

Vanderbilt University Medical Center
Curriculum Vitae
for Permanent Record and the
Appointments and Promotions Committee

Date Prepared: 7/20/23

Name: Ruth Quillian Wolever, Ph.D.

Primary academic appointment: Department of Physical Medicine & Rehabilitation, Vanderbilt University Medical Center & Vanderbilt University School of Medicine

Secondary academic appointments: Vanderbilt University School of Nursing

Present academic rank and title: Professor – Clinician Educator (04/01/20), Vanderbilt University Medical Center and Vanderbilt University

Date and rank of first Vanderbilt faculty appointment: Associate Professor (09/01/15)

Licensure: Licensed Clinical Psychologist (North Carolina #2133; Tennessee #3327)

Specialty certification and dates: Health Services Provider - Psychologist (1995 - present)
Clinical Hypnotherapist (1995 - present)
Practical Applications of Intimate Relationship Skills (PAIRS) Facilitator (1998)
Williams' Lifeskills Facilitator (2000)
Duke Integrative Health Coach Professional Training (2008, 2013)
National Board-Certified Health and Wellness Coach (2017, 2020)

Date of birth: 02/08/64

Place of birth: Atlanta, Georgia

Citizenship: USA

<u>Education:</u>	<u>Place</u>	<u>Date</u>	<u>Degree</u>
High School	Coral Gables Sr High School	06/82	High School Diploma
College	University of Virginia	05/86	B.A. in Spanish
Post Baccalaureate	University of Miami	1987	6 graduate hrs in education (no degree)
Post Baccalaureate	University of Miami	08/89	26 hrs psychology (no degree)
Graduate School	University of Miami	12/91	M.S. in Clinical Psychology
Graduate School	University of Miami	12/94	Ph.D. in Clinical Health Psychology

Scholarly Societies: Sigma Delta Pi - Spanish National Honor Society (University of Virginia; 1986)

NON-ACADEMIC POSITIONS

High School Teacher, Dade County Public Schools (Coral Gables Senior High), Spanish and English for Speakers of Other Languages (secondary education), August 1986 – June 1988

Youth Director, First United Methodist Church of Coral Gables, July 1988 - August 1989

PROFESSIONAL TRAINING AND ACADEMIC APPOINTMENTS

Clinical Psychology Predoctoral Intern; University of North Carolina School of Medicine, Department of Psychiatry; Chapel Hill, NC (APA accredited); August 1993 - August 1994

Postdoctoral Fellow in Medical Psychology; Duke University Medical Center, Department of Psychiatry; Durham, NC; September 1994 - September 1996

Clinical Associate in Medical Psychology; Duke University Medical Center, Department of Psychiatry; Durham, NC; February 1995 – June 2001

Assistant Professor in Medical Psychology (Track IV); Duke University School of Medicine, Dept. of Psychiatry & Behavioral Sciences; Durham, NC; July 2001– May 2014

Associate Professor in Medical Psychology (Track IV); Duke University School of Medicine, Dept. of Psychiatry & Behavioral Sciences; Durham, NC; June 2014 – August 2015

Adjunct Associate Professor in Medical Psychology; Duke University School of Medicine, Dept. of Psychiatry & Behavioral Sciences; Durham, NC; Sept 2015 – Aug 2016

Associate Professor (Clinician Educator); Vanderbilt University School of Medicine, Department of Physical Medicine & Rehabilitation with secondary appointments in Department of Psychiatry & Behavioral Sciences and the Vanderbilt University School of Nursing; Nashville, TN; Sept 2015 – March 2020

Adjunct Associate Professor; Meharry Medical College, Department of Professional and Medical Education; Co-developed and led the 6-week intensive Meharry-Vanderbilt Health Coaching Program (MVHCP) for 130 first year medical students (MS1s) in June-July 2018, and the beginning of their practicum. Co-developed and led the 12-week intensive MVHCP for 117 fMS1s in June – September 2019; the 11-week intensive MVHCP for XX MS1s; and the 12-week MVHCP intensive for 120 MS1s in Jun – Sept 2021. The innovative program provides over 100 hours education for the beginning medical student in foundational patient-centered communication skills, including over 40 hours of direct faculty mentoring. The course also prepares them for a health care role that immediately puts them in direct contact with patients, and trains them in the basics of sustainable behavior change to help engage patients in healthier lifestyles. Vanderbilt and MMC have a five-year partnership to license the curriculum and refine the training while also studying the impact on the developing medical students. June 2018 – 2023

Professor (Clinician Educator); Vanderbilt University School of Medicine, Department of Physical Medicine & Rehabilitation with secondary appointment in Vanderbilt University School of Nursing; Nashville, TN; April 2020 - present

ACADEMIC EMPLOYMENT

Clinical Health Psychologist; Duke Center for Living, Durham, NC; Sept 1995 – April 2002; Duke Integrative Medicine (Duke IM), Durham, NC; May 2002 – August 2015; Osher Center for Integrative Medicine at Vanderbilt, Nashville, TN; Sept 2015 - present

Coordinator, Health Psychology Programs; Duke Center for Living; Durham, NC; March 1998–Dec 2000

Director of Health Psychology; Duke Center for Living Programs (including Duke Diet & Fitness Center, Duke Executive Health, Duke Health & Fitness Center), Durham, NC; Jan 2001-May 2002

Clinic Director; Duke Integrative Medicine, Durham, NC; October 2003 – September 2006. Developed tracking mechanisms to better understand clinic productivity and led the clinic in a transition from insurance-billing to self-pay (cash and carry business).

Research Director; Duke Integrative Medicine, Durham, NC; October 2006 – August 2015
Built a research team for Duke IM with steadily increasing annual research funding from \$32,455 in FY05 to \$439,434 in FY07, to \$899,273 in FY09 to \$1,588,827 in FY12, with the present annual average of over \$2 million for FY13 thru FY15. Total research funding generated over the course of this role was \$11.7 million. Efforts in building this team focused on developing rigor and breadth in our research portfolio while creating strategic collaborations across the University and Health System.

Director of Health Psychology; Duke Integrative Medicine, Durham, NC; March 2010 – Nov 2012.
Designed and implemented a new Health Psychology initiative within Duke Integrative Medicine to expand the Health Psychology services.

Director of Behavioral Health and Lifestyle Coaching; Duke Diet & Fitness Center, Durham, NC; October 2009–June 2012. Collaborated to redesign and implement a more streamlined and flexible program with greater access for the community; Advisor to the Directors July 2012–Dec 2014.

Director of Vanderbilt Health Coaching: Education, Research and Practice; Osher Center for Integrative Medicine; Vanderbilt University Medical Center; Nashville, TN; Sept 2015 – **present**

Interim Director, Osher Center for Integrative Medicine at Vanderbilt; Vanderbilt University & Vanderbilt University Medical Center; Nashville, TN; April 2019 – April 2022

PROFESSIONAL ORGANIZATIONS

National Organizations, Memberships and Professional Service:

- **Society of Behavioral Medicine**, member 1991-present
- **American Psychological Association**, member 1992-present
- **North Carolina Psychological Association**, member 1994-present
- **APA Division of Health Psychology**, member 2001-2002, 2017 - present
- **American Psychosomatic Society**, member 2002-present
- **Bravewell Clinical Network** on Integrative Medicine, one of two Duke representatives 2004-2015
- **National Business Group on Health, Stress and Obesity Task Force**, member 2004-2005
- **BraveNet Practice-Based Research Network (PBRN)**, Appointed by the Bravewell Philanthropic Collaborative to build and co-direct an alliance of U.S. Integrative Medicine clinics linked to collect clinical data; served as **Co-PI** 2007 – 2012; **Co-I** and member 2013 – 2015 for Duke; 2016 for Vanderbilt

National Board for Health & Wellness Coaching (NBHWC) previously Consortia for Credentialing Health and Wellness Coaches (NCCHWC) & International Consortium for HWC (ICHWC), 2009–present;

- Co-founder, bringing together organizations to standardize the definition of “health coach” and develop an associated credentialing process, incorporated into a 501c3 in 2012
- One of 11 on NCCHWC Leadership Team 2009-2016
- Co-Chair of the NCCHWC Research Team, 2010-2012
- One of three elected Executive Committee members (President), 2011-2013
- One of seven elected Executive Committee members, 2014 - 2017
- Member, Board of Directors, 2009 – present
- Inaugural President, NBHWC, 2017 – 2019
- Chair of Certification Commission, 2017 – present
- Co-founded Task Force on Diversity, Equity and Inclusion, 2020-2021 to create a Social Justice statement for the NBHWC, begin exploration of the organizations potential to create a more inclusive and equitable path for health coaching, and to identify, interview, and nominate candidates for a permanent DEI Commission in 2021 with BOD approval.

Children’s Museum of Winston Salem, NIH R25 advisor on Whole Person Wellness, 2012

National Center for Complementary and Alternative Medicine (NCCAM)

- Reviewer for Clinical Studies of CAM Study Section (ZAT 1HS-10) 2012

Center for Koru Mindfulness, 2017-2018

- Advisor for company whose mission is to provide evidence-based curriculum specifically developed for the teaching mindfulness, meditation and stress-management to college students and emerging adults.

