

CODY LAUREN BOLAND, M.S.

CURRICULUM VITAE

MATCH #: 37143

PERSONAL INFORMATION

Home Address

3104 Bird Rd
Miami, FL 33133
(904) 718-3356

Office Address

5665 Ponce De Leon Blvd, Room 423
Coral Gables, FL 33124
Clb212@miami.edu

HIGHER EDUCATION

Pre-doctoral Trainee

PhD expected 2023

University of Miami, Coral Gables, FL

APA Accredited Program: Clinical Psychology

Major Area: Clinical Health Psychology

Dissertation: *An Investigation of Mindfulness Training and Practice Engagement on Affect and Stress in Time-Pressured Settings*

Dissertation Chair: Amishi Jha, Ph.D.

Dissertation Proposed: September 2021

Master of Science

2021

University of Miami, Coral Gables, FL

Thesis: *Determinants of Treatment Response to a Web-Based Cognitive Behavioral Stress Management Intervention for Men with Advanced Prostate Cancer*

Thesis Chair: Frank Penedo, Ph.D.

Post Baccalaureate

2017

Northwestern University, Chicago, IL

Post Baccalaureate Certificate in Clinical Psychology

GPA: 3.95

Bachelor of Science

2014

Florida State University, Tallahassee, FL

Major: Family and Child Sciences

Minors: *Biology, Chemistry, and Psychology*

Psychology GPA: 3.85

ACADEMIC HONORS AND AWARDS

2017 - 2021

Commendations – Research & Academics

University of Miami, Department of Psychology

2020

Contemplative Research Scholarship

Mind & Life Institute, (\$260)

2019

Esalen Institute Workshop Scholarship

Esalen Institute Scholarship (\$400)

2018

Mindfulness-Based Stress Reduction Training Scholarship

UMindfulness, University of Miami (\$200)

2018

Compassion Cultivation Training Scholarship

UMindfulness, University of Miami (\$200)

2018

PNIRS Scientific Meeting Scholarship

Psychoneuroimmunology Research Society, (\$275)

2017-2019

Graduate Student Association Travel Award

University of Miami Graduate School (\$375)

2017-2019

Max and Peggy Kriloff Graduate Student Travel Scholarship

College of Arts and Sciences, University of Miami (\$250)

- 2017 **Conference Travel Grant - Student**
Northwestern University, School of Professional Studies (\$600)
- 2017 **Student Conference Registration Scholarship**
Society of Behavioral Medicine (\$165)

GRANTS AND FUNDING

- 2021-2022 **Psychological Science Research Grant**
American Psychological Association of Graduate Students (\$1,000)
Study: *Engagement with Digital Application-Delivered Mindfulness Training Exercises on Cognitive and Psychological Resilience.*
- 2020-2022 **Student Research Grant Award (Impact Score: 82/100)**
American Psychological Association – Society for Military Psychology - Division 19 (\$1,500)
Study: *Bolstering US Military ROTC Cadets' Resilience via Digital Application Delivery of Mindfulness Training Exercises.*
- 2020-2021 **Fred C. and Helen Donn Flipse Research Award**
University of Miami, Department of Psychology (\$1,000)
Study: *Feasibility, Acceptability and Usability of a Novel Mindfulness Training Digital Application in Military Populations: A Pilot Study.*

CLINICAL PRACTICA

VETERANS AFFAIRS MEDICAL CENTER - Miami, Florida

Geriatric Primary Care

December 2020 – December 2021; Supervisor: Paul Hartman, PhD

Conducted psychological and neurocognitive assessments within the Geriatric Frailty Clinic within the Geriatric Research, Education, and Clinical Center (GRECC). Provided short term individual therapy related to topics such as anxiety and depression, physical disability, cognitive decline, caregiver stress, and adjustment to chronic illness (e.g. cancer). Facilitated therapeutic groups on positive aging (“Happy ‘Till One Hundred”) and Motivationally Enhanced Compensatory Cognitive Training for Mind Cognitive Impairment (MECCT-MCI) in veterans over the age of 65. Assisted with quality improvement research on implementation of telephone-based MECCT-MCI groups.

