

CURRICULUM VITAE

University of Idaho

NAME: Jamie C. Derrick

DATE: January 2020

RANK OR TITLE: Associate Clinical Professor

DEPARTMENT: Psychology and Communication Studies

OFFICE LOCATION AND CAMPUS ZIP: Mary Forney Hall, 013 [3043]

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DATE OF FIRST EMPLOYMENT AT UI: September 2000 (part-time lecturer; spousal accommodation)

July 2005 (assistant professor, non-tenure track)

July 2010 (assistant clinical professor)

July 2015 (associate clinical professor)

DATE OF PRESENT RANK OR TITLE: July 2015

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

Stanford University, Ph.D. Counseling Psychology [1992]

Stanford University, M.A. Social Psychology [1992]

Stanford University, M.A. Organizational Behavior [1991]

University of Idaho, B.S. Business [1981]

Certificates and Licenses:

Licensed Psychologist, State of Idaho Psy-325 (2000-present)

Trauma-informed mindfulness, Mindful Experiential Therapy Approaches, Portland [2018]

Certification in Mindful Yoga Instruction, Prajna Yoga and Meditation, Santa Fe, New Mexico [2017]

Certification in Mindfulness Facilitation, UCLA Mindful Awareness Research Center [2014]

Certification in Mindful Awareness Practices, UCLA Mindful Awareness Research Center [2015]

Candidate in Mindfulness Based Stress Reduction, University of Massachusetts Medical Center [2013]

Analytical Psychology Specialization, Seattle Jungian Institute [2009]

Certified Trainer 'Incredible Years' Child Emotional Education, University of Washington [2006]

EXPERIENCE:

Teaching, Research, and Clinical Appointments:

University of Idaho, Associate Clinical Professor of Psychology and Communication Studies [present]

California State University, Sonoma, Assistant Professor of Counselor Education [1995-1998]

University of Southern California Assistant Professor of Counseling Psychology [1994-1995]

University of California, Berkeley, Post-doctoral Fellow, Psychology [1992-1994]

Stanford University, Center for Advanced Study in the Behavioral Sciences, Research Fellow (Summer, 1992)

Yale University Medical School/ West Haven VA Medical Center, Pre-doctoral Clinical Intern, [1991-1992]

Stanford University, Pre-doctoral Clinical Fellowship, Student Health Center [1990-1991]

Stanford University Medical School, Research Fellow, Stanford Sleep Disorders Clinic [1988-1990]

Stanford University Medical School, Research Fellow, Substance Abuse Clinic [1987-1988]

Consulting:

Denison University, Granville, Ohio, Programming on Religious and Spiritual Life. Provided consultation about university-based mindfulness intervention for undergraduate populations including best practices for young adults, strategies for supporting success, and structuring materials to benefit college student needs. [2018-2019]

UCLA, Mindful Awareness Research Center, UCLA Medical School. Meditation Mentor for UCLA, Mindful Awareness Research Center year-long Intensive Personal Practice (IPP) program. Provide mentoring and meditation practice support educational resources bi-monthly to American and International students enrolled in the UCLA IPP program [2015-2017]

Inward Bound Meditation Experience, Meditation Teaching Staff. (Nationally Accredited Organization that offers secular meditation retreats to children ages 14-19). Meditation Teaching Staff & Health Coordinator. Provide small-group mindfulness, training mentor teens' meditation practices, oversee mental health assessment and medication interventions. [1 week yearly each July, 2015-present]

Spirit Rock Residential Retreat Center, Meditation Teaching Staff. (Nationally Accredited Meditation Retreat Center that offers residential meditation retreats and mindfulness education). Provide mindfulness training in small-group mindfulness, mentor teens' meditation practices, offer arts-based mindfulness practices. [Dec 24-Jan 2, 2015]

Kepro Employee Assistance Program, Medical Health Provider offering affordable mental health resources. Provide low cost, short-term counseling and assessment services to individuals and families on the Palouse. [2006-2018]

TEACHING ACCOMPLISHMENTS:

Areas of Specialization:

Clinical Psychology
Developmental Psychology
Mindfulness-Based Education
Trauma-informed Mindfulness

Courses Taught:

Developmental Psychology, Psyc 305 – live [Fall & Spring semesters 2000 to present; 150 students/ yr]
Developmental Psychology, Psyc 305 - WWW [Fall, Spring, Summer 2006 to present; 180 students/ yr]
Mindfulness and Well-Being, Psyc 403- live [Spring, Fall semester 2019-present, 70 students/ yr]
Mindfulness and Well-being, Psyc 404- live [Spring semester 2015-2018; 70 students/ yr]
Psychology of Emotion, Psyc 456 – live [Spring semester 2011-2012, 50 students/yr]
Adult Development and Aging, Psyc 419 -live [Fall & Spring semesters 2002-2010; 25 students/ yr]
Adult Development and Aging, Psyc 419 – WWW [Spring & Fall semesters 2006-2010; 100 students/ yr]
Abnormal Psychology, Psyc 311 – live [Spring, & Summer semesters 2001-2008; 200 students/ yr]
Arts-based Mindfulness, Psyc 404 – live [Spring 2015; 30 students]
Disorders of Childhood and Adolescence, Psyc 422 [Spring 2005-2010; 45 students/ yr]
Psychology of Well-being, Psyc 404 – live [Spring 2011; 15 students]
Art, Artists, & Madness, Core 100 – live [Spring & Fall Semesters, 2006-2011; 140 students/ yr]
Classroom Behavior Management for Young Children, Psyc 404 [Spring 2009-10; 25 students]
Depth Psychology for Actors and Stage Performance, The 404 [Spring & Fall 2010; 50 students]
Pathways to Building a Sustainable Environment, NR 404 [Spring 2005; 35 students]

