

## Lindsay Lemoine Lange

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### EDUCATION

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Clinical Psychology Doctoral Student 2022	<b>University of Texas at Tyler</b> – Tyler, TX Department of Psychology and Counseling <i>Advisor:</i> Adam P. McGuire, Ph.D.
Master of Science in Clinical Psychology (M.S.C.P.) 2019	<b>Baylor University</b> –Waco, TX Department of Psychology and Neuroscience <i>Advisor:</i> Sara Dolan, Ph.D.
Master of Arts (M.A.) 2016	<b>Texas A&amp;M University at San Antonio</b> –San Antonio, TX Department of Counseling and Guidance Research Project: “Efficacy, Durability and Adjunctive Potential of Repetitive Transcranial Magnetic Stimulation for Treatment-Resistant Major Depressive Disorder” <i>Advisor:</i> Tracy Calley, Ph.D.
Bachelor of Arts (B.A.) 2003	<b>Carleton College</b> –Northfield, MN Department of Philosophy Honors Thesis: “The Role of Cognitive Dissonance in Philippa Foot’s Virtue Ethics” <i>Advisor:</i> Anna Moltchanova, Ph.D.

### SCHOLARSHIPS & HONORS

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2022-2023	<b>New Graduate Student Fellowship</b> -University of Texas at Tyler
2017-2021	<b>Graduate Student Fellowship</b> –Baylor University Financial Grant awarded to the top 2% of graduate applicants
2017- 2021	<b>Full Tuition Scholarship and Stipend</b> –Baylor University Psy.D. Program
2019	<b>Student Poster Award Finalist</b> during the 35 <sup>th</sup> Annual Conference for the International Society for Traumatic Stress Studies
2015-2016	<b>Jaguar Scholarship</b> –Texas A&M University at San Antonio
2015-2016	<b>Amigo Scholarship</b> –Texas A&M University at San Antonio
2015-2016	<b>Graduate Tuition Grant</b> –Texas A&M University at San Antonio
2015	<b>Kappa Delta Pi International Honor Society</b>

### RESEARCH EXPERIENCE

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2022-2023	<b>Graduate Research Assistant, University of Texas at Tyler-Tyler, TX</b> Department of Psychology and Counseling Enhancing the lives and Experiences of Veterans Affected by Traumatic Events Lab <i>Supervisor:</i> Dr. Adam P. McGuire <ul style="list-style-type: none"><li>Conceptualize, implement, and analyze research studies related to moral elevation and the effects of positive psychology interventions on posttraumatic</li></ul>
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stress disorder (PTSD) treatment among veterans. Conduct literature reviews, create statistical plans, and propose original research projects. Disseminate research findings via scientific posters, publications, and presentations. Develop, submit, and manage research protocols approved by the Institutional Review Board (IRB). Synthesize and perform statistical analyses on data collected. Mentor master's level and undergraduate research assistants as they facilitate ongoing studies.

2017-2021

**Graduate Research Assistant, Baylor University–Waco, TX**

Department of Psychology and Neuroscience

Cognitive Neuropsychology and Addiction Research Lab

*Supervisor:* Sara Dolan, Ph.D.

- Conceptualize, implement, and analyze research studies related to neuropsychological functioning and the etiology and treatment of substance use disorders. Conduct literature reviews, create statistical plans, and propose original research projects. Supervise undergraduate research assistants as they facilitate ongoing studies. Disseminate research findings via scientific posters, publications, and lectures. Develop, submit, and manage research protocols approved by the Institutional Review Board (IRB). Synthesize and perform statistical analyses on data collected. Recruit participants, administer research protocol, and assist with data collection and cleaning.

“Investigating the Role of God Image in Post-trauma Cognitions and Well-being in Undergraduate Students”

Position: Co-Principal Investigator

*Supervisor:* Sara Dolan, Ph.D.

- Study design and development, managed IRB responsibilities and student recruitment, data collection and analyses, manuscript development, and poster preparation and presentation.

“Investigating the role of Neuropsychological Function in the Relationship Between Cue Reactivity and Coping Skills in Undergraduate Drinkers”

Position: Co-Investigator

*Supervisor:* Sara Dolan, Ph.D.

- Recruit participants, administer research protocol, and assist with data collection, cleaning, and analysis.