Health Promotion Disease Prevention

August 2021 – December 2021; Supervisor: Jason Dahn, PhD

Co-facilitated interdisciplinary health behavior groups focused on behavior change and weight management (MOVE!) with a registered dietician. Groups met remotely via video conference due to COVID-19 pandemic. Add-on experience to primary practicum placement.

UNIVERSITY OF MIAMI PSYCHOLOGICAL SERVICES CENTER - Coral Gables, Florida

Advanced Outpatient Therapy (Telehealth)

January 2020 – May 2021; Supervisor: Victoria Schlaudt, PhD

Provided psychodiagnostic assessment and individual psychotherapy for advanced cases presenting to the Psychological Services Center. In addition to Cognitive-Behavioral Therapy, incorporated elements of Acceptance and Response Therapy and Dialectical Behavioral Therapy into treatment plans. Due to the COVID-19 pandemic, shifted to providing individual therapy in a telehealth format via video conferencing. Attended weekly individual and group supervision meetings.

Outpatient Therapy

May 2018 – May 2019; Supervisors: Judith McCalla, PhD, Gail Ironson, MD, PhD, Aaron Heller, PhD

Provided psychodiagnostic assessment and individual outpatient psychotherapy to ethnically diverse, predominately low-income adult community members. Individual clients presented with a range of diagnoses including mood and anxiety disorders, health disorders, Obsessive Compulsive Disorder and Social Anxiety Disorder. Therapeutic orientation of treatments included Cognitive-Behavioral Therapy, Interpersonal, and Exposure and Response Prevention. Reviewed video recordings at weekly individual supervision meetings and attended and presented at weekly case conference meetings.

Adolescent and Adult Cognitive and Emotional Assessment

August 2018 – May 2019; Supervisor: Kristin Lindahl, PhD

Conducted cognitive, behavioral, and emotional assessments for adults and adolescents interested in determining whether learning or developmental difficulties were present or if they qualified for gifted placement in school. Assessments included the utilization of cognitive, attentional, memory, and emotional batteries including the Woodcock-Johnson, Weschler, and more. Attended individual supervision meetings and weekly case conference meetings.

OTHER RELEVANT CLINICAL EXPERIENCES

Our Relationship Program

March 2021 – Present; Supervisor: Brian Doss, PhD

Delivered web-based dyadic intervention utilizing 5-session telehealth protocols for geographically and ethnically diverse, low-income couples (200% below poverty line) with relationship distress. Served as interventionist for same-gender, military, and heterosexual-based versions of the program. Intervention is modeled after Integrative Behavioral Couples Therapy and focused on psychoeducation, improving communication skills, fostering acceptance, as well as deepening emotional closeness. Met with couples once weekly via telehealth or videoconferencing and participated in group and individual supervision consisting of weekly audiotape review.

Pre-Practicum Peer Supervisor

March 2021 – April 2021; Supervisor: Brian Doss, PhD

Provided short-term, weekly supervision to a first-year pre-practicum student delivering cognitive behavioral therapy (CBT) to a mock therapy client. Supervision consisted of review of video recording and post-hoc discussion.

Advanced Clinical Peer Supervisor/Co-therapist

July 2020 – September 2020; Supervisors: Victoria Schlandt, PhD, Saneya Tanfike PhD

Provided peer supervision and support to first year clinical trainees beginning their first therapy practicum placement at the Psychological Services Center. Supervision and support services included in-session guidance as an advanced co-therapist, observation and evaluation of therapy intake procedures and report writing, assisted with case conceptualization, session planning and post-session review discussion. Provided general mentorship, feedback on strengths of student therapist, and facilitating professional development considerations including ethics of therapy and supervision and multicultural and diversity-related therapeutic considerations.

WORKSHOPS

Clinical Seminar & Workshops

***Providing Inclusive, Respectful
Care to Your Gender Questioning,
Transgender, & Nonbinary
Clients***

Facilitator: Dara Hoffman-Fox, LPC
Clearly Clinical – Continuing Education training.
Summer 2021. 1 hour.

Mindfulness-Based Stress Reduction (MBSR)

Facilitator: Anne Dutton, MA, LCSW
Yale Stress Center, Yale School of Medicine – 8 Week Course.
Winter 2020.