Courses Taught at Other Universities:

The Experience of Gender (University of Southern California)
Cognitive Biases in Clinical Decision-making (University of Southern California)

Theory and Practice of Counseling (California State University)
Group Counseling Technique (California State University)
Peer Counseling Techniques (California State University)
Social Psychology (Pacifica Graduate School of Professional Psychology)
Conflict Resolution (Pacifica Graduate School of Professional Psychology)

Students Advised:

Undergraduate Students: 40 undergraduates per year
[Estimated advisees to have earned degrees: 400 since 2000]

Graduate / Advanced Student Committees:

Mindfulness in Virtual Reality Intervention for Anxiety. Master's Thesis Project, Committee Member
Department of Art/ Virtual Technology and Design. [2019-2020].

Mindfulness in Virtual Reality Intervention for Nerve Pain. Senior Design Project, Committee Member
Department of Art/ Virtual Technology and Design. [2018].

Mindfulness in Architectural Design. Senior Design Project, Committee Member. Department of Art
and Architecture. [2015].

Attachment Disorders in Infancy. Master's Thesis Committee Member: Family and Consumer Sciences. [2013]

Eating Disorders in a High School Population. Master's Thesis Committee Member: Family and Consumer
Sciences. [2003].

Materials Developed:

Derrick, J. Pre- and post-assessment measures of study skills, coping skills, risk behaviors and
mindfulness for 200 students completing structured mindfulness training from 2015-2018. Unpublished
assessment of the training materials and their effectiveness with University of Idaho students.

A series of educational articles on mindfulness for UI Students:

- Derrick, J (2016, January 14). Taming a Noisy Mind. *The Argonaut*, pp.3.
- Derrick, J (2015, October 15). U of I is a Stressed-Out Campus. *The Argonaut*, pp.3.
- Derrick, J (2015, October 22). The Value of Labeling Emotion. *The Argonaut*, pp.2.
- Derrick, J (2015, November 2). Mindfulness is Kind. *The Argonaut*, pp.5.

Derrick, J. **21-Day Mindfulness Challenge Podcast**, a series of 21 different audio recorded guided meditations
offered over three weeks. Links to the recordings sent by e-mail each day for 21 days to 650 registered
participants from the UI and WSU campus communities and around the state of Idaho. (2015)

Derrick (*Nekich*), J. **Web-based interactive student study guide** (sixteen learning modules with self-scoring
quizzes) included with all Wadsworth textbooks in Developmental Psychology. Wadsworth Publishers: San
Francisco. (2006)

Derrick (*Nekich*), J. (2008). **Unpublished report**. Comparison of study habits and classroom performance in
web-based versus classroom-based education in an introductory course in child development at University of
Idaho.

Courses Developed:

Developmental Psychology, Psyc 305 – live
Developmental Psychology, Psyc 305 - WWW
Mindfulness and Well-being, Psyc 403 - live
Mindfulness and Well-being, Psyc 404- live
Psychology of Emotion, Psyc 456 – live
Adult Development and Aging, Psyc 419 -live [

Adult Development and Aging, Psyc 419 – WWW
Abnormal Psychology, Psyc 311 – live
Arts-based Mindfulness, Psyc 404 – live
Disorders of Childhood and Adolescence, Psyc 422
Psychology of Well-being, Psyc 404 – live
Art, Artists, & Madness, Core 100 – live
Classroom Behavior Management for Young Children, Psyc 404 [
Depth Psychology for Actors and Stage Performance, The 404
Pathways to Building a Sustainable Environment, NR 404
The Experience of Gender (University of Southern California)
Cognitive Biases in Clinical Decision-making (University of Southern California)
Theory and Practice of Counseling (California State University)
Group Counseling Technique (California State University)
Peer Counseling Techniques (California State University)
Social Psychology (Pacifica Graduate School of Professional Psychology)
Conflict Resolution (Pacifica Graduate School of Professional Psychology)

Programs Developed:

Founded and run the UI Mind Mindfulness Education Program, University of Idaho [campus mindfulness education and resources]. This program offers weekly drop-in meditation to 900 campus members per year, a Facebook page with weekly meditation education followed by 240 people, weekly promotion of mindfulness on campus flat screen monitors [including logo development and flat screen ad designs that change every month], a YouTube channel with audio recorded meditation for the students, staff, faculty and larger Palouse community. [2014 to present]

UI Mind provides meditation resources that have been integrated into/ sponsored by ASUI (formal student resolution in January 2015), GPSA (formal student resolution in September 2016), University of Idaho Sustainability Center, the Vandal Health Coalition, the University of Idaho Employee Wellness program (University of Idaho Wellness Resources Page – meditation program <https://www.uidaho.edu/human-resources/benefits/wellness>), and Student Orientation Committee.