2019-2020

**Field Research Examiner, Pearson Clinical Assessment**

Baylor Psychology Clinic–Waco, TX

*Supervisor:* Alisha Wray, Ph.D.

- Participate in research testing and data collection during the standardization phase of the Wechsler Adult Intelligence Scale, Fifth Edition (WAIS 5) and Wechsler Memory Scale, Fifth Edition (WMS 5) research editions. Screen and recruit demographically diverse candidates with specific clinical diagnoses. Administer and score WAIS 5 and WMS 5 research editions.

2019

**Independent Evaluator, South Texas Research Organizational Network Guiding Studies on Trauma and Resilience (STRONG STAR)**

**Consortium to Alleviate PTSD**

University of Texas Health San Antonio (UTHSA)—Fort Hood, Killeen, TX

*Supervisors:* Vanessa Jacoby, Ph.D. and J. Ben Barnes, Ph.D.

STRONG STAR is a grant-funded clinical research group with the primary aim of developing treatments for PTSD and other disorders affecting active-duty military personnel.

- Independent evaluator (IE) for three different studies focused on the diagnosis of posttraumatic stress disorder (PTSD) and comorbid conditions. Specific assessments administered include Clinician-Administered PTSD Scale for DSM-5 (CAPS-5), PTSD Checklist for DSM-5 (PCL-5), Life Events Checklist for DSM-5 (LEC-5), Patient Health Questionnaire-9 (PHQ-9), Self-Injurious Thoughts and Behaviors Interview (SITB), and the Mini-International Neuropsychiatric Interview (MINI). Participate in monthly supervision to review and assess fellow IE's pre-recorded CAPS-5 assessments.

2016-2017

**Associate Counselor, Children's Bereavement Center of South Texas—San Antonio, TX**

*Supervisor:* Tami Logsdon M.A., LPC-S

- Conduct computerized grief assessments in collaboration with the University of Texas Health Science Center at Houston (UTHealth) Trauma and Grief (TAG) Center for Youth as part of the Grief Informed Foundations of Treatment (GIFT) national network. Field-test innovative, bereavement-informed assessment tools and training curriculum designed to establish best practice guidelines for bereaved youth.

2016-2017

**Study Coordinator, UTHSA**

Neurobehavioral Research Laboratory and Clinic

CAMBIO Clinic—San Antonio, TX

*Supervisor:* Stacy Ryan-Pettes, Ph.D.

- Administer study procedures to assess the usability and satisfaction of a computerized survey screening for self-reported substance use and other health behaviors among adolescents seeking treatment. Employ the Usability Problem Taxonomy to structure, code, and analyze data resulting from the Think-Aloud Protocol study to enhance the computerized survey used in the Principal Investigator's treatment clinic. Design the study's specific Think-Aloud Protocol and six satisfaction surveys and usability questionnaires. Develop and manage UTHSA IRB applications. Conduct chart reviews, subject screening, recruitment, and payment. Perform literature searches and reviews. Collect, code, clean, and analyze data. Aid in the dissemination of research findings via scientific posters, publications, and lectures.

2015 – 2017

**Research Intern, UTHSA**

Neurobehavioral Research Laboratory and Clinic

CAMBIO Clinic—San Antonio, TX

*Supervisor:* Stacy Ryan-Pettes, Ph.D.

- Conduct research on cell phone use patterns among caregivers of adolescents enrolled in an outpatient substance abuse treatment program. Assess the usability, feasibility, and acceptability of tailored mobile interventions, post-treatment. Assist in the preparation and submission of multiple human research

studies for the UTHSA IRB. Perform Excel, Access, and SPSS data entry, coding, extraction, and analyses. Generate literature searches and reviews. Aid in the dissemination of findings via scientific posters and publications. Conduct chart reviews, subject recruitment, and participant payment. Perform urinalysis to screen for substance use.

## CLINICAL EXPERIENCE

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### 2020-2021 **Student Therapist, Cenikor Foundation**

Baylor University–Waco, TX

*Supervisor:* Sara Dolan, Ph.D.

- Provide weekly group therapy to enhance skills and cognitive-behavioral therapy (CBT) to promote sobriety among clients at an intensive inpatient treatment facility for substance use disorders. Provision of telehealth services to all clients during COVID-19 crisis.

### 2019-2020 **Extern, McLennan County DWI/Drug Court Forensic Practicum**

Baylor University–Waco, TX

*Supervisor:* Sara Dolan, Ph.D.

