

## CURRICULM VITAE

**Name:** Judith A. Sedgeman  
**Date of Birth:** March 14, 1943  
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### Education:

Baccalaureate:	Wellesley College Wellesley, MA	B.A.	1964	English
Post Baccalaureate:	Trinity College Hartford, CT	M.A.	1967	Linguistics
	West Virginia University Morgantown, WV	Ed.D.	2008	Educational Psychology

### Appointments:

January 2010-2012	Director, Institute for Public Policy and Leadership University of South Florida – Sarasota Manatee
Spring 2009 – Present	Adjunct Assistant Professor, WVU School of Medicine Dept. of Community Medicine
1998 – Spring 2009	Assistant Professor, WVU School of Medicine Dept. of Community Medicine; Education Director, West Virginia Initiative for Innate Health

### Publications:

Manuscripts: Sedgeman, J. (2005). Health Realization/Innate Health: Can a quiet mind and a positive feeling state be accessible over the lifespan without stress-relief techniques? *Medical Science Monitor*; 11(12): 47-52.

Abstracts &  
Case Reports: Sedgeman, J.A., Sarwari, A. (2006) The effect of a Health Realization/Innate Health psychoeducational seminar on stress and anxiety in HIV-positive patients. *Medical Science Monitor*; 12(10): CR397-399.

Electronic  
Publication:

“Reflections” essays, subscribed to by more than 1,000 people globally from the Sydney Banks Institute web-site. More than 70 essays extant (see attached list), written from 2000 through 2002.

The Brownstein Letter: Issue No. 11, “There is Nothing Stronger than Gentleness”, January 2001.

Professional Honors  
and Associations

Academy of Excellence in Teaching and Learning, West Virginia University Health Sciences Center, Inducted 2009.

Certified as a Three Principles Practitioner, 2008

Certified by Sloan-C Consortium as an Online Educator, 2007.

**Seminars & Symposia Presented:**

- Three Principles Retreat, with co-presenter Christine Heath, Hilo, Big Island, Hawaii, November 5-7. 2013.
- Moderator, Three Principles in Medicine, with panelists William F. Pettit, M.D. and Kiran Dintyala, M.D., at 3 Principles Global Community Annual Conference, St. Paul, MN, September 8 2013.
- Understanding Innate Health, one-day training for counselors and staff of Selah Freedom Foundation, with co-presenter Christine Heath, Sarasota, FL, June 8, 2013.
- Training Retreat for Practitioners, sponsored by the Cypress Initiative, Tampa, FL, April 4-5, 2013.
- Moderator, Train the Trainer Program sponsored by the Cypress Initiative, Tampa, FL, weekly, March - May, 2013.
- Principles Workshop for Practitioners, with co-presenter Christine Heath, February 24-27, 2013, Kailua, HI.

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**2013**

- “The Gift of Joy,” a 3-day seminar, Town & County Club, Hartford, CT, October 19-21, 2012.
- “Awaken to Innate Well-Being,” a three day seminar, with co-presenter Christine Heath, Carondolet Center, Minneapolis, MN, August 3-5, 2012.
- Webinar: “The Depth of the Principles,” for One Thought Institute, based in London, England, March, 2012.

## 2012

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- Keynote Speaker, “Peace from Within, Peace on Earth.” Tikun Conference, London, England, December 4, 2011.
- “Less Stress, More Joy,” three-hour public workshop in Collaboration with the Manatee Health Care Alliance, University of South Florida Sarasota-Manatee, Selby November 11, 2011.
- Three Principles Seminar for professionals, Carondolet Center, Minneapolis, MN, with Christine Heath, August, 2011.
- Webinar Series, Deepening your understanding of Principles, for One Thought Institute, based in London, England, March - April, 2011.

## 2011

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- “Meaning Matters,” a public forum on the degree to which people of different political views share a common understanding of words routinely used in political discourse, based on an ongoing research project for which I am the PI. USF Sarasota-Manatee, Selby Auditorium, October 28, 2010.
- Reinvent Yourself! A four-part Leadership Seminar offered at USF Sarasota Manatee between April and November, 2010. 1.2 Continuing Education Units granted to participants.
- “When Spirits Soar,” Keynote Address, Community Resiliency Conference sponsored by the West Virginia Prevention Resource Center and the Cypress Initiative/Center for Human Resiliency, Flatwoods, WV, August 19, 2010.

- “Creating Leadership from Within”, Lecture (with co-presenter Richard Bozoian) and CE-accredited Workshop to lead off a seminar series, *Reinvent Yourself*, University of South Florida Sarasota-Manatee, April 27-28, 2010.

## **2010**

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- Leadership Retreat: Strategic Thinking to Meet Educational Challenges, Sonoma Academy, Sonoma, CA. August 8-10, 2009.
- Wrap-Up Session, West Virginia University Health Sciences Faculty Development Summer Institute, “Implementing learning and change,” June 5, 2009.
- Leadership Session, West Virginia University School of Medicine Health Sciences Faculty Development Summer Institute, “Finding Common Ground,” June 2, 2009.
- Leadership Session, West Virginia University School of Medicine Health Sciences Faculty Development Summer Institute, “What is Leadership?”, May 20, 2009.
- Follow-up seminar for the Department of Family Medicine Faculty Development Program, “The Path to Leadership II,” West Virginia University Medical School, April 24, 2009.
- Four-day consultation for The 3 Principles Network of Des Moines, IA, consisting of programs for health care providers, the United Way, and a weekend retreat for parents and students from Callanan Middle School, Des Moines, March 11-15, 2009.
- Presentation for WVU School of Medicine Wellness Team: “Presenting wellness in on-line modules,” March 6, 2009.
- Presentation for WVU Health Sciences Faculty Development Program: “Creating an On-line Course,” February 24, 2009.
- Presentation for the Department of Family Medicine Faculty Development Program, “The Path to Leadership,” West Virginia University School of Medicine, February 27, 2009.