Lifting Black Voices: Therapy, Trust, and Racial Trauma

Facilitators: Tiffany Crayton, PhD, LPC-S, L.J. Lumpkin, LMFT, La Shanda Sugg, LPC
Clearly Clinical – June 2020. 1 hour.

Hey, White Therapist, Here's Where We Start

Facilitator: Frank Baird, LMFT, LPCC
Clearly Clinical – Continuing Education training on White therapists in treating BIPOC clients. June 2020. 1 hour.

Obsessive Compulsive Disorder: Psychopathology and Treatment Training

Facilitators: John Hart, PhD, Jelani Daniel, MA, LPC
Peace of Mind Foundation, - 3 Hour Training. May 2020.

Compassion Cultivation Training (CCT)

Facilitator: Maria Paula Jimenez Palacio
UMindfulness, University of Miami – 8 Week Course
Fall 2018.

Statistical Workshops

Psychometrics and Statistics Summer Webinar Series

University of Miami Research, Measurement, and Evaluation Program
Weekly courses including: R, MPLUS (path analysis), SPSS (multiple regression), power analysis for SEM, etc.
7 hours. Summer 2020.

Supervision Workshops

Supervision: A Guide for Mental Health Professionals

Facilitators: Heidi Dalzell, PsyD & Amanda Gilmore, PhD
Continuing Education for Mental Health Professionals.
6 Hours. Completion Date Summer 2021.

Teaching Workshops

Teaching 101

Facilitator: Hillary Hoffman, PhD. December 2020.

Research Workshops

The Art and Science of Mindfulness, Compassion, and Awe

Facilitators: Amishi Jha PhD, Dacher Keltner PhD, Shauna Shapiro PhD, Daniel Siegel, MD
Esalen Institute – 7 Day Workshop -August 2019.

NRSA Grant Writing Workshop

Society of Behavioral Medicine Pre-Conference Workshop. Spring 2017.

RESEARCH EXPERIENCE

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF MIAMI – CORAL GABLES, FL

Dissertation (*in progress*): An Investigation of Mindfulness Training and Practice Engagement on Affect and Stress in Time-Pressured Settings

Proposal Date: 9/28/2021

Committee: Dr. Amishi Jha (Chair), Dr. Ekaterina Denkova, Dr. Scott Rodgers,
Dr. Frank Penedo & Dr. Brian Doss

This dissertation follows a three-paper model and focuses on the impact of Mindfulness Training on affect and stress across a variety of time-pressured and high-demand settings. The project consists of two studies: Study 1 is an internal meta-analysis while Study 2 (papers 2 and 3) involves original data collection.

1. Investigating the Impact of Mindfulness Training on Measures of Stress and Affect in Time-pressured Professional and Community Settings
2. Efficacy of a Digital Mindfulness Training Program in ROTC Cadets: Results from a Randomized Controlled Trial
3. Frequency and Duration of Practice Engagement with Digitally-delivered Stand-alone Mindfulness Exercises

UMINDFULNESS RESEARCH AND PRACTICE INITIATIVE

Cognitive and Behavioral Neuroscience Division, Department of Psychology

PI: Amishi Jha, PhD

August 2020 - Present

Digitally-delivered Mindfulness-based Attention Training Exercises for ROTC Cadets

June 2021 – Present; PI: Cody Boland

The purpose of the present pilot study is to assess the impact of engagement in MT exercises on cognitive, psychological, and performance-related outcomes in a convenience sample of ROTC cadets and to explore the associations between real-time ratings of participants' mood and daily stress and daily practice engagement. Responsibilities included: grant writing, study design, study coordination, managing regulatory compliance (IRB and Clinical Trials), managing the study team, data collection and data analysis.

Mindfulness-based Attention Training to Bolster Small Team Performance

March 2021 – Present; PI: Amishi Jha, PhD

The aim of this study is to investigate the utility of team-based mindfulness training (MT) to promote three key domains in support of military squads: 1) cognitive (attention and working memory) and resilience skills, 2) team cohesion, interpersonal situation monitoring, and interpersonal emotional awareness and management, 3) operational performance (training drills). Responsibilities included: development of study application, management of application and back-end practice engagement data throughout study, data preparation, cleaning and analysis.

