Karen Bluth

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**EDUCATION**

2012 Ph.D., Child and Family Studies, University of Tennessee

1990 M.S. Environmental Education, Southern Connecticut State University

1989 Teaching certification: Grades 1-8, Southern Connecticut State University

1979 B.S. Zoology, Duke University

## PROFESSIONAL EXPERIENCE

2018-present Assistant Professor, Department of Psychiatry, UNC School of Medicine, University of North Carolina-Chapel Hill

Fellow, Frank Porter Graham Child Development Institute, University of North Carolina-Chapel Hill

2019-present Adjunct Professor, Assumption University, Worcester, MA

2019-present Teacher Trainer, Center for Mindful Self-Compassion

2017-2018 Assistant Professor, Program on Integrative Medicine, Department of Physical Medicine and Rehabilitation, UNC School of Medicine, University of North Carolina-Chapel Hill

2015-2017 Instructor, Program on Integrative Medicine, Department of Physical Medicine and Rehabilitation, UNC School of Medicine, University of North Carolina-Chapel Hill

2013-2015 Associate Director, Program on Mindfulness-Based Stress and Pain Management, Program on Integrative Medicine, University of North Carolina-Chapel Hill

2012-2015 NIH T-32 Postdoctoral research fellow, Program on Integrative Medicine, University of North Carolina-Chapel Hill (T32AT003378-04)

2011-2012 Graduate teaching associate

Child and Family Studies Department

University of Tennessee

2008-2012 Research assistant

Child and Family Studies Department

University of Tennessee

1989-2008 Classroom teacher, grades K-8 (see details under Teaching Experience)

### PEER-REVIEWED PUBLICATIONS

Andersen, E., Geiger, P., Tauseef, H., Schiller, C., **Bluth, K.,** Watkins, L., Xia, K., Zhang, Y., Leserman, J., Gaylord, S., Girdler, S. (in press). Effects of Mindfulness-Based Stress Reduction on Experimental Pain Sensitivity and Cortisol Responses in Women with Early Life Abuse: A Randomized Controlled Trial. *Psychosomatic Medicine.*

Lathren, C., Rao, S., Park, J., **Bluth, K.** (in press). Self-Compassion and Current Close Interpersonal Relationships: A Scoping Literature Review. *Mindfulness.*

Lathren, C., **Bluth, K.,** Zvara B. (in press). Parent Self-Compassion and Responses to Child Difficult Emotion: An Intergenerational Theoretical Model Rooted in Attachment. *Family Theory and Review*.

Boggiss, A. L., Consedine, N., Schache, K., Jefferies, C., **Bluth, K.,** Hofman, P., & Serlachius, A. (in press). A brief self-compassion intervention for adolescents with type 1 diabetes and disordered eating: a feasibility study. *Diabetic Medicine* doi: 10.1111/dme.14352

**Bluth, K.,** Park, J., Lathren, C. (2020) Is Parents’ Education Level Associated with Adolescent Self-Compassion? A Preliminary Report. *Explore: The Journal of Science and Healing.*

Boggiss, A.L., Consedine N. S., Jefferies C, **Bluth, K.,** Hofman, P. L., Serlachius, A. S. (2020). Protocol for a feasibility study: a brief self-compassion intervention for adolescents with type 1 diabetes and disordered eating. *BMJ Open* 2020;10:e034452. doi:10.1136/ bmjopen-2019-034452.

Lathren, C. R., Sloane, P. D., Zimmerman, S., **Bluth, K**., Silbersack, J., & Wretman, C. J. (2020). Mindful Self-Compassion Training for Nursing Assistants in Long-Term Care: Challenges and Future Directions. *Journal of the American Medical Directors Association*, *21*(5), 708-709.

Neff, K. D., **Bluth, K.,** Tóth-Király, I., Davidson, O., Knox, M. C., Williamson, Z. & Costigan, A. (2020). Development and validation of the Self-Compassion Scale for Youth.  *Journal of Personality Assessment.* 1-14.

Lenger, K. A., Roberson, P. N. E., & **Bluth, K**. (2020). Are contemplative capacities created equal? Examining demographic differences in adolescents’ contemplative capacity and differences in psychological well-being. *Mindfulness*. *11*(7), 1678-1689.

Lathren, C., **Bluth, K.**, Park, J. (2019). Adolescent Self-Compassion Moderates the Relationship Between Perceived Stress and Internalizing Symptoms, *Personality and Individual Differences, 143,* 36-41.

**Bluth, K.,** & Neff, K. (2018). New frontiers in understanding the benefits of self-compassion. *Self and Identity, 17*(6), 605-608.10.1080/15298868.2018.1508494.

Lathren, C., **Bluth, K.**, Campo, R. A., Tan, W. (2018). Young Adult Cancer Survivors’ Experiences with A Mindful Self-Compassion (MSC) Video-Chat Intervention: A Qualitative Analysis, *Self and Identity*, 17*(6), 646-665.*

**Bluth, K.,** Mullarkey, M., Lathren, C. (2018). Are Adolescents who have Greater Self- Compassion More Resilient and More Likely to Embrace New Experiences? *Journal of Child and Family Studies, 27*(9), 3037-3047,10.1007/s10826-018-1125-1.