## **2009**

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- Presentation to first-year Medical Students, “Maintaining Joy through the Journey,” co-presented with William F. Pettit, M.D., WVU School of Medicine, October 23, 2008.
- Keynote presentation for the Catholic Diocese of Wheeling, WV, second anniversary celebration of the Pastoral Letter of Most Rev. Bishop Michael J. Bransfield: A Church that Heals, “Joyful Change”, Blessed John XXIII Pastoral Center, Charleston, WV, October 16, 2008.

- Association of Women in Science, “Coping with Stress,” E. Moore Hall, West Virginia University, October, 9, 2008.
- “Leadership from Within,” special presentation to Dental Student Leadership Retreat, West Virginia University School of Dentistry, August 23, 2008.
- “The Principles: A Deeper Approach to Prevention, a special training for social workers and family therapists, Informed Families of Florida, Coral Gables, FL, July 21-24, 2008.
- “A New Paradigm of Hope: The power of seeing the Principles at the source of human experience.” A three-day seminar in Innate Health for 20 mental health professionals, sponsored by the Minnesota Counseling & Education Center. Minneapolis, MN. July 14-16, 2008.
- “The Principles in Education,” West Virginia statewide Children’s Liaison meeting, sponsored by Lewis County DHHR, Flatwoods, WV, May 30, 2008.
- “The Three Principles and Spiritual Healing,” seminar for Ruby Memorial Hospital Chaplaincy Residents, Ruby Memorial Hospital, Morgantown, WV, May 2008.
- “A New Paradigm of Hope: The power of seeing the Principles at the source of human experience.” A three-day seminar in Innate Health for 60 mental health professionals, sponsored by the 3Principles Network of Des Moines, IA. April 22-24, 2008
- Consultation in the application of the Three Principles to education, Callanan School, Des Moines, IA, April 21, 2008.
- Poster presentation with Roseanna Sickora, M.D. and others in the WVU Dept. of Emergency Medicine, “Burnout in Emergency Medicine Residents and Faculty: An Attempt to Modify Stress Response by Journaling,” International College of Emergency Medicine Annual Meeting, San Francisco, CA, April 3-4, 2008,
- “Finding Enthusiasm for Change: It’s an Inside Job” Presentation at the Ohio Valley Chapter of WVSHEC regional conference, “Current Trends in Community Health: Focusing on our Families,” Mountainside Conference Center, Bethany, WV, March 28, 2008.
- “Mind, Consciousness and Thought,” a three-day exploration of the biological, psychological and spiritual implications of the Three Universal Principles at the source of human experience. Seminar conducted in conjunction with the Milwaukee Retreat on “Living Judaism,” February 2, 3, and 4, 2008, Four Points Sheraton, Brown Deer, WI.



## 2008

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- Guest Lecturer and seminar leader, Health Realization/Innate Health Advanced Training of Trainers (a training organized by the Center for Sustainable Change in San Jose, CA), Des Moines, IA, August 16 – 19, 2007.
- Guest Lecture, “Understanding Stress and Resiliency,” Summer Wellness Course offered by Dr. Bill Reger-Nash, WVU Recreation Center, July 24, 2007.
- “Identifying your Values and Internal Motivations”, presentation at the 7<sup>th</sup> Annual “Creating your Career”, WVU Health Sciences Placement Service, May 4, 2007.
- “Less Stress, More Enjoyment: State of Mind Matters”, presentation to Department of Nursing, April 4, 2007.
- Innate Health and Spirituality: a series of interactive meetings with WVU Chaplaincy Residents, Ruby Memorial Hospital, February – June, 2007.
- “Residents’ Leadership Program”, a four-part lecture presentation to OB-GYN residents, February – June, 2007.
- “Less Stress, More Joy,” Lecture presented by the Twerski Institute of Family Health, Milwaukee, WI, January 29, 2007.
- “Deepening spirituality through understanding the Principles of Mind, Consciousness and Thought,” facilitation of a two-day meeting with 40 Orthodox Jewish Rabbis who are studying Innate Health to explore the relationship between the principles, Innate Health, and their pursuit of spiritual truth. Organized by Rabbi Chaim Levine, a former student of mine from the state of Washington. January 29-30, 2007, Milwaukee, WI.

## 2007

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- From January, 2000 through May, 2006, I was the back-up presenter for an ongoing weekly series of psychoeducational groups, the Innate Health/Wellness Group, offered to inpatients on the DDU at Chestnut Ridge Hospital and sometimes attended also by patients in Day Treatment, which is also attended by nursing and medical students on rotation on that unit. I covered that weekly group 4 times during the 2005-6 academic year. We facilitate a group discussion for the patients and debrief with the medical and nursing students/staff in attendance.
- Facilitated NESC Retreat for the College of Engineering to culminate month-long internal Leadership Consultation with change of management, at the request of WVU Human Resources, WestVaco Conference Center, November 27, 2006.

- Plenary Keynote: Building a Community of Health and keynote workshop: “Finding Innate Health in Yourself and Others”, presented 2006 Share the Vision Statewide Prevention Conference, Charleston Civic Center, November 16, 2006.
- “Finding your Natural Peace of Mind,” a Stress Reduction seminar, Lymphedema Support Group Meeting, John Jones Conference Center, November 14, 2006.
- “Ex-Stress Yourself! You can be well and do well, no matter what!”, a special program for Freshman Engineering Students on November 12, 2006.
- PUBH 601 class, “How to give an Effective Oral Presentation”, a special presentation for Ruth Kershner’s class, October 31, 2006.
- “Success without Stress”, presentation to WVU SOM Family Medicine Residency Conference, October 2, 2006.
- Poster Presentation, WVU Center for Neurosciences, Neurosciences Annual Retreat, Nemaocolin Woodlands, September 25-26, 2006.
- “Understanding Stress and Resiliency,” guest lecture for Women’s Studies 293, September 18, 2006.
- “Stop Drowning in the Office Gossip Pool”, presentation for the Extension Services, Fall 2006, Professional Development Day, Jackson’s Mill, September 13, 2006.
- First in a series of Innate Health presentations for Chaplain Residents, Ruby Memorial Hospital. August 31, 2006.
- “Maintaining Joy through the Journey: State of Mind Matters”, presented with Dr. William Pettit to MSI Orientation 2006 on August 14, 2006.
- Ex-Stress Group, for Behavioral Medicine Continuing Education program for Professionals, Chestnut Ridge, August, 2006.
- “Ex-Stress Yourself,” part of the all-day program Women on the Water, offered by the Center of Excellence in Women’s Health, July 29, 2006.
- Residents’ Leadership Program, Department of Ophthalmology, WVU School of Medicine, July 5, 6, and 7, 2006.

