

Elizabeth J. Vella, Ph.D.

Chair and Professor of Psychology
University of Southern Maine, Portland, ME 04103

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Google Scholar Site: [Vella Google Scholar Site](#)

EDUCATION

Virginia Tech, Blacksburg VA

Ph.D. in Psychology (Psychological Sciences), 2005. Dissertation Title: *Anger expression, harassment, and evaluation: Cardiovascular reactivity and recovery to mental stress*

M.S. in Psychology (Psychological Sciences), 2003. Thesis Title: *Autonomic characteristics of defensive hostility: Reactivity and recovery to active and passive stressors.*

Sonoma State University, Rohnert Park, CA

B.A. in Psychology, Cum Laude, May 1998

Research Interests: Psychophysiology of emotion and personality, with an emphasis on autonomic nervous system activity in relation to health and disease. Psychosocial factors and cardiovascular risk, and physiological mechanisms that may explain these associations. Implications for stress management interventions in improving quality of life and reducing physiological responses to stressors among at risk populations.

ACADEMIC EMPLOYMENT

University of Southern Maine, Portland, ME

Assistant Professor of Psychology
September 2007 to August 2013

Associate Professor of Psychology
September 2013 to August 2018

Professor of Psychology
September 2018-present

Courses Taught:

Entry Year Experience 116: The Nature-Nurture Debate

HON 200: An Interdisciplinary Inquiry in the Sciences of the Human Body

PSY 100: Introduction to Psychology

PSY 101: General Psychology I

PSY 205/206: Experimental Methodology Lecture & Lab

PSY 365: Physiological Psychology

PSY 368: Health Psychology

University of Pittsburgh, Pittsburgh, PA

Postdoctoral Scholar, Cardiovascular Behavioral Medicine Research Traineeship
June 2005 to June 2007

Virginia Tech, Blacksburg, VA

Graduate Instructor, Department of Psychology:

Introduction to Psychology, Summer 2003

Psychology of Personality, Fall 2003

Nervous Systems & Behavior, Spring 2004

Developmental Psychology, Summer 2004

Principles of Psychological Research, Fall 2004-Spring 2005

Graduate Teaching Assistant, Department of Psychology

Introduction to Psychology, Fall 2000-Spring 2002

Principles of Psychological Research, Fall 2002

Nervous Systems & Behavior/Physiological Psychology, Spring 2003

Graduate Research Stipend, Department of Psychology, Summer 2001 & 2002

PUBLICATIONS

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- Vella, E.J.**, McDonough, C., & Goldstein, H. (2024). Musical mood induction: The relative influences of music type and the importance of music preference. *Psychology of Music*. <https://doi.org/10.1177/03057356241254361>
- Vella, E.J.**, Lyman, T., & Lovering, T. (2023). Pilot study: The effects of a mountain wilderness experience on combat veteran psychosocial wellness. *Military Behavioral Health*, 11(1-2), 54-65. <https://doi.org/10.1080/21635781.2023.2221463>
- Soreca, I., Conklin, C.A., **Vella, E.J.**, Cheng, Y., Mumma, J., Salkeld, R., Jakacic, J., & Kupfer, D. (2022). Does exercise attenuate sleep disturbance during acute nicotine withdrawal? *Experimental and Clinical Psychopharmacology*, 30(1), 82-92. <http://dx.doi.org/10.1037/pha0000390>
- Vella, E.J.** (2021). Psychosocial factors in coronary heart disease. In M.L. Robbins and K. Sweeney (Eds.), *The Wiley Encyclopedia of Health Psychology (Vol#2): The social bases of health behavior* (pp. 529-535). John Wiley & Sons, Inc. <https://doi.org/10.1002/9781119057840.ch103>
- Conklin, C.A., McClernon, F.J., **Vella, E.J.**, Joyce, C.J., Salkeld, R.P., Parzynski, C., & Bennett, L. (2019). Combined smoking cues enhance cue-induced craving and smoking behavior, and predict immediate subsequent smoking. *Nicotine & Tobacco Research*, 21(2), 241-248. <https://doi.org/10.1093/ntr/nty009>
- Vella, E.J.** & Mills, G.J. (2017). Personality, uses of music, and music preference: The influence of openness to experience and extraversion. *Psychology of Music*, 45(3), 338-354. <https://doi.org/10.1177/0305735616658957>

