Sharp HealthCare System

Co-Teacher of MSC for physicians, pharmacists, nurses, and healthcare support staff.

### **Mindful Self-Compassion (MSC) for the community** (1/2016-3/2016)

Co-Teacher of MSC course open to the public.

### **Biological Bases of Behavior and Psychopharmacology** (7 courses; 6/2013-1/2016)

Teaching Assistant at Alliant International University. Professor: Martin Landau-North, Ph.D.

## BIBLIOGRAPHY

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**Gammon, T.L., (2016)** *Therapeutic Self-Care for Chronic Pain: The effectiveness of an interdisciplinary self-compassion intervention in a hospital setting.* Unpublished Doctoral Dissertation. California School of Professional Psychology, San Diego.

**Gammon, T.L.,** Harpin, R.E., Scarlet, J. (2016, June) *Therapeutic Self-Care for pain management patient guide* [Unpublished patient handbook]. In use at Sharp Memorial Hospital, Pain Rehabilitation Program, San Diego, CA.

**Gammon, T.L.,** (2016, May) *Self-compassion group protocol and lesson plans* [Unpublished group treatment protocol]. In use at UCSD Eating Disorder Center for Treatment & Research, San Diego, CA.

**Gammon, T.L.** (2016). Echolalia. *Mental Health Dictionary.* Retrieved from: <https://www.thero.org/echolalia/>

**Gammon, T.L.** (2016). Visual hallucinations. *Mental Health Dictionary.* Retrieved from: <https://www.thero.org/visual-hallucinations/>

Marquez, J., Ray, D.B., **Gammon, T.L.,** Gutman, K., Wildgoose, T., Dawson, B., Curci, W., Vose, J., Stern, M.J., Gevirtz, R. (2014). Vagal recovery in healthy adults: A normative data study. *Applied Psychophysiology and Biofeedback* 39(3-4), 316-316.

**Gammon, T.L.,** (2015, May) *Biofeedback group protocol and equipment manual* [Unpublished group treatment protocol]. In use at UCSD Eating Disorder Center for Treatment & Research, San Diego, CA.

**Gammon, T.L.** (2014). Review of Richard Gevirtz: Keynote Address – “The Evolution of Heart Rate Variability Biofeedback.” *California Biofeedback*, 30 (1), 5.

**Gammon, T.** (2014). Scoreboard Metaphor. In J. Stoddard, & N. Afari, (Eds). *The big book of ACT metaphors: A clinician's guide to experiential exercises and metaphors in acceptance and commitment therapy.* New Harbinger Publications: Oakland, CA.

**Gammon, T.L.,** Harpin, R.E., Scarlet, J. (2014, Aug.) *Therapeutic Self-Care for pain management therapist manual* [Unpublished group treatment protocol]. In use at Sharp Memorial Hospital, Pain Rehabilitation Program, San Diego, CA.

**Gammon, T. L.** (2013, Fall). The Courage of Compassion. *Center for Integrative Psychology Newsletter: The Compassion Issue*.

**Lilliston, T.** (2013). CPA Advocacy Day – A Student’s Experience. *San Diego Psychologist*, 28 (3), 33.

## **PROFESSIONAL PRESENTATIONS & INVITED TALKS**

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**Gammon, T.L.**, Evolving Perspectives of Burnout and Self-Care: Reclaiming Wholeness in System-based Care. *University of California Los Angeles School of Medicine; invited guest lecture, June 2019*. Presented to third year medical residents. Los Angeles, CA.

**Gammon, T.L.** The “three jewels” of Buddhist practice. Discussion and mindfulness practice lead as part of VA CALM National Mindfulness Facilitator Training. *VA Healthcare System; invited speaker, June 2019*. National call.

**Gammon, T.L.**, Mindfulness for living well with Parkinson’s Disease. *West Los Angeles Campus, VA Greater Los Angeles Healthcare System; invited speaker, April 2019*. Presented at Living Well with Parkinson’s Disease educational seminar for Veterans and caregivers. Los Angeles, CA.

**Gammon, T.L.**, The science and practice of self-compassion. *West Los Angeles Campus, VA Greater Los Angeles Healthcare System; invited speaker, April 2019*. Presented at Psychology Training Seminar for internship class. Los Angeles, CA.

**Gammon, T.L.** Brahmaviharas: Compassion for self and others. Discussion and compassion practice lead as part of national VA CALM National Mindfulness Facilitator Training. *VA Healthcare System; invited speaker, January 2019*. National call.

**Gammon, T.L.**, A moment of kind attention. Mindfulness practice lead for Whole Health community of practice national call for healthcare providers. *VA Healthcare System; invited speaker, Dec. 2018*. National call.

**Gammon, T.L.**, An introduction to self-compassion. *Sepulveda Ambulatory Care Center, VA Greater Los Angeles Healthcare System; invited guest speaker, Nov. 2018*. Presented during Psychology Training Seminar for interns and fellows. Los Angeles, CA.