Non-credit Classes, Workshops, Seminars, Invited Lectures, etc.:

Derrick, J. and Potter, D. Four Day Residential Mindfulness Retreat for Adults. Co-teaching with Mindfulness-Based Stress Reduction faculty to provide residential retreat that integrates MBSR, relational mindfulness, and mindful movement in North Idaho Retreat Setting for 50 adults coming from across US and Idaho. [2019]

Derrick, J. Week Long Residential Mindfulness Retreat for At-risk Teens. Staff for iBME (Inward Bound Meditation Experience). Residential meditation retreat for teens. Offered week-long education on meditation and relational mindfulness and monitored 45 teens with complex mental health needs. Los Angeles, CA. [2019]

Derrick, J. and Potter, D. Four Day Residential Mindfulness Retreat for Adults. Co-teaching with Mindfulness-Based Stress Reduction faculty to provide residential retreat that integrates MBSR, relational mindfulness, and mindful movement in North Idaho Retreat Setting for 60 adults coming from across US and Idaho. [2018]

Derrick, J. and Potter, D. Four Day Residential Mindfulness Retreat for Adults. Co-teaching with Mindfulness-Based Stress Reduction faculty to provide residential retreat that integrates MBSR, relational mindfulness, and mindful movement in North Idaho Retreat Setting for 50 adults coming from across US and Idaho. [2017]

Derrick, J. Week Long Residential Mindfulness Retreat for At-risk Teens. Staff for iBME (Inward Bound Meditation Experience). Residential meditation retreat for teens. Offered week-long education on meditation and relational mindfulness and monitored 45 teens with complex mental health needs. Los Angeles, CA. [2018]

Derrick, J. Week Long Residential Mindfulness Retreat for At-risk Teens. Staff for iBME (Inward Bound Meditation Experience). Residential meditation retreat for teens. Trained and then offered staff workshop on social justice/ racial justice awareness to fifteen staff in two-day advance preparation for the retreat. Offered week-long education on meditation and relational mindfulness and monitored 45 teens with complex mental health needs. Los Angeles, CA. [2017]

Derrick, J. Week Long Residential Mindfulness Retreat for At-risk Teens. Staff for Spirit Rock Meditation Center Mindfulness retreat for teens. Offered week-long education on relational mindfulness, contemplative arts, and interpersonal well-being. Spirit Rock Meditation Center, San Francisco, California. [2016]

Derrick, J. Week Long Residential Mindfulness Retreat for At-risk Teens. Staff for iBME (Inward Bound Meditation Experience) Mindfulness retreat for teens. Offered week-long education on relational mindfulness, contemplative arts, and psychological health. Monitored and mentored 45 teens with complex mental health needs. Inward Bound Meditation Experience, Los Angeles, California. [2015]

Derrick, J. Mindfulness and Contemplative Art. Mindfulness training offered at the Moscow High School for 25 high school students enrolled in Drawing and Art Classes. [2015]

Derrick, J. Mindfulness and Contemplative Art Practices. Professional facilitation in mindfulness offered at UCLA Wellness Symposium, Department of Psychiatry. University of California, Los Angeles. [2014]

Derrick (*Nekich*), J. Mindfulness-based Art and Identity Formation in Student Leaders. Invited workshop with high risk, low income minority students admitted to the University of Idaho TRIO program for youth leadership training. [2013]

Derrick (*Nekich*), J. Personal Narrative and the Unbound Book. Elective workshop piloted at the University of Idaho with students enrolled in Psychology of Emotion, Moscow, Idaho. [2013]

Derrick (*Nekich*), J. Mindfulness-based Art and Stress Reduction. Workshop piloted at the University of Idaho with incoming first year students facing the transition to college. [2010]

Derrick (*Nekich*), J Symbol, Art, and Narrative, Talk for Training Seminar Seattle Jung Institute, Seattle Washington. [2009]

Derrick (*Nekich*), J. Psychological Aspects of the Green Movement and Global Warming. Talk presented as part of community symposium organized by the Moscow Unitarian Universalist Church and the Environmental Sciences Department at University of Idaho. [Recorded talk played on local radio station KRFP, April 18, 2008, 10am]. (April, 2008).