- Vella, E.J.**, Turesky, E.F., & Hebert, J. (2016). Predictors of academic success in web-based courses: Age, GPA, and instruction mode. *Quality Assurance in Education*, 24(4), 586-600. <https://doi.org/10.1108/QAE-08-2015-0035>
- Conklin, C.A., **Vella, E.J.**, Joyce, C., Salkeld, R., Perkins, K., & Parzynski, C. (2015). Examining the relationship between cue-induced craving and actual smoking. *Experimental and Clinical Psychopharmacology*, 23(2), 90-96. <https://doi.org/10.1037/a0038826>
- Vella, E.J.**, Milligan, B., & Bennett, J.L. (2013). Participation in outdoor recreation program predicts improved psychosocial well-being among veterans with post-traumatic stress disorder: A pilot study. *Military Medicine*, 178(3), 254-260. <https://doi.org/10.7205/MILMED-D-12-00308>
- Vella, E.J.**, Kamarck, T.W., Flory, J.D., & Manuck, S. (2012). Hostile mood and social strain during daily life: A test of the transactional model. *Annals of Behavioral Medicine*, 44(3), 341-352. <https://doi.org/10.1007/s12160-012-9400-7>
- Vella, E.J.** & Budd, M. (2011). Pilot study: Retreat intervention predicts improved quality of life and reduced psychological distress among breast cancer patients. *Complementary Therapies in Clinical Practice*, 17, 209-214. <https://doi.org/10.1016/j.ctcp.2011.01.005>
- Kamarck, T.W., Muldoon, M.F., Hasket, R.F., Manuck, S., Cheong, J.W., Flory, J.D., & **Vella, E.J.** (2011). Citalopram improves metabolic risk factors among hostile adults: Results of a placebo controlled intervention. *Psychoneuroendocrinology*, 36(7), 1070-1079. <https://doi.org/10.1016/j.psyneuen.2011.01.005>
- Vella, E.J.**, & Friedman, B.H. (2009). Hostility and anger-in: Cardiovascular reactivity and recovery to mental arithmetic stress. *International Journal of Psychophysiology*, 72, 253-259. <https://doi.org/10.1016/j.ijpsycho.2009.01.003>
- Vella, E.J.**, Kamarck, T.W., & Shiffman, S. (2008). Hostility moderates the effects of social support and intimacy on blood pressure in daily social interactions. *Health Psychology*, 27(Suppl. 2), S155-S162. [https://doi.org/10.1037/0278-6133.27.2\(Suppl.\).S155](https://doi.org/10.1037/0278-6133.27.2(Suppl.).S155)
- Vella, E.J.**, & Friedman, B.H. (2007). The autonomic characteristics of defensive hostility: Reactivity and recovery to active and passive stressors (invited paper). *International Journal of Psychophysiology*, 66, 95-101. <https://doi.org/10.1016/j.ijpsycho.2007.03.014>
- Vella, E.J.**, Irvin, M.D., Solle, J., Berendt, S., & Ramirez, E.E. (1999). The effects of music on mood and perception of a visual stimulus. *Psi Chi Journal of Undergraduate Research*, 4(3), 101-105. <https://digitalcommons.usm.maine.edu/psychology/44>

MANUSCRIPT IN PREPARATION

Vella, E.J., Robichaud, S., & Goldstein, H. (2024). *Trait Anxiety and Cognitive Performance: Testing Attention Restoration and Attention Control Theories*. Manuscript in preparation.

PUBLISHED ABSTRACTS

Vella, E.J. & Friedman, B.H. (2006). Hostility and anger in: Low frequency power reactivity and recovery to mental arithmetic stress with harassment. *Annals of Behavioral Medicine*, 31(Suppl. 1), S100.