Measuring Mindfulness: Pilot of an Application-based Delivery of Mindfulness Training Exercises

February 2021 – May 2021; PI: Cody Boland

The overarching goal of the project is to evaluate the feasibility, acceptability and usability of a novel smartphone application that aims to measure daily engagement in mindfulness practices. Quantitative (self-report measures, practice engagement metrics) and qualitative (focus group feedback) will be used to refine the development of the app prior to its launch in a study with active-duty military populations. Responsibilities included: acquiring funding, study design, management of study team, facilitating focus group, data collection and data analysis.

Measuring Mindfulness Application Development

August 2020 – September 2021; PI: Amishi Jha, Ph.D.

Coordinated the design and development of a smartphone and web-based application to empirically measure engagement with mindfulness practices. The application will be utilized across various research projects evaluating the impact of a mindfulness training program in various civilian and military populations. Oversaw the development from conceptualization, navigational mapping, wire-frame creation, back-end development, and testing.

Master's Thesis: Determinants of Treatment Response to a Web-Based Cognitive Behavioral Stress Management Intervention for Men with Advanced Prostate Cancer

Defense: August 2020

Committee Members: Frank Penedo, Ph.D. (Chair), Mike Antoni, Ph.D., Sierra Bainter Ph.D., & Amy Otto Ph.D.

This study utilized a novel statistical methodology to identify the most salient-subset of conceptually guided clinical, sociodemographic, and psychosocial predictor variables of treatment response to either a Cognitive Behavioral Stress Management or attention-matched Health Promotion intervention for men with advanced stage prostate cancer. This study performed a post-hoc analyses of a randomized controlled trial using a Bayesian Stochastic Search Variable Selection statistical method.

CANCER SURVIVORSHIP & TRANSLATIONAL BEHAVIORAL SCIENCES PROGRAM

Sylvester Comprehensive Cancer Center, University of Miami

PI: Frank Penedo, PhD

January 2019 – August 2020

COVID-19 Cancer Survivorship Impact Study

May 2020 – August 2020 PI: Frank Penedo, Ph.D.

This study investigated the impact of the COVID-19 pandemic on the quality of life of cancer survivors using electronic health record-integrated questionnaires. Responsibilities included coordinating with stakeholders, training clinic staff, and development of project workflows.

UHealth Pro Initiative: Patient Reported Outcomes Symptom and Needs Monitoring in Ambulatory Oncology – A Quality Improvement Initiative

January 2020 – August 2020; PI: Frank Penedo, Ph.D.

This initiative aimed to understand the needs of cancer survivors and develop a comprehensive model of care that effectively meets their needs, reduces cancer burden and enhances quality of life. The initiative implemented an electronic health record (EHR) integrated screening and referral system to evaluate the physical and emotional symptoms along with the practical and nutritional needs of cancer survivors. Responsibilities included: Creating implementation plan, training clinic staff on study procedures (physicians, patient advocates, social workers, nutritionists), developing project workflow and manuals, and manuscript preparation.

Psychosocial Influences on Hematopoietic Stem Cell Transplant Patient-Reported Outcomes

August 2017 – May 2018; PI: William Pirl, MD, MPH

The objective of the study was to clarify psychosocial and psychiatric influences on quality of life, adjustment and medical outcome in hematological cancer patients undergoing stem cell transplants. Responsibilities included, attending multidisciplinary care team meetings, grand rounds, recruiting participants and data collection

DEPARTMENT OF MEDICAL SOCIAL SCIENCES

Northwestern University Feinberg School of Medicine, Chicago, IL

Technology Based Psychosocial Intervention for Symptom Management and HRQOL in Men Living with Advanced Prostate Cancer (5R01CA157809-04)

September 2014 – April 2017; PI: Frank Penedo, Ph.D.