- Facilitated wrap-up session of the Teaching Scholars Summer Institute 2006 entitled, “Teaching Scholars Summer Institute 2006 Learning Points” on June 9, 2006.
- Journal presentation at Breakthrough Blitz, the Center for Neurosciences Journal Club, May 25, 2006.
- On-line leadership module and month-long leadership training for Teaching Scholars Program, May, 2006.
- 6<sup>th</sup> Annual Creating your Career, presentations “Identifying Your Values and Internal Motivations” and “Evaluating your Offers”, WVU Health Sciences Placement Service, John E. Jones Conference Center, WVU Health Sciences Center, April 21, 2006.
- Facilitated day-long retreat, “A Fresh Start”, and for West Virginia Wesleyan College faculty and incoming President on April 17, 2006.
- “Life is a Rollercoaster: Enjoy the Ride”, a series of special programs for Morgantown High School students. March 2006.
- “Less Stress, More Joy,” Keynote presentation for the North American Association of Summer Sessions, Shepherdstown, WV, March 18, 2006.
- Presentation on Innate Health and the Mind-Body connection to Hagans-Evars Chapter of the Daughters of the American Revolution, The Village at Heritage Point, February 11, 2006.
- “Coping Skills in a High Stress Environment”, a special presentation for WVU Training and Development, February 9, 2006.
- “Health Issues of Diversity and Special Populations”, Guest Lecture, CHPR 170 class for Ruth Kershner, January 24, 2006.

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2006

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- “Things I Wish I had known when I was a Journalist”, guest lecture for Statistics 111, 1December 5, 2005.
- “Ex-Stress Yourself”, a special presentation for the Financial Aid Office, Mountainlair, November 17, 2005.



- “Finding the Eye of the Hurricane: Avoiding stress and burnout, no matter what”, General Staff Workshop, Mountainlair, November 15, 2005.
- “Speaking to Groups”, Ruth Kershner’s Introduction to Community and Public Health Class, HSC, November 14, 2005.
- “Shelving Stress, Checking out Enjoyment: How to Put Away Stress and Burnout and Find Satisfaction, No Matter What”, Cabell County Public Library In-Service, Radisson, Huntington, WV, November 11, 2005.
- Ex-Stress Yourself workshop, “Healthy, Well-thy, and Wise: The Keys to Workplace Wellness”, Staff wellness mini-conference, a special presentation for WVU Training and Development, Mountainlair, November 9, 2005.
- “Don’t Get Mad, Get Insight”, Staff wellness mini-conference, a special presentation for WVU Training and Development, Mountainlair, November 9, 2005.
- “Dealing with Challenging Behavior”, One Waterfront Place, NAFTC (NRCCE) employees, a special workshop for WVU Training & Development, November 8, 2005.
- “Finding Your Natural Peace of Mind”, Civil Engineering Training, Jean Benson Lounge, Lyon Tower, November 4, 2005.
- “Finding Your Natural Peace of Mind”, Ex-Stress Seminar for HIV/AIDS, Rm 8603, HSCS, October 21 and 22, 2005.
- “Ex-Stress Yourself: What’s in it for **us**? “ - Part 2. Animal Resources Staff, John Jones Conference Room A, October 20, 2005.
- “Ex-Stress Yourself: What’s in it for **me**?” – Part 1. A presentation especially for WVU Animal Resources Staff, John Jones Conference Room A, October 13, 2005.
- “The Key to Unlocking Conflict”, NAFTC Employees (National Alternative Fuels Training Consortium/NRCCE/WVU), a special presentation for WVU Training and Development, One Waterfront Place, October 12, 2005.
- “Solve Problems without Anger?” - a special presentation for WVU Physical Plant Managers”, WVU Coliseum, October 6, 2005

- Presentation “Shelving Stress, Checking out Enjoyment: How to Eliminate Stress and Burnout and Find Satisfaction, No Matter What”, for West Virginia Library Association, 2005 Conference, Clarion Hotel, Shepherdstown, WV, October 5, 2005.
- Two articles published in the Fall 2005 Edition of the Department of Human Resources Newsletter, IN CHARGE.
- Stress Classes for Teachers, Morgantown High School, August 25, 2005.
- “Maintaining Joy thru the Journey”, MSI Orientation, co-presented with William F. Pettit, M.D. August 16, 2005.
- “Center Yourself; State of Mind” and “De-stressing Yourself”, COEWH Retreat, Morgantown, WV, July 30, 2005.
- “Reflections on Learning and Teaching”, Faculty Development Teaching Scholars Summer Institute, John Jones Conference Center, June 11, 2005.
- “Resilience as a Competency for the Chemical Dependence Counselor: Avoiding Burnout and Enjoying the Journey”, 16<sup>th</sup> Annual West Virginia Addiction Training Institute, Ramada Inn, June 10, 2005.
- “Leadership Attributes Required of a Faculty Member”, Faculty Development Teaching Scholars Summer Institute, John Jones Conference Center, June 9, 2005.
- “Ex-Stress Yourself!”, a special presentation for Women, Robert C. Byrd Health Sciences Center, Sponsored by the Ruby Wellness Program and The Center for Excellence in Women’s Health, June 3, 2005.
- Team Building Seminar for Sally Richardson’s work group, WVU Institute for Healthcare Policy & Research, Charleston, WV, May 27, 2005.
- “Avoiding Burnout—Enjoying Work”, a special presentation to The International Association of Workforce Professionals, The Radisson, May 13, 2005.
- “Finding the Key to Unlock Conflict”, Monongahela Valley Dental Society, May 10, 2005.
- Facilitation of Board of Milan Puskar Health Right Retreat, Dorsey’s Knob, Morgantown, May 5, 2005.