Friedman, B.H., Lozier, L.M., & **Vella, E.J.** (2005). Gender differences in cardiovascular responses to lateralized hand cold pressor. *Psychophysiology*, 42(Suppl. 1), S56.

Vella, E.J., Friedman, B.H., Elcano, J., Evans, T., & Sweet, M. (2005). Hostility and anger out: Cardiovascular reactivity and recovery to mental arithmetic stress with harassment. *Psychophysiology*, 42(Suppl. 1), S126.

Vella, E.J., Friedman, B.H., Lozier, L., & Laskey, G. (2003). Defensive hostility and cardiovascular reactivity to active and passive stressors in college-aged males. *Psychophysiology*, 40(Suppl. 1), S88.

CONFERENCE PRESENTATIONS

Lyman, T., Lovering, T., & **Vella, E.J.** (2020, June). *The effects of a mountain wilderness experience on combat veteran psychosocial wellness*. Poster presented virtually at the 91st annual meeting of the Eastern Psychological Association.

McDonough, C., Lyman, T., Bailey, A., & **Vella, E.J.** (2019, March). *Musical mood induction: The importance of music preference in reference to heavy metal*. Poster presented at the 90th annual meeting of the Eastern Psychological Association, New York, NY.

Sherrill, M. & **Vella, E.J.** (2017, May). *Psychosocial correlates of gambling task performance: The variable influence of impulsivity, depression, anxiety, and stress*. Poster presented at the 29th annual meeting of the Association for Psychological Science in Boston, MA.

Conklin, C.A., **Vella, E.J.**, Joyce, C., Salkeld, R., Perkins, K., & Parzynski, C. (2015, February). *Examining the relationship between cue-induced craving and actual smoking*. Poster presented at the 21st annual meeting of the Society for Research on Nicotine and Tobacco in Philadelphia, PA.

Vella, E.J. (2014, May). Establishing a research program conducive to tenure in an exclusively undergraduate department. In M. Knepp (Chair), *Professional development challenges and undergraduate research opportunities at teaching-first universities*. Symposium conducted at the 26th annual meeting of the Association for Psychological Science in San Francisco, CA.

- Moran, M., Gallant, B.J., Whitmore, I., & **Vella, E.J.** (2014, March). *Psychosocial correlates of adult ADHD symptomatology: The role of trait anxiety and poor sleep quality*. Poster presented at the 85th annual meeting of the Eastern Psychological Association in Boston, MA.
- Spinney, K.E., Bramley, L., & **Vella, E.J.** (2014, March). *Trait anxiety and cognitive performance: Testing attention restoration and attention control theories*. Poster presented at the 85th annual meeting of the Eastern Psychological Association in Boston, MA.
- McDonough, K. & **Vella, E.J.** (2013, March). *Contemporary education intervention provides second chances for high school dropouts*. Poster presented at the Assets: Getting to Outcomes for Maine Summit, Augusta Civic Center, Augusta, ME.
- Morneau, P. & **Vella, E.J.** (2013, March). *The Community Schools: Introducing a cohesive orientation in alternative education*. Poster presented at the Assets: Getting to Outcomes for Maine Summit, Augusta Civic Center, Augusta, ME.
- Sapier, J. & **Vella, E.J.** (2012, November). *Working with CHEETA and the Portland Housing Authority in Riverton Park: A gratifying internship experience*. Poster presented at the 4th annual Civic Matters Symposium of Community Based Projects and Research, Portland, ME.
- Groom, S., Bean, E., **Vella, E.J.**, & Thornton, B. (2012, March). *Hostility, social support, and attachment style: Psychosocial correlates to hypercompetitiveness*. Poster presented at the 83rd annual meeting of the Eastern Psychological Association, Pittsburgh, PA.
- Waller, C., Bellino, J., **Vella, E.J.**, & Thornton, B. (2012, March). *Self-consciousness and cardiovascular reactivity to the Trier Social Stress Test*. Poster presented at the 83rd annual meeting of the Eastern Psychological Association, Pittsburgh, PA.
- Vella, E.J.** (2010, May). *Fly fishing improves psychosocial wellness and reduces cortisol among veterans with PTSD*. Poster presented at the 22nd annual meeting of the Association for Psychological Science, Boston, MA.
- Leet, S.A., Hadley, J., & **Vella, E.J.** (2010, March). *Film mood induction: Gender makes a difference*. Poster presented at the 81st annual meeting of the Eastern Psychological Association, New York City, NY.
- Perry, S.M., Antworth, J., & **Vella, E.J.** (2010, March). *Personality and music preference: The influence of openness to experience and extraversion*. Poster presented at the 81st annual meeting of the Eastern Psychological Association, New York City, NY.