**Bluth, K.,** &Eisenlour-Moul, T. (2017). Response to a mindful self-compassion intervention in teens: A within-person association of mindfulness, self-compassion, and emotional well-being outcomes, *Journal of Adolescence, 57*, 108-118.

**Bluth, K.,** Roberson, P.,& Girdler, S. (2017). Adolescent sex differences in response to a mindfulness intervention: A call for research, *Journal of Child and Family Studies*. *26*(7), 1900-1914. doi: 10.1007/s10826-017-0696-6.

Campo, R.A., **Bluth, K.,** Santacroce, S., Spivey, S., Tan, W., Gold, S., Phillips, K., & Gaylord, S., Asher, G. A. (2017). Mindful self-compassion videoconference intervention for nationally recruited posttreatment young adult cancer survivors: Feasibility, acceptability, and psychosocial outcomes, *Journal of Supportive Care in Cancer. 25*(6)*,* 1759-1768.

**Bluth, K.,** Campo, R.,Futch, W. Gaylord, S. (2016). Age and gender differences in the associations of self-compassion and emotional well-being in a large adolescent sample, *Journal of Youth and Adolescence, 46*(4), 840-853. doi: 10.1007/s10964-016-0567-2.

**Bluth, K.,** Gaylord, S., Campo, R., Mullarkey, M., Hobbs, L. (2016). Making friends with yourself: A mixed methods pilot study of a mindful self-compassion program for adolescents, *Mindfulness 7*(2), 479-492*,* doi: 10.1007/s12671-015-0476-6.

**Bluth, K.,** Roberson, P.E., Gaylord, S., Grewen, K., Faurot, K., Arzon, S., Girdler, S*.* (2016)*.*

Does self-compassion protect adolescents from stress? *Journal of Child and Family Studies 25*(4*),* 1098-1109,doi: 10.1007/s10826-015-0307-3.

**Bluth, K.,** Campo, R.,Pruteanu-Malinici, S., Reams, A., Mullarkey, M., & Broderick, P.C. (2016).A school-based mindfulness pilot study for ethnically diverse at-risk adolescents, *Mindfulness 7*(1), 90-104, doi:10.1007/s12671-014-0376-1.

**Bluth, K.,** Gaylord, S., Nguyen, K., Bunevicius, A., & Girdler, S.S. (2015). Mindfulness-based stress reduction as a promising intervention for amelioration of premenstrual dysphoric disorder symptoms, *Mindfulness 6*(6), 1292-1302*,* doi: 10.1007/s12671-015-0397-4*.*

**Bluth, K.,** Roberson, P.E., & Gaylord, S. (2015). A pilot study of a mindfulness intervention for adolescents and the potential role of self-compassion in lowering stress, *Explore: The Journal of Science and Healing, 11*(4) 292-295,10.1016/j.explore.2015.04.005*.*

Kiken, L., Garland, E., **Bluth, K.,** Palsson, O., & Gaylord, S. (2015). From a state to a trait:Trajectories of state mindfulness in meditation during intervention predict changes in trait mindfulness, *Personality and Individual Differences,* 41-46, doi:10.1016/j.paid.2014.12.044*.*

**Bluth, K.** &Blanton, P.(2015).The influence of self-compassion on emotional well-being outcomes among younger and older adolescent males and females*, Journal of Positive Psychology, 10,* 219-230,doi:10.1080/17439760.2014.936967.

**Bluth, K.,** & Blanton, P. (2014). Mindfulness and self-compassion: Exploring pathways to adolescent emotional well-being, *Journal of Child and Family Studies, 23*, 1298-1309, doi: 10.1007/s10826-013-9830-2.

**Bluth, K.,** Roberson, P., Sams, J., & Billen, R. (2013). A stress model for parents of children with autism spectrum disorders and the introduction of a mindfulness intervention, *Journal of Family Theory and Review,* 194-213. doi: 10.1111/jftr.12015.

**Bluth, K.,** & Wahler, R. (2011). Does effort matter in mindful parenting? *Mindfulness, 2*(3), 175-178, doi: 10.1007/s12671-011-0056-3.

**Bluth, K.,** & Wahler, R. (2011).Parenting preschoolers: Can mindfulness help? *Mindfulness, 2(*4),282-285, doi: 10.1007/s12671-011-0071-4.

**MANUSCRIPTS UNDER REVIEW**

Gaylord, S. A., Faurot, K. R., Palsson, O. S., Garland, E. L., Mann, J. D., **Bluth, K.,** Whitehead, W. E., Mindfulness Training Has Long-term Therapeutic Benefits in Women with Irritable Bowel Syndrome.

Mullarkey, M., Marchetti, I., **Bluth, K.,** Carlson, C., Beavers, C. Central Depressive Symptoms

Are More Related to Life Satisfaction In Adolescence: A Network Analysis.

Kiken, L., Peters, J., **Bluth, K**., Rajagopalan, R., Gaylord, S. Predicting mindfulness intervention

responses: Roles of baseline mindfulness facets in improvements in psychological mechanisms.