Diabetes Prevention Program Group Coaching & Facilitation Standards Advisory Committee

- Began exploration of potential partnership between ICHWC/NBHWC and Centers for Disease Control & Prevention (CDC) in 2016 to better define group coaching competencies needed for dissemination of Diabetes Prevention Program (DPP), June 2017–Oct 2018
- One of 12 members to help define Group Coaching and Group Facilitation blueprint for the ICHWC and National Board of Medical Examiners, August 2018 – present
- One of 6 item-writers for exam on Group Coaching for DPP, developed as part of partnership with CDC, ICHWC & NBME, March 2019 – Fall 2021

Duke Service Activities and Professional Service:

- Duke Integrative Medicine, Executive Committee, 2002 – 2013
- Duke Health and Wellness, Executive Committee, 2012

- Duke Center for Living, Health Risk Assessment Committee, 2008-2009
- Duke Diet and Fitness Center, Directors Committee, 2009 – 2012
- Duke Center for Personalized Medicine
 - Leadership Committee, 2010 – 2015
 - Research Committee Member, 2011 - 2015
- Duke Heart at Home, Duke Heart Center, Executive Advisory Committee, 2012
- Duke Medical Scientist Training Program (MSTP), Interviewer for potential candidates, 2011-2012

Vanderbilt University Medical Center Professional Service:

- Department of Physical Medicine and Rehabilitations, interviewer for potential faculty recruits, 2016
- Leadership Team, Osher Center for Integrative Medicine, 9/2015 - present
- Mentorship for 6 junior faculty in PMR, Internal Medicine, Psychiatry and Nursing (see mentorship record), 2016-2017 and for 7 junior faculty in PMR, Internal Medicine, Psychiatry and Nursing, 2018 - present
- Osher Collaborative
 - Co-write summary reports to Osher Foundation (major philanthropic supporter), 2015-2018
 - Co-develop presentations to Osher Collaborative of 5 academic programs in Integrative Medicine, 2015-2017; Collaborative of 7 programs, 2018 – present
 - Steering Committee Member, 2019 – 2022
 - Led Osher Foundation Report writing, 2020, 2021

International Organizations and Professional Service:

Academic Consortium for Integrative Medicine & Health

- Clinical Outcomes Subcommittee, Duke representative 2003-2007
- Clinical Working Group, Duke representative 2005 – 2007; Invited by Chair, 2013
- 1 of 5 appointed to the **Clinical Practice Guidelines Committee** to develop the Standard Operating Procedures for CPG, 2020-2022; one of 7 appointed for 2023 - present
- Appointed to the Program Committee for the 2024 International Congress

International Consortia for Health and Wellness Coaching (ICHWC); Name changed to National Board for Health and Wellness Coaching (NBHWC) in 2017

- Elected President at ICHWC inception in 2017, Also member of Board of Directors. This 501c6 is tasked with implementing a national certification exam in partnership with the National Board of Medical Examiners in Philadelphia, PA, Jan 2017 – Feb 2019
- Member of Board of Directors, ICHWC/NBHWC, Jan 2017 – present
- One of 3 appointed to the Governing Council (name changed in 2017 to National Board for Health and Wellness Coaching) to oversee the partnership between NCCHWC, ICHWC and National Board of Medical Examiners, 2016 – 2019 Dissolved in 2019 once NBHWC was made a controlled affiliate of National Board of Medical Examiners and charters rewritten such that NBHWC Board of Directors oversees the partnership.
- One of 8 appointed to the Blueprint Committee for the development of the national certification exam on health and wellness coaching, Philadelphia, PA. Co-Chair, 2016 – present
- One of 18 item-writers for the development of the **first** national certification exam on health and wellness coaching, Philadelphia, PA. 2015 – 2017
- One of 18 appointed to the Item Review Committee for test items for the national certification exam on health and wellness coaching, Philadelphia, PA. Co-Chair, 2016 – present
- One of 9 appointed to the Form Review Committee for test items for the national certification exam on health and wellness coaching, Philadelphia, PA. Co-Chair, 2016 – present
- One of 3-6 (depending on year) appointed to the Key Validation Committee for reviewing scoring anomalies and test item psychometrics for the national certification exam on health and wellness coaching, Philadelphia, PA. Co-Chair, 2017 – present
- One of 12 appointed to the Standard Setting Committee for the Health and Wellness Coaching Certification Exam, Philadelphia, PA. 2017 – 2019; one of 4 from 2019 – 2022; one of 2 from 2022-present
- One of 12-18 (depending on year) item-writers for ongoing development of the national certification exam on health and wellness coaching, Philadelphia, PA. Co-Chair, 2017 – present
- Chair, Certification Commission, NBHWC & ICHWC, hold oversight of the national certification exam on Health and Wellness Coaching, Philadelphia, PA. Jan 2017 – present

- One of 7 Phase II members of the Group Health and Wellness Coaching (GHWC) Competencies Task Force, led the validation study of the GHWC Competencies that were proposed by the 7 members of the Phase I Task Force. 2020 - present

Cross-border Healthcare Intervention Trials in Ireland Network (CHITIN), 2017

- Reviewer for CHITIN, an organization that aims to develop a cross-border network to deliver healthcare intervention trials that improve the health and social care through the European Union's INTERREG VA Programme to the Health and Social Care Research and Development (HSC R&D) Division of the Public Health Agency in Northern Ireland and the Health Research Board (HRB) in Ireland.

Binational Science Foundation (BSF), 2018

- Reviewer for BSF, an Israeli-United States foundation, reviewed collaborative grant on Culinary Coaching in US & Israel

Action on Hearing Loss (AoHL aka The Royal National Institute for Deaf People), 2018

- Reviewer for AoHL, a charity registered in England, Scotland and Wales, reviewed PhD Studentship grant on Mind-Body Treatment for Tinnitus Patients

Serenity Ridge Dialogues on Body, Breath and Mind, 2021 - present. Planning committee for 2021 and 2022 Conferences. Co-sponsored by the University of Virginia's Contemplative Sciences Center & Ligmincha International. Ligmincha Institute, Shipman, VA. [Presented online due to COVID-19 risk.]

Scientific Advisory Council for the Institute of Coaching, based at McClean Hospital and Mass Brigham General. Review grants quarterly and recommend strategic use of funds for science initiatives to move the field of coaching forward. Appointed 2022 – present.

Editorial Service:

- *Journal of Cardiopulmonary Rehabilitation*, Ad hoc reviewer, 2000-2001
- *Obesity Research*, Ad hoc reviewer, 2003
- North Carolina Integrative Medicine seed grants, Ad hoc grant reviewer, 2004-2005
- *Explore: The Journal of Science and Healing*,
 - Ad hoc reviewer 2010 – 2011, 2017
 - **Associate editor** 2012 – 2016
 - Recognized Reviewer Status 2014 – 2016
 - Outstanding Reviewer Status achieved June 2017
- *Stress and Health*, Ad hoc reviewer, 2011
- *Archives of Internal Medicine*, Ad hoc reviewer, 2011
- *Mindfulness*, Ad hoc reviewer, 2012, 2016, 2017, 2018, 2019 – **present**
- *International Journal of Diabetes in Developing Countries*, Ad hoc reviewer, 2012 - 2014
- *BMC Health Services Research*, Ad hoc reviewer, 2013 - 2014
- *Hypertension*, Ad hoc reviewer, 2012
- *Global Advances in Health and Medicine*
 - **Guest editor** for 2 theme issues on health coaching, 2013
 - Ad hoc reviewer, 2014 – **present**
 - Appointed to **Editorial Board**, 2017
- *Journal of Occupational Health Psychology*, Ad hoc reviewer, 2013 – 2014, 2017-2018
- *Journal of Clinical Psychology in Medical Settings*, Ad hoc Reviewer, 2014
- *Journal of Medical Internet Research*, Ad hoc Reviewer, 2014-2015
- *PLOS One*, Ad hoc Reviewer, 2014-2015, 2020, 2021
- *Psychotherapy and Psychosomatics*, Ad hoc Reviewer, 2014
- *Complementary & Alternative Medicine*, Ad hoc reviewer, 2015
- *American Journal of Health Promotion*, Ad hoc reviewer, 2016
- *SAGE Open Access*, Ad hoc reviewer, 2016
- *International Journal of Obesity Research*, Ad hoc reviewer, 2016
- *American Journal of Lifestyle Medicine*, Ad hoc reviewer, 2016, 2017-2018, 2022
- *Journal of Alternative and Complementary Medicine*, Ad hoc reviewer, 2017-2018
- *Health and Social Care in the Community*, Ad hoc reviewer, 2017-2018, 2021
- *Mayo Clinic Proceedings*, Ad hoc reviewer, 2017 – 2018

- *Complementary Therapies in Clinical Practice*, Ad hoc reviewer, Recognized Reviewer Status achieved March 2018, 2020
- *Journal of Affective Disorders*, Ad hoc reviewer, 2018-2019, Recognized Reviewer Status
- *The Permanente Journal*, Ad hoc reviewer, 2018, 2019
- *Pharmacy*, Ad hoc reviewer, 2019
- *Coaching: International Journal of Theory, Research & Practice*, Ad hoc reviewer, 2019
- *Chronic Illness*, Ad hoc reviewer, 2019
- *Complementary Therapies in Medicine*, Ad hoc reviewer, 2020
- *Complementary Therapies in Clinical Practice*, Ad hoc reviewer, 2020
- *Journal of Clinical Psychology Review*, Ad hoc reviewer, 2021
- *Pain Medicine*, Ad hoc reviewer, 2021
- *Patient Education and Counseling*, Ad hoc reviewer, 2022, 2023
- *Frontiers in Psychology*, Ad hoc reviewer, 2023

EDUCATIONAL AWARDS AND SPECIAL RECOGNITION:

- Dean's List (University of Virginia; 1982-1985)
- Graduated with Highest Distinction (University of Virginia; 1986)
- Received funding from College of Arts & Sciences for Honors Thesis research (UVA; 1986)
- Sponsored by the Institute of Puerto Rican Urban Studies and Drexel Burnham Lambert, Inc. as an intern for the New York State Governor's Office for Hispanic Affairs (1987)
- President's Honor Roll and Dean's List (University of Miami; 1988)
- **Departmental Commendation for Clinical, Research and Academic Performance** (Univ. of Miami; 1989-1992)
- **NIH National Heart Lung and Blood Institute Traineeship** (University of Miami; 1989-1993)
- **Award of Academic Merit** from Graduate School of Arts and Sciences (University of Miami, 1994)
- **Citation for poster** presented at the 16th annual meeting of the Society of Behavioral Medicine, (Society of Behavioral Medicine; March, 1995)
- **Top Research Abstract** award presented at the Symposium for Yoga Therapy (September, 2011)
- **Technical Expert** for evidence synthesis of "The Effectiveness of Health Coaching," commissioned by the Department of Veterans Affairs (VA) Health Services Research and Development division & the VA Office of Patient-Centered Care and Cultural Transformation, and conducted by the Durham Evidence-based Synthesis Program (ESP), 2015 – 2017
- **Trainee Poster Award** to mentee & fellow K. Jerger, MD by the International Society for Complementary Medicine & Research (International Congress on Integrative Medicine & Health; May, 2016)
- **Trainee Paper Award** to mentee M. Dreusicke, MD by the Academic Consortium for Integrative Medicine and Health (International Congress on Integrative Medicine & Health; May, 2016)
- **American Council on Exercise (ACE)**, invited to participate in Health Coaching Think Tank on best-practices to train health coaches in practical skills using ACE's new health coaching role delineation study. San Diego, CA, 12/2016
- University of Minnesota Integrative Health and Well-being Coaching Program at the Earl E. Bakken Center for Spirituality & Healing, University of Minnesota. Invited to server as a **Program Reviewer** for a 5-year internal program review for their Masters of Arts program in integrative health coaching, 2019 (postponed due to COVID)
- **Outstanding Contribution to Department Award**, Physical Medicine and Rehabilitations, Vanderbilt Univeity Medical Center, 2022
- **Trailblazer Award** presented at the Inaugural Health and Well-Being Coaching conference for "the highest honor bestowed in recognition of significant contributions that have helped to shape and evolve the field of health and well-being coaching in a meaningful way, to someone who has been extensively devoted to the advancement of the health and well-being coaching profession nationally and/or internationally for a minimum of 10 years, and based on a demonstrated track record of outstanding leadership, meaningful collaboration and forward thinking innovation and advancement," San Diego, CA, 2023

TEACHING AND MENTORING

Dade County Public Schools (Coral Gables Senior High), Spanish and English for Speakers of Other Languages (secondary education), 1986-1988

University of Miami, College of Arts and Sciences, Department of Psychology, Biobehavioral Statistics, 1992

Overview: From 1995 through the present, my primary mode of clinical and research teaching has been through direct clinical supervision, clinical research mentorship, training and supervising health coaches.