- Vella, E.J.** & Budd, M. (2009, March). *Pilot Study: Retreat experience linked to improved quality of life and reduced psychological distress among breast cancer patients*. Poster presented at the 67th annual meeting of the American Psychosomatic Society, Chicago, IL.
- Vella, E.J.**, Port, E., & Budd, M. (2008, May). *Retreat center intervention is associated with improved quality of life and reduced psychological distress amongst breast cancer patients*. Poster presented at the 20th annual meeting of the Association for Psychological Science, Chicago, IL.
- Vella, E.J.**, Kamarck, T.W., Haskett, R.F., Manuck, S.B., Muldoon, M., & Flory, J.D. (2008, March). *The effects of citalopram on resting blood pressure and heart rate among hostile adults*. Poster presented at the 66th annual meeting of the American Psychosomatic Society, Baltimore, MD.
- Vella, E.J.**, Kamarck, T.W., & Shiffman, S. (2007, March). *Hostility moderates the effects of positive social interactions on blood pressure in daily life*. Poster presented at the 28th annual meeting of the Society for Behavioral Medicine, Washington, DC.
- Vella, E.J.** & Friedman, B.H. (2006, May). *Hostility and anger management style: Cardiovascular reactivity and recovery to mental arithmetic stress with harassment*. Poster session presented at the 18th annual meeting of the American Psychological Society, New York City, NY.
- Vella, E.J.**, Kamarck, T.W., Manuck, S., Flory, J.D., & Bear, T. (2006, March). *Hostility psychometrics: Using trait scales to predict daily levels of hostile mood and interactions*. Poster session presented at the 64th annual meeting of the American Psychosomatic Society, Denver, CO.
- Vella, E.J.** & Friedman, B.H. (2004, March). *Defensive hostility and cardiovascular reactivity to active and passive stressors in male subjects*. Poster session presented at the 20th annual research symposium of the Graduate Student Association, Blacksburg, VA.
- Vella, E.J.**, Friedman, B.H., Lozier, L., & Laskey, G. (2003, May). *Defensive hostility differentially predicts cardiovascular reactivity and recovery to active and passive stressors in male subjects*. Poster session presented at the 15th annual meeting of the American Psychological Society, Atlanta, GA.
- Vella, E.J.**, & Friedman, B.H. (2003, March). *The autonomic characteristics of defensive hostility*. Poster session presented at the 61st annual meeting of the American Psychosomatic Society, Phoenix, AZ.

Vella, E.J., Friedman, B.H., Lozier, L., & Laskey, G. (2003, March). *The autonomic correlates of defensive hostility*. Poster session presented at the 19th annual research symposium of the Graduate Student Association, Blacksburg, VA.

Vella, E.J., Irvin, M.D., Solle, J., & Ramirez, E.E. (1998, April). *Effects of music on mood using MAACL-R on undergraduate students*. Poster session presented at the annual meeting of the Western Psychological Association, Albuquerque, NM.

ACADEMIC SERVICE

Faculty Advisor, University of Southern Maine Psychology Club Fall 2007-Spring 2021

Chair, Psychology Department Curriculum Reform Committee, University of Southern Maine, 2007-2008 Academic Year

Member, Psychology Department Entry Year Experience Course Development Committee, EYE 116: Nature-Nurture Issues in Psychology, 2008-2009 Academic Year

University of Southern Maine Institutional Review Board Member, Spring 2009-Spring 2012

External Reviewer, Bates College Undergraduate Senior Thesis, Hannah Giasson, "*Testing the Effectiveness of Motivational Interviewing as a Primary Weight Reduction Strategy in Obese Cardiac Patients*", Spring 2009

Member, University of Southern Maine Hiring Committee. Position: Office of Research Compliance Analyst, Spring 2009.

