

Lori Gray Ph.D., L.P.
 269-387-2652
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Current Positions:

Assistant Professor **December 2014-present**
Integrative Holistic Health and Wellness Program
School of Interdisciplinary Health Services
Western Michigan University
 Teaching and developing curriculum for Integrative Holistic Health and Wellness program.

Psychologist and Mindfulness Instructor **September 2005-present**
Fully Licensed Doctoral Psychologist
Certified Teacher in Mindfulness Based Stress Reduction
 Offering Mindfulness Based Stress Reduction Workshops and Consultation

Formal Education:

Certified Teacher in Mindfulness Based Stress Reduction, 2014
 The Center for Mindfulness in Medicine, Health Care and Society, Oasis Teacher Training
 The University of Massachusetts Medical School, Worcester, Massachusetts.

Certification Training in Koru Mindfulness for Emerging Adults, 2016
 The Center for Koru Mindfulness, Durham, North Carolina

Certificate Program in Mindfulness and Psychotherapy, 2014
 Institute for Meditation and Psychotherapy, Newton Center, Massachusetts.

Certification in Primary Care Behavioral Health, December 2012
 The University of Massachusetts Medical School, Worcester, Massachusetts.

Professional Certified Coach, April 2006
 International Coach Federation, specializing in mentoring and wellness coaching.
 Mentorcoach Certification Program, Bethesda, Maryland.

Ph.D., Counseling Psychology, August 2003
 Michigan State University, East Lansing, Michigan.

M.A., Counseling Psychology, June 1998
 Western Michigan University, Kalamazoo, Michigan.
 Graduating GPA: 4.0

Graduate Certificate, Holistic Health Care, June 1998
 Western Michigan University, Kalamazoo, Michigan.

B.A., Psychology, May 1995
 The University of Michigan, Ann Arbor, Michigan.

B.M.A., Trumpet Performance, May 1995
 The University of Michigan, Ann Arbor, Michigan.

Previous Teaching Experience:

Adjunct Associate Professor **August, 2000-December 2014**
Integrative Holistic Health and Wellness Program
Western Michigan University

Teaching and developing curriculum for Integrative Holistic Health and Wellness program.
 Awarded Adjunct Associate status by the Board of Trustees in December of 2013- 2016.

Faculty Trainer and Mentor **September 2006-June 2011**
Wellcoaches Corporation, Wellesley, Massachusetts.
 Faculty wellness coach trainer and mentor for health care professionals. Delivered domestic and international programs and individual mentoring via webcam and teleconferencing.

Visiting Assistant Professor **September, 2003-June, 2005**
Kalamazoo College, Kalamazoo Michigan.
 Instructor for introductory and health psychology courses.

Course Instructor **August, 2002 - May, 2003.**
Western Michigan University; Kalamazoo, Michigan.

- Instructor for University 101 (adjustment to college).
- Instructor for University 102 (career development).

Course Instructor **August, 1999 – August 2002.**
Michigan State University; East Lansing, Michigan.

- Instructor for TE 150, “Reflections on Learning”, educational psychology.
- Created syllabus and class activities.
- Constructed class projects and learning contracts.

Course Instructor **August 2001-December 2001.**
Michigan State University; East Lansing , Michigan.

- Instructor for CEP 860, “Stress Management”.
- Created syllabus and class activities for graduate students.
- Constructed class projects, experiential learning.
- Provided students with experiences utilizing a model for stress counseling.

Course Instructor **August 1998-August 2000.**
Michigan State University; East Lansing, Michigan.

- Instructor for CEP 260, “Psychology of Personal Adjustment”.
- Devised syllabus and class activities.
- Attended summer seminars with Dr. Stephen Yelon and continuing seminars.
- Constructed class exams and experiential learning projects.

Course Instructor **July 1998-August 2000.**
Western Michigan University; Kalamazoo, Michigan.

- Instructed HOL 530 “Holism and the Environment”
- Guest lecturing in other Holistic Health Care Departmental courses.

Adjunct Lecturer of Music **September 1995-May 1996.**
The University of Michigan-Flint Campus; Flint, Michigan.

- Instructed and designed syllabi for courses in music theory, music appreciation, aural skills, and advanced music history for non-music and music majors.

Courses taught for Western Michigan University (main campus, regional centers, online):

Summer I 2016: HOL 5321 “Holistic Health Coaching”, HOL 4700 “Relationship Centered Skills”.

Spring 2016: HOL 5300 “Mindfulness to Enhance Daily Living (two sections), HOL 4700.

Fall 2015: HOL 4700 “Relationship Skills” (3 sections), HOL 5321 “Holistic Health Coaching”.