As of Jan 1, 2020, I have **clinically trained, directly supervised and/or mentored**:

- 6 graduate students of psychology
- 10 master's level psychotherapists (4 LCSWs, 1 LPA, 4 LPCs, 1 LMFT)
- 27 health coaches (most with master's degrees, 9 with doctorates)
- 108 health coach trainees (most with master's degrees, 9 with doctorates)
- 247 medical students in communication and coaching skills
- 4 pre-doctoral interns
- 8 postdoctoral fellows
- 12 health psychologists

As of Jan 1, 2020, I have **directly trained and/or mentored clinical research** for:

- 2 high school students
- 7 undergraduates
- 8 post-baccalaureates applying for graduate or medical school (all 8 successfully admitted)
- 4 masters students
- 5 post-masters' students (2 preparing for graduate or medical school, also successful)
- 4 medical students (two of whom spent 2 years with me, full-time)
- 9 doctoral students (from 8 Universities)
- 3 medical residents (psychiatry & medicine)
- 9 postdoctoral fellows

As of Jan 1, 2020, I have **directly mentored 21 junior faculty** in the submission of grants and peer-reviewed publications; 8 of these are junior faculty at Vanderbilt University or VUMC.

Philosophy: Whether I am training individuals in clinical work or in clinical research, I generally adhere to the following tenets: 1) use coaching methodology to solicit and reinforce learners' own observations of their process (how do they best learn); 2) demonstrate how to find and evaluate current scientific information regarding the issue at hand; 3) encourage exploration of personal areas of interest that also contribute to the goals of team projects; 4) offer alternative perspectives (e.g., when they may be limited by personal history or cognitive style); 5) create an environment which is both fun and has a solid foundation of trust so that individuals can notice their own process and align their activities and interests with strengths and natural propensities (this is also how I build teams); and 6) establish group norms for high performance and positive feedback so that individuals help each other and create a mutually satisfying learning community.

Duke University School of Nursing, Durham, NC, guest lecturer in Diversity Training and Identification of Psychological Problems in Primary Care Populations, 4/1996 – 10/1996
Guest Lecturer on Health Coaching and Behavior Change, 6/2013, 3/2014

Duke University School of Medicine, Durham, NC

- **Department of Psychiatry and Behavioral Sciences**
 - **Postdoctoral Fellow** supervisor in Behavioral Medicine, 8/96 – 7/99
 - **Postdoctoral Fellow** supervisor in Behavioral Medicine and Integrative Medicine, 1997-2000; 7/05 – 6/10; 7/11 – 8/12
 - **Predoctoral Intern** supervision, 10/09 – 6/12
 - **Predoctoral Intern** mentor, 8/11 – 7/12
 - Residency supervision for elective research rotation for **3rd year resident**, 7/11- 6/12
 - Residency supervision for elective research rotation for **3rd year resident**, 7/14- 6/15

- **Department of Community and Family Medicine**, guest lecturer in Integrative Medicine for medical, graduate and undergraduate students, 1998 - 2006
- **Department of Physical and Occupational Therapy**, Graduate Programs, guest lecturer in Psychological Issues in Rehabilitation, 1998 – 2001
- **Division of Hematology/Oncology**, supervisor and mentor for **3rd year resident**, 2008
- **MSI** (first year medical students) lectured on communication and emotional health, 2004-2006
- **MSI** co-led weekend retreat focused on self-care, 2003 - 2004
- **MSII** served on curriculum committee to build 2 “selectives” to represent Psychology and Integrative Medicine perspectives, 2002-2004
- Supervision and Primary Mentorship for **MSIII student**, 2008-2011
- Supervision and Primary Mentorship for **MSIII student**, 2013-2015
- **MS IV** – Lecturer for fourth year elective on Integrative Medicine; participant in small group teaching for Capstone program, 2005-2007
- **Postgraduate** research – Mentored 2 recently graduated medical students and one career re-entry fellow in IM, 2013-2016
- See Invited Presentations for contribution to multiple CME activities

Duke University Fuqua School of Business, Durham, NC, Executive Education and Corporate Education Programs, lecturer on Healthy Lifestyles and Stress Management, 5/97 – 12/07

Duke University Graduate School of Arts and Sciences, Durham, NC, Department of Psychology, MAP committee member for doctoral student, 1998
Primary supervisor for elective clinical research rotation, doctoral student, Jan – May 2014

Duke University Center for Living, Diet and Fitness Center, Duke Integrative Medicine, Durham, NC

- Stress Management (patient classes), 10/94 – 8/16
- Basic Principles in Health Psychology and Behavioral Change (patient classes), 10/94 – 8/16
- Duke Integrative Medicine (patient classes), 2002-2016.

Durham Veterans Administration, Durham, NC, Department of Psychology, lecturer for psychology interns on roles of psychologists in Preventive Medicine, 1/97 – 2002

University of North Carolina, Chapel Hill, NC, School of Medicine, Division of Rehabilitation Psychology and Counseling, master’s level clinical supervision in Health Psychology for 4 students (Jennifer Davis, 9/98 – 5/99; Jennifer Mungle Terry, 9/00 – 5/01; Patricia Tuohy 9/01– 5/02; Brittany Wasserman Turner, 1/14-5/14)

Fielding University, Santa Barbara, CA, Graduate Program in Psychology, research supervisor for Jennifer Williams 6/00 – 12/01; dissertation committee member for Jennifer Williams in study of the role of religious coping in cardiac rehabilitation patients 1/05 – 1/09

Appalachian State University, Boone, NC, Department of Psychology, master level clinical supervision for Jessica Psujek in Health Psychology, 5/01-12/01; Lecture on Mind-Body Techniques in Counseling for Department of Mental Health Counseling, Feb 2018

eMindful, Vero Beach, FL, 24 hr CME course provided online on Mindful Eating, 2009, 2012

Griffith University, Australia, School of Psychology, dissertation examiner for doctoral student in study of mindfulness approaches for treating disordered eating, 6/11 – 7/11

East Carolina University, Greenville, NC, thesis committee member and primary publication mentor for Karen Goble for her study of Integrative Health Coaching, Greenville, NC, 3/11 – 5/12

University of Auckland, New Zealand, dissertation examiner for doctoral student in study of health coaching for worksite wellness, 7/13 – 7/14

Drexel, Philadelphia, PA, dissertation committee member for doctoral student in study of mechanisms of mindful eating, 9/2013 – 6/2015

Univ of Kentucky, Lexington, KY, thesis consultant for student pursuing Master's Degree in Nutrition and Food Systems in mindfulness-based weight loss maintenance, 2/16

University of Queensland, Brisbane, Australia, doctoral thesis examiner for Chris Andrew Little in the study of mindfulness at the workplace, 1/16 – 6/16

Vanderbilt University School of Nursing, Nashville, TN

- 3 hour CME workshop for VUSON alumnae on the emergence of health coaching, 10/2015
- Content development with slides and handouts for VUSON Community Health classes, 11/15/2015, 11/8/2016, 11/2017, 2/2018

Vanderbilt University School of Medicine, Nashville, TN

- Mindful Eating - 90 min workshop for interested medical students, 12/2015, 3/2017
- Behavioral Change and Patient Communication - 4 hour workshop for first year medical students on techniques to support patient engagement and elicit motivation for health behavior change in Foundations of Healthcare course, 2/2016, developed curriculum for 2/2017
- Mindful Eating - 90 min workshop for interested VPIL students, 5/2017

Vanderbilt University Medical Center, Nashville, TN

- Trained & personally mentored 108 health coaches in our 86-135+ hour program (as of 1/26/20)

Vanderbilt University

- Invited lecture to **Masters in Public Health** graduate course PUBH 5541, Essential Skills in Global Health. Vanderbilt University, Nashville, TN. (April 2020, April 2021, March 2022)
- Invited lecture to **undergraduates** in a first year writing seminar entitled "The History of Alternative Medicine in the United States" (HIST 1111). Vanderbilt University, Nashville, TN. (April 2020)

Canterbury Christ Church University (CCCU) Canterbury, Kent, England

- Second supervisor for professional practice Masters of Philosophy candidate Fiona Cosgrove (from Australia) at CCCU in England, Jan 2018 – August 2022

Saint Angela's College, Department of Nursing and Health Studies, Sligo, Ireland

- Guest lecture and online demonstration of coaching competencies for Master's Degree program, Feb 2018, March 2020

Meharry Medical College, Department of Professional and Medical Education, Nashville, TN

- Meharry Medical College, **June 2018 – July 2018** - Co-developed and led the 6-week intensive Meharry-Vanderbilt Health Coaching Certificate Program for 130 first year medical students (MS1s) in June-July 2018 and the beginning of their practicum March 2019 – July 2019. Led the 12-week intensive MVHCP for 117 MS1s in **June – September 2019**. The innovative program provides over 100 hours education for the beginning medical student in foundational patient-centered communication skills, including over 40 hours of direct faculty mentoring. The course also prepares them for a health care role that immediately puts them in direct contact with patients, and trains them in the basics of sustainable behavior change to help engage patients in healthier lifestyles. We continue to refine the course to better meet the needs of the first year medical student. Revised & led the course (86 hrs) **June 2020 – August 2020** for 123 MS1s and **June 2021 – Sept 2021** for 120 MS1s, delivered completely online and still including over 40 hours of direct faculty mentoring to each student. **June 2022-Aug 2022**: 125 students
- Mentored MS1 student Stephen May for 10 weeks in full-time research. We surveyed MS3s who had completed health coach training 2.5 years earlier (in 2018) and analyzed their perspectives on the utility of the patient-centered communication skills obtained in their health coach training in their preparedness for their clinical clerkships, May- August 2021

Claremont Graduate University, Claremont (near Los Angeles), CA

- Visiting Examiner for doctoral dissertation of Rhonda Rogers on the psychological and physiological outcomes of mental and emotional self-management (MESM) at work (mindfulness-based), 2018

University of Wisconsin, Madison, WI

- Secondary advisor for master's student Chelsea Hurst on the Motivational Interviewing knowledge-base and related attitudes of National Board-Certified Health & Wellness Coaches, Dec 2018 – Spring 2020. Currently preparing manuscript.