Presenter, University of Southern Maine Academic Showcase. University of Southern Maine, Portland, ME, Summer 2009-2013.

Presenter, University of Southern Maine Provost's Summer Writing Seminar. June 2009-2012, June 2017-2018, and June 2022-2023.

Faculty Advisor, University of Southern Maine Peer Mentoring Program, Fall 2009-Fall 2014

Psychology Department Internship Coordinator, Spring 2011-present

Chair, EYE Assessment Committee, 2011-2012 Academic Year

Member, USM Faculty for the Environment, 2011-2012 Academic Year

Member, USM Psychology Department Curriculum Review Committee, 2012-2013 Academic Year

Member, USM ADVANCE-IT Initiative, Recruitment & Hiring Committee, 2013-2014 Academic Year

Chair, USM Honors Program Undergraduate Senior Thesis, Bryan Gallant, "*Investigation into the Influence of Entertainment and Social Media in the Development of Adolescent Depression: A Social Comparison Model for the 21st Century*", Spring 2014

Member, Psychology Department Self Study Committee, Fall 2014-Spring 2015

Chair, Psychology Department Program Assessment Committee, Fall 2015-present

USM Faculty Advising Liaison, Fall 2015-present

Member, USM Honors Council, Fall 2016-present

Member, USM Honors Program Assessment Committee, Fall 2016-2019

Faculty Mentor, Undergraduate Research Opportunities Program Fellowship (\$3900), Madeline Sherrill, "*Impulsivity and cardiovascular reactivity: Examining*

- correlations between impulsivity as measured by self-report, delay discounting, and response inhibition, and cardiovascular response to stress.”* Fall 2016-Spring 2017
- Chair, USM Honors Program Undergraduate Senior Thesis, Madeline Sherrill, “*Impulsive decision making and behavioral health variables: Review and original research,*” Spring 2017
- Chair, Department of Psychology, University of Southern Maine, July 2017-present
- Member, Rebecca Nisetich Peer Committee, USM Honors Program, August 2017-present
- Member, Clinical Psychology Tenure Track Search Committee, Fall 2017-Spring 2018
- Member, USM Faculty Senate, Fall 2017-Spring 2019
- Chair, Psychology-Honors Joint Tenure Track Search Committee, Fall 2018-Spring 2019
- Chair, Cognition and Learning Tenure Track Search Committee, Fall 2018-Spring 2019
- Member, Katherine Ahrens Peer Committee, USM Public Health Program, Fall 2018-present
- Faculty Mentor, Joseph Staples, USM Environmental Sciences Program, Fall 2018-Spring 2019
- Member, Academic Affairs Leadership Team, University of Southern Maine, Fall 2018-Spring 2019
- Member, CSTH First Year Experience Team, University of Southern Maine, Summer 2019-Spring 2020
- Member, Lori Sussman Peer Committee, USM Technology Program, Spring 2020-present
- Member, York County Community College Advisory Board: Behavioral Health Science Associate in Arts Program, Spring 2020-present
- Faculty Mentor, Brandon Eberly, USM Physics Program, Fall 2020-Spring 2021
- Faculty Mentor, Undergraduate Research Opportunities Program Fellowship (\$3900), Elizabeth Bernier, “*A Replication of Color-Sound Synesthesia: Examination of Conditioned Synesthesia on Positive and Negative Affect.*” Fall 2020-Spring 2021
- Chair, Psychology Department Self Study Committee, Fall 2020-Spring 2021
- Chair, Physiological Psychology Lecturer Search Committee, Spring 2021
- Member, Maine Behavioral Health Conference Steering Committee, Summer 2021-Fall 2021
- Chair, Psychology Department Peer Committee, Fall 2021-Present
- Chair, USM Honors Program Undergraduate Senior Thesis, Elizabeth Bernier, “*Color-sound Conditioning and Affective Changes.*” Fall 2021-Spring 2022.
- Chair, LGBTQ/Diversity Tenure Track Search Committee, Fall 2022-Spring 2023
- Chair, Paula Gerstenblatt Peer Committee, USM Social Work Program, Fall 2022
- Psi Chi Advisor, Fall 2023-present
- Member, Relationship-Rich and Active Teaching Practices Team, Summer 2024-Spring 2025