- Course Director, “Exploring the True Meaning of Mind”, Sydney Banks’ seminar, Robert C. Byrd Health Sciences Center, April 15 & 16, 2005.
- Course Director, “A Quiet Mind and a Positive Feeling State: The Antidote to Chronic Stress for Both Healers and Clients Seminar”, Radisson, April 11, 12, & 13, 2005. Co-presenter, with Jamie Shumway, “How a Teaching Culture Becomes a Learning Culture”.
- “Finding the Key to Unlock Conflict”, Faculty Development Leadership & management series, January 14, 2005.

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2005

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- “Effective Oral Presentations”, Introduction to Community and Public Health class, November 16, 2004.
- Grand Rounds, “The Nature of Stress: Finding the Eye of the Hurricane” Department of Ophthalmology, October 20, 2004.
- Stress Reduction presentation, Morgantown Newcomers Club (arranged through the WVU Speakers’ Bureau), Glasshouse Grille, October 19, 2004.
- “Innate Health: Realizing Natural Strengths,” a half-day presentation to the West Virginia Prevention Resource Center, Charleston, WV, September 8, 2004.
- “What’s the Sense in Being Tense?”: Seminar Series offered to UHA Accounting, HR and Reimbursement Staff, June – August, 2004.
- “Less Stress,” a continuing public education workshop offered by The Sydney Banks Institute for Innate Health, at the Mountainlair, January 29-30, 2004.
- “Mental Wellness,” part of the program “A Definition of Wellness,” which was a segment of “Healers on Call,” offered by the Integrative Medicine Interest Group, January 21, 2004.

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2004

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- “The Principles as a Basis for Effective Prevention,” a two-day seminar for health professionals enrolled in a year-long training in Mind-Thought-Consciousness

psychoeducational interventions in Massachusetts, Martha's Vineyard, November 15-16, 2003.

- “The Wisdom Factor,” a two-day seminar/retreat for BAE Systems, San Diego, CA, with William F. Pettit, M.D., part of a research partnership into the effectiveness of principle-based understanding on the long-term changes in stress and productivity, April 19-20, 2003.
- “Finding the Eye of the Hurricane,” two-day course on the relationship of the principles of Mind, Consciousness and Thought to stress elimination, presented with William F. Pettit, M.D., March 13-14, 2003, Morgantown, WV.
- “Back to the Present,” A series of two-day retreats on the principles of Mind, Consciousness and Thought for faculty and staff, Dept. of Family Medicine, WVU, with William F. Pettit, M.D., January 9-10 and 16-17, 2003, Morgantown, WV.

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**2003**

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- “Back to the Present,” A series of two-day retreats on the principles of Mind, Consciousness and Thought for faculty and staff, Dept. of Family Medicine, WVU, with William F. Pettit, M.D., December 6-7, and 19-20, 2003, Morgantown, WV.
- Presentation: Informed Families of Florida, The Role of Innate Health in the Helping Professions, Miami, FL, November 15, 2002.
- Presentation, Annual Conference of Florida Alcohol and Drug Abuse Agency, The Significance of Innate Health to the Helping Professions, pre-conference session, Orlando, FL, November 11, 2002.
- The Stress Cure, co-presented with William F. Pettit, M.D., BAE Systems, Inc., Nashua, NH, October 24-25, 2002.
- “Finding Calm in Confusion at Work and in Life,” Retreats for the Departments of Internal Medicine and Neurology, Robert C. Byrd Health Sciences Center, co-presented with William F. Pettit, M.D., Westvaco Conference Center, October 17-18, 28-29, Nov. 5-6, Nov. 21-22, 2002.
- Presentation to all PT/OT Students: Study without Stress: The Innate Health Model for Learning, HSS, September 18, 2002.
- Shepherdstown RR Station Programs: Finding and Keeping Your Peace of Mind, Shepherdstown, WV, August 14, 2002.

- MSI Orientation: “It Doesn’t Have to be Hard to be Good,” co-presented with William F. Pettit, M.S., Jackson’s Mill, WV, August 11, 2002.
- “Back to the Present,” Retreats for faculty and staff of OB-GYN Department, Robert C. Byrd Health Sciences Center, at Westvaco Conference Center, August 8-9, August 22-23, Sept. 9-10, 2002.
- The Stress Cure, co-presented with William F. Pettit, M.D., South Dakota Developmental Center, Redfield, SD, April 3-4, 2002, Follow-up day May 30, 2002.
- “Less Stress, More Joy,” presentation to Foundations of Wellness class taught by Dr. Reger, co-presented with William F. Pettit, M.D., April 10, 2002.
- “Innate Health: The Principles as a Foundation for Wellness,” special presentation for Life’s Missing Link, Minneapolis, MN, April 5, 2002.
- “Working with Less Stress,” presentation for nurses sponsored by UHA, POC at Ruby Memorial Hospital, March 26, 2002.
- “Less Stress despite the Circumstances,” Presentation to Monongalia County School Nurses Association, Morgantown, WV, March 20, 2002.
- “Expanding vs. Inhibiting Thinking,” Presentation to Teaching Scholars Program, February 13, 2002.
- Stress Cure, co-presented with William F. Pettit, M.D., BAE Systems, Nashua, NH, January 31-February 1, 2002.
- Grand Rounds, Internal Medicine, “Understanding the Effect of Innate Health in our Professional and Personal Lives,” co-presented with Jamie Shumway, PhD, HSN, January 25, 2002.
- Facilitator, Academic Technologies Retreat, The Pines, Morgantown, WV, January 24, 2002.