Derrick (*Nekich*), J. Personal Narrative and Dream Analysis. Demonstration of movement techniques at Jungian Symposium on Dream, Jungian Training Institute, Zurich Switzerland. [2008]

Derrick (*Nekich*), J. Dream and Unconscious Explored with Drama. Workshop presented as part of a series with Lionel Corbett, M.D. at Pacifica Graduate Institute, Santa Barbara, California. [2007]

Derrick (*Nekich*), J. Incredible Years Training Program, twelve-week training workshop offered to student teachers University of Idaho, Department of Family and Consumer Sciences, University of Idaho. [2006]

Derrick (*Nekich*), J. The Incredible Years Training Program and Research Outcomes, Talk presented as part of a professional education retreat for honored teachers selected for their excellence from public schools around the State of Idaho, University of Idaho School of Education, Moscow Idaho. [2006]

Derrick (*Nekich*), J. The Incredible Years Training Program, training workshop offered to student teachers University of Idaho, Department of Family and Consumer Sciences, University of Idaho. [2005]

Derrick (*Nekich*), J. Stress Reduction Techniques at Work. Workshop for the Wellness Program at University of Idaho. [2005]

Derrick (*Nekich*), J. Effective Classroom Management, Training module offered as part of a training workshop for the Incredible Years Early Childhood Intervention model, University of Washington, Seattle Washington. [2004]

Derrick (*Nekich*), J. Emotion in family communication. Workshop for the Wellness Program at University of Idaho. [2004]

Derrick (*Nekich*), J. Crossing the Line: Sharing our similarities and differences nonverbally. Invited workshop with University of Idaho Dean of Students Office and ASUI student leadership retreat. University of Idaho Retreat Center, Coeur d'Alene, Idaho. [2003]

Derrick (*Nekich*), J. Strengths and skills needed for student leadership. Invited presentation and group facilitation for leadership retreat for ASUI student leaders, University of Idaho Retreat Center, Coeur d'Alene, Idaho. [2002]

Derrick (*Nekich*), J. Parenting your challenging child. Wellness Workshop at University of Idaho. [2002]

Derrick (*Nekich*), J. & Reikowski, D. Communication and Conflict Resolution. Workshop presented to student teachers, Stanford University School of Education, Palo Alto, California. [1999]

Honors and Awards:

Nominated to give **opening talk at TEDx Uidaho** event on 'Cultivating Curiosity'. [2016]

Voted **Professor of the Year** by Gamma Phi Beta, University of Idaho [2014]

Valued Professor Award by Kappa Kappa Gama, University of Idaho [2011]

Voted Kappa Delta **Professor of the month**, University of Idaho [2005]

Achievement and Service Award, Associated Students University of Idaho [2004]

Outstanding Service to Students with Disabilities, Office of Disability Support Services/ Dean of Students Office, University of Idaho [2002]

Award for Excellence, Alumni Association, University of Idaho [2002]

Outstanding Faculty Award, Dean of Students, University of Idaho [2001]

SCHOLARSHIP ACCOMPLISHMENTS:

Publications, Exhibitions, Performances, Recitals:

Peer Reviewed/Evaluated:

Locke, K & Derrick (*Nekich*), J. (2001). Agency and communion in naturalistic social comparison. *Personality and Social Psychology Bulletin*, 26, 864- 874.

McLean-Parks, J., Boles, T., Conlon, D., DeSouza, E., Gatewood, W., Gibson, K., Halpern, J., Locke, D., Derrick (*Nekich*), J., Straub, P., Wilson, G., & Murnighan, K. (1996). Distributing adventitious outcomes: social norms, egocentric martyrs, and the effects on future relationships. *Organizational Behavior and Human Decision Processes*, 67(2), 181-200.

Bliwise, D., Derrick (*Nekich*), J.C., & Yesavage, J.A. (1995). Prediction of outcome in behaviorally based insomnia treatments. *Journal of Behavior Therapy and Experimental Psychiatry*, 26(1), 17-23.

Bliwise, D.L., Carroll, J.S., Lee, K.A., Derrick (Nekich), J.C., & Dement, W.C. (1993). Sleep and “sundowning” in nursing home patients with dementia. *Psychiatry Research*, 48, 277-292.

Derrick (Nekich), J.C. (1992). Attribution and complexity of thought in the resolution of domestic conflict. *Dissertation Abstracts*.

Bliwise, D.L., Carskadon, M.A., Seidel, W.F., Derrick (Nekich), J.C., & Dement, W.C. (1991). MSLT-defined sleepiness and neuropsychological test performance do not correlate in the elderly. *Neurobiology of Aging*, 12, 463-468.

Bliwise, D.L., Derrick (Nekich), J.C., & Dement, W.C. (1991). Relative validity of self-reported snoring as a symptom of sleep apnea in a sleep clinic population. *Chest*, 99, 600-607.

Cronkite, R., Finney, J., Derrick (Nekich), J., & Moos, R.J. (1990). Remission among alcoholic patients and family adaptation to alcoholism: A stress and coping perspective. In R.L. Collins, K.E. Leonard, B.A. Miller, & J.S. Searles (Eds.), *Alcohol and the Family*.