Mullarkey, M., Dobias, M. L., **Bluth, K.** [Understanding the Unique Relationships Between Self-Compassion, Mindfulness, and Individual Adolescent Depressive Symptoms: A Network Analysis](https://u667348.ct.sendgrid.net/wf/click?upn=y2ZZ2Pa5C7z7Yr8cXbII2-2B7R5DZAiz2Za69-2BWWEOPcxEV8SUdQoRCv-2FXlTn-2BMR9B_rh24tgaV2RtuE0SSOG7H7sdtYyM6DoLZXALw0cS0omjWDSyu6O8rrgKYwun41jrNz0AVKIqOqVUHH4dJpNn-2B87xW2qv7DwDSMiI0wAteoDR9LqPiDEDi1lYZU-2BtR5QI5gqbw2lkIx-2BwXnM2Gge7AS6ZeyamsJQcj5Kz13V0l20Mh2Kkm4oxKDWDihAFKpUVi1EH03jfdt2lzmmmf2K4kQdFCeWXXdubZWZIwy-2Bb6kgA-3D)

Donovan, E., **Bluth, K.,** Scott, H., Mohammed, M., Cousineau, T. M., Feasibility and Acceptability of Implementing the Making Friends with Yourself Intervention on a College Campus

**CHAPTERS**

**Bluth, K.**, Lathren C. R., Hobbs, L. 2018. *Mindful Self-compassion for Teens and Young Adults*, In Rettger, J.P., Carrion V.G (eds). Applied Mindfulness: Approaches in Mental Health for Children and Adolescents. Washington DC: American Psychiatric Association Publishing.

**Bluth, K.**, Lathren, C. R., Park, J. 2019. *Self-compassion as a Protective Factor for Adolescents Experiencing Adversity,* In Munroe, M., Ferrari, M. (eds). Coping Wisely with Adversity. Springer.

**Bluth, K.,** Park, J., Lathren, C. R. 2019. *Self-Compassion in Adolescence: A Review of the Research,* In Bents, H., Gschwendt, M., Mander, J. (eds). Mindfulness and Self-Compassion. Springer-Verlag.

**BOOKS**

Bertin, M., & **Bluth, K.** *Mindfulness and Self-Compassion for Teen ADHD: Build Executive Functioning Skills, Increase Motivation, and Improve Self-Confidence,* New Harbinger Publishers: Oakland, CA. (forthcoming: May 1, 2021).

**Bluth, K.** *The Self-Compassionate Teen: Mindfulness and Compassion Skills to Conquer Your Critical Inner Voice*, New Harbinger Publishers: Oakland, CA. (forthcoming: October 1, 2020).

**Bluth, K.** *The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are*, New Harbinger Publishers: Oakland, CA.

Andrus, A., **Bluth, K.**. *Project You: More than 50 Ways to Calm Down, De-Stress, and Feel Great*, Capstone Publishers: North Mankota, MN.

Andrus, A., **Bluth, K**. *Happiness Hacks: How to Find Energy and Inspiration*, Capstone Publishers: North Mankota, MN.

Andrus, A., **Bluth, K.** *Me Time: How to Manage a Busy Life,* Capstone Publishers: North Mankota, MN.

Andrus, A., **Bluth, K.** *Stress Less: How to Achieve Inner Calm and Relaxation,* Capstone Publishers: North Mankota, MN.

**REFEREED PRESENTATIONS**

Barnhill J.L., Meltzer-Brody S., Farrell T., Putnam K., Meyers M, **Bluth K**. *Wellbeing among Surgery Residents: Findings Inform Evolution of Mindful Self-compassion Course*. American Conference on Physician Health, Charlotte, NC. September, 2019.

**Bluth, K.**, Eisenlohr-Moul, T. *A Mindful Self-Compassion Program for Adolescents: A Within-Person Association of Mindfulness, Self-Compassion, and Emotional Wellbeing Outcomes.* International Symposium of Contemplative Research (ISCR), Phoenix, AZ: November, 2018.

Lenger, K. A., Roberson, P. N. E., & **Bluth, K**. Examining adolescents’ “contemplative

capacity” profiles and differences in individual well-being. International Symposium of

Contemplative Research (ISCR), Phoenix, AZ: November, 2018.

**Bluth, K.** Bringing Self-Compassion to College Students: Increasing Coping Resources and Mental Health. Contemplative Practices for the 21st Century, Chapel Hill: NC, March 9-10, 2018.

**Bluth, K.** Mullarkey, M., Lathren, C. Are Adolescents Who Have Greater Self-Compassion More Resilient and More Likely to Embrace New Experiences? Bridging the Hearts and Minds of Youth, San Diego, CA: February 2-February 3, 2018.

Lathren, C., **Bluth, K.** A Qualitative Analysis of Young Adult Cancer Survivors’ Experiences with a Mindful Self-Compassion Video-Chat Intervention, Bridging the Hearts and Minds of Youth, San Diego, CA: February 2-February 3, 2018.

Murphy, K., **Bluth, K.** Bridging the Hearts and Minds of Youth, Art of Here and Now: Beyond Mindful Drawing, San Diego, CA: February 2-February 3, 2018.

**Bluth, K.,** Eisenlohr-Moul, T. Surfing the Waves of Adolescence: *Findings from a Mindful Self-Compassion Program for Teens, Mindful Families, Schools and Communities: Contemplative Practices to Promote Child and Family Well-Being,* Seattle, WA: April 28-29, 2017.

**Bluth, K.** Campo, R. *A Mindful Self-Compassion Videoconference Intervention for Nationally*

*Recruited Posttreatment Young Cancer Survivors: Feasibility, Acceptability, and Preliminary Psychosocial Outcomes*, Bridging the Hearts and Minds of Youth, San Diego, CA: February 10-February 12, 2017.