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2002

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- Faculty Development Presentation, “Empowering People,” HSS, January 22, 2002.

- Facilitator, Faculty Development Advisory Board Leadership Retreat, Euro-Suites Hotel, December 5, 2001.
- Facilitator, Center on Aging, Follow-up Retreat, Fieldcrest Manor, December 3, 2001.
- Mentor, Teaching Scholars Program, WVU Medical School., presentation on “Communication in Education”, November 7, 2001.
- Facilitator and seminar leader, Association of Deans and Directors of Nursing (ADDNE) Retreat, Flatwoods, WV, October 31, 2001.
- Co-facilitator, Thought.conference, a Leadership and Creativity Dialogue, with Ary Goldberger, M.D., Director of the Non-Linear Medical Laboratory at Harvard Medical School, Robert M. D’Alessandri, M.D., Robert Gunn (Exult, Inc.) and Kevin Gleason (Adams Outdoor Advertising, Inc.), Crystal City, VA, October 18-20, 2001.
- Facilitator, Governor’s Health Umbrella Group, Parkersburg, WV, October 5-6, 2001.
- “Healing Providence,” a public seminar for the City of Providence, with co-presenter William F. Pettit, M.D., Hope High School Auditorium, Providence, RI, September 29, 2001.
- “The Wisdom Factor,” a half-day presentation for industry leaders in Nashua, NH, sponsored by BAE Corporation, with co-presenters Robert M. D’Alessandri, M.D. and William F. Pettit, M.D., September 28, 2001.
- New Faculty Orientation, speaker and small group facilitator, Canaan Valley Resort, September 23-24, 2001.
- “Conflict Resolution,” Family Medicine Faculty Development program, Family Medicine Auditorium, September 21, 2001.
- “Healthy Communications between RHEP faculty and leadership,” RHEP Faculty Development program, Canaan Valley, September 14, 2001.
- “Restoration Jubilee, Using the Health Realization Model in Ending Prison Recidivism,” national seminar sponsored by Dr. Virgil Wood, Baltimore, MD, September 10-12, 2001.

- Facilitator, speaker, Center on Aging Retreat, Westvaco Center, September 7, 2001.
- “The Resilient Health Professional,” Guest lecture, PT/OT combined freshman students, September 5, 2001.
- “Leadership from a Board Perspective,” UHA Board Retreat, WV Room, HSC, September 4, 2001.
- “How the Principles Empower Health Professionals,” a 2-1/2 day seminar for Informed Families of Florida, Miami, Florida, August 27-30, 2001.
- “Lunch and Learn: Stress Elimination,” for Martinsburg Chamber of Commerce and office of Dr. Don Pathoff, August 24, 2001.
- “Working Without Stress,” All-day retreat for statewide Nursing Faculty from all nursing schools in WV, Parkersburg Campus of WVU, co-presented with William F. Pettit, M.D., August 15, 2001.
- “It Doesn’t Have to Be Hard to be Good,” 2-hour seminar and one hour-follow-up co-presented with William F. Pettit, M.D. for New Medical Student Orientation, Jackson’s Mill, August 13-14, 2001.
- “Natural Resiliency: A Perennial Flowering of the Mind,” West Virginia State WIC Conference, Charleston, WV, July 27, 2001.
- “Understanding Equanimity,” a two-day CME course for health professionals, co-taught with William F. Pettit, M.S., April 2-3, August 16-17, November 8-9, 2001, all in Morgantown.
- “Learning as you Live,” ½ day plenary session for West Virginia University School of Applied Social Sciences, Eberly College of Arts & Sciences 23<sup>rd</sup> Annual Summer Institute on Aging, with co-presenter William F. Pettit, M.D., Canaan Valley Resort, June 26, 2001.
- Discussion of the Three Principles, Nursing Leadership Team, co-presented with William F. Pettit, M.D. and Sydney Banks, June 23, 2001.
- Health Realization as a new Mental Health Paradigm, Behavioral Medicine Seminar, co-presented with William F. Pettit, M.D. and Sydney Banks, June 23, 2001.

- “Finding and Keeping your Bearings,” Fairmont Back to Work Group (through WVU Speakers’ Bureau), Fairmont, WV, May 16, 2001.
- “Chronic Thinking: The Role of Thought in the Experience of Chronicity,” State Health Educators Conference, Canaan Valley, WV, April 25, 2001.
- Stress Cure Courses, March 15-16, Charleston; November 2-1, Charleston.
- All-day retreat for Nursing Department, Charleston Campus, for Cynthia Persily, RN, April 27, 2001.
- “Wisdom at Work,” presentation for Regional Worksite Wellness Coordinators, Partners in Corporate Health, Flatwoods, WV, April 12, 2001.
- Facilitator and speaker, Residents’ Career Day, sponsored by RHEP/Elaine Mason, The Pines, March 23, 2001.
- Discussion group leader, PT 184, with Dr. Ralph Utzman, March 13, March 20, April 10, April 17, 2001.
- “Resiliency, a healing quality,” guest lecture for William Reger’s Undergraduate course, March 13, 2001.
- Facilitator, Medical School Curriculum Committee retreat, The Pines, March 12, 2001.
- Speaker and seminar leader, Suncrest United Methodist Church Parish Nursing Special Programs, March 4, 2001 and May 23, 2001.
- “Health Realization and the Health of the Helper,” RHEP Fellows presentation, Parkersburg, WV, February 26, 2001.
- “The Wisdom Factor,” a ½ day presentation for business and education leaders in Charleston, WV, WVU Charleston Campus, with co-facilitators Robert M. D’Alessandri, M.D., William F. Pettit, M.D., Gary Sams, CEO, Partners in Health Care, Inc., January 23, 2001.
- Facilitator, RHEP Site Coordinators’ retreat, Flatwoods, WV, January 22, 2001.
- Facilitator, WV Board of Examiners for Registered Nurses, Leadership Retreat, Charleston, WV Marriott, January 18, 2001.