Presentations and Other Creative Activities:

UI Mind Webpage: offers information about mindfulness programming at University of Idaho and online mindfulness resources. [developed 2014]

<https://www.webpages.uidaho.edu/derrick/mindfulness.htm>

UI Mind Youtube Channel: mindfulness videos and recordings of brief guided meditations. Zoom recordings of the weekly Wednesday drop-in sessions are available on-demand. [developed 2018]

<https://www.youtube.com/channel/UCjLMgWgZsUYxWTU8JJbtMTg>

UI Mind Mindfulness blog/ Facebook Page/ 240 followers: bi-weekly educational blog entries about mindfulness practices and announcements about UI Mind programming. [developed 2015]

<https://www.facebook.com/UIMind/?ref=hl>

Child Development – Classroom-based, Slide Presentations with integrated educational video [2019]

17 chapters, 5-7 slide presentations per chapter. Copies of presentations on available bblearn.

Chapter 1, Segment 1 ‘Introduction’

copy of slides:

https://bblearn.uidaho.edu/bbcswebdav/pid-1815809-dt-content-rid-24343848_1/courses/201820_43463/ch01_1_intro_live18.pdf

Chapter 1, Segment 2 ‘The Big Questions’

copy of slides:

https://bblearn.uidaho.edu/bbcswebdav/pid-1815809-dt-content-rid-24343849_1/courses/201820_43463/ch01_2_big%20questions18.pdf

Chapter 2-17, Segments 3-80 are similarly stored. Links available upon request.

Child Development – Web-based, Video Presentations [2019]

17 chapters, 5-7 slide presentations per chapter. Video presentations available on private Vimeo channel.

Chapter 1, Segment 1 ‘Introduction’

Video link: <https://vimeo.com/285776100/8203e27b40>

Copy of Slides: https://bblearn.uidaho.edu/bbcswebdav/pid-1815623-dt-content-rid-24344772_1/courses/201820_55588/ch01_1_intro_WWW18.pdf

Chapter 2, Segment 2 'The Big Questions'

Video Link: <https://vimeo.com/311119949/6f8d25024e>

Copy of Slides: https://bblearn.uidaho.edu/bbcswebdav/pid-1815624-dt-content-rid-24344773_1/courses/201820_55588/ch01_2_big%20questions18.pdf

Chapter 2-17, Video 3-80 are similarly stored on Vimeo. Links available upon request.

Mindfulness and Well-Being Slide Presentations – Slide Presentations [2018]

16 weekly presentations. Copies of presentations available on bblearn.

Week1, Introduction and Welcome

copy of slides: https://bblearn.uidaho.edu/bbcswebdav/pid-1543322-dt-content-rid-13455423_1/courses/201720_1D_master/Week%201%20Attention2%281%29.pdf

Week 2, Basics of Mindfulness and Warm Attention

Copy of slides: https://bblearn.uidaho.edu/bbcswebdav/pid-1543323-dt-content-rid-13640982_1/courses/201720_1D_master/Warm%20Attention_week%202.pdf

Presentations for Weeks 3-16 are similarly stored. Links available upon request

Revised Mindfulness and Well-Being Workshop Slide Presentations – Slide Presentations [2019]

16 weekly presentations. Copies of presentations available on bblearn.

Week1, Introduction and Welcome

copy of slides: https://bblearn.uidaho.edu/bbcswebdav/pid-1543322-dt-content-rid-13455423_1/courses/201720_1D_master/Week%201%20Attention2%281%29.pdf

Week 2, Basics of Mindfulness and Warm Attention

Copy of slides: https://bblearn.uidaho.edu/bbcswebdav/pid-1543323-dt-content-rid-13640982_1/courses/201720_1D_master/Warm%20Attention_week%202.pdf

Presentations for Weeks 3-16 are similarly stored. Links available upon request

Professional Meeting Papers, Keynote Talks, Workshops:

Derrick, J. (Sep 2018). Staying Calm When Life is Hard: Mindfulness in Daily Life. Keynote address for Mindful Symposium, Washington State University Consortium on Mindfulness.

Derrick, J. (May, 2018). Mindfulness Made Simple. Invited talk for Palouse Non-profit Leadership Meeting, 1912 Center, Moscow Idaho.

Derrick, J. (May 2017). Mindfulness and Mental Health: Simple practices for caregivers. National Alliance on Mental Health Conference, University of Idaho, Moscow, Idaho.

Derrick, J. (January 2017). Mindfulness and the Creative Process. Eastside Mindfulness Coalition, Secular Spirituality Center, Los Angeles, CA.

2016 Holyoke, L, Shieffelbein, K. and Derrick, J. (October, 2016). The Psychologically Safe Classroom is Essential in Mindfulness Education. Northwest Research on Women and Gender, University of Vermont, Burlington.

Derrick, J. (April, 2016). Starting a Kindness Revolution. Opening talk at the TEDx Uidaho 2016, Cultivating Curiosity. Video file available at <https://www.youtube.com/watch?v=itnoDEL5QjQ>.