Summer II 2015: HOL 5321 “Holistic Health Coaching”, HOL 4700 “Relationship Centered Skills”.

Summer I 2015: HOL 5300 “Mindfulness to Enhance Daily Living”, 4700 “Relationship Centered Skills”.

Spring 2015: HOL 4700 (two sections), HOL 5300 “Mindfulness to Enhance Daily Living” (two sections).

Fall 2014: HOL 4700 “Relationship Centered Skills”, HOL 5321 “Holistic Health Coaching”.

Summer II 2014: HOL 5321 “Holistic Health Coaching”.

Summer I 2014: HOL 5300 “Mindfulness to Enhance Daily Living”.

Spring 2014: HOL 5300 “Mindfulness to Enhance Daily Living”.

Fall 2013: HOL 5321 “Holistic Health Coaching”.

Summer 2013: HOL 5321 “Holistic Health Coaching”.

Summer 2013: HOL 5300 “Mindfulness to Enhance Daily Living”.

Fall 2012: HOL 5321 “Holistic Health Coaching”.

Summer II 2012: HOL 5300 “Mindfulness to Enhance Daily Living”.

Spring 2012: HOL 5350 “Holistic Approaches to Stress” and HOL 5321 “Holistic Health Coaching”.

Fall 2011: HOL 5340 “Holistic Health and Spirituality”.

Summer I 2011: HOL 5310 “Introduction to Holistic Health”.

Summer I 2008: HOL 6400 “Holistic Health Methods”.

Spring 2008: HOL 5310 “Introduction to Holistic Health”.

Spring 2006: HOL 4700 “Relationship Centered Skills”.

Fall 2005: CECP Special Topics Course “Positive Psychology”.

Spring 2005: HOL 5340 “Holistic Health and Spirituality”.

Fall 2004: HOL 5340 “Holistic Health and Spirituality”.

Spring 2003: University 102 “Career Development.”

Fall 2002: University 101 “Adjustment to College”.

Summer 2000: HOL 530 “Holism and the Environment”.

Scholarly Writing, Publications, and Academic Presentations:

Gray, L.A. (2016) The experience of being well: Exploring the effects of mindfulness-based stress reduction training on participants' self-perception of health and wellness. Paper presented at the 2nd International Conference on Mindfulness, Sapienza University of Rome. Rome, Italy.

Gray, L.A., & Wertkin, R.A. (2016) Effects of mindfulness based stress reduction training on participant self-perceptions of health and well-being (article currently under revision).

Gray-Boothroyd, L.A. (2015). Poster showcase accepted for presentation at the 40th Annual National Wellness Conference, National Wellness Institute. Minneapolis, MN.

Gray-Boothroyd, L.A., Moore, M., Silverio, G., & Tschannen-Moran, B. (2010). Fundamentals of coaching psychology. In M. Moore, & B. Tschannen-Moran (Eds.), *Coaching psychology*. Lippincott Williams & Wilkins: Philadelphia PA.

Gray, L.(2003, April). The role of hope in successful aging._Presentation at the Great Lakes Regional Conference for Counseling Psychology, Division 17, The American Psychological Association, Kalamazoo, MI.

Gray, L.(2003, April). The role of hope in successful aging. Doctoral Dissertation completed at Michigan State University. Defended and approved by committee: April 2003.

Gray, L.(2002, April). Hope theory and its relevance to counseling psychology. Presentation at the Great Lakes Regional Conference for Counseling Psychology, Division 17, The American Psychological Association, East Lansing, MI.

Gray, L. (2001, April). Exploring positive addiction, spirituality and experiences of meditation. Presentation at the Great Lakes Regional Conference for Counseling Psychology, Division 17, The American Psychological Association, Akron, OH.

Gray, L. (2000). Exploring positive addiction, spirituality and experiences of meditation. Apprenticeship research project approved by committee: August, 2000.

Gray, L. (1998). Aspects of coping with rheumatoid arthritis. *Michigan Academician*, 30(1), 85-94.

Gray, L. (1997, April). Professional and ethical issues in counseling HIV-positive clients._Poster session presented at the Great Lakes Regional Conference for Counseling Psychology, Division 17, The American Psychological Association, Kalamazoo, MI.

Gray, L. (1997). Factors surrounding psychological adaptation to chronic illness. *Michigan Academician*, 29(3), 48. (abstract only)

Gray, L. (1997, March). Factors surrounding psychological adaptation to chronic illness._Paper presented at the annual conference of the Michigan Academy of Science, Arts, and Letters, Grand Rapids, MI.

Gray, L. (1996, March). The role of social support in coping with rheumatoid arthritis._Paper presented at the annual conference of the Michigan Academy of Science, Arts, and Letters, Alma, MI.