- Grand Rounds, Department of Pediatrics, co-presented with William F. Pettit, M.D., January 24, 2001.
- “Wisdom at Work,” School of Nursing Faculty and Staff Retreat, Holiday Inn, Morgantown, January 5, 2001.

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2001

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- “The Power of Thought,” three days of training for senior managers and staff of The Bank of Ireland, Dublin, Ireland, July 2000.
- “When People Change Their Minds, They Change Their World,” address to the International Banquet for the 19<sup>th</sup> Annual Conference sponsored by the Aequanimitas Foundation, Washington, D.C., July 2000.
- Seminar leader and Facilitator, Annual Meeting of Volunteers, the Agha Khan Foundation, Houston, Texas, February 2000.

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2000

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- Foundations II course, Erickson Alumni Center, Charleston, WV, January 20-22, 2000, with co-presenters Joe and Doris Boyle.
- “Health Realization, a New Vision for Health Policy Initiatives,” series of four presentations in Auckland, Rotorua, Wellington and Christ Church, New Zealand, November, 1999, at the invitation of the Ministry of Social Policy.
- “Wisdom at Work, a two-day seminar for leaders, Auckland, New Zealand, November 18-20, 1999.
- “Leadership from Within,” a two-day seminar for school teachers and counselors of the Alachua County (Gainesville, FL) School Board, August, 1999.
- “One Spirit, Many Voices,” 2-1/2 hour plenary presentation to the Annual Conference of The Aequanimitas Foundation, San Jose, CA, June 25, 1999, supported by paper, “Spiritual Power is Not Willpower.”
- Foundations II, 2-1/2 day seminar on the principles of Mind, Consciousness and Thought, co-presented with William F. Pettit, M.D., in partnership between the Aequanimitas Foundation and Robert C. Byrd Health Sciences Center, May, 1999, Morgantown WV; same course, taught as sole facilitator, September-, 1999, Morgantown, WV.
- Leadership Facilitator, Values to Vision to Mission, a series of two-day leadership retreats for the Department Chairs, Associate Deans and Medical Leadership, Robert

C. Byrd Health Sciences Center of West Virginia University, January through July, 1999.

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1999

- Leadership Development presentation, Health Sciences Technology Academy Retreat, Pipestem, West Virginia, January, 1999.
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- “Foundations I”, 2-1/2 day seminar on the principles of Mind, Consciousness and Thought, co-presented with William F. Pettit, M.D., in a partnership between the Aequanimitas Foundation and Robert C. Byrd Health Sciences Center, December 10-12, 1998, same course taught with Co-Facilitator Christine Heath, July 14-16, 1999, Morgantown, WV; same course taught with Co-facilitators Joe and Doris Boyle, Charleston, WV, October 29-November 1, 1999; same course taught representing Aequanimitas Foundation, November 13-15, 1999, Auckland, New Zealand; same course taught representing Aequanimitas Foundation, December 4-6, 1999, Portland, Oregon.
  - “Creating Leadership from Within,” 1-1/2 day program for Medical leadership and staff, Ingham Regional Medical Center (a division of McLaren Health Care Systems), November 6-7, 1998, Lansing, Michigan.
  - “Eliminating Stress No Matter What,” 1/2 day seminar for the leadership group, Michigan State Medical Society, November 5, 1998, Lansing, Michigan.
  - Keynote Address, “Working Smart without Taking on Stress,” plus breakout session, “Bringing Insight and Creativity into Your Work Life”, 1998 West Virginia Rural Health Conference, October 28-29, 1998, Charleston, West Virginia.
  - “Developing Internal Leadership” - 6-hour course for Dean and Faculty of Math Department, Fairmont State College, August 13, 1998. Tygart Lake Resort, Fairmont, WV.
  - “The Transforming Power of Inner Peace,” Closing Address, 17th annual Psychology of Mind Conference, June 14, 1998, St. Paul, Minnesota.
  - “Change from the Inside Out,” paper presented at the 17th Annual Psychology of Mind Conference, June 11-14, 1998, St. Paul, Minnesota.
  - “Keeping Your Bearings in a Pressured World,” Keynote address to the Ismaili Health Professionals’ Association Annual Symposium, Houston, Texas, May 9, 1998.

- “Alignment: An Approach to Achieving Insight and Creativity in your Partnership,” Workshop presentation to the Annual Meeting of Community-Campus Partnerships for Health (CCPH), Pittsburgh, Pennsylvania, April 27, 1998.
- “Creating Leadership from Within,” a series of retreats for the Board of Trustees, and the senior management teams of Ingham Regional Medical Center (an affiliate of McLaren Health Systems), Lansing, Michigan, part of a four-year plan to establish this understanding as a foundation for creating a healthy health-care institution from the inside out.
- “Psychology of Mind as a source of Human Values in Management,” presented at the 11th annual International Management Development Workshop sponsored by the Management Centre for Human Values of The Indian Institute of Management, Calcutta, India, January 1998.