This 5-year study evaluated the effects of a 10-week group-based videophone delivered cognitive-behavioral stress management intervention (Tele-CBSM) on symptom burden in men with advanced prostate cancer (APC) at initial diagnosis undergoing hormonal therapy (HT), or HT with prior radiotherapy (RT). Responsibilities included recruiting and conducting in-person assessments with diverse populations and analyzing biological samples in the wet lab (blood samples for ratios of pro and anti-inflammatory cytokines and saliva for daily pattern of cortisol levels).

Intimacy-Enhancing Couples' Intervention for Localized Prostate Cancer (5R01CA140297-06)

Department of Psychology, Rutgers University

January 2015 to April 2017; PI: Sharron Manne, Ph.D.

The goal of the study was to conduct a large scale trial to evaluate IEC's efficacy against an attention control and to evaluate moderators and mechanisms for the treatment's effects. Responsibilities included coordinating and completing all regulatory compliance, training and supervising study interns, and all site recruitment, retention, informed consenting, assessment conduction, and data collection.

Hippocampal Predictors of Cognitive Impairment in Breast Cancer (5R01NR014182-04)

February 2016 – April 2017; PI: Lei Wang, Ph.D.

This study used longitudinal magnetic resonance imaging (MRI) to identify predictors and mechanisms of cognitive impairment in breast cancer patients receiving hormonal treatment. This was achieved by using structural and functional assessments that are sensitive to the integrity of the hippocampal-cortical circuitry. The central hypothesis was that measures of the hippocampal-cortical circuitry can be used to predict cognitive decline, and that the trajectories of specific domains of cognitive performance in patients receiving adjuvant therapy may be related to trajectories of specific hippocampal-cortical circuitry components.

Circadian Rhythm, HRQOL, and Symptom Burden in Gynecologic Cancer Survivors

January 2016 to April 2017; PIs: Frank Penedo, Ph.D., Phyllis Zee, M.D.

This was a pilot feasibility study featuring qualitative focus group and preliminary data collection to evaluate the use of bright light therapy goggles in women diagnosed with gynecologic cancers who were experiencing sleep difficulties. Responsibilities included assisting in protocol design for self-report measures and bio-sample processing (urine melatonin, saliva, and blood), organizing focus groups and facilitating focus group interviews to collect qualitative data, paper coding and coding of transcripts using NVivo software, and using accelerometer watches and software to analyze accelerometer data.

PUBLICATIONS (N=3)

Boland, C.L., Zanesco, A.P., Denkova, E., Price, M.M., Alessio, C., Rodgers, S.L. & Jha, A.P. (*under review*). Investigating the impact of mindfulness training on measures of stress and affect in time-pressured professional and community settings.

Penedo, F. J., Medina, H., Sookdeo, V., Natori, A., **Boland, C.L.**, Schlumbrecht, M., Calfa, C., MacIntyre, J., Garcia, S. (*under review*). Implementation of an electronic health record (EHR) integrated patient reported outcomes (PRO) symptom and needs monitoring program in ambulatory oncology: The my wellness check program.

Penedo, F.J., Fox, R.S., Oswald, L.B., Moreno, P.I., **Boland, C.L.**, Estabrook, R., McGinty, H.L., Mohr, D.C., Begale, M.J., Dahn, J.R., Flury, S.C., Perry, K.T., Kundu, S.D., & Yanez, B. (2019). Technology-based psychosocial intervention to improve quality of life and reduce symptom burden in men with advanced prostate cancer: Results from a randomized controlled trial. *International Journal of Behavioral Medicine*, 27(5), 490-505.

MANUSCRIPTS IN PREPARATION (N=5)

Boland, C.L., Alessio, C., & Walsh, E.A. (*in preparation*). Mindfulness-based interventions for sexual-related concerns along the cancer continuum: A systematic review.

Price, M., **Boland, C.L.**, Zanesco, A.P., Denkova, E., Alessio, C., Price, M.M., Rodgers, S.L. & Jha, A.P. (*in preparation*). The impact of mindfulness training on subjective mind-wandering in time-pressured professional and community settings: A multi-study evaluation.

Boland, C.L., Alessio, C., Denkova, E. & Jha, A.P. (*in preparation*). Efficacy of a digital mindfulness training program in ROTC cadets: Results from a randomized controlled trial.