**Bluth, K.** Himelstein, S. Saltzman, A., Hobbs, L., Larochette, J.G., Vo, D.

*“Feeling my Breath is Just Dumb!”: A Panel of Experienced Mindfulness*

*Instructors Share their Experiences in Handling Resistance to Learning Mindfulness*

Bridging the Hearts and Minds of Youth, San Diego, CA: February 10-February 12,

2017.

**Bluth, K.** *Making Friends with Yourself: A Mixed Methods Pilot Study of a Mindful*

*Self-Compassion Program for Adolescents,* Society of Research on Adolescence, March 31-April 2, 2016.

**Bluth, K.** *Does Self-Compassion Protect Adolescents from Stress?* Bridging the Hearts and

Minds of Youth, San Diego, CA: February 26-February 28, 2016.

Campo, R.A., Santacroce, S., **Bluth, K**., Gaylord, S., Spivey, S., Tan, W., Gold, S., Asher, G. *Young adult cancer survivors’ interest in and enrollment into an online mindful self-compassion 8-week intervention*. American Psychosomatic Society annual conference, Denver, CO: March 9-12, 2016.

Campo, R.A., Santacroce, S., **Bluth, K.,** Gaylord, S., Spivey, S., Tan, W., Gold, S., Asher, G. *Recruitment outcomes of an 8-week video-chat mindful self-compassion intervention for young adult cancer survivors.* 2015 University of North Carolina Lineberger Cancer Center Annual Scientific Retreat, Chapel Hill, NC., March 12, 2016.

**Bluth, K.** *Making Friends with Yourself: A Mindful Self-Compassion Program for Teens – A Mixed Methods Pilot Study,* Mindfulness and Compassion: The Art and Science of Contemplative Practice, San Francisco, CA: June 3-7, 2015.

**Bluth, K.** *Enhancing Well-being in Adolescents: An Initial Pilot Study of "Making Friends with Yourself: A Mindful Self-Compassion Program for Teens”*, Bridging the Hearts and Minds of Youth, San Diego, CA: February 27-March 1, 2015.

**Bluth, K.,** Hobbs, L. *Self-Compassion with Teens: Taking First Steps to Address the Big Issues,* Bridging the Hearts and Minds of Youth, San Diego, CA: February 27-March 1, 2015.

**Bluth, K.** *Does self-compassion protect adolescents from stress?* Science of Compassion Conference,Center for Compassion and Altruism Research and Education, San Francisco, CA: November 10-11, 2014.

**Bluth, K.** *Self-Compassion, Mindfulness, and Adolescent Emotional Well-Being,* Society for Research on Adolescents, Austin, TX: March 20-22, 2014.

**Bluth, K.** *Developing Mindfulness, Self-compassion and Emotional Well-Being through Learning to BREATHE, a Mindfulness Course for Adolescents,* Bridging the Hearts and Minds of Youth, San Diego, CA: February 7-9, 2014.

**Bluth, K.,** *Self-Compassion in Adolescence: A New Pathway to Emotional Well-Being,* National Conference on Family Relations, San Antonio, TX: November 6-9, 2013.

Girdler, S. S., Nguyen, K., Bunevicius, A., & **Bluth, K.** *Mindfulness, menstrual mood disorders, and early life abuse: Biopsychosocial mechanisms.* American Psychomatic Society Conference, Miami: FL: March 13-16, 2013.

Garland, E., Kiken, L., Palsson, O., **Bluth, K.,** Gaylord, S. *Weekly Trajectories of State Mindfulness Predict Increased Mindful Dispositionality Following MBSR: A Latent Growth Curve Analysis*, Investigating Mindfulness in Medicine, Health Care, and Society, Worcester, MA: April 17-21, 2013.

**Bluth, K.** *Self-Compassion, Mindfulness, and Adolescent Emotional Well-Being,* Bridging the

Hearts and Minds of Youth, San Diego, CA: February 1-3, 2013.

**Bluth, K.** *Mindfulness and Self-Compassion: Exploring Pathways to Adolescent Emotional Well-*

*Being*. National Conference on Family Relations, Phoenix, AZ: October 31-November 3,

2012.

Billen, R., **Bluth, K.,** Roberson, P., Sams, J. *Autism and Parental Stress: A Model for Couples*

*Parenting Children with Autism Spectrum Disorder and a Mindfulness Intervention*, National Conference on Family Relations, Phoenix, AZ: October 31-November 3, 2012.

**Bluth, K.,** Roberson, P., Sams, J., & Billen, R. *A Stress Model for Parents of Children with Autism Spectrum Disorders and the Introduction of a Mindfulness Intervention.* Graduate Student Colloquium, University of Tennessee: March 9, 2012.

**Bluth, K.,** Wahler, R. *The Mediating and Moderating Role of Parental Mindfulness on Adolescent Behavior.* National Conference on Family Relations, Orlando, FL; November 16-18, 2011.

**Bluth, K**., Wahler, R*. Investigating mindfulness as a mediator and moderator in the relationship between parenting effort and adolescent behavior outcomes*. Southeast Conference on Family Relations, Birmingham, AL; March 3-4, 2011.

**Bluth, K**., Linn, R., Johnson, E*. Hassles, uplifts, and early adolescent well-being.* Quint State, Greensboro, NC; Feb. 18-19, 2011.