- Conduct court-ordered, integrative psychological assessments [typical battery includes Alcohol Use Disorders Identification Test, Weschler Abbreviated Scale of Intelligence-2, Drug Abuse Screening Test, University of Rhode Island Change Assessment Scale, Minnesota Multiphasic Inventory-2, MINI, TCU Drug Screen, PCL-5, Addiction Severity Index-Lite]. Present at forensic case conferences and provide consultation services for a multidisciplinary team. Develop and conduct program evaluation research. Provide individual therapy and weekly process and relapse prevention groups. Specific evidence-based treatments include but are not limited to motivational interviewing (MI), CBT, cognitive-behavioral therapy for insomnia (CBT-I), dialectical behavioral therapy (DBT), and acceptance and commitment therapy (ACT). Maintain patient notes, assessment reports, treatment summaries, psychosocial assessments, and case conceptualizations. Facilitate the transition to telehealth, teleassessment, and electronic medical records due to COVID-19.

### 2018-2019 **Extern, STRONG STAR, Consortium to Alleviate PTSD (CAP)**

UTHSA–Fort Hood, Killeen, TX

*Supervisors:* Vanessa M. Jacoby, Ph.D. and Brittany Hall-Clark, Ph.D.

STRONG STAR is a multi-institutional research consortium funded by the U.S. Departments of Defense (DoD) and Veteran Affairs (VA) to develop and evaluate the most effective early interventions possible for the detection prevention, diagnosis, and treatment of combat-related PTSD.

- Provide evidence-based psychological assessment, psychotherapy services, and treatment development for three national studies. Specific therapies include intensive outpatient–prolonged exposure (IOP-PE), massed–prolonged exposure (MPE), cognitive processing therapy (CPT), written exposure therapy (WET), and cognitive behavioral treatment of insomnia and nightmares (CBTIN). Maintain electronic medical records, including patient notes, treatment summaries, and case conceptualizations. Work within an interdisciplinary team and take part in

weekly research meetings, case conferences, and individual and group supervision. Conduct data analyses and participate in the dissemination of findings via academic conferences, posters, and journals.

- 2017-2018     **Extern, Warriors Research Institute (WRI)**  
 Baylor Scott & White Health–Waco, TX  
*Supervisors:* Suzy B. Gulliver, Ph.D. and Eric C. Meyer, Ph.D.
- Utilize telemedicine to provide empirically supported treatments in grant-funded research projects. Specific therapies include ACT, CPT, MI, and the unified protocol for transdiagnostic treatment of emotional disorders (UP) to veterans and veterans’ families. Aid in developing a UP manual tailored to veterans and first responders experiencing PTSD. Assist in peer support training initiatives. Participate in weekly individual and group supervision and monthly multicultural training.
- 2017-2021     **Practicum Student, Baylor University Psychology Clinic (BPC)**  
 Baylor University–Waco, TX  
*Supervisors:* Alisha Wray, Ph.D., Regina Hiraoka, Ph.D., and Sara Dolan, Ph.D.
- Part-time practicum student at the BPC, a community clinic that provides psychotherapy and psychological assessment services for diverse populations. Conduct empirically supported psychological and neuropsychological assessments with child and adult clients experiencing symptoms across diagnostic domains. Utilize the intake process to develop case conceptualizations, diagnoses, and treatment plans. Implement ACT, CBT, CPT, DBT, MI, and PE treatments and techniques. Assess treatment progress with relevant, validated measures. Participate in routine individual and group supervision.
- 2016-2017     **Associate Counselor and Intake Coordinator, Children’s Bereavement Center of South Texas (CBCST)–San Antonio, TX**  
*Supervisor:* Tami Logsdon M.A., LPC-S
- Provide group therapy for bereaved children and adults. Therapeutic approaches include CBT, person-centered (PC), and play therapy (PT). Perform intake evaluations in person and over the phone. Participate in treatment planning, staff meetings, and individual supervision. Help organize and run weekend child and adolescent bereavement camps and conduct individual therapy.
- 2016     **Practicum Intern, CBCST–San Antonio, TX**  
*Supervisor:* Tami Logsdon M.A., LPC-S
- Provide individual, group, and family therapy for bereaved children and parents. Participate in intake evaluations, treatment planning, staff meetings, and individual supervision. Maintain case summaries and progress notes. Varied therapeutic approaches included CBT, PC, and PT.
- 2016     **Practicum Intern, Partial Hospitalization Program**  
 La Paz Community Health Care Center Inc.–San Antonio, TX  
*Supervisor:* Brenda Compagnone, Ph.D., LPC-S