Derrick, J. (April, 2015). The Path to Success is Not Straight. Keynote speaker for Uideas Spring Conference, University of Idaho Sustainability Center, April 2015.

Derrick (Nekich), J and Alexander, T. (October, 2014). Strategies for building a 'strengthening the spirit curriculum with Native American youth. Indian Education Summit, Lewiston Idaho.

Derrick (Nekich), J and Alexander, T. (October, 2013). Using Contemplative Practices to Strengthen the Young Scholar's 'Spirit'. Northwest Association of Educational Opportunity Programs, Portland Oregon.

Derrick (Nekich) J (April 2012). Attachment and Emotion in Infancy. Keynote for local conference on Early Infant Outcomes, Smile at Your Baby (nonprofit) Pullman, Washington.

Derrick (Nekich), J (July, 2010). Influence, Emotion, & Social Media. Talk for the Latah County Democratic Party & Moscow City Chamber of Commerce, Moscow, Idaho. (Given a second time to the Moscow City Chamber of Commerce).

Derrick (Nekich), J. (February, 2003). Attachment and healthy development. Keynote address for the Young Children and Youth Awards Banquet, Moscow, Idaho.

Derrick (Nekich), J. (January, 2002). Quality of classroom environment in predicting emotional and academic outcomes. Talk presented to the Public School Teachers Association, Moscow Idaho.

Derrick (Nekich), J. (December, 1997). Toddler temperament as a determinant of parenting strategy. Talk presented as part of Moscow Parent-Toddler Cooperative Parent Education Series, Moscow, Idaho.

Derrick (Nekich), J. & Boles, T. (June, 1996). Effects of gender and perception of fairness on resource allocation decisions. Talk presented to the Center for Advanced Study in the Behavioral Sciences, Summer Institute, Palo Alto, CA.

Derrick (Nekich), J. (February, 1996). Attribution, affect, and problem-solving strategies in couples. Talk presented to the Department of Psychology, Research Group on Transitions to Parenthood, University of California, Berkeley, CA.

Derrick (Nekich), J. (March, 1995). Attribution and cooperation in the resolution of couple's conflicts. Talk presented to the Department of Counseling, Counseling Colloquium, California State University, Sonoma, CA.

Derrick (Nekich), J. (March, 1994). Cultural diversity in the resolution of interpersonal conflict. Talk presented to the Department of Counseling, Counseling Colloquium, California State University, Sonoma, CA.

Boles, T. & Derrick (Nekich), J. (June, 1993). The role of prior relationship and expected future interaction on resource allocation decisions. Paper presented at the International Association for Conflict Management Meeting, Hengelhof-Houthallen, Belgium.

Grants Awarded:

Derrick, J (Nekich), principal investigator. National Institute on Drug Abuse, Supplement, Grant#3 R01 DA012881-04S1 Video-based teacher training to address classroom behavior management in high risk, low income children, Sept 2003-Sept 2005, \$250,000.

Derrick, J. (Nekich), principal investigator. National Institute of Mental Health, National Research Service Award, Grant #1 F32 MH10361-01 Conflict and Resilience in New Parents, May 1992-1994, \$150,000.

Derrick, J. (Nekich), principal investigator. Andrew W. Mellon Foundation. Center for Advanced Study in the Behavioral Sciences, Research Institute on Negotiation & Conflict Resolution, Stanford University Summer Fellowship award, \$40,000, May 1992-August 1992.

Honors and Awards:

California State University Sonoma, **Faculty Affirmative Action Mini-Grant** [1996]
Stanford Center on Conflict and Negotiation, **Dissertation Award** [1993]
University Medical School/ West Haven VA Hospital, **Scholarship Excellence Award** [1991]

SERVICE:

Major Committee Assignments: (National, State, District, County, University, College, Departmental and dates) **University**

University of Idaho, Arts Committee. [2013-]
University of Idaho, Ubuntu – Committee Chair. [2011-2013]
University of Idaho, Admissions Committee. [2011-2013]
University of Idaho, Hiring Committee: Director of Women’s Center. [2013]
University of Idaho, Equity Committee. [2010-2011]
University of Idaho, Borah Symposium Committee. [2007-2010]

College

College of Business, Special Holdings Committee, charged to evaluate and make recommendations for business plan to maintain (or sell) property left by alumni donor with the specification that it be used to promote mindfulness programming. [Fall 2017]

College of Letters Arts & Social Sciences, Special Dean’s committee, charged to advance recommendations for revision of the Core Discovery Curriculum which resulted in implementation of iSem model currently in use. [Summer 2010]

Departmental

Department of Psychology and Communication Studies, New Faculty Mentoring [2017-2019]
Department of Psychology and Communication Studies, Tenure and Promotion Committee [2017]
Department of Psychology and Communication Studies, Hiring Committee: Clinical Faculty [2013]
Department of Psychology Undergraduate Studies Committee, [2008-2011 & 2017-2018]
Department of Psychology External Relations Committee [2005-2013]