**Bluth, K**., Wahler, R*. Reducing parenting effort through mindfulness: An innovative approach.* National Council of Family Relations. Minneapolis, MN, November 3-6, 2010.

**Jung, M., Barber, B., Bluth, K., Spellings, C., Xia, M*. The impact of political conflict on children’s well-being: A meta-analysis.* National Council on Family Relations. Minneapolis, MN, November 3-6, 2010.**

Moran, M., **Bluth, K***. The democratization of early childhood mentor supervision: The role of emotional intelligence in promoting shared power and authority with mentees.* National Association of Education for Young Children Professional Development Institute, Phoenix, AZ. June 6-9, 2010.

**Bluth, K**., Moran, M., Maples, C*. The impact of the emotional intelligence of one ECE mentor teacher in a community of practice: A case study.* National Association of Education for Young Children Professional Development Institute, Phoenix, AZ. June 6-9, 2010.

### Spellings, C., Bluth, K. *Culturally sensitive method: Community based participatory research.* National Council on Family Relations, San Francisco, CA, November 11-14, 2009.

Anders, A., **Bluth, K.,** Lester, J., Mariner, N., Sprecher, K., Diem, J*. Methodological gifts: Reflexivity and tacit hopes and beliefs in community research with Burundian refugees.* American Educational Studies Association, Pittsburgh, PA, November 4-8, 2009.

### Bluth, K., Maples, C., Moran, M. *The power of collaborative reflective practice on ECE mentors’ supervision in one setting*. Tennessee Association for the Education of Young Children, Gatlinburg, TN, October 15-16, 2009.

**RESEARCH GRANTS**

2018-2020 NIH/NIA R21 (Co-I) *Mindful Self-Compassion Training to Improve Retention, Job Satisfaction, and Attitudes toward Dementia among Long-Term Care Nursing Assistants*

2017-2020 Institute of Educational Sciences (Investigator): *Promoting Self-Regulation to*

*Enhance Social, Behavioral, and Academic Adjustment in Middle School*

2016-2019 NIH/NCCIH R34 (Co-I, $684,000): *Making Friends with Yourself: A*

*Mindful Self-Compassion Program for Adolescents with Subsyndromal Depression*

2015-2016 John Rex Endowment: (Co-I; $109,998): *Promoting Positive Mental Health for*

*Youth and Caregivers in Southeast Raleigh through Mindfulness-Based Training: A Collaborative Planning Project*

2015-2016 NC TraCS Translational Research Pilot Grant (PI; $2000): *Assessing Mindfulness, Self-Compassion, and Dimensions of Emotional Well-Being Across Adolescence*

2013-2015 University Research Council, University of North Carolina, Chapel Hill (Co-PI; $4960): *The Development and Pilot Testing of a* *Mindful Self-Compassion Program for Adolescents*

2012-2014 Mind & Life Institute Francisco J. Varela Grant for Contemplative Science Research, (PI: $14,500):*Exploring the Impact of a Mindfulness Intervention on Adolescents’ Self-Compassion and Emotional Well-Being*

**TEACHING EXPERIENCE**

2018-present Making Friends with Yourself: A Mindful Self-Compassion Program for Teens (MFY); UNC Program on Integrative Medicine (2014-18) & Frank Porter Graham Program for Mindfulness and Self-Compassion for Families (2019-20) – 8 week course introducing mindfulness and self-compassion skills for teens; adapted from the adult Mindful Self-Compassion (MSC) program

2014-present Mindful Self-Compassion (MSC); UNC Program on Integrative Medicine (2014-18) & Frank Porter Graham Program for Mindfulness and Self-Compassion for Families (2019-present) – 8 week course introducing mindfulness and self-compassion skills for adults.

2012–present Mindfulness Based Stress Reduction (MBSR); UNC Program on Integrative Medicine – 8 week course on introducing mindfulness skills; taught to adults in the community

2012–present Learning to BREATHE – A Mindfulness Curriculum for Adolescents; UNC Program on Integrative Medicine - taught to adolescents in the community

2011 Instructor, Child and Family Studies 213: Development in Adolescence and Adulthood, University of Tennessee

2001-2008 Math teacher, Greenway Middle School, Knoxville, TN

1998-2001 Fifth grade teacher, Fountain City Elementary School and Halls Elementary School, Knoxville, TN

1996-1998 Homebound high school teacher, Knox County Schools, Knoxville, TN

1994-1996 K-3 Spanish and math teacher, Garden Montessori, Knoxville, TN

1990-1993 First and Second grade teacher, Colegio Americano de Quito, Quito, Ecuador

1989-1990 K-1 teacher, Cold Spring School, New Haven, CT

1990 Exchange teacher, Tallinn, Estonia, USSR

**INVITED TALKS AND WORKSHOPS**

2020 University of Maryland School of Social Work, Caring for Yourself While Caregiving Others, September 18, 2020 (upcoming).

2020 Fostering Resilience During Covid-19 (series of 12 webinars), South Southwest Mental Health Technology Transfer Center, June-September, 2020.

2020 University of TN, UT Extension, Family and Consumer Sciences, Caring for Yourself While You Care for Others, June 17, 2020.

2020 North Carolina Psychological Association, Mindful Self-Compassion: Caring for Yourself While You Care for Others, Feb 15 & May 1, 2020.