- Provide individual and group therapy, crisis management, and suicide risk assessment to individuals aged 18 to 69 with presenting problems categorized as “severe” (clients with diagnoses including major depressive disorder, schizophrenia, schizoaffective disorder, bipolar disorder, and/or borderline personality disorder). Conduct therapy integrating principals of Trauma-Informed Care with treatment focused on distress tolerance skills, emotion regulation, mindfulness, and interpersonal effectiveness. Participate in case conference meetings with an interdisciplinary team, staff meetings, and individual supervision. Maintain case summaries and progress notes. Therapeutic approaches tailored to individual clients include CBT, MI, PC, and solution-focused therapy.

## TEACHING & VOLUNTEER EXPERIENCE

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- 2020-2021     **Peer Supervisor**  
 McLennan County DWI/Drug Court Practicum  
 Baylor University–Waco, TX
- Train and supervise new Drug Court externs. Consult on therapy cases and critique assessment reports. Provide guidance regarding forensic presentation to the court and Drug Court team. Assist with curriculum development, telehealth, and electronic medical records training. Oversee data collection, cleaning, analyses, and dissemination of findings.
- 2018-2021     **Graduate Research Assistant, Peer Mentor**  
 Department of Psychology and Neuroscience  
 Cognitive Neuropsychology and Addiction Research Lab  
 Baylor University–Waco, TX
- Provide peer mentorship for fellow Psy.D. lab students and undergraduate research assistants (RAs). Assist mentees with lab assignments ranging from data collection, management, analyses, and dissemination of findings.
- 2018-2019     **Extern, Peer Mentor**  
 STRONG STAR, Consortium to Alleviate PTSD (CAP)  
 UTHSA–Fort Hood, Killeen, TX
- Conduct lectures and workshops for RAs applying to graduate school. Facilitate curriculum vitae development, edit application essays, and guide RAs through the graduate school application and selection process. Mentor RAs on topics including standardized testing, career paths within the fields of psychology and counseling, and ongoing stressors.
- 2017-2020     **Peer Mentor in the Graduate Undergraduate Mentorship Program**  
 Baylor University–Waco, TX
- Mentor undergraduate students interested in graduate-level training in psychology. Facilitate curriculum vitae development, edit application essays, and guide mentees through the graduate school application and selection process. Mentor students on topics including standardized testing, career paths within the field of psychology, and ongoing stressors.

**2001–2003      Public Speaking Teaching Assistant**

Carleton College–Northfield, MN

- Lead workshops and tutor fellow students preparing for oral presentations, speeches, debates, recitations, and extra-curricular public speaking activities. Provide coaching and feedback to enhance student construction and organization of persuasive arguments, improve audience engagement, and effectively use tone and body language. Coach the Carleton College Mock Trial team during regional and national championships.

**PUBLICATIONS**

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Criddle, J., **Lange, L.**, Brewer, J. (in preparation) Adapting acceptance and mindfulness-based therapies for rural vets: Barriers, adaptations, and advantages. *Journal of Traumatic Stress Studies*

Zambrano-Vázquez, L., Bakan, J., Mitchell, T., **Lange, L.**, Szabo, Y. Z., & Seim, R. (In revision) Starting Early: Case Study of VHA Mentoring for Undergraduate Training and Implications for Promoting Equity [Special issue]. *Psychological Services*.

**Lange, L. L.** & Zambrano-Vázquez, L. (Under review). Interdisciplinary treatment of chronic non-cancer pain, posttraumatic stress disorder, and opioid use disorder: Implications for intervention and policy. *Journal of Pain*.