HONORS & AWARDS

- 2018: Honorary Inductee USM Chapter of the Phi Kappa Phi Honor Society
- 2011: Honorary Inductee USM Chapter of the Golden Key International Honor Society
- 2010: Faculty Professional Development Award (\$715), University of Southern Maine
- 2008: Faculty Professional Development Award (\$800), University of Southern Maine

2004: Graduate Research Development Program Award (\$125), Virginia Tech
 2004: Graduate Student Association Research Award, 1st place for poster presented in category of Natural & Biological Sciences (\$350), Virginia Tech
 1997-98: Psi Chi Vice President, Sonoma State University
 1997-98: Hewlett-Packard Scholarship, Sonoma State University

COLLOQUIA

The autonomic characteristics of defensive hostility: Reactivity and recovery to active and passive stressors. Department of Psychology, Virginia Polytechnic Institute & State University, Blacksburg, VA, September 2003.

Hostility moderates the effects of social support and intimacy on blood pressure in daily life. Western Psychiatric Institute and Clinic, Department of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA, June 2007

How to get into graduate school in psychology: The key to finding the right programs relevant to your interests. Department of Psychology, University of Southern Maine, Portland, ME, October 2007 & November 2012.

Hostility and stress: Cardiovascular responses in the lab and daily living. University Counseling Services, University of Southern Maine, Portland, ME, November 2007.

Asklepios revisited: Improvements in quality of life and spiritual well-being among breast cancer patients at the F. Holland Day Retreat Center. Lesley University, Cambridge, MA, March 2008.

Hostility and stress: Implications for cardiovascular health. Health Psychology Summer Institute, University of Southern Maine, Portland, ME, 2008, 2010, 2012, & 2014.

Asklepios revisited: Improvements in quality of life, spiritual well-being, and immune function among breast cancer patients at the F. Holland Day Retreat Center. Health Psychology Summer Institute, University of Southern Maine, Portland, ME, July 2009.

Rivers of Recovery: The effects of a fly fishing experience on psychosocial wellness and physiological markers of stress. Veterans of Foreign War, Ogden, UT, August 2009

The F. Holland Day retreats: Healing retreats for women with cancer. Collaborative Medicine Working Group, Massachusetts General Hospital, Boston, MA, January 2010.

PSY 410 internship experience: Finding the placement to suit your interests. Department of Psychology, University of Southern Maine, Portland, ME, February 2011.

The F. Holland Day retreats: Improvements in quality of life and psychosocial well-being among breast cancer patients. Health Psychology Summer Institute, University of Southern Maine, Portland, ME, July 2011.

Rivers of Recovery: The trials and tribulations of data collection on combat veterans with PTSD in a fly-fishing program. Environmental Science & Policy 280: Research and Analytic Methods, University of Southern Maine, Gorham, ME, November 2012.

Participation in outdoor recreation predicts improved psychosocial wellness among veterans with PTSD. University Counseling Services, University of Southern Maine, Portland, ME, February 2013.

Outdoor therapeutic recreation for combat veterans with post-traumatic stress disorder. Health Psychology Summer Institute, University of Southern Maine, Portland, ME, June 2013.

Stress in Law School: Predictors of Adverse Psychosocial Outcomes and Recommendations to Improve Student Quality of Life. Maine School of Law, University of Southern Maine, Portland, ME, April 2019.

Stand Up Science: Hostility and Cardiovascular Disease. One Longfellow Square, Portland, ME, November 2019.

Writing for the Sciences: From Empirical Report to Poster Presentation. WRI3 Faculty Fellows Retreat, University of Southern Maine, Portland, ME, June 2022.