Professional Presentations/Workshops/Training Retreats:

Workshop: April 23rd, 2016: B.E.S.T., NIH funded program for post doctoral graduate students in biomedical sciences, Michigan State University. “Mindfulness: Medicine of the Moment”, East Lansing, Michigan.

Workshop: October 26th, November 2nd and November 9th, 2015: Osher Lifelong Learning Institute, Extended University Programs, Western Michigan University. “Adventures in Mindfulness”. Kalamazoo, Michigan.

Consultation and Mindfulness Training Sessions: June 29th-July 3rd, 2015: Fetzer Institute, Gilchrist Retreat Center’s Teacher Residency Program. Kalamazoo, Michigan.

Workshop: April 1st, April 8th, April 15th, 2015: Osher Lifelong Learning Institute, Extended University Programs, Western Michigan University. “Adventures in Mindfulness”. Kalamazoo, Michigan.

Presentation: October 2nd, 2014: Medical Residency Program at Western Michigan University. “The Medicine of the Moment: Mindfulness Based Stress Reduction and Patient Care”. Kalamazoo, Michigan.

Workshop: September 2013: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction – 8 week workshop”. Traverse City, Michigan.

Workshop: May 2013: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction – 8 week workshop”. Traverse City, Michigan.

Presentation: April 2013: Traverse Bay Area Intermediate School District. “Introduction to Mindfulness Based Stress Reduction”. Traverse City, Michigan.

Workshop: March 2013: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction – 8 week workshop”. Traverse City, Michigan.

Workshop: January 2013: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction – 8 week workshop”. Traverse City, Michigan.

Workshop: September 2012: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction – 8 week workshop”. Traverse City, Michigan.

Presentation: February, 2012: The Institute for Integral Development 27th Annual Conference on the Family in Stress and Crisis. “Mindfulness and Compassion as Self-Care for Helping Professionals”. Clearwater Beach, Florida.

Workshop: January 2012: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction – 8 week workshop”. Traverse City, Michigan.

Workshop: January 2012: Northwestern Michigan College Extended Educational Services. “A Taste of Mindfulness”. Traverse City, Michigan.

Workshop: October 2011: Northwestern Michigan College Extended Educational Services. “A Morning of Mindfulness”. Traverse City, Michigan.

Workshop: September 2011: The Center for Mindfulness in Northern Michigan. “Mindfulness Based Stress Reduction – 8 week workshop”. Traverse City, Michigan.

Workshop/Retreat: September 2011: Union Yoga Studio. “A Day of Mindfulness”. Lake Leelanau, Michigan.

Workshop: April 2011: Northwestern Michigan College Extended Educational Services. “Morning of Mindfulness”. Traverse City, Michigan.

Presentation/Workshop: July, 2010: 22th Annual Mid-Atlantic Research and Training Institute Summer School with Dr. Robert Ackerman : “Eliminating Self-Defeating Eating”, Indiana University, Indiana, Pennsylvania.

Workshop: April, 2010: Northwestern Michigan College Extended Educational Services. “Am I Hungry? Mindfulness and Food.” Traverse City, Michigan.

Presentation: June, 2006: The United States Probation and Pretrial Services Annual District Conference. “Psychic Gardening”. Marco Island, Florida.

Presentation: January, 2006: The Institute for Integral Development 20th Annual Conference on the Family in Stress and Crisis. “Psychic Gardening and Positive Psychology” and “Wellness and Health Promotion”. Clearwater Beach, Florida.

Plenary Presentation/workshop: July, 2005: 17th Annual Mid-Atlantic Research and Training Institute Summer School with Dr. Robert Ackerman – “Positive Psychology – The New Frontier” and “Wellness Promotion and Positive Psychology”, Indiana University, Indiana, Pennsylvania.

“Developing a stress-hardy attitude”. June, 2001: Presentation for the Healthy U. Health Promotions program, Michigan State University.

“Remembering Balance: Self-care for the Professional”. March, 2001: Presentation for the Michigan ACT Council Educational Conference, East Lansing, MI.

“Get a Healthy Attitude”. February, 2001: Presentation for the Healthy U. Health Promotions program, Michigan State University.

“Journaling for Health and Wellness”. October, 2000: Workshop for the Healthy U. Health Promotions program, Michigan State University.

“A Return to Your Original Self”. March, 2000: Meditation instruction for the Zen Center of Michigan, Okemos, MI.

“Just Relax”. October, 1999, and February, 2000: Presentations for the Healthy U. Health Promotions program, Michigan State University.