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1998

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*“Foundations of Psychology of Mind: The Three Principles, The Six Concepts”, a tape series recorded in Perth, Western Australia, at the request of the Psychology of Mind Training Institute faculty, disseminated through the Psychology of Mind Resource Handbook, Bend, Oregon and Perth, Western Australia.*

*“The Heart of the Matter,” a seminar series based on the framework of Psychology of Mind offered in Perth, Western Australia and Sydney, Australia.*

*“Heartbreak: A Moment in Time or a Lifetime of Pain”, published in Communique, the newsletter of the Psychology of Mind Resource Centre, Perth, Western Australia*

*“The Natural Art of Generalization,” published in Communique, the newsletter of the Psychology of Mind Resource Centre, Perth, Western Australia.*

*“Teaching the Principles: The Beauty of Simplicity,” paper presented in support of a lecture by the same name, Psychology of Mind Annual Conference, Kailua, Hawaii.*

*“The Unrecognized Human Resource,” day-long seminar presented to the California Association of Hospitals and Health Systems Volunteer Directors’ Workshop; Palm Springs, California.*

1997 - 1999



*Faculty presenter, Teacher of other Teachers, Foundation I and II courses offered by the Psychology of Mind Foundation in various locations including New York, New Jersey, Michigan, West Virginia, Hawaii, Australia and Florida.*

**1997**

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*“Philosophy of Everyday Living”, a Psychology of Mind seminar series offered by invitation in Perth and Sydney Australia.*

*“The Untapped Human Resource,” a series of 2-1/2 day seminars to teach the principles of Psychology of Mind to the 1,100-member staff (including physicians) of Long Beach Community Medical Center, Long Beach, California.*

*Keynote presentation, “Foundations for Change in Health Care,” Unihealth Corporation managers’ rally, Burbank Hilton Hotel, Burbank, California.*

*Co-author with George S. Pransky, Ph.D., Roger C. Mills, Ph.D. and J. Keith Blevens, Ph.D., “An Emerging Paradigm for Brief Treatment and Prevention,” Innovations in Clinical Practice, Vol. 15, New York, NY (Professional Resource Exchange)*

*“I Love This Game: New Discoveries about Teaching Psychology of Mind to Business,” offered first at the Psychology of Mind Annual Conference, San Jose, California.*



*“Conceptualization: The Route to Relevance and Depth,” a paper presented in support of a lecture by the same title, Psychology of Mind Annual Conference, San Jose, California.*

**1996**

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*Presentation on “The Nature of Thought” at an International Symposium sponsored by The Whitman Foundation (San Francisco, CA), at the Lake Austin Resort, Austin TX. (Other presenters were Roger C. Mills, Ph.D. and George S. Pransky, Ph.D.) White paper and summary report of proceedings available from The Whitman Foundation.*

1995-1997

*Faculty presenter, “Core Course” (the Foundations course offered by the Psychology of Mind Training Institute) in various locations including California, Michigan, Massachusetts, New York and Florida.*

*“The Fourth Dimension of Business: Creating and Sustaining A Healthy Organization,” presented first to a business conference in Perth, Western Australia, at the invitation of The Sunninghill Group, Ltd.*

*“Life, Living and Loving -- a Weekend Seminar Based on the Principles of Psychology of Mind,” presented first at the University of Western Australia, Perth, and issued as a tape series through the Psychology of Mind Resource Center, Bend, Oregon.*

*“Equality for Women: A Political Solution or a Change in Thinking?” presented to an organization of Women Executives in Perth, Western Australia and issued as a tape series through the Psychology of Mind Resource Center, Bend, Oregon.*

*“No Pain, Big Gains,” a paper presented in support of a lecture, “Operating from Insight,” Psychology of Mind Annual Conference, Cambridge, MA*

*“Thought, the Unrecognized Business Resource,” published in the magazine of the Australia Quality Institute, Australia.*

*“The Power of State of Mind,” a keynote presentation to the Australia Quality Institute,” Perth, Western Australia*

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1995

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*Co-producer and co-presenter, with Robert Kausen and Chip Chipman, three-day seminar for business leaders: “Evoking Innate Ability,” Minneapolis, Minnesota.*

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*“Grace Under Pressure,” Paper presented in support of a lecture, “Business Applications of Psychology of Mind,” Psychology of Mind Annual Conference, Seattle, Washington.*

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1994

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*Co-author with George S. Pransky, Ph.D. and Roger C. Mills, Ph.D., “Psychology of Mind: The Basis for Health Realization. The Founders’ Monograph.” Presented at the 1993 Psychology of Mind Annual Conference, Burlington, Vermont.*

**1993**

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*“Power **To** vs. Power **Over**, a New Model for Leadership,”  
presentation made at the Psychology of Mind Annual Conference,  
St. Petersburg Beach, Florida.*

**1988**

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**Teaching at West Virginia University:**

- 2014 CHPR 680, Health Concepts, Mental Health Unit representing 1/4 of a 3-hour online graduate course, spring semester.
- 2013 PUBH 580 Prevention through Resiliency, 3-hour graduate elective, online, summer semester.
- 2013 CHPR 680, Health Concepts, Mental Health Unit representing 1/4 of a 3-hour online graduate course, spring semester.
- 2012 PUBH 580, Prevention through Resiliency, 3-hour graduate elective, online, summer semester.
- 2012 CHPR 680, Health Concepts. Mental Health Unit representing 1/4 of a 3-hour graduate course, online, spring semester.
- 2011 PUBH 580, Prevention through Resiliency, 3-hour graduate elective, summer semester.
- 2011 CHPR 680, Health Concepts. Mental Health Unit representing 1/4 of a 3-hour graduate course, spring semester.
- 2010 PUBH 580, Prevention Through Resiliency, 3-hour on-line graduate course in Public Health, summer semester.
- 2010 CHPR 680, Health Concepts, Mental Health Unit representing 1/4 of a 3-hour graduate course, spring semester.
- 2009 PUBH 680, Health-Based Leadership, 3-hour on-line graduate course in Public Health, Fall semester.