Maylott, SE., Fasano, RM., Moffitt, J.M, **Boland, C.L.**, Burdette, E.T., Nahin, E.R., Tarlow, N., Simpson, E.A. & Delgado, C. (*in preparation*). Do rates of developmental disabilities vary across birth seasons in South Florida?

Walsh, E.A., **Boland, C.L.**, Penedo, F.J. (*in preparation*). Marital status moderates perceived stress in men receiving a psychosocial intervention for advanced stage prostate cancer.

ORAL PRESENTATIONS (N=5)

- Boland, C.L.** (2021, August 12-14) *Bolstering US Military ROTC Cadets' Resilience via Digital Application Delivery of Mindfulness Training Exercises*. American Psychological Association's Annual Convention, Division 19 Invited Talk. (Presented virtually)
- Boland, C.L.**, Alessio, C., Walsh, E.A. (2021, July 5-9) *Mindfulness-based Interventions for Sexual Concerns Across the Cancer Control Continuum: A Systematic Review*. International Conference on Mindfulness, Aarhus, Denmark. (Presented virtually)
- Fox, R.S., Reid, K.J., Bovbjerg, K., **Boland, C.L.**, Wu, L.M., Shahabi, S., Ong, J.C., Zee, P.C., Penedo, F.J. (2018, November 14-17) *Preliminary findings from a bright light intervention for sleep disturbance and symptom burden in ovarian and endometrial cancer survivors*. International Society of Behavioral Medicine's 15th International Congress, Santiago, Chile.
- Fox, R.S., Wu, L.M., Reid, K., Bovbjerg, K., **Boland, C.L.**, Shahabi, S., Ong, J.C., Zee, P.C., Penedo, F.J. (2018, November 1-2) *Systematic light exposure for sleep disturbance in ovarian and endometrial cancer survivors: A pilot study*. International Psycho-Oncology Society's 20th World Conference in Hong Kong, China.
- Boland, C.L.**, Fleisher, L., & Jonassaint, C. (2017, March 29-31). *Using e-Health Communication and Technology to Reduce Health Inequities in Underrepresented Groups*. 38th annual meeting of the Society of Behavioral Medicine, San Diego, CA.

POSTER PRESENTATIONS (N=11)

- Boland, C.L.**, Alessio, C., Price, M., Zanesco, A.P., Denkova, E., Rodgers, S. & Jha, A.P. (2022, March 23 – 26). *A multi-study evaluation of mindfulness training on perceived stress and affect in community groups*. To be submitted to American Psychosomatic Society's 80th Annual Scientific Meeting, Long Beach, CA.
- Lang, S., **Boland, C.L.**, Schmaus, J. & Hartman, P. (2022, March 18-21) *Implementation of a telephone-based cognitive rehabilitation group for older adult veterans*. To be submitted to American Association of Geriatric Psychiatry's Annual Meeting, Orlando, FL.
- Boland, C.L.**, Alessio, C., McDonald, K., Zanesco, A.P., Denkova, E., & Jha, A.P. (2021, August 12-14) *Feasibility and acceptability of digital application-based delivery of mindfulness training*. American Psychological Association's Annual Convention. (Presented virtually)
- Boland, C.L.**, & Jha, A.P. (2021, August 12-14) *Promises and pitfalls of digital mindfulness-based interventions*. American Psychological Association's Annual Convention. (Presented virtually)
- Boland, C.L.**, May, M.H., Fox, R.S., Moreno, P., Penedo, F.J. (2019, March) *Psychosocial correlates of affect and functional health related quality of life in men with advanced stage prostate cancer*. American Psychosomatic Society's 77th Annual Scientific Meeting, Vancouver, Canada.
- Boland, C.L.**, Shireman, S.M., Moreno, P., Smith, L., Penedo, F.J. (2019, March) *Cytokines and symptom burden in men with advanced stage prostate cancer*. American Psychosomatic Society's 77th Annual Scientific Meeting, Vancouver, Canada.
- Boland, C.L.**, Milrad, S.F., Hall, D.L., Jutagir, D.R., Lattie, E.G., Czaja, S.J., Perdomo, D.M., Fletcher, M.A., Klimas, N., Antoni, M.H. (2018, April 11-14) *Symptom burden and depression among ethnically diverse individuals with chronic fatigue syndrome*. 39th annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Fox, R.S., Moreno P.I., Yanez, B., McGinty, H.L., Flury, S.C., Mohr, D.C., Wortman, K., Thomas, J., **Boland, C.L.**, Smith, L.T., Penedo, F.J. (2017, March 15-18) *Preliminary effects of a technology-administered CBT-based stress- and self-management intervention on depression symptoms in men undergoing hormone therapy for advanced prostate cancer*. 75th annual meeting of the American Psychosomatic Society in Sevilla, Spain.
- Boland, C.L.**, Fox, R.S., Butirago, D., Rivera, C., McGinty, H.L., Garcia, S.F., Zee, P.C. & Penedo, F.J. (2017, January 18) *Knowledge of and beliefs regarding pharmacological and non-pharmacological sleep*