“Mindful Walking for Relaxation”. June – August, 1999: A series of presentations and experiential activities for the Healthy U Health Promotions program, Michigan State University.

“How To Develop a Peer Support Group”. March, 1999: Presentation for the Healthy U. Health Promotions program, Michigan State University.

Supervised Counseling and Clinical Experience:

Limited License Doctoral Psychologist
Life Expansion Psychological Services, August 2003-2005.

Post-doctoral private practice.

Doctoral Intern **August, 2002- August, 2003.**

University Counseling and Testing Center
Western Michigan University; Kalamazoo, Michigan
 (2000 hour APA accredited internship)

Counselor **January – June, 2001.**

Eastside Therapy and Counseling; Okemos, Michigan
(Advanced Doctoral Practicum Site)

Provided short-term counseling for adult men and women, and couples.
 Administered psychological testing and assessment.
 Received primary and group supervision.

Clinical Supervisor **September – December, 2000.**

Michigan State University; East Lansing, Michigan
(In conjunction with doctoral course in supervision models)

Provided clinical supervision for a masters student in counseling.
 Completed a supervision case presentation and portfolio.

Counselor **August, 1999-May, 2000.**

Michigan State University Counseling Center; East Lansing, Michigan
(Doctoral Practicum Site)

Provided short and long-term counseling to undergraduate and graduate student population at Michigan State University.
 Administered career and psychological assessments.
 Completed two case presentations, ABPP style.
 Worked with diverse clients in counseling.

Counselor **January – May, 1998.**

Lazar Psychological Services; Battle Creek, Michigan.
(Masters level internship site)

Provided short and long-term counseling to adults and children.
 Administered intellectual and personality assessments.
 Administered and monitored biofeedback interventions.
 Assisted in forensic evaluations of sexual perpetrators.
 Assisted in special needs evaluations of children and adolescents.
 Counseled chronic pain clients.
 Co-leader of group therapy for closed head injury clients.

Support Group Leader **February- September, 1997.**

National Arthritis Foundation; Kalamazoo, Michigan.

Provided a supportive environment for Fibromyalgia.
 Facilitated group dynamics and fostered group support.
 Educated participants in areas of coping flexibility and adaptation to chronic illness/pain.
 Encouraged activities to promote self-efficacy and well-being.

Crisis Counselor **September, 1994-August, 1995.**
S.O.S. Crisis Center; Ypsilanti, Michigan.

Applied a crisis intervention model to counsel callers and walk-in clients.
 Received training in specific interventions for issues such as substance abuse, sexual abuse, suicidal ideation, and chronic mental illness.

Activity Therapy Assistant **January – May, 1993.**
University of Michigan Medical Center; Ann Arbor, Michigan.

Assisted Activity Therapist in unit activities.
 Provided support for mentally ill patients in two hospital units.
 Organized and implemented music therapy activities.

Research Employment:

Research Assistant II **September 1995-August 1996.**
Cumulative Trauma Disorders Clinic; The University of Michigan, Flint, MI.

Employed to perform computerized library searches on Medline, and develop research design, data collection, data analysis using Systat.

Research Assistant I **September 1992-May 1995.**
Center for the Education of Women; The University of Michigan, Ann Arbor, MI.

Honors:

Golden Apple Teaching Award, Kalamazoo College, 2004.
 Milton Cudney Memorial Scholarship, Western Michigan University, 2003.
 University Graduate Fellowship, Michigan State University, 1998-1999.
 Western Michigan University Graduate Scholarship, 1997-1998.
 Michigan Competitive Scholarship, 1991-1993.
 University of Michigan Music Scholarship, 1990.
 Michigan Teacher's Association Scholarship, 1990.

References:**Gay Walker, MA**

Titles: Former Program coordinator and Faculty Specialist, Western Michigan University

Contact Information:

Integrative Holistic Health and Wellness Program

Western Michigan University

903 W. Michigan Ave.

Kalamazoo, MI 49008-5212.

Email address: gay.walker@wmich.edu

Phone: 269-387-2429

Dr. Carolyn West, PhD

Titles: Licensed Psychologist and Faculty at the Center for Mindfulness in Medicine, Health Care and Society.

Contact Information:

Center for Mindfulness in Medicine, Health Care and Society

University of Massachusetts Medical School

222 Maple Avenue

Shrewsbury, MA 01545

Email Address: Carolyn.West@umassmed.edu

Phone: 413-583-2719

Margaret Moore, MBA

Titles: CEO of Wellcoaches Corporation and School of Coaching, Faculty of Harvard University Extension School

Contact Information:

Wellcoaches Corporation

PO Box 812714

Wellesley, MA 02482

Email address: margaret@wellcoaches.com

Phone: 781-431-9538