Ryan-Pettes, S. R., **Lange, L. L.**, & Magnuson, K. I. (2019). Mobile phone access and preference for technology-assisted aftercare among low-income caregivers of teens enrolled in outpatient substance use treatment: A questionnaire study, *JMIR MHealth and UHealth*. 7(9): e12407. <https://doi.org/10.2196/12407>

Ryan-Pettes, S. R., **Lange, L.L.**, & Dougherty, D. (2017). Mobile use patterns among low-income parents and teens enrolled in outpatient substance abuse treatment, *Journal of Clinical and Translational Science*. 1(S1); 42-42. <https://doi.org/10.1017/cts.2017.153>

**PAPER AND POSTER PRESENTATIONS**

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**Lange, L. L.**, (accepted). *Examining the Link Between intolerance of uncertainty, psychological flexibility, and perceived social support with feelings about loss during the COVID-19 pandemic*. Poster to be presented at the 57<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Seattle, WA.

Criddle, J., **Lange, L. L.**, & Brewer, J. (2023). *Difficulties in emotion regulation partially mediated the relationship between adverse childhood experiences and self-concealment and self-disclosure in intimate verbal exchanges*. Poster presented at the 2023 Southwestern Psychological Association's 2023 Convention, Frisco, TX.

**Lange, L. L.** (2022) *Rural health disparities among East Texas Veterans*. Presentation given at the University of Texas at Tyler's Rural Veterans Mental Health Panel, Tyler, TX.

**Lange, L.L.** & Dolan, S. L. (July 2021). *The role of God-Image in alcohol and mental health outcomes for trauma-exposed adults*. Poster presented at the 44<sup>th</sup> Annual Research Society on Alcoholism Meeting/ ISBRA Congress, San Antonio, TX.

**Lange, L. L.,** Jacoby, V. M., Dondanville, K., Fina, B., Marsden, A., & Karp, J. (October 2019) *The importance of leadership: Organizational readiness to change and leadership implementation predicts patient outcomes above and beyond clinical experience*. Poster presented at the 35<sup>th</sup> Annual Conference for the International Society for Traumatic Stress Studies, Boston, MA.  
**\*ISTSS Student Poster Award Finalist**

**Lange, L. L.,** Jacoby, V. M., Dondanville, K., Fina, B., Marsden, A., & Karp, J. (October 2019) *The importance of leadership: Organizational readiness to change and leadership implementation predicts patient outcomes above and beyond clinical experience*. Poster presented at the San Antonio Combat PTSD Conference, San Antonio, TX.

**Lange, L. L. & Ryan-Pettes, S. R.** (April 2018) *Mobile phone use patterns among low-income caregivers of teens enrolled in outpatient substance abuse treatment*. Poster presented at the Baylor Scott & White Central Texas Research Day, Temple, TX.

**Lange, L. L.** (April 2015) *Efficacy, durability, and adjunctive potential of RTMS for treatment-resistant major depressive disorder*. Paper presented at Texas A&M University–San Antonio’s Student Research Symposium, San Antonio, TX.

## PROFESSIONAL AFFILIATIONS

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Graduate Student Affiliate – **The American Psychological Association (APA)**  
 Campus Ambassador – **American Psychological Association of Graduate Students (APAGS)**  
 Graduate Student Affiliate – **Society of Clinical Psychology**, APA Division 12  
 Graduate Student Affiliate – **Society for Health Psychology**, APA Division 38  
 Graduate Student Affiliate – **Division of Trauma Psychology**, APA Division 56  
 Graduate Student Affiliate – **The Association for Psychological Science (APS)**  
 Student Member – **International Society for Traumatic Stress Studies (ISTSS)**  
 Member – **Psy.D. Governance Committee**, Baylor University  
 Member – **Multicultural Competence Committee in Psychology**, Baylor University  
 Member – **Kappa Delta Pi Honor Society**

## PROFESSIONAL DEVELOPMENT

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2020	<b>Level 1 Gottman Method Couples Therapy</b> Baylor University, Waco, TX Instructors: John Gottman, Ph.D. and Julie Schwartz Gottman, Ph.D. Facilitator: Roderick Hetzel, Ph.D. Certification received after two-day training.
2017-2019	<b>STRONG STAR: Cognitive Processing Therapy for PTSD</b> Advanced training, certification, and weekly phone case consultation with John Moring, Ph.D. Monthly didactic webinars covering CPT for veterans with PTSD.
2018-2019	<b>STRONG STAR: Prolonged Exposure Therapy (PE) for PTSD</b> Advanced training, certification, and weekly phone case consultation with Edna Foa, Ph.D., Alan Peterson, Ph.D., and Tabatha Blouitt, Ph.D. Monthly didactic webinars covering PE for veterans with PTSD.