interventions among cervical cancer patients. Northwestern University’s Integrative Medicine Research Conference, Chicago, IL.

McGinty, H.L., **Boland, C.L.**, Goetzman, S., Thomas, J. L., Smith, L T., Kelsten, M.F., Antoni, M., & Penedo, F.J. (2016, April 1-2). *Sexual functioning in men treated for localized prostate cancer: Longitudinal changes across ethnic groups.* 37th annual meeting of the Society of Behavioral Medicine, Washington, D.C.

McGinty, H.L., Goetzman, S., **Boland, C.L.**, Antoni, M., & Penedo, F.J. (2016, April 1-2). *Urinary and sexual functioning, general health-related quality of life, and distress in localized prostate cancer.* 37th annual meeting of the Society of Behavioral Medicine, Washington, D.C

INVITED TALKS

Military Briefing (June 2021) – *Mindfulness training to bolster cognitive and psychological functioning in US military ROTC cadets* - Briefing given to Col. Maurice Barnett, Deputy Commanding Officer for U.S. Army Cadet Command at Fort Knox.

Panelist (April 2021) – *Science communication and networking panel* - Center for HIV and Research in Mental Health Lab Meeting– University of Miami

Invited Speaker (February 2021) - *Mindfulness training and the military* – Air Force Reserve Officers’ Training Corps (AFROTC) – Detachment 155 (South Florida)

Invited Keynote Speaker (December 2020) – *Mindfulness 101* - Mindfulness and Well Being Summit – Women of Tomorrow & Frederick A DeLuca Foundation

REVIEW RESPONSIBILITES

2018 – Present Ad-hoc reviewer for Psycho-Oncology
2018 – Present Ad-hoc reviewer for Psychology and Health

TEACHING EXPERIENCE

PSY220: Psychobiology *Instructor, Spring 2021*

Taught an introductory course on psychobiology to a group of undergraduate STEM majors. Responsibilities included creation of syllabus, slides, and selection of class materials including textbook. Lectured for 75 minutes twice a week, wrote and administered tests and mentored students.

PROFESSIONAL AFFILIATIONS

2021-Present WELL for Digital Health, General Member
2020-Present Society for Military Psychology (APA Division 19)
2018-2020 Psychoneuroimmunology Research Society, Trainee Member
2016-Present Society of Behavioral Medicine, Student Affiliate
2015-Present American Psychological Association, Student Affiliate

OFFICES/POSITIONS HELD

2020 – Present **Psychology Students for Diversity, Equity, and Inclusion**
 Committee Member
2018 – Present **Graduate Student Peer Mentor**
 Department of Psychology, University of Miami
2018-2019 **Community Service & Professional Development Chair**
 Department of Psychology, University of Miami
2018-2019 **Psychology Graduate Student Association Board**
 Department of Psychology, University of Miami

2015-2017

Quality of Life Committee Member

Medical Social Sciences Department, Northwestern University

REFERENCES

Amishi Jha, Ph.D

Professor of Psychology
Director, UMindfulness Center
University of Miami
a.jha@miami.edu

Frank Penedo, Ph.D.

Sylvester Professor of Psychology and Medicine
Director, Cancer Survivorship
University of Miami
fpenedo@miami.edu

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