- 2009 PUBH 580, Prevention Through Resiliency, 3-hour on-line graduate course in Public Health, Spring semester and Summer semester.
- 2009 CHPR 680, Health Concepts, taught the Mental Health Unit of this on-line course, representing  $\frac{1}{4}$  of a 3-hour course. Co-instructor (25%) with Reger, Shaffron and Kershner.
- 2009 PUBH 680, Health-Based Leadership, 3-hour on-line graduate course in Public Health, Spring semester.
- 2008 CE course offered through WVU Extended Learning, 2.5 CE units, "Finding your Natural Peace of Mind," ongoing throughout the year.
- 2008 PUBH 501. Advanced Professional Writing, 3-hour classroom course in the Master's in Public Health program. Fall semester
- 2008 PUBH 580, Prevention Through Resiliency, 3-hour on-line graduate course in Public Health, Spring semester and Summer semester.
- 2008 PUBH 680, Health-Based Leadership, 3-hour on-line graduate course in Public Health, Spring semester.
- 2008 CHPR 691, Health Concepts, taught the Mental Health Unit of this on-line course, representing  $\frac{1}{4}$  of a 3-hour course. Co-instructor (25%) with Reger, Shaffron and Kershner.
- 2007 SCORM Module, Ex-Stress Yourself, embedded in Nursing 110, Fall 07, a one-week on-line module introduced by a 90-minute in-class lecture, Course Director, Amy Sparks.
- 2007 PUBH 691Z, Spring 07, 3-hour on-line course. Instructor (85%) with Dr. William F. Pettit.
- 2007 CHPR 691, Health Concepts, taught the Mental Health Unit of this on-line course, representing  $\frac{1}{4}$  of a 3-hour course. Co-instructor (25%) with Reger, Shaffron and Kershner.
- 2007 PUBH 691N, Resiliency as a Health Professions Competency, taught twice, one in Spring, 07 and again in Summer 07. 3-hour, on-line course. Instructor (85%) with Dr. William Pettit.

2006 - present	The Natural Remedy for Stress and Burn-out Continuing Education Course, on-line VISTA, through WVU Extended Learning – 2.5 CE’s. Asynchronous; students may register and complete on their own time. Instructor and course designer.
2006	PUBH 691 - Writing Well for the Health Professions – 3 hours, Fall, 2006. (85% Instructor, w/Coyne).
2006	PUBH 691Z, Principle-Based Leadership – 3 hrs. Web (85% Instructor, w-Dr. Pettit), Summer, 2006.
2006	PUBH 691N, Resiliency as a Health Professions Competency. Web (85% Instructor, w/Dr. Pettit), Summer II 2006.
2006	PUBH 691L, Health Concepts – Mental Health Unit – 2/1/06-3/1/06. Spring. Web. (25% co-instructor with Kershner, Shaffron, and Morris).
2005	PUBH 691N, Resiliency as a Health Professions Competency, co-instructor (85%) with William F. Pettit, M.D. (15%), Summer II (SOLE)
2005	PUBH 691, Writing Well for the Health Professions, Co-instructor (85%) with Cathy Coyne, PhD (15%). Spring (IViN)
2004	PUBH 691Z, Principle-Based Management for Senior Level Health Executives, Spring.
2004	PUBH 691, Writing Well for the Health Professions, co-instructor with Cathy Coyne, PhD, Summer I and II.
2004	PUBH 691N, “Resiliency as a Health Professions Competency, co-instructor (85) with William F. Pettit, M.D., Summer II.
2004	Guest Lecture, Presentation on Leadership to the Nursing Doctoral Student seminar taught by E. Jane, Martin, R.N., PhD., Dean of the WVU School of Nursing.
2004	Teaching Scholars Program: Director, Leadership Module, month of March. Four guest lectures supplementing a full on-line program.
2003	PUBH 691S, “Resiliency as a Health Professions Competency,” co-instructor with William F. Pettit, M.D., Summer II.



- 2003
- Guest Lectures:
- School of Nursing: “Creating Leadership from Within, the Catalyst for Team Synergy,” in nursing leadership course taught by Jacqueline Stemple, RN, EdD.
- CMED: “Innate Health: Awakening the Human Spirit,” Foundations of Wellness class taught by Dr. Bill Reger and Jan Reger-Nash.
- CMED: “Speaking to Large Groups,” for Dr. Ruth Kershner’s Intro to Public Health.
- Faculty Development:  
“Expanding vs. Inhibiting Thinking”
- External Events:  
“The Principles as a Foundation for Prevention,” two-day seminar for health professionals in Massachusetts enrolled in a year-long training program with the Optimal Living Center. Martha’s Vineyard, MA.
- 2002
- Grand Rounds: For Internal Medicine, with Jamie Shumway, PhD., “Understanding the Effect of Innate Health in our Professional and Personal Lives.”
- 2002
- Presentation to Sydney Banks Institute Research Symposium: With Jamie Shumway, Ph.D. and William F. Pettit, M.D.. “Understanding the Effect of Innate Health in our Professional and Personal Lives.”
- 2002
- External Events:  
“Living Spirit: New Dimensions in Work and Learning,” international conference on Organizational Spirituality at University of Surrey, Guildford, England. Four-hour breakout session attended by 35 people; three papers accepted for inclusion in Conference proceedings CD-ROM distributed internationally.
- 2002
- Guest Lectures: CMED  
Drs. Simon and Reger’s Wellness class  
Dr. Reger’s course in Lifestyle Management  
Dr. Kershner’s Intro to Public Health
- Guest Lectures: School of Nursing

- Dr. Suzanne Gross' class on Nursing Leadership  
 Guest Lectures: PT/OT  
 Dr. Ralph Utz' Intro class  
 Dr. Ralph Utz' Ethics class
- 2002 CEU/CME Classes:  
 Understanding Equanimity: two-day seminars in Morgantown and  
 Charleston co-taught with William F. Pettit, M.D.
- 2002 Faculty Development Classes  
 Expanding vs. Inhibiting Thinking  
 Empowering People  
 Effective Facilitation
- 2002 Teaching Scholars Program  
 Effective Communication in Education  
 Storytelling
2001. CHPR 335, Management for Health Professionals
- 2001 Nursing 153, Professional Role Development, Guest Lecture, January 11,  
 2001.
- 2000 CHPR 335, Management for Health Professionals, co-taught with  
 Professor Bill Wyant
- 1999 Elective, The Resilient Health Professional, Summer I