Felleman, B., **Gammon, T.L.**, Heppner, P. (2017, Feb.). Implementation of a brief ACT-based intervention for Veterans with Prostate Cancer: Initial results and description of future clinical trial for all cancer types. In *Acceptance and commitment therapy for cancer populations*. Symposium conducted at the 14<sup>th</sup> American Psychosocial Oncology Society (APOS) Annual Conference, Florida, United States.

**Gammon, T.L.**, Scarlet, J., Harpin, R. E. (2016, Oct.) *Interoceptive awareness and chronic pain: The impact of an interdisciplinary self-compassion intervention*. Poster presented at the Mind and Life Institute’s International Symposium for Contemplative Studies, California, United States.

**Gammon, T.L.**, (2016, June). Integrating self-compassion into interdisciplinary chronic pain treatment. In **T. L. Gammon** (Chair), *Behavioral health applications*. Symposium conducted at the 14<sup>th</sup> annual international meeting of the Association for Contextual and Behavioral Sciences, Seattle, United States.

**Gammon, T. L.**, Impact of a self-care approach to chronic pain management on depression, pain, and medication use. *Sharp Memorial Hospital; invited guest speaker; November, 2015*. San Diego, CA.

**Gammon, T. L.**, Therapeutic Self-Care for patients with chronic pain. *Sharp Memorial Hospital; invited guest speaker; August, 2015*. San Diego, CA.

**Gammon, T.L.**, Corp, K., Whelan, K. D., Brew, S. L., Stoddard, J.A. (2015, June). *Impact of acceptance, suppression, and cognitive reappraisal of emotion on subjective distress, food craving, and eating behavior in a mixed-weight sample*. Poster presented at the 13<sup>th</sup> annual international meeting of the Association for Contextual and Behavioral Sciences, Berlin, Germany.

Brew, S. L., Corp, K., **Gammon, T.L.**, Whelan, K. D., Stoddard, J.A. (2015, June). *The relationship between control of unwanted thoughts and perceived success implementing emotion regulation strategies*. Poster presented at the 13<sup>th</sup> annual international meeting of the Association for Contextual and Behavioral Sciences, Berlin, Germany.

Whelan, K. D., Corp, K., Brew, S. L., **Gammon, T.L.**, Stoddard, J.A. (2015, June). *Impact of age, gender and BMI on thought control, food acceptance and eating*. Poster presented at the 13<sup>th</sup> annual international meeting of the Association for Contextual and Behavioral Sciences, Berlin, Germany.

**Gammon, T. L.**, Scarlet, J., Harpin, R. E. (2015, June). *Therapeutic Self-Care for patients with chronic pain: The effectiveness of a self-compassion intervention in a hospital setting*. Paper presentation at the Mindfulness and Compassion Conference: The Art and Science of Contemplative Practice at San Francisco State University, San Francisco, CA.

**Gammon, T. L.**, The art and science of compassion. *Alliant International University; invited guest lecture; February 2015*. San Diego, CA.

**Gammon, T.L.**, Whelan, K., McCutcheon, L., Scarlet, J., Lopez, M., Stoddard, J.A. (2014, June). *The impact of acceptance, suppression, and cognitive reappraisal of emotion on affect and eating behavior among a normal-weight, overweight, and obese adult sample*. Poster presented at the 12<sup>th</sup> annual international meeting of the Association for Contextual and Behavioral Sciences, Minneapolis, MN.

Whelan, K., **Gammon, T.L.**, McCutcheon, L., Scarlet, J., Lopez, M., Stoddard, J.A. (2014, June). *Examining the impact of emotion regulation styles on the emotional stroop task in an overweight/obese and normal-weight adult sample*. Poster presented at the 12<sup>th</sup> annual international meeting of the Association for Contextual and Behavioral Sciences, Minneapolis, MN.

Marquez, J., Ray, D.B., **Gammon, T.L.**, Gutman, K., Wildgoose, T., Dawson, B., Curci, W., Vose, J., Stern, M.J., Gevirtz, R. (2014, March). *Vagal recovery in healthy adults: A normative data sample*. Poster presented at the 45<sup>th</sup> annual scientific meeting of the Association of Applied Psychophysiology and Biofeedback, Savannah, GA.

## **ADDITIONAL PROFESSIONAL EXPERIENCE**

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### **Co-Director and Editor (10/2015-6/2017)**

Thero: Non-profit organization for mental health advocacy and stigma reduction

Duties: Co-director of non-profit developed to promote education about mental health and inform public policy. Editor of *Writer's Bureau*, a group of mental health providers writing about mental health and advocacy.

### **Student Grant Reviewer and Research Award Reviewer (4/2014-12/2015)**

Association for Psychological Science (APS) Student Caucus

### **Doctoral Student Representative (11/2012-11/2015)**

San Diego Psychological Association Board of Directors

### **Co-Editor (1/2014-8/2015)**

*The San Diego Psychologist*

Supervisor: Karen Fox, Ph.D.