Oxford Brookes University, Oxford, England

- External examiner for doctoral student on “Critical moments in doctor-patient conversations in the context of complex conditions using the example of endometriosis: what coaching research and practice can contribute to the development of relational capabilities,” Fall 2021 - present

CLINICAL ACTIVITY

10% Time dedicated to direct provision of health psychology, health coaching and supervision. National reputation as a health psychologist as evidenced by long-term clients while at Duke from Texas, Massachusetts, Illinois, New York, Pennsylvania, and California until I moved to Vanderbilt and paused my therapy practice. Health coaching clients now from North Carolina, South Carolina, Tennessee, and Italy.

AREAS OF RESEARCH INTEREST

- Use of mind-body techniques and health coaching to enhance communication and implement sustainable behavior change
- Mindfulness-based approaches to regulate eating, manage weight and change health behavior
- Use of group approaches to modify behavior and interpersonal experience
- Use of experiential learning to develop interpersonal and clinical skills

EXTERNAL SUPPORT: GIFTS, GRANTS AND CONTRACTS

Source	Purpose	Approx. Amount	Duration
NHLBI T32 Scholar (Graduate Traineeship)	Conducted psychophysiological research on the interrelationships of cardiovascular, neuroendocrine and immune functioning in humans (Trainee)	\$40,000	08/89 – 08/93
NHLBI R01	SMART Heart Study – Taught Stress Management to patients with silent ischemia (Study Therapist)	\$2,400	09/99 – 01/00
NIMH R01	Treatment of Insomnia Study – Provided 3 randomized therapies to insomniacs (Study Therapist)	\$4,800	04/95 – 12/97
NCCAM & Office on Women's Health R21 AT000416	Meditation-Based Treatment for Binge Eating Disorder (Co-PI; PI at Duke) Two-site R21 comparing the effectiveness of two active treatment groups against each other and against a wait-list control for the regulation of disordered eating.	\$389,742 Total; \$178,000 to Duke	09/01 – 06/02
CMS Funded Innovative Models of Health Care	co-developed and oversaw Strategic Health Planning intervention (Intervention development and oversight)	\$300,000	05/02 – 12/03
Duke Prospective Health (Prima Health IPA)	co-developed and oversee Health Coaching Program as part of Duke's self-insurance package (Intervention oversight)	\$180,000	01/04 – 12/04
NCCAM/NCCIH U01 A1002550	Mindfulness Meditation: Regulating Obesity and Eating (Co-PI with Jean Kristeller, PhD at ISU; PI at Duke ; awarded full oversight of implementation of 3 site grant by NCCAM at the end of the first year)	\$1.8 million	09/04 – 08/08
GlaxoSmithKline	ASK Survey Validation for Medication Non-adherence, Phase I (PI)	\$153,000	09/05 – 05/07
Fannie Rippel Foundation	Funding to Create Infrastructure to Boost Integrative Medicine; co-wrote and have oversight to implement grant (Co-PI with Tracy Gaudet, MD)	\$300,000	07/06 – 06/08

eMindful	Duke Mindfulness Manual for Bariatric Surgery Patients developed and licensed for provision of online classes	\$11,000	2007
NCCAM/NCCIH U01 AT004159	Mindfulness-Based Weight Loss Maintenance - RCT efficacy trial comparing mindfulness-based treatment to active psychoeducation treatment for the maintenance of significant weight loss (PI)	\$649,000	2006 – 2010
NCCAM/NCCIH Admin Suppl AT004159-OS2	Mindfulness-Based Weight Loss Maintenance – Administrative supplement allowing addition analyses for the RCT efficacy trial comparing mindfulness-based treatment to active psychoeducation treatment for the maintenance of significant weight loss (PI)	\$27,500	2009 – 2010
Bravewell Philanthropic Collaborative	PBRN Coordinating Center – Developed infrastructure to link IM clinics across the country for collection of clinical “real practice” data (Co-PI with Rowena Dolor, MD 2007 – 2012; then Co-I 2013-2015)	\$1,663,000	2007 – 2014
Bravewell Philanthropic Collaborative	BraveNet Participating Site – One of original 9 sites, now 18 sites collecting data through the IM clinics for the PBRN BraveNet (Site PI)	\$292,000	2007 - 2011 2013 - 2016
eMindful.com	License from Duke to use mindfulness based treatment manual for bariatric patients (Co-developed intervention)	\$11,000	2008
Cliffs Integrative Coaching Project	Outcomes study to establish the efficacy of the Immersion plus Coaching interventions for 63 participants (PI)	\$40,189	2008-2009
GlaxoSmithKline	Diabetes Coaching Study (ASK, Phase II) (PI)	\$138,000	2007-2009
NCCAM/NCCIH K99 AT004945	Career Development Award: Mentee: Jeffrey Greeson, Mentor: Wolever. Mechanisms of Mindfulness: Effects on Sleep Quality, Stress Physiology & CVD Risk. (Primary Mentor)	\$178,151	10/08-6/09
NCCAM/NCCIH Diversity Supplement U01 AT004159-OS1	Diversity Supplement to “Mindfulness-Based Weight Loss Maintenance” for Lesley Chapman, B.S., a post-bachalaureate Duke graduate. Building upon Ms. Chapman’s basic laboratory research background, the supplement focused on inflammation as a key molecular mechanism underlying chronic disease risk that may be decreased by mindfulness meditation. (Primary Mentor)	\$65,000	7/09-6/10
Wagner Fund of Duke Student Affairs & Student Health	Pilot Project to evaluate the feasibility of using health coaching to enhance healthy student behaviors (Co-PI with Franca Alphin, RD at Student Health)	Integrative Medicine Portion: \$70,000	1/08 – 3/10
NHLBI R01 HL067459	Depression and CHD: Cellular and Molecular Mechanisms Collaboration with PI Ed Suarez, PhD. Evaluate the efficacy of a mindfulness-based Personalized Health Plan in reducing basal and stress-induced activation of the inflammatory response system in primary care patients who exhibit traditional risk factors and psychosocial attributes associated with increased risk of cardiovascular disease. (Co-I; oversight of intervention development)	Intervention Portion: \$919,978 Total Grant: \$3,737,469	9/09–7/16
NCCAM/NCCIH R00 AT004945	Mechanisms of Mindfulness: Effects on Sleep Quality, Stress Physiology & CVD Risk. (Co-Investigator on the second phase of the Pathway to Independence Award for PI Jeff Greeson, PhD, mentee)	\$729,529	7/10-6/13 at Duke; Thru 6/30/16 at Penn
eMindful.com	License from Duke to use mindfulness based psychoeducation manual for individuals with metabolic syndrome and excess weight (led intervention development)	\$20,000 \$50,000 \$125,000 \$150,000	2011 2012 2013 2014
Duke Center for Personalized Medicine	Integrative Health Coaching and Genetic Risk Testing in Primary Care: A Multidisciplinary Approach to Personalized Medicine targeting CHD Risk - RCT to establish research design, enrollment and assessment procedures and pilot both	\$50,000	2011-2012

	interventions prior to submission of a larger trial. (Co-PI with Allison Vorderstrasse, DNsc)		
NIDCD R21 DC011643	Preliminary Clinical Trial of New Therapy for Patients with Severe Tinnitus - RCT to assess feasibility and proof of concept for the use of a suite of integrative therapies for individuals with severe tinnitus. (Co-PI with Debara Tucci, MD)	\$396,866	2011-2014
US Air Force BAA FA8650-13-2- 6374	GENErating Change: Genetic Testing and Health Coaching for Type 2 Diabetes and Coronary Heart Disease Risk – RCT using a 2 X 2 factorial design to assess the impact of health coaching crossed with risk assessment with and without genetic information in primary care (Co-PI with Allison Vorderstrasse, DNsc until I moved to Vanderbilt; then changed to Co-I)	2.1 million	2013-2017
HRSA & SAMSA	Behavioral Health Integration into Primary Care – Developed systematic mechanisms for screening for depression and substance abuse, staff training and patient referral as indicated across primary care in federally qualified health center (Consultant)	Fee per hour	2014-2015
NHLBI R34 HL123500	Minding Goals: An Internet Assisted Mind-Body Behavior Program for Blood Pressure Control. McTigue & Morone (Co-PIs). Developed mindfulness-based intervention to be delivered through streamlined video, in support of primary care patients with hypertension to better manage their blood pressure through healthy behavior patterns and stress management. (Co-I)	12.5% Year 1 & 5% Year 2 salary	2015 - 2017
eMindful.com	License to use mindfulness based chronic pain treatment developed by Vanderbilt Osher Center for Integrative Medicine in online courses		2016 - present
NCCIH R01AT009539	Creating And Optimizing Mindfulness Measures To Enhance And Normalize Clinical Evaluation (Commence) PIs: David Victorson at Northwestern and C. Greco at Univ of Pittsburg (Wolever is consultant)	Consultant fee per task	7/2017-6/2022
International Consortium on Health and Wellness Coaching (ICHWC)	Contract with International Consortium on Health and Wellness Coaching (ICHWC) to provide consultation on the development of Program Approval Commission, researching best practices to build adequate firewalls between the ICHWC-National Board of Medical Examiners (NBME) delivery of the Health & Wellness Coaching Certification Exam and the accreditation process for training and education programs in health and wellness coaching, 9/2017 – 2/2018 (PI/Consultant)	\$43,596	9/2017 – 2/2018
NIDDK K23 DK114566	Patient-centered Approach To Improving Dialysis Adherence In African Americans (PI: E. Umeukeje) Wolever is collaborator and secondary mentor	Wolever portion is unfunded mentor	2018 - 2023
Meharry Medical College	Meharry-Vanderbilt Health Coaching Certificate Program (MVHCCP) After completing the commercialization process for curriculum in the Vanderbilt Health Coaching Certificate Program (“VHCCP”), a 5 year licensure agreement was granted to Meharry Medical College (MMC) for the non-exclusive right to utilize many aspects of the curriculum within established guidelines. (PI: Wolever)	\$660K in licensure fees, conservatively assuming 400 students over 4 yrs – Had 247 in 2 years Yr 1: Yr 2: \$157, 217; Yr 5: \$182,390 for 122	6/2018 – 5/2023