2019 Head Start Orange County, Orlando, FL: Caring for Yourself While You Care for Others; July 30-31, 2019.

2019 Inclusion Institute, Chapel Hill, NC: Mindful Self-Compassion: Caring for Yourself While You Care for Others; May 7 & May 9, 2019.

2019 Family Service Society, Inc. Elmira, NY: Self-Compassion Tools for Teens: Working with Self-Judgment and the Inner Critic; May 17, 2019.

2019 Geelong Grammar School, Geelong, Australia; Self-Compassion in the Classroom and Beyond; February 28, 2019.

2019 Educating with Empathy Conference; Learning and the Brain; San Francisco, CA; February 17, 2019.

2019 Terra Marin School, Mill Valley, CA; Self-Compassion in the Classroom; February 13-14, 2019.

2018 Panel speaker; Compassion in Connection, Omega Institute, Rhinebeck, NY; Making Friends with Yourself: A Mindful Self-Compassion Program for Teens; October 27, 2018.

2018 Plenary speaker; Mindfulness in Education Conference, Washington D.C.; *Can Teens Overcome Self-Criticism and Embrace Who They Are?* March 17, 2018.

2018 Delta Academy, Raleigh, NC; *Mindfulness and Self-Compassion: Building Resilience in*

*High School Girls,* January 27, 2018.

2017 Mindfulness in Education for Effective Change, Fox Haven Retreat Center, Jefferson, MD; *Self-Compassion: A Heartfelt Response to Our Own Suffering*, September 23, 2017.

2017 Scroggs Elementary, Chapel Hill, NC, *Mindfulness and Self-Compassion Tools for Educators*, August 21, 22 & December 13, 2017

2017 Women’s Networking Group, Research Triangle Park, NC: *Mindfulness and Self-Compassion: Finding the Eye of the Hurricane*, September 15, 2017.

2017 Fostering Hope: Tennessee Foster Parent Conference, Mufreesboro, TN; *Mindfulness and Compassion Tools for Foster Parents;* September 9, 201*7.*

2017 The Benji Project, Port Townsend, WA; Mindful Self-Compassion for Teens; August 26-27, 2017.

2017 Keynote speaker: Shift NC Annual Conference on Adolescent Sexual Health: Superheroes Activate: Uniting Our Powers for Impact, Greensboro, NC; *Working with Adolescents with Mindfulness and Self-Compassion,* May 26, 2017.

2017 Mindful Families, Schools & Communities: Contemplative Practice Research Promoting Child Well-being, Seattle: WA; *Surfing the Waves of Adolescence: Findings from a Mindful Self-Compassion Program for Teens,* April 28-29, 2017.

2017 International Association of Social Work with Groups: Mindfulness Across the Lifespan; Raleigh, NC; *Teaching Mindfulness and Self-Compassion with Adolescents*, March 4, 2017.

2017 Women in Bio, Research Triangle Park, NC. *Mindfulness and Self-Compassion: FInding the Eye of the Hurrican*e, February 22, 2017.

2016 Delta Academy, Raleigh, NC; *Mindfulness and Self-Compassion: Building Resilience in*

*Middle School Girls,* November 20, 2016

2016 Clinical Lecture Series, UNC School of Social Work, Chapel Hill, NC; *Self-Compassion: A Heartfelt Response to our own Suffering,* September 19, 2016

2016 Keynote speaker, The Evolution of Personhood and Identity, MetroHealth Pastoral Care Conference, Cleveland, OH; *Self-Compassion: A Heartfelt Response to our Unfolding Personhood and Identity*, May 19, 2016

2016 University of California, San Diego; San Diego, CA; *Making Friends with Yourself:* *A Mindful Self-Compassion Program for Teens Teacher Training*, April 14-17, 2016

2016 Exploring Social-Emotional Development: Practices to Meet the Diverse Needs of Young Children, Roanoke, VA; *Cultivating Mindfulness and Self-Compassion: Reducing Stress and Re-Awakening Joy in the Lives of Early Childhood Professionals,* April 5, 2016

2016 Guiding Healthy Behaviors in Early Childhood (GHBEC), Greensboro, NC; *Integrating Mindfulness & Self-Compassion into the Early Care & Education Workplace*, March 5, 2016

2016 (with Dr. Kristin Neff) Bridging the Hearts and Minds of Youth, San Diego, CA; *Self-Compassion: A Heartfelt Response to the Challenges of Adolescence,* February 26, 2016

2016 UNC Kenan-Flagler School of Business, Chapel Hill, NC; *Self-Compassion: A Healthier Way of Relating to Yourself,* January 20, 2016

2015 Alpha Omicron Pi Sorority, Elon University, Elon, NC; *Mindfulness: Seeking the Eye of the Hurricane and Finding Stillness Amid the Stress*, November 14, 2015

2015 Chatham County Schools, Pittsboro, NC; *Mindfulness: Finding the Eye of the Hurricane*, September 24, 2015

2015 Department of Physical Medicine and Rehabilitation, East Carolina University School of Medicine, Greenville, NC; *Making Friends with Yourself: A Mindful Self-Compassion Program for Teens – A Mixed Methods Pilot Study,* September 2, 2015

2015 Department of Physical Medicine and Rehabilitation, UNC School of Medicine, Chapel Hill, NC; *Making Friends with Yourself: A Mindful Self-Compassion Program for Teens – A Mixed Methods Pilot Study*, June 5, 2015