Duties: Co-Editor and writer for bi-monthly publication for the San Diego Psychological Association (SDPA)

**Lead Editor (1/2012-8/2014)**

*The Center for Integrative Psychology (CIP) Newsletter*

Supervisor: Don Eulert, Psy.D.

Duties: Lead Editor and content-developer of semiannual publication featuring psychological science and events related to integrative psychology.

**GLOBAL HEALTH, DEVELOPMENT & SERVICE**

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**Survivors of Torture, International (6/2016-8/2017)**

Volunteer, San Diego

Duties: Volunteer for non-profit organization dedicated to caring for survivors of torture and their families in San Diego; assisted in individual and group activities to promote holistic health, community inclusion, and self-sufficiency among Survivors.

**Comprehensive Rural Health Project's International Institute for Training (7/2015)**

Experiential Course in Health and Development in Jamkhed, India

Program activities: Training course in community-based primary healthcare that utilizes healthcare as a vehicle for addressing social and economic inequities. Involved in educational and experiential activities in global health, rural development, cultural contexts and social determinants of health and disease, and impact of social stigma on outcomes associated with HIV/AIDS, leprosy, hearing impairment, and mental illness.

**Eat So They Can: Stop Child Poverty Campaign (9/2014-12/2014)**

Global Volunteer Network (GVN) Foundation

Educator and Fundraiser

Duties: Educative fundraising for GVN's partner organization, Antardristi: A residential center in Nepal created to empower youth to overcome various psychological problems and lead healthy lives.

**Peruvian Promise, Girls Leadership Program (7/2011)**

Global Volunteer Network & Peruvian Hearts, Peru

Volunteer and Fundraiser

Duties: Participated in fundraising trek and rural community outreach for *the Girls' Leadership and Empowerment Program* and *Nutrition for Change* program of Peruvian Hearts, a nonprofit encouraging social, economic, and political change in Peru through the education and empowerment of young women.

**Clinton Global Initiative University (4/2011)**

Orientation Leader, UC San Diego

Duties: Participated in plenary sessions with global leaders in education, peace and human rights, poverty alleviation, and public health. Lead participants in community service project and reflection at the San Diego Food Bank.

**Building Empowerment in the Philippines with NGO Gawad Kalinga (8/2010-6/2011)**

Site Leader for Alternative Breaks (AB) @ UC San Diego

Duties: Co-lead team of undergraduates in year-long program culminating in 10-day international service trip. Developed social justice and cultural education, training and reflection activities, and service projects. Partnered with Philippine-based Gawad Kalinga, an NGO dedicated to poverty-alleviation through a holistic approach to empowerment. Service trip included cultural immersion and integration with rural Filipino community. Collaboratively built a new community in the province of Laguna on the principles of sustainability, equity, and social innovation.

**Holistic Community Development in the Philippines with NGO Gawad Kalinga (10/2009-6/2010)**

Site Leader for Alternative Breaks @ UC San Diego



Duties: Leadership duties detailed above. Partnered with Philippine-based Gawad Kalinga. Service Trip included working in conjunction with GK in the province of Batangas to enhance local communities through a holistic focus on child and youth development, food sufficiency programs, and social entrepreneurship.

### **Rural Education in the Dominican Republic (10/2008-6/2009)**

Team Member of Alternative Breaks @ UC San Diego

Duties: Year-long education and training activities focused on poverty alleviation, rural education, and children's development in the Dominican Republic. Partnered with Orphanage Outreach for service trip, assisting in the care and education of impoverished children ages four to twelve in two local schools.

### **Cultural Immersion Program in Nepal (8/2007-12/2007)**

Global Volunteer Network & Volunteer Service Nepal

Duties: Volunteered through Global Volunteer Network with Volunteer Service Nepal, a local NGO dedicated to welfare of orphaned, homeless, and disenfranchised children. Placement in rural community orphanage to provide basic care to children from disadvantaged socio-economic groups with a range of mental and physical health issues. Participated in cultural immersion through Nepali home-stay program, language training, and Eastern practices and medicine education.

### **Be the Change Internship in New Zealand (4/2007-5/2007)**

Global Volunteer Network

Duties: Assist NGO's mission of supporting local community organizations in developing countries. Received education, training, and immersion in NGO's management, fundraising, program development, and communications. Served as communications and outreach chair of Stop Child Poverty Campaign. Collaborated on initial development of "Eat So They Can," which became an annual international event to increase awareness and raises funds to support needs of developing communities and establish sustainable change.

## **PROFESSIONAL ASSOCIATIONS**

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- Academy of Integrative Health and Medicine
- American Psychological Association
- Division 52, International Psychology
- Division 38, Health Psychology
- Western Association for Biofeedback and Neuroscience
- Association for Contextual Behavioral Science
- Psychologists for Social Responsibility
- Phi Beta Kappa, National Honors Society
- Psi Chi, International Honors Society in Psychology