Meharry Medical College	Professional Services Agreement to deliver year one of the MVHCCP, with provision for providing faculty labor for subsequent years if adequately trained faculty are not yet available to do so. (PI: Wolever)	\$82,443	6/2018-8/2018
Industry-funded (Abbie Vie)	The primary objective of this RCT is to evaluate health coaching as a way to improve medication adherence at 6 and 12 months in inflammatory bowel disease patients at risk for non-adherence who are started on a biologic medication (injectable). In a 2:1 ratio to maximize exposure to the treatment arm, two thirds of subjects will be randomized to a health coaching protocol plus medical care within the multidisciplinary inflammatory bowel disease clinic while one third will receive medical care within the multidisciplinary inflammatory bowel disease clinic. (PI: S. Horst) Wolever is Co-I	5-15% salary	4/2018 – 1/2021
Meharry Medical College	Professional Services Agreement to assist in the launch of the MMC health coaching practicum following completion of year one of the MVHCCP. (PI: Wolever)	\$13,000	1/2019-5/2019
NIDDK R01 DK119282	Family and friends of adults with type 2 diabetes (T2D) can either reinforce or undermine patients' self-care. FAMS, a mobile phone-delivered intervention that includes telephonic coaching, will be upgraded and then compared against an attention control to evaluate the effects of the 9-month intervention and a 6-month follow-up on glycemic control and psychosocial well-being of the patient. Impact on well-being for the support person will also be assessed. (PI: L. Mayberry) Wolever is Co-I .	5% effort	4/2019-3/2023
Meharry Medical College	Professional Services Agreement to deliver year two of the MVHCCP, with provision for providing faculty labor for subsequent years if adequately trained faculty are not yet available to do so. (PI: Wolever)	\$149,740	6/2019-9/2019
Meharry Medical College	Professional Services Agreement to deliver year three of the MVHCCP, with provision for providing faculty labor for subsequent years if adequately trained faculty are not yet available to do so. (PI: Wolever)	\$169,100	6/2020-6/2021
K23 AT011048	Add UCSF & Rachel	Wolever portion is unfunded mentor	
Meharry Medical College	Professional Services Agreement to deliver year four of the MVHCCP, with provision for providing faculty labor for subsequent years if adequately trained faculty are not yet available to do so. (PI: Wolever) Year 5 was delivered by MMC	\$150,620	6/2021-9/2021
NIDDK K23 DK114566	Patient-centered Approach To Improving Dialysis Adherence In African Americans (PI: E. Umeukeje) Wolever is collaborator and secondary mentor	Wolever portion is unfunded mentor	2018 - 2023
Coalition for Better Health	Development of Preventive Health Specialist Training & Demonstration of Competency (PI: Wolever)	20% time	2022-2023
NIDDK R03 DK129626	MoVE: Motivational-Interviewing Based Coaching for African Americans with Chronic Kidney Disease on Hemodialysis (PI: E. Umeukeje) Wolever is co-I and mentor	3% time	2022-2023
NIDDK R01 DK133530	MoVE Trial: Motivational-Interviewing Based Coaching for African Americans with Chronic Kidney Disease on Hemodialysis (PI: E. Umeukeje) Wolever is co-I and mentor	10% time	2023-2028

CONSULTANT APPOINTMENTS:

- **Duke University Fuqua School of Business**, developed and administered Healthy Lifestyles and Stress Management courses in various Executive Education programs, 1997-2007
- **Duke Corporate Education**, developed and administered Healthy Lifestyles and Stress Management courses for various corporate clients including ABB, ITTA, Lafarge, Rio Tinto, & PriceWaterhouseCoopers, 1997-2010
- **Environmental Protection Agency**, created and delivered staff development workshops on managing stress, Research Triangle Park, 1998 – 2000
- **ActivHealth**, consultant and outside reviewer for development of interactive health educational web modules on stress management, personal development, and behavior change, 1999-2005, 2010
- **Williams' Lifeskills**, Inc., facilitated 12-hour workshops on enhancing emotional competence, 1999–2001
- **Carolina Power and Light**, designed and delivered curriculum for mid-level management on creating balance between work and personal life, Raleigh, NC, 2000
- **Degussa-Huls**, developed and delivered course on creating balance between work and personal life, Durham, NC 2000
- **General Electric**, developed and delivered course on time management for sales agent training in the Financial Assurance division, Durham, NC, 2000
- **Lankenau Hospital**, Philadelphia, Healing Your Heart, developed and trained professionals to implement intensive lifestyle intervention program for heart disease, 2001-2002
- **PricewaterhouseCoopers**, developed and delivered curriculum through Duke Corporate Education for new PWC partners related to health risk in SOAR I: Partner Development Program, 2005-2009. After Duke CE contract expired, hired by PWC, 2009-2011
- **Rio Tinto**, developed and delivered curriculum through Duke Corporate Education related to health risk and optimizing personal effectiveness, 2006-2008, 2010
- **Everyday Health**, consultant in Emotional Health for web site: www.everydayhealth.com, responded to reader questions, 2006-2011; The company continues to post my writing.
- **GlaxoSmithKline**, consultant to development of an interactive web-site (Healthcoach4me.com) utilizing the tenets of health coaching and science of motivation, 2009-2010, speaker 2012
- **eMindful.com**, Chief Science Advisor/Officer for web-based company delivering live, on-line mindfulness training through a virtual classroom, 2009-2022. The company was acquired in 2022 and became a Wondr Health Co.
 - Developed research design for 3 randomized, controlled trials (RCT) & 3 prospective observational trials
 - Served as PI for first RCT and claims data-related trial, Co-I for multiple subsequent trials
 - Advise on assessment strategies for new programs, 2010 - 2021
 - Lead for program engagement and retention initiatives, 2011-2016
 - Lead for health coaching program exploration (implementation in pilot), 2011-2014
 - Science training for sales support
 - Scientific writer/blogger
 - Clinical Advisory Committee, 2021
- **Nurtur**, a health and wellness subsidiary of Centene, Consultant for development of Health Psychology services and interactive health educational material, 2010 – 2015
- **Samueli Foundation**, co-author and presenter on Methodological Considerations in Evaluation of Mind-Body Programs from a Patient and Family-centered perspective; selected as one of 8 national experts. In 2012, I was invited by the Samueli foundation to lead a panel on Best Research Practices to Evaluate Mind-Body Programs at the 5th International Conference on Patient and Family-Centered Care in Washington, DC to develop criteria for program evaluation of mind-body programs, 2012 – 2015; selected as one of 3 national experts to develop protocol for health coaching (not completed before leader left Samueli); 2014 – 2016
- **The Aetna Inc.** Led am invited workshop given to 80 Business Transaction Service leaders at Aetna Leadership Forum on Mindfulness Skills to Enhance Leadership. Hartford, CT, 10/9/14
- **Nokia**, consultant on behavior change process and ways to motivate individuals using digital feedback, 2015-2017
- **International Consortium for Health and Wellness Coaching (ICHWC), later renamed the National Board for Health and Wellness Coaching (NBHWC)**, consultant on development of Program Approval Commission to build adequate firewalls between the ICHWC/NBHWC and the National Board of Medical Examiners (NBME) for delivery of the Health & Wellness Coaching Certification Exam and

the accreditation process for training and education programs in health and wellness coaching, 9/2017 – 5/2018.

- **Fullfill, Inc.** consultant on the development and launch of an online coaching program for metabolic disease, June 2020 – 2023.
- **Sharecare** consultant and trainer on Motivational Interviewing, October 2020 – Jan 2021
- **Wondr** science advisor and consultant. Wondr acquired eMindful and I began consultancy to Wondr, July, 2022 - present

PUBLICATIONS

Refereed Journals:

1. Antoni, M. H., Brickman, A., Lutgendorf, S., Klimas, N., Imia-Fins, A., Ironson, G., **Quillian**, R., Miguez, M.J., van Riel, F., Morgan, R., Patarca, R., & Fletcher, M. A. (1994). Psychosocial correlates of illness burden in Chronic Fatigue Syndrome. *Clinical Infectious Disease*, 18(Suppl.1), S73-78. PMID: 8148457.
2. Hurwitz, B. E., **Quillian**, R. E., Marks, J. A., Schneiderman, N., Agramonte, R., Freeman, C. R., LaGreca, A. M., & Skyler, J. S. (1994). Resting parasympathetic status and cardiovascular response to orthostatic and behavioral challenge in Type I insulin-dependent Diabetes Mellitus. *International Journal of Behavioral Medicine*, 1(2), 137-162. PMID: 16250810.
3. Starr, K. R., Antoni, M. H., Hurwitz, B. E., Rodriguez, M. R., Ironson, G., Fletcher, M. A., Kumar, M., Patarca, R., Lutgendorf, S. K., **Quillian**, R. E., Klimas, N. G., & Schneiderman, N. (1996). Patterns of immune, neuroendocrine, and cardiovascular stress responses in asymptomatic Human Immunodeficiency Virus seropositive and seronegative men. *International Journal of Behavioral Medicine*, 3(2), 135-162. PMID: 16250760.
4. Edinger, J.D., Wohlgemuth, W.K., Radtke, R.A., Marsh, G.R. & **Quillian**, R.E. (2001). Cognitive behavioral therapy for chronic primary insomnia: A randomized controlled trial. *Journal of the American Medical Association*, 285(14), 1856-1864. PMID: 11308399.
5. Edinger, J.D., Wohlgemuth, W.K., Radtke, R.A., Marsh, G.R. & **Quillian**, R.E. (2001). Does cognitive-behavioral insomnia therapy alter dysfunctional beliefs about sleep? *Sleep*, 24(7), 761-770. PMID: 11480656.
6. Edelman, D., Oddone, E., Liebowitz, R., Yancy, W., Olsen, M., Jeffreys, A., Moon, S., Harris, A., Smith, L., **Quillian-Wolever**, R., & Gaudet, T.W. (2006). A Multidimensional Integrative Medicine Intervention to Improve Cardiovascular Risk. *Journal of General Internal Medicine*, 21(7), 728-734. DOI: 10.1111/j.1525-1497.2006.00495.x. PMCID: PMC1924710. PMID: 16808774.
7. Matza, L.S., Yu-Isenberg, K.S., Coyne, K.S., Park, J., Wakefield, J., Skinner E. P. & **Quillian-Wolever**, R. Q. (2008). Further testing of the reliability and validity of the ASK-20 adherence barrier questionnaire in a medical center outpatient population. *Current Medical Research and Opinion*, 24(11), 3197-3206. DOI: 10.1185/03007990802463642. PMID: 18922213.
8. Matza, L.S., Park, J., Coyne, K.S., Skinner E. P., Malley, K., & **Wolever**, R.Q. (2009). Derivation and validation of the ASK-12 adherence barrier survey. *The Annals of Pharmacotherapy*, 43, 1621-1630. DOI: 10.1345/aph.1M174. PMID: 19776298.
9. Ruff, K.M., & Mackenzie, E.R. (2009, Nov/Dec). The role of mindfulness in health care reform. *Explore: The Journal of Science and Healing*, 5(6), 313-323. Contributing Authors: Biegel, G., Brantley, J., Chadwick, J., O'Connell, C., Dusek, J., Gardner-Nix, J., Kozak, A., Langer, E., Loring, S., Mahovich, E., McCall, T., McCool, J., Miller, L. Niza, D., Olson, B., Rosen, H., Thompson, K., Wallis, G., **Wolever**, R., Yuen, E., & Zylowska, L.. DOI: [10.1016/j.explore.2009.10.002](https://doi.org/10.1016/j.explore.2009.10.002). PMID: 19913756
10. **Wolever**, R Q., Dreusicke, M.H., Fikkan, J.L., Hawkins, T.V., Yeung, S.Y., Wakefield, J., Duda, L., Flowers, P., Cook, C., & Skinner, E. (2010). Integrative health coaching for patients with type 2 diabetes: A randomized clinical trial. *Diabetes Educator*, 36(4), 629-639, DOI:

- 10.1177/0145721710371523. Fourteenth most read *Diabetes Educator* article in 2011. PMID: 20534872.
11. Greeson, J.M., Webber, D.M., Smoski, M.J., Brantley, J.G., Ekblad, A.G., Suarez, E.C., & **Wolever**, R.Q. (2011). Changes in spirituality partly explain health-related quality of life outcomes after Mindfulness-Based Stress Reduction. *Journal of Behavioral Medicine*, 34(6): 508-18. DOI: 10.1007/s10865-011-9332-x. PMCID: [PMC3151546](#). PMID: 21360283
 12. Kristeller, J. L. & **Wolever**, R. Q. (2011). Mindfulness-Based Eating Awareness Training for Treating Binge Eating Disorder: The conceptual foundation. *Eating Disorders: The Journal of Treatment and Prevention*, 19(1), 49-61 DOI:10.1080/10640266.2011.533605. PMID: 21181579
 13. **Wolever**, R. Q., Caldwell, K.L., Wakefield, J.P., Little, K.J., Gresko, J., Shaw, A., Duda, L.V., Kosey, J.M. & Gaudet, T. (2011). Integrative health coaching: An organizational case study. *Explore: The Journal of Science and Healing*, 7(1), 30-36. DOI:10.1016/j.explore.2010.10.003. PMID: 21194670.
 14. **Wolever**, R.Q. & Eisenberg, D.M. (2011, Oct 10). What is Health Coaching anyway? Standards needed to enable rigorous research. Invited Commentary, *Archives of Internal Medicine*, 171(22): 2017-8. DOI:10.1001/archinternmed.2011.508. PMID: 21986348.
 15. **Wolever**, R.Q., Webber, D.M., Meunier, J.P., Greeson, J. M., Lausier, E.R., & Gaudet, T.W. (2011). Modifiable disease risk, patient engagement, and psychosocial functioning improve with integrative medicine immersion model. *Alternative Therapies in Health and Medicine*, 17(4), 38-47. PMCID: PMC3644485. PMID: 22314632.
 16. Caldwell, K., Baime, M., & **Wolever**, R.Q. (2012). Mindfulness Based Approaches to Obesity and Weight Loss Maintenance. *Journal of Mental Health Counseling*, 34(3), 269-282. <https://doi.org/10.17744/mehc.34.3.t016616717774643>
 17. **Wolever**, R.Q, Bobinet, K.J., McCabe, K., MacKenzie, E.R., Fekete, E., Kusnick, C.A. & Baime, M. (2012). Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial. *Journal of Occupational Health Psychology*, 17, 246-258. DOI:10.1037/a0027278. PMID: 22352291.
 18. **Wolever**, R.Q., Abrams, D.I., Kligler, B., Dusek, J.A., Roberts, R., Frye, J., Edman, J.S., Amoils, S., Pradhan, E., Spar, M., Gaudet, T., Guarneri, E., Homel, P., Amoils, S., Lee, R.A., Berman, B. Monti, D. & Dolor, R. (2012). Patients Seek Integrative Medicine for Preventive Approach to Optimize Health. *EXPLORE: The Journal of Science and Healing*, 8, 348-352. DOI:10.1016/j.explore.2012.08.005. PMCID: PMC4743108. PMID: 23141791.
 19. Kristeller, J.L., **Wolever**, R.Q. & Sheets, V. (2014). Mindfulness-Based Eating Awareness Treatment (MB-EAT) for Binge Eating Disorder: A Randomized Clinical Trial. *Mindfulness*, 5(3) 282-297. First available online 2/2/13. DOI:10.1007/s12671-012-0179-1. PMID: 21181579.
 20. Armstrong, C., **Wolever**, R.Q., Manning, L., Elam, R., Moore, M., Frates, E.P. Duskey, H.M., Anderson, C., Curtis, R. L., Masemer, S., & Lawson, K. (2013). Group Health Coaching: Strengths, Challenges and Next Steps. *Global Advances in Health and Medicine*, 2(3), 95-102. DOI:10.7453/gahmj.2013.019. PMCID: PMC3833535. PMID: 24416678.
 21. Caldwell, KL, Grey, J & **Wolever** RQ (2013). The process of patient empowerment in integrative health coaching: how does it happen? *Global Advances in Health and Medicine*, 2(3), 48-57. DOI:10.7453/gahmj.2013.026. PMCID: [PMC3833537](#). PMID: 24416672.
 22. Simmons, LA & **Wolever**, RQ (2013). Integrative Health Coaching and Motivational Interviewing: Synergistic Approaches to Behavior Change in Health Care. *Global Advances in Health and Medicine*, 2(4), 28-35. DOI:10.7453/gahmj.2013.037. PMID: 24416683. PMCID: 3833556.
 23. Smith, LL, Lake, NH, Simmons, LA, Perlman, A, Wroth, S & **Wolever** R. (2013). Integrative health coach training: A model for shifting the paradigm toward patient-centricity and meeting new national

35. Corsino, L. Hazelton, A. G., Eisenson, H.E., Tyson, C., Svetkey, L.P., Sha, R, Ostbye, T. & **Wolever**, R.Q. (2015). The Duke Employee Weight Loss program: Results from a pilot study. *International Journal of Occupational Safety and Health*, 4(2), 44-50. Available at: <http://www.nepjol.info/index.php/ijosh>
36. **Wolever**, R.Q., Price, R., Hazelton, A.G., Dmitrieva, N., Bechard, E.M., Shaffer, J.K. & Tucci, D. (2015). Complementary Therapies for Significant Dysfunction from Tinnitus: Treatment Review and Potential for Integrative Medicine. *Evidence-Based Complementary and Alternative Medicine*, Vol 2015, Article ID 931418, 8 pages. DOI:10.1155/2015/931418. PMCID: PMC4592735. PMID: 26457113.
37. Smith, K., Firth, K., Smeeding, S., **Wolever**, R., Kaufman, J., Delgado, R., Bellanti, D., & Xenakis, L. (2016). Guidelines for Creating, Implementing, and Evaluating Mind-Body Programs in a Military Healthcare Setting. *EXPLORE: The Journal of Science & Healing*, 12, 18-33. PMID: 26686476.
38. Dusek, J.A., Abrams, D.I., Roberts, R., Griffin, K.H., Trebesch, D., Dolor, R.J., **Wolever**, R.Q., Mckee, M.D. & Kligler, B. (2016). Patients Receiving Integrative Medicine Effectiveness Registry (PRIMIER) of the BraveNet practice-based research network: Study Protocol. *BMC Complementary and Alternative Medicine*, 16, 53. DOI 10.1186/s12906-016-1025-0. PMCID: PMC4743108. PMID: 26846166.
39. **Wolever**, R Q. & Dreusicke, M.H. (2016). Integrative Health Coaching: A Behavioral Skills Approach that Improves HbA1c and Pharmacy Claims-Derived Medication Adherence. *BMJ Open Diabetes Research & Care*, 4(1), e000201. DOI:10.1136/bmjdr-2016- 000201. PMCID: PMC4873948. PMID: [27239318](https://pubmed.ncbi.nlm.nih.gov/27239318/).
40. **Wolever**, R.Q., Jordan, M., Lawson, K.L., & Moore, M. (2016). Advancing a new evidence-based professional in health care: Job task analysis for health and wellness coaches. *BMC Health Services Research*, 16: 205. DOI:10.1186/s12913-016-1465-8. PMCID: [PMC4924333](https://pubmed.ncbi.nlm.nih.gov/27349746/). PMID: 27349746
41. Goble, K.L., Knight, S.M., Burke, S.C., Carawan, L.W., & **Wolever**, R.Q. (2017). Transformative change to “A new me”: A qualitative study of clients’ lived experience with integrative health coaching. *Coaching: An International Journal of Theory, Research and Practice*, 10(1), 18-36. DOI:10.1080/17521882.2016.1266004
42. Jerger, K.K., **Wolever**, R.Q. & Perlman, A. (2017). Psychometric properties of the Intervention Frequency and Cost Survey (IFACS). *International Journal of Complementary and Alternative Medicine*, 5(1), 00144. DOI: 10.15406/ijcam.2017.05.00144
43. Edman, J.S., Greeson, J.M., Roberts, R.S., Kaufman, A.B., Abrams, D.I., Dolor, R.J., & **Wolever**, R.Q. (2017). Perceived stress in patients with common gastrointestinal disorders: Associations with quality of life, symptoms and disease management. *EXPLORE: The Journal of Science and Healing*, 13(2), 124-128. DOI: <http://dx.doi.org/10.1016/j.explore.2016.12.005> Tenth most cited EXPLORE article as of 10/2019. PMCID: [PMC6252255](https://pubmed.ncbi.nlm.nih.gov/28094229/). PMID: 28094229
44. Hillinger, M.G., **Wolever**, R.Q., McKernan, L.C., & Elam, R. (2017). Integrative medicine for the treatment of persistent pain. *Primary Care: Clinics in Office Practice*, 44, 247-264. DOI: <http://dx.doi.org/10.1016/j.pop.2017.02.008>. PMID: 28501228.
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Books and Journals:

1. **Wolever**, R.Q. & Lawson, K. (Eds.). (2013). Guest Editors for first theme issue on Health and Wellness Coaching. *Global Advances in Health and Medicine*, 2(3).
2. **Wolever**, R.Q. & Lawson, K. (Eds.). (2013). Guest Editors for second theme issue on Health and Wellness Coaching. *Global Advances in Health and Medicine*, 2(4).
3. Kristeller, J.L., **Wolever**, R.Q. & Lieberstein, A. (in press, under contract). *Mindfulness-Based Eating Awareness Training (MB-EAT): Clinician's Manual*. New York: Guildford.