2015National Early Childhood Inclusion Institute, Chapel Hill, NC; *Be Well to Teach*

*Well: Integrating Mindfulness into Working with Children, Families and Professionals*, May 12, 2015

2015 Elon University, Elon, NC; *Live Well Teach Well: Reducing Stress and Enhancing Wellbeing in Teachers*, April 25, 2016

2015 Telamon Corporation Conference 50th Anniversary, Raleigh, NC; *Seeking Shelter from*

*the Storm: Mindfulness for Early Childhood Professionals,* March 10, 2015

2014 Eva Perry Regional Library, Apex, NC; *Teen Scene: What’s Mindfulness? And How Can It Help Me?* November 6, 2014

2014 Integrative Medicine in Preventive Medicine Education (IMpriME) webinar; *Mindfulness for Enhancing Health and Well-being*, September 25, 2014

2014 William and Ida Friday Center for Continuing Education, Chapel Hill, NC; *What About*

*the Kids? Mindfulness, Self-Compassion and Youth*, April 10, 2014

2013 UNC Hospital Teachers In-service, Chapel Hill, NC; *Mindfulness: Finding Stillness Amid*

*the Stress*, May 7, 2013

**ADVANCED TRAINING**

2014 Integrating and Communicating Mixed Methods Study Findings, ResearchTalk, Odum Institute, UNC

2014 Mindful Self-Compassion Teacher Training: Petaluma, CA

2014 Cardioedit Software Training, UNC School of Nursing

2013 Scientific Writing from the Reader’s Perspective

2013 Salivary Cortisol Bioscience Training; UNC School of Nursing, Chapel Hill, NC

2013 Mindful Self-Compassion: Core Skills Training; Esalen Institute, Big Sur, CA

2011 Summer Institute on Research Methodology; Oregon State University, Corvallis, OR

2011Mind and Life Summer Research Institute: New Frontiers in Contemplative Science; Garrison Institute, Garrison, NY

2011 European Association of Research on Adolescence - Society for Research on

Adolescence Summer Research Institute; Tucson, AZ

2011 MindUp Consultant Training; Hawn Foundation; Scholastic Books, NY, NY

2010 Mind and Life Summer Research Institute: Education, Developmental Neuroscience and

Contemplative Practices: Questions, Challenges, and Opportunities; Garrison Institute, Garrison, NY

2010 Atlas-TI software training seminar, Department of Public Health, University of Tennessee, Knoxville, TN

20109-Day Practicum in Mindfulness-Based Stress Reduction: Living Inside Participant- Practitioner Perspectives; Center for Mindfulness, Worcester, MA

**SCHOLARSHIPS, HONORS, AND AWARDS**

2012 Graduate Student Colloquium Award - awarded by College of Education, Health and Human Sciences for best Child and Family Studies department submission.

2012 Selected to be featured in the Emerging Scholar Spotlight on the website for the Society for Research on Adolescence.

2011 Cindy Winter Scholarship Award - awarded by National Conference on Family Relations to a student who “shows great promise in making contributions in the family field”.

2011 Catherine Burton Chi Omega Scholarship – awarded by College of Education, Health and Human Sciences

2011 Hazel Taylor Spitze Graduate Fellowship – awarded by College of Education, Health, and Human Sciences

2010 Student Proposal Award - awarded by National Council on Family Relations Education and Enrichment Section to highest scoring student proposals

2010 Catherine Burton Chi Omega Scholarship – awarded by College of Education, Health and Human Sciences

2009 ESPN Scholarship and Award – awarded by Child and Family Studies Department

2009 J. Clayton Arnold Scholarship – awarded by the College of Education, Health, and Human Sciences. Kappa Omicron Nu

2009-12 Golden Key Honor Society

2009-12 Phi Kappa Phi National Honor Society

2009-12 Kappa Omicron Nu National Honor Society

**PROFESSIONAL MEMBERSHIPS**

National Council on Family Relations

Society for Research on Adolescence

Association for Mindfulness in Education

The Association for Contemplative Mind in Higher Education

# PROFESSIONAL AND COMMUNITY SERVICE

2020 Mindfulness & Self-Compassion meditations for healthcare professionals, UNC Department of Psychiatry, April, 2020-present.

2020 Invited talk, UNC Department of Neurosurgery, Conference for Families of Spina Bifida patients, October 24 (upcoming).

2020 Invited talk, UNC Learning and Organizational Development, July 31, 2020.

2020 Grand Rounds, UNC Department of Anesthesiology, April 29, 2020.

2019 Invited talk, Frank Porter Graham Child Development Institute, November 6, 2019.

2017-2018 Co-editor (with Dr. Kristin Neff) of a Special Issue on Self-Compassion for Self and Identity journal

2014-present Associate Editor, *Mindfulness*

2010-present Ad hoc reviewer:

Journal of Child and Family Studies

Journal of Positive Psychology

Early Education and Development

Mindfulness

Journal of Personality and Individual Differences

Cognitive Theory and Research

Clinical Psychology Review

Journal of Adolescence

Self and Identity

Prevention Science

Child Abuse and Neglect

Journal of Youth and Adolescence

OBM Integrative and Complementary Medicine

Mental Health and Prevention

2018 Guest lecturer, October 15, 2018; Interdisciplinary Studies 89: Happiness: Mind, Body, Society.

2017-2019 Guest lecturer (yearly); UNC School of Social Work, University of North Carolina-Chapel Hill.