Outdoor therapeutic recreation for combat veterans with PTSD. CSTH Seminar Series, University of Southern Maine, Portland, ME, February 2023.

AD HOC REVIEWER

Annals of Behavioral Medicine

Anxiety, Stress, & Coping

Applied Psychology: Health and Well-Being

Biological Psychology

Current Drug Therapy

Emotion

Evidence Based Complementary and Alternative Medicine

International Journal of Psychophysiology

Journal of Psychophysiology

Journal of Social and Clinical Psychology

Personality and Individual Differences

Psychology in the Schools

Psychology of Music

Psychophysiology

Sage Open

*Studia Psychologica***PROFESSIONAL MEMBERSHIPS**

Association for Psychological Science
Eastern Psychological Association

PROFESSIONAL DEVELOPMENT

Ecological Momentary Assessment Workshop (2006, March). Seminar held at the 64th annual meeting of the American Psychosomatic Society, Denver, CO.

Mindware Heart Rate Variability Workshop (2006, June). Seminar held at the Easton Hilton in Columbus, OH.

Mindware Impedance Cardiography Workshop (2007, June). Seminar held at the Easton Hilton in Columbus, OH.

Pittsburgh Mind-Body Center Summer Institute: Health Behavior & Chronic Diseases (2007, June). Seminar held at the Pittsburgh Athletic Association, University of Pittsburgh, PA.

Health Psychology Summer Institute (2007, June). Seminar held at the Hannaford Lecture Hall, University of Southern Maine, Portland, ME.

University of Southern Maine Summer Writing Seminar (2008, June). Seminar held at the 10th annual meeting of the Provost's Writing Collaborative, Freeport, ME.

Maine Watershed Workshop (2008, October). Seminar held at the Maine Audubon Center in Falmouth, ME.

University of Southern Maine Student Success Partnership Workshop (2010, June). Seminar held at Pineland Farms in New Gloucester, ME.

Association of American Colleges & Universities: Engaging Departments Institute (2011, July). Seminar held at The Hotel at Turf Valley in Ellicott City, MD.

Applying the Science of Learning in Face-to-Face and Online Courses (2012, August). Conference held at the Harold Alfond Center for Health Sciences, University of New England, Biddeford, ME.

Strengths Educator for Higher Education (2014, February). Workshop hosted by Gallup and held at the Wishcamper Center, University of Southern Maine, Portland, ME.

2nd Annual UMS Aging Initiative Workshop (2016, August). Workshop hosted by Lenard Kaye, Ph.D., and held at the Wells Center, University of Maine, Orono.

Title IX Training on Victims' Rights: Roles and Responsibilities of Responsible Employees (2016, September). Workshop hosted by Lindy Aldrich, Esq., and held at the Wishcamper Center, University of Southern Maine, Portland, ME.

Assessment Mini-Conference (2017, March). Workshop hosted by Michael Reder, Ph.D. and held at the Abromson Center, University of Southern Maine, Portland, ME.

Transforming Your Courses with the Learning Assistant Model (2017, May). Workshop hosted by Manher Jariwala, Ph.D. and held at the University Events Room, Glickman Library, University of Southern Maine, Portland, ME.

Promoting Success and Retention in Higher Education (2017, May). Symposium hosted by Lee Fink, Ph.D. and held at the Abromson Center, University of Southern Maine, Portland, ME.

Leadership Academy for Department Chairs (2017, July). Conference hosted by the American Council on Education and held at the Washington Dulles Hilton Conference Center, Herndon, VA.

Summer Academy for Adult Learning and Teaching (2017, August). Workshop hosted by the Center for Technology and Enhanced Learning and held at the Abromson Center, University of Southern Maine, Portland, ME.

USM Foundations: Developing Supervisors & Managers as Coaches (2018-2019 Academic Year). Workshops hosted by Megan Clough in the Glickman Family Library, University of Southern Maine, Portland, ME.

Safe Zone Training (2020, October). Virtual workshop hosted by Sarah Holmes via zoom. University of Southern Maine, Portland, ME.