Chapters in Academic Books:

1. Whellan, D.J., Molloy, M., **Quillian**, R., Norris, J., & Sullivan, M.J. (2002). Coronary artery disease: The basis for secondary prevention. In Roubin, O'Neill, & Stack (Eds.), *Interventional Cardiovascular Medicine* (2nd ed.; pp. 97-117). New York: Churchill-Livingston.
2. **Quillian-Wolever**, R.E. & Wolever, M.E. (2003). Stress management at work. In J. Quick & L. Tetrick (Eds.), *Handbook of Occupational Health Psychology* (pp. 355-375). Washington, D.C.: American Psychological Association.
3. Kristeller, J. L., Baer, R. A. & **Quillian-Wolever**, R. E. (2006). Mindfulness-based approaches to eating disorders. In R. A. Baer (Ed.), *Mindfulness-Based Treatment Approaches: Clinician's Guide to Evidence Base and Applications* (pp. 75-91). New York: Elsevier.
4. **Wolever**, R. Q. (2008). Managing stress to manage heart disease. In W. Kraus & S. Keteyian (Eds.), *Current Concepts in Cardiology: Cardiac Rehabilitation in Clinical Practice* (pp. 53-66). New Jersey: Humana Press.
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8. **Wolever**, R. Q., Moore, M. A., & Jordan, M. (2016). Chapter 32: Coaching in Healthcare. In T. Bachkirova, D. Drake, & G. Spence (Eds.), *The SAGE Handbook of Coaching* (pp. 521-543). London: SAGE.
9. Lawson, K., Moore, M., Clark, M.M., Link, S., & **Wolever**, R.Q. (2019). Health Coaching and Behavior Change in Rippe (Ed), *Lifestyle Medicine* (3rd ed; 299-310). Boca Raton, FL: CRC Press, a Taylor Francis Group.
10. Lawson, K., Moore, M., Clark, M.M., Link, S., Morley, S. & **Wolever**, R.Q. (in press). Health Coaching and Behavior Change in Rippe (Ed), *Lifestyle Medicine* (4th ed). Boca Raton, FL: CRC Press, a Taylor Francis Group.

Other: Unpublished Clinical Manuals, Licensed Curriculum, and Revenue-Generating Products:

1. **Wolever**, R.Q. (2015). *Duke Executive Health Psychosocial Evaluation Template*. A thorough update to the psychosocial evaluation system originally developed for Duke Executive Health Program in 1999. The original system assessed patients on psychosocial risk factors for cardiovascular disease and early all-cause mortality and included assessment of perceived stress, hostility, depression and social isolation. While the basic instruments are still sound, Duke Executive Health wanted the report templates and evidence-based scoring algorithms to be updated per the last 15 years of data, to shift one of the instruments to a shorter assessment measure if possible, and to change the depression inventory to a measure in the public domain. With the help of doctoral student Pam Buck, updated literature searches were compiled. With review and input from the Executive Health team, I updated the report templates as well as created an exploratory template to be used for anxiety.
2. **Quillian**, R.E. & **Wolever**, M.E. (1999). *Duke Stress Management Battery*. Psychosocial evaluation system developed for Duke Executive Health Program to assess patients on cardiovascular psychosocial risk factors and early all-cause mortality risk factors, including perceived stress, hostility, depression and social isolation. Duke Executive Health continued to use the report templates and evidence-based scoring algorithms to assess patients and generate revenue until a new system was developed in 2015 to replace it. Per Kevin Waters (personal communication, April 2013), the battery and template reports were used with about 2000 patients.
3. Kristeller, J. & **Wolever**, R.Q. (2003). *Mindfulness-Based Treatment for Binge Eating Disorder*. Unpublished treatment manual for NIH funded R21 (AT000416). In combination with MB-EAT Manual (below), this treatment manual is currently under contract with Guilford Press for publication in 2015.
4. Davis, J. & **Quillian**, R. (2003). *Psychoeducational Treatment for Binge Eating Disorder*. Based on psychoeducation and cognitive behavioral skills training, this treatment served as one of the comparison groups in the NIH funded R21 (AT000416).
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6. Psujek, J., Davis, J., Kristeller, J., & **Wolever**, J., (2006). *Eating for Life*. Unpublished treatment manual for NIH funded U01 (AT002550). Based on psychoeducation and cognitive behavioral skills training, this treatment served as an active comparison group for the efficacy study of MB-EAT.
7. **Wolever**, R.Q. (2006) authored or co-authored 20 chapters for R. Liebowitz & L. Smith (Eds.). (October 2006 European version and December 2006 US version). *The Encyclopedia of New Medicine: Conventional and Alternative Medicine for All Ages*. London: Rodale. The book was sold by Duke Integrative Medicine to Rodale for 200K.

8. **Wolever**, R.Q., Ladden, L., Davis, J., Best, J., Greeson, J. & Baime, M. (2007). *EMPOWER: Mindful Maintenance Therapist Manual*. Unpublished treatment manual for NIH funded grants U01 AT004159 and U01 AT004158. Duke University and University of Pennsylvania (respectively).
9. Wakefield, J., Wai, M., Levan, A., Greeson, J., Best, J., Davis, J., & **Wolever**, R.Q. (2007). *Maintenance for Life: Therapist Manual*. Unpublished treatment manual for NIH funded grants U01 AT004159 and U01 AT004158. Duke University and University of Pennsylvania (respectively). Based on psychoeducation, ACT principles (values and personal mission), and cognitive-behavioral skills, this treatment served as the active comparison treatment in these NIH grants.
10. Loring, S. & **Wolever**, R.Q. (2007). *Duke Mindfulness Manual for Bariatric Surgery Patients*. Unpublished psychoeducation manual licensed to eMindful.com for provision of online classes. Duke paid 11K for licensure.
11. Loring, S., Fikkan, J. & **Wolever**, R.Q. (2010). *Changing from Within: Mindfulness Manual for Attaining a Healthy Weight*. Unpublished manual used to provide psychoeducation, cognitive-behavioral and mindfulness-based skills to Duke Integrative Medicine patients registering for the Changing from Within program.
12. **Wolever**, R.Q., Davis, J. & Eisenson, H (2010). *Weight Loss in Small Bytes*. Unpublished psychoeducational manual developed for online delivery of mindfulness-based programs for weight loss and metabolic syndrome. Licensed to eMindful.com for use with the insurance industry. Currently being provided thru Aetna, Inc. and BCBS. 20K paid to Duke FY11; 50K paid to Duke for 2012; 125K paid to Duke for 2013; 150 K due to Duke for 2014; tiered royalty structure following.
13. **Wolever**, R.Q., Reardon, M.B. & Hanna, T. (April 7, 2015). *The Mindful Diet: How to Transform your Relationship with Food for Lasting Weight Loss, Vibrant Health, and a Lifetime of Well-Being*. New York: Scribner of Simon & Schuster. Book advance of 125K provided to Duke Integrative Medicine for authoring lay book based upon our work and the latest science in mindfulness meditation, eating, nutrition and health. Culturally translated for the United Kingdom in 2016; Translated into Czechoslovakian, 2017.
14. **Meharry-Vanderbilt Health Coaching Certificate Program Licensure Agreement** (June 2018 – June 2023) – After completing the commercialization process for curriculum in the Vanderbilt Health Coaching Certificate Program (“VHCCP”), a 5 year licensure agreement was granted to Meharry Medical College (MMC) for the non-exclusive right to utilize many aspects of the curriculum within established guidelines that allow the program to be eligible for accreditation through the Program Approval Commission of the International Consortium of Health and Wellness Coaching. The commercialization process acquired copyrights for certain creative works, documentation and written materials related to the VHCCP which was developed by Blaire Morriss, Linda Manning, Colin Armstrong, Ruth Q. Wolever and others within the scope of their employment at Vanderbilt. The materials were then packaged to meet the curriculum needs of MMC and create the Meharry-Vanderbilt Health Coaching Certificate Program (MVHCCP).
15. **Meharry-Vanderbilt Health Coaching Certificate Program Professional Services Agreement** (June 2018 – June 2023) – The Professional Services Agreement (PSA) provides adequately trained faculty to deliver the MVHCCP for the first year, and up to four subsequent years, depending on the delivery needs of MMC. Renewed for Year 2 (2019), Year 3 (2020), and Year 4 (2021).

16. MoVE Intervention Manual

Non-Refereed Publications:

1. **Quillian**, R. (1995, Feb). Hints for setting goals (and keeping your New Year’s resolutions). *Fifty Plus, Healthwatch*, 24.
2. **Quillian**, R.E. (1995). Tips to help you sleep. *Fifty Plus, Healthwatch*, 22-23.

3. **Quillian**, R.E. (1998, Sept). Alcohol: Nutrition and health perspectives on decisions about drinking alcohol. *Business Leader: The Spirit of Business*, 10(3), 54-55. Raleigh: Business to Business, Inc..
4. **Quillian**, R., & Sullivan, M. (1998). Models of care for cardiovascular risk factors. *Models of Care*, 1(4), Athena Healthcare Communications.
5. **Quillian**, R.E. (1999, Jan). Sleep tight. *Business Leader: The Spirit of Business*, 10(7), 10-11. Raleigh, NC: Business to Business, Inc..
6. **Quillian-Wolever**, R., Pawlecki, J. B., Young, J., & Moon, S. (2005). Stress, behavior and obesity. *Issue Brief for the Institute on the Costs of Health Effects and Obesity*, Vol. 3(2), 1-20. Washington DC: National Business Group on Health.
7. Little, K., Sechrist, B., Rice, M. & **Quillian-Wolever**, R. (2006). Health coach training: Insider tips for effective coaching. New Jersey: Healthcare Intelligence Network: www.hin.com.
8. Little, K., **Quillian-Wolever**, R., Rice, M. & Sechrist, B. (2006). Training health coaches: Fielding a team of behavior change agents. In M. Matthews (Moderator) and P. Donovan & J. Millman (Eds.) *Special Report of an October 2005 Moderated Audio Conference*. New Jersey: Healthcare Intelligence Network – www.hin.com.
9. **Wolever**, R. Q. & Smith, L. (2008). From passive to partner: Integrative health coach training to motivate behavior change – part 2. In M. Matthews (Moderator) and P. Donovan (Ed.) *Special Report of a December 2008 Moderated Tele-Conference*. New Jersey: Healthcare Intelligence Network – www.hin.com.
10. Binks M., Eisenson, H., Politti, E., & **Wolever**, R.Q. (2009, spring). *Pragmatic weight loss strategies in the era of the weekly fad diet*. Duke Medicine Consults, p.3-5. Durham, NC: Duke University.
11. Lawson, K. & **Wolever**, R.Q. (2009). *Health coaching for behavior change: Motivational interviewing methods and practice*. New Jersey: The Healthcare Intelligence Network – www.hin.com.
12. Bellard, D., Botelho, R., Butin, D., Butterworth, S., Vickers-Douglas, K., Hibbard, J... **Wolever**, R. (2009). *Health Coaching Playbook Volume II: All-Star Tips on patient engagement, activation and behavior change*. New Jersey: Healthcare Intelligence Network – www.hin.com.
13. **Wolever**, R.Q. & Renner, K. (2012, Feb). Mindfulness training: A case study in managed care. *Corporate Wellness Magazine*. Available at <http://www.corporatewellnessmagazine.com/news-insights/mindfulness-training-a-case-study/>.
14. Hibbard, J., Lawson, K., Merriman, K., Moore, M., Richling, D. & **Wolever**, R. Q. (2013). Three pillars of health coaching: Patient activation, motivational interviewing and positive psychology. In M. Matthews, P. Donovan, & J. Fornarotto (Eds.) In *A Guide to Health Coaching*. Sea Girt, NJ: Healthcare Intelligence Network – www.hin.com.
15. Vorderstrasse, A., **Wolever**, R.Q., Cho, A., & Ginsburg, G.S. (2013, Jun 13). *Medscape Genomic Medicine*, <http://www.medscape.com/viewarticle/805617>.
16. Jordan, M., Lawson, K., **Wolever**, R., & Riley, D. (2015, March 18). *Motivational Interviewing, Health Coaching and Smoking Reduction: Academy of Integrative Health & Medicine reviewing Motivational Interviewing for Smoking Cessation—a review from the Cochrane Database of systematic reviews*. AIHM Journal Club published on line by the Academy of Integrative Health and Medicine: <http://aihm.org/publications/journal-club/motivational-interviewing-health-coaching-and-smoking-reduction>
17. McCabe, K & **Wolever**, R.Q. (2015, April 9). *Workplace Trends 2015: How Mindfulness Programs can Successfully Curb High Stress Levels that Drive Thousands of Dollars in Medical Costs*, pp 39-43. Report published online by Sodexo at https://issuu.com/sodexosuomi/docs/workplace_trends_report_2015.