2016 Invited speaker, October 1, 2016; Royster Society of Fellows, University of North Carolina-Chapel Hill

2015 Invited speaker, October 8, 2015; University of North Carolina-Chapel Hill National Association of Mental Illness student affiliate, Forest Theater

2014- Guest lecturer (yearly), Social Work 517, University of North Carolina-Chapel Hill: *Mindfulness and its Implication in Social Work*

2014-15 Guest lecturer, Health Behavior 960, Principles and Practices of Complementary and Alternative Medicine: *Healing Through Mindfulness and Self-Compassion: Research and Practice in Youth*

2015-16 Wellness committee, Department of Physical Medicine and Rehabilitation, School of Medicine, University of North Carolina, Chapel Hill

2016-18 Board Chair, New Hope Sangha; Durham, NC

2016-present Chair, Research committee, Center for Mindful Self-compassion

2012-16 Emerging scholar committee, Society for Research on Adolescence

2011-12 Chair and co-founder, University of Tennessee Conference on Family Relations student affiliate

2008-12 Vice-president, Graduate Student Organization, Department of Child and Family Studies, University of Tennessee

2011-12 Chair, University of Tennessee Student Health Advisory Committee

2009-10 Representative, Child and Families Studies Graduate Student Senate, University of Tennessee

2002-08 Certified community coach, “Do Something,” national organization focusing on empowering youth to become community leaders

**MEDIA COVERAGE & BLOGS**

My work has been discussed in the following online and print venues:

[greatergood.berkeley.edu/article/item/five\_tips\_for\_teaching\_mindfulness\_to\_at\_risk\_teens](http://greatergood.berkeley.edu/article/item/five_tips_for_teaching_mindfulness_to_at_risk_teens)

[greatergood.berkeley.edu/article/item/can\_self\_compassion\_improve\_well\_being\_in\_teens](http://greatergood.berkeley.edu/article/item/can_self_compassion_improve_well_being_in_teens)

<https://www.newharbinger.com/blog/study-finds-ethnically-diverse-risk-adolescents-highly-receptive-mindfulness-classes>

<http://www.nicabm.com/mindfulness-impact-on-at-risk-youth/>

<https://greatergood.berkeley.edu/article/item/how_to_help_teens_become_more_self_compassionate>

<https://www.psychologytoday.com/us/blog/the-mindful-teen/201804/how-can-we-keep-teens-killing-themselves>

<https://gravity-network.org/coping/healing-from-trauma-self-compassion/>

<https://yourteenmag.com/health/teenager-mental-health/what-is-self-compassion>

<https://www.psychologytoday.com/us/blog/the-mindful-teen/201807/what-can-we-learn-our-experience-the-thai-boys>

<https://www.wral.com/self-compassion-lessons-why-teens-more-than-ever-need-to-learn-to-be-kind-to-themselves/17692398/>

<http://www.maryannjacobsen.com/2018/05/the-power-of-self-compassion-with-karen-bluth-podcast/>

<https://vimeo.com/262099036>

<https://www.csmonitor.com/The-Culture/2019/0307/Beyond-cliches-Teen-anxiety-prompts-closer-look-at-young-lives>

[https://www.reviews.com/blog/meditation-app-guide/](https://u9689852.ct.sendgrid.net/wf/click?upn=b4hjOAbrIUOz3DUUxkMz3ZvhZmOpx7JwpCCv7cKPByoVm4mTphaQvE78CIoUGwS-2BPNyaTaVH0OJnnPVSoCMcoQ-3D-3D_rh24tgaV2RtuE0SSOG7H7sdtYyM6DoLZXALw0cS0omhZuHALGAUvOMWQ3DbzXUJSBzPyu0PrJe7yhuI3CZ5jM-2Fr0lJLj-2BuPoJC657G-2FSmOTEHSwEq-2F7z88xKfNEOgyzZLvhGmOCrK4l-2BnqQ-2FrX7PyPgIzMHEhF2UXnoNcDJA-2F9jvGOINnCjixtUm8dScV5qNjJxgu2tQ2fCHIGg-2FO3E7zAex2J7Zmzp-2BdN2c1l1Jm4M-3D)

https://psychcentral.com/blog/how-to-practice-self-compassion-when-youve-screwed-up/

https://www.fullbloomproject.com/podcast-episodes/episode-48

<https://www.ggs.vic.edu.au/Episodes/episode-5>

<https://www.wral.com/program-aims-to-help-improve-the-mental-health-of-teens-and-parents/18553097/>

<http://measureradio.libsyn.com/self-compassion-and-teenagers>

<https://soundcloud.com/user-503556197/se02-e02-self-compassion-in-adolescents>

<https://research.unc.edu/2020/04/30/emergency-self-compassion-classes-help-teens-amidst-pandemic/>.

<https://healthtalk.unchealthcare.org/how-to-use-mindfulness-to-help-with-big-emotions>

<https://drive.google.com/file/d/1JuAZa-enIZoNYVEHBluxSMkJp9n-KV3o/view>

<https://vimeo.com/447330645>

<https://www.spreaker.com/user/10705659/the-happiness-reset-episode-4-with-karen>

Mindful magazine: February 2015, April 2015, August, 2015, and October 2016