

Kathleen Ellen Wendt

NSF Graduate Research Fellow | CSU Graduate Fellow | Graduate Student
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Education

Colorado State University, Ph.D. in Applied Developmental Science Expected 2023
Colorado State University, M.S. in Prevention Science Expected 2020
Colorado State University, B.S. in Human Development and Family Studies 2018
University Honors Scholar & *Summa Cum Laude* distinction

Research Experience

Mindfulness and Family Resilience Laboratory, Lab Manager 2016 - Present
Director & Principal Investigator: J. Douglas Coatsworth, Ph.D.

Project administration; data collection using complex physiological and observational equipment; data analysis via dynamic systems-based methods and modeling; technical and scientific writing; R programming; recruitment, training, mentorship, and management of 10+ undergraduate research assistants

Current Studies

1. *Mindful Parent Observational Study* (MPOS): Code and analyze behavioral and affective indicators in structured parent-youth interactions as part of randomized controlled trial of the Mindfulness-enhanced Strengthening Families Program (MSFP)
2. *Project Mind-Heart* (PMH): Investigate effects of parental mindfulness induction on individual and dyadic patterns of physiological, affective, and behavioral indicators during challenging parent-child interactions

Child Trauma and Resilience Assessment Center, Intern Fall 2017
Director: Stephanie Seng, M.S.

Administrative and research support for SAMHSA-funded projects (PI: Lise Youngblade, Ph.D.) focused on state-wide trauma-informed training, development of adult trauma assessment, and trauma assessment provision for high-risk adolescents

Parenting Young Children Project (NIH K01), Project Manager 2015 - 2018
Principal Investigator: Erika S. Lunkenheimer, Ph.D.

Project management, grant administration, participant recruitment and retention, technical and scientific writing, and data collection and analysis using dynamic systems-based methods and modeling for NIH-funded longitudinal study *investigating parents' and young children's* (2.5 to 4 years old) *dyadic coordination of emotions, goal-oriented behaviors, and physiology and related risk for child maltreatment*

Director & Principal Investigator: Carol A. Seger, Ph.D.

Data collection (within undergraduate psychology research pool) and subsequent data processing for dissertation research concerning learning and memory

Publications

Journal Articles

1. Skoranski, A.M., Lunkenheimer, E.S., & **Wendt, K.E.**. Flexible or inconsistent? The impact of parent-child dyadic flexibility on child emotion regulation varies by maternal depressive symptoms. Manuscript submitted for publication.
2. Coatsworth, J.D., **Wendt, K.E.**, Lunkenheimer, E.S., & Cleavinger, E.J. Effects of parental mindfulness induction on physiological regulation and mood during challenging parent-child interactions. Manuscript in preparation.
3. **Wendt, K.E.**, Coatsworth, J.D., Lunkenheimer, E.S., & Cleavinger, E.J. Parental moderators of effects of mindfulness induction on parent-child interactions. Manuscript in preparation.
4. **Wendt, K.E.**, Coatsworth, J.D., Lunkenheimer, E.S., & Cleavinger, E.J. Dyadic concordance of respiratory sinus arrhythmia during a challenging parent-child task. Manuscript in preparation.
5. **Wendt, K.E.** & Coatsworth, J.D. Conversation cadence as an indicator of intra- and interpersonal mindfulness in mother-youth interactions. Manuscript in preparation.

Book Chapters

1. **Wendt, K.E.** (2015). Zikomo kukumana: "Nice to meet you" In *A friend is someone you share the path with* (pp. 111-135). Fort Collins, CO: Colorado State University.

Presentations

1. **Wendt, K.E.**, Coatsworth, J.D., Lunkenheimer, E.S., & Cleavinger, E.J. (Abstract in review). Effects of parental mindfulness meditation on respiratory sinus arrhythmia and mood during challenging parent-child interactions. Poster to be presented at Society for Prevention Research Annual Meeting, San Francisco, CA.
2. Toll, R., George, M.R., Duey, S., Nichols, K., Riggs, N.R., & **Wendt, K.E.** (2018, May). Promoting innovation in prevention science. Brown Bag Special Interest Group at Society for Prevention Research Annual Meeting, Washington, D.C.
3. **Wendt, K.E.** & Coatsworth, J.D. (2018, April). Exploring moderators of mindfulness training on parental physiological regulation and mood. Paper presented at Celebrate Undergraduate Research and Creativity Showcase, Colorado State University, Fort Collins, CO.
4. **Wendt, K.E.**, Skoranski, A.M., & Lunkenheimer, E.S. (2017, April). Maternal depression moderates the relationship between mother-child coregulation and child emotion regulation. Poster presented at Celebrate Undergraduate Research and Creativity Showcase, Colorado State University, Fort Collins, CO.

Honors & Awards

Colorado State Graduate Fellowship	2018
College of Health & Human Sciences Outstanding Graduate	2018
National Science Foundation (NSF) Graduate Research Fellowship	2018 - 2023
Albert C. and Ann E. Yates Pacesetter Scholarship	2017
Anne Blair Scholarship	2017
College of Health and Human Sciences Students First Scholarship	2016
Spots Scholarship	2015
Honors Scholarship	2014 - 2018
Green & Gold Scholarship	2014 - 2018

Professional Membership & Service

Society for Prevention Research (SPR)	2018 - Present
Abstract Student-Reviewer	
SPR Early Career Preventionist Network (ECPN)	2018 - Present
Steering Committee Member	
Awards Subcommittee Member	
European Society for Prevention Research (EUSPR)	2018 - Present
Early Career Forum (ECF) Member	

University Membership & Service

Graduate Student Council (GSC), Colorado State University	2018 - Present
Department Representative	
Intercollegiate Studies Institute (ISI), Colorado State University	2018 - Present
Financial Officer	
<i>Journal of Undergraduate Research</i> , Colorado State University	2018 - Present
Graduate Referee	
The Graduate School, Colorado State University	
Reviewer - NSF GRFP Writing Workshop	October 2, 2018
Panelist - NSF GRFP Informational Session	August 28, 2018

Departmental Service

Department of Human Development and Family Studies (HDFS) 2019 - Present
Brown Bag Series Coordinator

Teaching & Mentoring Experience

Colorado State University 2018 - Present
Graduate School and Fellowship Application Mentor
HDFS Department, Colorado State University Fall 2016
Undergraduate Teaching Assistant - Infant & Child Development
Office of International Programs, Colorado State University 2016
Exchange Student Mentor
African Impact & Colorado State University, Livingstone, Zambia Summer 2015
Teaching Volunteer

Community Involvement

Center for Public Deliberation 2016 - Present
Community Associate
Director: Martín Carcasson, Ph.D.
Kids at Heart, Fort Collins & Loveland, CO 2014 - 2017
Group Leader
Pathways Hospice and Palliative Care, Fort Collins, CO 2016
Volunteer

Professional Development

1. NIH Grant-Writing Workshop, Dr. Maria Esformes August 3, 2018
2. MindWare Heart Rate Variability Seminar, Dr. Gary Berntson June 9-10, 2018
3. Bayesian Causal Mediation Analysis Workshop, Dr. David MacKinnon et al. May 29, 2018
4. Mental Health-Education Integration Consortium (MHEDIC) May 3-4, 2018

Computer Skills

Proficient in SPSS, R, and Microsoft Office (Word, Excel, PowerPoint)
Exposure to R package development, web application development (via Shiny and Leaflet), and supercomputing