- 2018-2019      **STRONG STAR: Written Exposure Therapy (WET) for PTSD**  
Advanced training and weekly phone case consultation with Denise Sloan, Ph.D. and Brian Marx, Ph.D.
- 2018            **Clinician-Administered PTSD Scale for DSM-5 (CAPS-5)**  
STRONG STAR, Boston VA–Fort Hood, Killeen, TX  
Instructor: J. Ben Barnes, Ph.D.  
Advanced training, certification, and weekly case consultation on administration of the CAPS-5 within a research setting.
- 2018            **Prolonged Exposure for PTSD**  
STRONG STAR Training Initiative–San Antonio, TX  
Instructors: Brooke Fina, LCSW, BCD  
Includes pre-workshop readings and webinars, 6 months of weekly phone case consultation, monthly advanced practice webinars, and organizational consultation.
- 2018            **Crisis Response Planning for Suicidal Patients**  
Baylor University–Waco, TX  
Instructor: Craig J. Bryan, Psy.D., ABPP  
Advanced training on effective crisis response planning for suicidal veteran and civilian populations. Overview of current literature and evidence-based practice.
- 2018            **Crisis Intervention: Stress Management in Times of Community Crisis**  
Baylor University School of Social Work–Waco, TX  
Instructors: Rev. James Ellor, Ph.D., D. Min., LCSW, ACSW, BCD, DCSW, CGP, CSW-G and Sara Dolan, Ph.D.  
Two-day training course preparing mental health professionals to deliver psychological support following community disasters.
- 2018            **Advanced Training in Cognitive Behavioral Therapy for Psychosis,**  
Baylor Psychology Clinic–Waco, TX  
Instructor: Matthew Brown, Ph.D.  
Advanced training on the use of CBT with clients experiencing psychosis, special attention paid to veteran populations.
- 2017-2018     **Acceptance and Commitment Therapy Within Primary Care**  
Warriors Research Institute–Waco, TX  
Weekly case consultation with Eric C. Meyer, Ph.D. Didactics covering therapeutic assessment and ACT for medication management.
- 2017            **STRONG STAR: Cognitive Processing Therapy for PTSD**  
STRONG STAR Training Initiative  
Baylor University–Waco, TX  
Instructor: Katherine A. Dondanville, Psy.D., ABPP  
Two-day training, including pre-workshop readings and webinars, six months of weekly phone case consultation, monthly advanced practice webinars, and organizational consultation.

- 2017      **Acceptance and Commitment Therapy (ACT) in Primary Care**  
Baylor Scott & White Health, Department of Psychiatry–Temple, TX  
Instructor: Eric C. Meyer, Ph.D.  
Two-day training focused on incorporating ACT into primary care appointments with veterans.
- 2017      **Trauma-Focused Cognitive Behavior Therapy (TF-CBT)**  
University of Texas Health at San Antonio–San Antonio, TX  
The Neuroimaging of Trauma Therapy Research Program  
Instructor: Susan Rivera, Ph.D., LCP  
Topics covered include the techniques and treatment components of stress management through 1) controlled breathing, 2) relaxation training, 3) thought stopping; affect expression and modulation; cognitive coping; creating the trauma narrative; cognitive processing; behavior management training; and incorporating parent-child therapy sessions.
- 2016      **Dinner with Dialectical Behavior Therapy (DBT)**  
Clarity Child Guidance Center–San Antonio, TX  
Instructor: Kasi Howard, Psy.D.  
Topics covered included incorporating DBT interventions and cooking demonstrations focused on incorporating healthy holiday favorites into family meals for clients with eating disorders. Positive interventions highlighted means of enhancing progress and reinforcing relapse prevention through client empowerment and increasing distress tolerance.
- 2016      **Suicide Awareness: Question, Persuade, and Refer (QPR) Training**  
Texas A&M University–San Antonio–San Antonio, TX  
Instructor: Sarah K. Ramseur, M.A., LPC  
Topics covered included identifying at-risk college students, suicide assessments, suicide prevention, and suicide intervention.
- 2015      **Self-Compassion and Emotional Resilience**  
Whitley Center, Oblate School of Theology–San Antonio, TX  
Instructor: Kristin Neff, Ph.D.  
Topics included empirically supported Mindful Self-Compassion (MSC) training, developed to promote self-compassion through meditation, daily life practices, lectures, group exercises, and discussion.