Professional and Scholarly Organizations

American Psychological Association
Northwest Association of Jungian Psychologists
Contemplative Mind in Higher Education
International Association for Mindfulness Teachers

Outreach Service:

Derrick, J. **Mindfulness Educational Outreach:** Educational training was offered to students, staff, and faculty on site in living groups (dorms and sororities), the Honors Program, International Programs, Graduate Student Office, and UI Sustainability Center. Annually, presentations reach about 300 students and 30 staff. [2015-present]

Derrick, J. **Mindfulness integrated into Vandal Health programming for stress reduction goals for 2020.** Offered programming Healthy Bodies program by offering drop-in meditation focused on body positive concepts. Developed programming integrated into stress reduction programs offered to students

during dead week each semester along with free yoga, free massage, and dog-student interaction in the Commons. UI Mind has been integrated into the Employee Wellness program. [2015-present]
 Derrick, J. **Sustainability oriented mindfulness offered during** the University of Idaho Sustainability Center's programming for Earth Month Awareness events by offering outdoor walking meditations. [2015-present]

Derrick, J. **Service learning project** in collaboration with Ubuntu (faculty senate committee) and local business that engaged 50 student volunteers and multi-cultural leaders who collected 950 pairs of gently used shoes to be distributed globally to people in need through Soles4Souls, an international humanitarian organization. [2013]

Derrick (*Nekich*), J. **Mindfulness-based Art and Identity Formation in Student Leaders**. Invited workshop with high risk, low income minority students admitted to the University of Idaho TRIO program for youth leadership training. [2013]

Derrick, J. **Public gallery installation and showing of student art projects** developed in Core 100, 'Art, Artists, & Madness'. Gallery installed in the University of Idaho Commons and catered gallery opening held on Mom's weekend to allow parents to attend. **Gallery also presented to the Idaho State Board of Education as model of teaching innovation in the University of Idaho Core Curriculum**. [2010]

Derrick, J. **Public gallery showing of student art projects** developed in Core 100, 'Art, Artists, & Madness'. **Gallery installed in the Hartung Theatre lobby** during the opening and run of 'A Midsummer Night's Dream'. [2007].

Derrick (*Nekich*), J. **Stress Reduction Techniques at Work**. Workshop for the Wellness Program at University of Idaho. [2005]

Derrick (*Nekich*), J. **Emotion in family communication**. Workshop for the Wellness Program at University of Idaho. [2004]

Derrick (*Nekich*), J. **Crossing the Line: Sharing our similarities and differences nonverbally**. Invited workshop with University of Idaho Dean of Students Office and ASUI student leadership retreat. University of Idaho Retreat Center, Coeur d'Alene, Idaho. [2003]

Derrick (*Nekich*), J. **Strengths and skills needed for student leadership**. Invited presentation and group facilitation for leadership retreat for ASUI student leaders, University of Idaho Retreat Center, Coeur d'Alene, Idaho. [2003]

Derrick (*Nekich*), J. **Parenting your challenging child**. Workshop for the Wellness Program at University of Idaho. [2002]

Community Service:

Provided interviews about mindfulness, stress, and well-being for publications across the region:

[University of Idaho Argonaut](#), After the break, take a break– November 27, 2017

[University of Idaho Argonaut](#), Relief Through Mindfulness, October 2, 2017

[University of Idaho Argonaut](#), Mindful Benefits – 20 minute meditation class, Sept, 25, 2017

[Blot Magazine](#), Holistic Healing, Jan 31, 2017

[Moscow Pullman Daily News](#), UI's talks about Kindness, Big Doubts, April 11, 2016

University of Idaho Argonaut, TEDx Uidaho has Morning on Kindness, Excellence, April 4, 2016

[University of Idaho Argonaut](#), Don't Mind if I Do, Feb 28, 2016

[University of Idaho Argonaut](#), , Creating a Mindful Campus, Feb, 16, 2016

[Huffington Post](#), Turning Mindless Activities into Mindful Ones, Jan 26, 2016

[University of Idaho Argonaut](#), Calming the Campus, Sept 26, 2015

[University of Idaho Argonaut](#), Mindfulness Resources Now Available, Feb 13, 2015

[Lewiston Tribute](#), Health Value of Mindfulness, April 25, 2015 (Balance Insert)
[Idaho Public Radio](#), What is Mindfulness?, May 8, 2015
 KRFP Yin Radio Interview, What is Mindfulness?, May 10, 2015

Derrick J. & Egelston, M. **Mindfulness and Physical Health Practices**. Series of 5 workshops on mindfulness and functional medicine offered at 1912 Center, Moscow Idaho. [2016]

Derrick, J. **Mindfulness and Contemplative Art**. Mindfulness training offered at the Moscow High School for 25 high school students enrolled in Drawing and Art Classes. [2015]

Derrick, J. **Mindfulness Meditation and Stress Reduction**. Community-based, 8-week course in mindfulness meditation offered to Moscow and Pullman Residents. [2015]

Derrick, J. **Mindfulness and Contemplative Art Practices**. Professional facilitation in mindfulness offered at UCLA Wellness Symposium, Department of Psychiatry. University of California, Los Angeles. [2014]

Honors and Awards:

Moscow, Idaho School District #281, Parent Representative on Superintendent Search Committee [2009]
 Moscow, Idaho School District #281, Award for Service and Leadership in Moscow Public Schools [2008]

PROFESSIONAL DEVELOPMENT:

Teaching:

Primary Attachment Intervention and Trauma-informed intervention (48 hours), Mindful Experiential Therapy Training Institute, Portland Oregon. Topics integrated into my Child Development Courses. [2018]

Cultural Literacy and Equity Symposium (8 hours), University of Idaho University of Idaho Office of Equity & Diversity and the President's Council on Diversity and Inclusion. Topics integrated in to best practices for teaching. [2018]

Neurobiology and Trauma Intervention with Arts Therapy (32 hours), Sandtray Training Institute of New Mexico, Corrales, New Mexico. Topics integrated into my Child Development Courses. [2018]

Social Justice and Gender and Race Identity (8 hours), Inward Bound Meditation Education Foundation, Concord, Ma. Topics integrated into best practices for teaching. [2016]

Radical Responsibility: Practices for Compassionate Communication, Authentic Relationship (9 hours), Upaya Zen Center, Santa Fe, New Mexico. Integrate topics into best practices for teaching. Topics also meet requirements for continuing education to maintain Professional Psychology License, Psy-325. [2015]

Scholarship:

Integrating Inquiry and Introspection into Mindfulness Practice. (40 hours). Studied with Frank Ostaseski, a renowned Buddhist Teacher & author, Metta Institute in Marin County, California. This event taught small group meditation and dialogue practices and meets the yearly continuing education requirements required to **maintain my international certification in mindfulness teaching from UCLA and to qualify as a member of the International Association for Mindfulness Teachers**. [2018]

Mindfulness-Based Stress Reduction. (100 hours). University of Massachusetts Medical School, Center for Mindfulness, Shrewsbury, Ma. On-site training with Jon Kabat Zinn, the founder of Mindfulness-based Stress Reduction. Training offered theory and research on mindfulness meditation and **training in the evidence-based protocol for certification to offer Mindfulness-based Stress Reduction (MBSR)**. [2012-2013]

Outreach:

Mindfulness-based Somatic Intervention and Trauma (112 hours). Mindful Experiential Therapy Training Institute, Portland Oregon. Topics integrated into mindfulness intervention. [2018-2019, underway]

Listening to the Small, Still Voice Within (6 hours). Center for Story and Symbol, Santa Barbara, Ca. Topics meet requirements for continuing education to maintain Professional Psychology License, Psy-325. [2018]

Re-certification Training in Mindfulness Facilitation (25 hours). University of California, Los Angeles, Mindful Awareness Research Center, Los Angeles, Ca. Required on-site training in the ethics, theory, and practice of mindfulness. This training is required every three years to maintain certification to teach mindfulness. [2017]

Mindfulness Meditation Intensive (70 hours). Upaya Zen Center, Santa Fe, New Mexico. Yearly week-long residential meditation intensive required to maintain UCLA certification to teach mindfulness mediation. [2016]

Meditation Practice Intensive (70 hours). Upaya Zen Center, Santa Fe, New Mexico. Yearly week-long residential meditation intensive required to maintain UCLA certification to teach mindfulness mediation. [2015]

Dharma at the Edge: Serving in the Social Justice Arena of Society (9.5 hours). Upaya Zen Center, Santa Fe, New Mexico. Integrate topics into best practices for teaching. Topics also meet requirements for continuing education to maintain Professional Psychology License, Psy-325. [2015]

Certified Mindfulness Facilitation Training (160 hours). University of California, Los Angeles, Mindful Awareness Research Center, Los Angeles, Ca. On-site training in the theory, practice, and science of mindfulness meditation and associated health benefits. Training culminated in certification to teach mindfulness meditation and found the UI Mind Mindfulness Education Program. [2014]

Mindfulness Meditation Intensive (70 hours). Upaya Zen Center, Santa Fe, New Mexico. Yearly week-long residential meditation intensive required to as part UCLA certification program to teach mindfulness mediation. [2014]

Mindfulness-based Stress Reduction Intensive (70 hours). Shambala Retreat Center, Red Feathers, Colorado. Yearly week-long residential meditation intensive required to apply to attend UCLA certification program to teach mindfulness mediation. [2012]

'The Palouse Project' at the University of Idaho. Funded by College of Natural Resources to train faculty to integrate topics of sustainability and environment across the curriculum. Regular meetings occurred over the next year to support methods for 'greening the curriculum'. I eliminated all paper syllabi and homework, discussed sustainability in relevant lectures, and encouraged student involvement in recycling and reuse as it related to my course topics. [2008]