18. **Wolever**, R.Q. (2016). Four part series blog in *Employee Benefit News*. All four are available at <http://www.benefitnews.com/author/dr-ruth-wolever>. Specific articles include:
 - a. **Wolever**, R.Q (2016, Feb 23). Mindfulness training poised to take off as new employee benefit.
 - b. **Wolever**, R.Q (2016, Mar 7). Mindfulness training improves focus, employee performance.
 - c. **Wolever**, R.Q (2016, April 6). Workplace mindfulness training benefits extend beyond individuals.
 - d. **Wolever**, R.Q (2016, April 29). Why employers should consider mindfulness training as an employee benefit.
19. **Wolever**, R.Q. (2019, March). What is Health and Wellness Coaching? How does it compare to Health Psychology? *The Health Psychologist: Newsletter for the Society for Health Psychology* (Division 38 of the American Psychological Association). <https://div38healthpsychologist.com/2019/03/>

Non-Authored Publications: (formally acknowledged in publication for contribution)

1. Davis, C.L., Gutt, M., Llabre, M.M., Marks, J.B., O'Sullivan, M.J., Potter, J.E., Landel, J., Kumar, M., Schneiderman, N., Gellman, M., & Skyler, J.S. (1999). History of gestational diabetes, insulin resistance and coronary risk. *Journal of Diabetes and it's complications*, 13(4), 216-223. PMID: 10616862.
2. Quick, J.C., Cooper, C.L., Gavin, J.H., & Quick, J.D. (2008). *Managing executive health: Personal and corporate strategies for sustained success*. London: Cambridge University Press.
3. Sforzo, G.A. (2013). The Study of Health Coaching: The Ithaca Coaching Project, Research Design, and Future Directions, *Global Advances in Health and Medicine*, 2(3), 58-64. PMID: 24416673.
4. Bailey, M.L., Chudgar, S.M., Engle, D.L., Moon, S.D., Grochowski, C.O., & Clay, A.S. (2015). The impact of a mandatory immersion curriculum in integrative medicine for graduating medical students. *EXPLORE: The Journal of Science and Healing*, 11(5), 394-400. PMID: 26254222.

Peer-Reviewed Presentations and Published Abstracts:

1. **Quillian**, R. E., Marks, J. B., Hurwitz, B. E., Thompson, N. E., Ansley, J., Schneiderman, N. & Skyler, J. S. (1991, Jan-Feb). *Acute effects of induced hyperinsulinemia on blood pressure and sympathetic tone in healthy men*. Presentation at the Southern Society for Clinical Investigation, New Orleans, LA. [Abstract published in *Clinical Research*, 38(4), 1990, Dec., Abstract No. 993A.]
2. Ansley, J., Marks, J. B., Hurwitz, B. E., Thompson, N. E., **Quillian**, R. E., Olsson-Istel, M., Ashby, S., Spitzer, S., Fili, M., Donahue, R.D.P., Schneiderman, N., & Skyler, J. S. (1991, March). *Insulin resistance and blood pressure*. Poster presented at the 12th annual meeting of the Society of Behavioral Medicine, Washington, DC. [Abstract published in *Proceedings of the 12th Annual Meeting of the Society of Behavioral Medicine* p. 88.]
3. Fisher, E., Greco, P., Spetter, D., **Quillian**, R., Skyler, J.S. & LaGreca, A.M. (1991, June). *Specific and general characteristics of social support in diabetes care: Relationship with adherence and metabolic control*. Poster presented at the 14th International Diabetes Federation Congress, Washington, DC.
4. Marks, J. B., Hurwitz, B. E., Ansley, J., **Quillian**, R. E., Thompson, N. E., Olsson-Istel, M., Spitzer, S., & Schneiderman, N. (1991, June). *Effects of induced hyperinsulinemia on blood pressure and sympathetic tone in healthy volunteers*. Presentation at the combined meeting of the American Diabetes Association and the International Diabetes Federation, Washington, DC. [Abstract published in *Diabetes*, 40(Suppl.), Abstract No. 367A].
5. Thompson, N. E., Marks, J. B., Hurwitz, B. E., **Quillian**, R. E., Ansley, J., Spitzer, S., Schneiderman, N. & Skyler, J.S. (1991). *Insulin resistance dampens the acute effects of insulin on blood pressure regulation*. Presentation at the combined meeting of the American Diabetes Association and the

International Diabetes Federation, Washington, DC. [Abstract published in *Diabetes*, 40(Suppl.), Abstract No. 366A].

6. Lutgendorf, S. K., Antoni, M. H., Brickman, A., Patarca, R., Ironson, G., Klimas, N., Imia-Fins, A., **Quillian**, R.E., Penedo, F., van Riel, F., Miguez, M. J., & Fletcher, M. A. (1993, March). *Symptom burden and depression severity parallel immune system dysregulation among Chronic Fatigue Syndrome patients*. Poster presented at the 14th annual meeting of the Society of Behavioral Medicine, San Francisco, CA. [Abstract published in *Proceedings of the Society of Behavioral Medicine's 14th Annual Scientific Sessions*, 15(Suppl.), 111, Abstract D39.]
7. Lutgendorf, S. K., Brickman, A., Antoni, M. H., Klimas, N., Patarca, R., Imia-Fins, A., Ironson, G., **Quillian**, R., van Riel, F., & Fletcher, M. A. (1993, March). *Immune functioning predicts cognitive difficulties in Chronic Fatigue Syndrome*. Paper presented at the meeting of the American Psychosomatic Society, Charleston, SC. [Abstract published in *Psychosomatic Medicine*, 55, 100.]
8. Starr, K. R., Hurwitz, B. E., Antoni, M. H., Ironson, G., **Quillian**, R. E., Rodriguez, M., Lutgendorf, S., Fletcher, M. A., & Schneiderman, N. (1993, May). *Acute immunologic and cardiovascular reactivity to two behavioral challenges among seropositive and seronegative gay men*. Sponsored by the NIMH Office on AIDS. Paper presented at the National Institutes of Mental Health Research Training meeting, Bethesda, MD.
9. Imia-fins, A., Antoni, M. H., Brickman, A., Klimas, N., Lutgendorf, S., Ironson, G., **Quillian**, R., & Fletcher, M. A. (1994, April). *Stressful life events, cognitive appraisals, coping strategies and illness burden in Chronic Fatigue Syndrome*. Poster presented at the 15th Annual Meeting of the Society of Behavioral Medicine. [Abstract E111 published in *Proceedings of the 15th Annual Meeting of the Society of Behavioral Medicine's*].
10. **Quillian**, R. E., Antoni, M. H., Brickman, A. L., Ironson, G. H., McCabe, P. M., Rey, G. J., Fletcher, M. A., Imia-Fins, A., Lutgendorf, S. K., Klimas, N. G. & Mirsky, A. F. (1995, March). *Neuropsychological deficits covary with lymphocyte activation markers in Chronic Fatigue Syndrome patients*. Paper presented at the 16th annual meeting of the Society of Behavioral Medicine, San Diego, CA. [Abstract published in *Annals of Behavioral Medicine* 17(Suppl.), 81.] Receive Citation.
11. **Quillian**, R. E., Brickman, A. L., Antoni, M. H., Rey, G. J., Ironson, G. H., McCabe, P. M., Imia-Fins, A., Klimas, N. G. & Mirsky, A. F. (1995, March). *Neuropsychological functioning in Chronic Fatigue Syndrome patients*. Poster presented at the 16th annual meeting of the Society of Behavioral Medicine, San Diego, CA. [Abstract published in *Annals of Behavioral Medicine* 7(Suppl.), 159.] Citation for poster awarded by the Society of Behavioral Medicine.
12. Edinger, J.D., Radke, R.A., Wohlgemuth, W.K., Marsh, G.R., & **Quillian**, R.E. (1997, June). *The efficacy of cognitive-behavioral therapy for sleep maintenance insomnia*. Paper presented at the 11th annual meeting of the Associated Professional Sleep Societies, San Francisco, CA. [Abstract published in *Proceedings of the 11th Annual Meeting of the Associated Professional Sleep Societies: Sleep Research*, 26, 357.]
13. Edinger, J.D., Wohlgemuth, W.K., Radtke, R.A., Marsh, G.R. & **Quillian**, R.E. (1999, October). *Efficacy of cognitive-behavioral therapy for treating primary sleep-maintenance insomnia*. Paper presented at the World Federation of Sleep Research Societies, Dresden, Germany. [Abstract published in *Sleep Research Online*, 2(Suppl. 1), 664.]
14. Wohlgemuth, W.K., Edinger, J.D., Marsh, G., Radtke, R., & **Quillian**, R.E. (2000, June). *Behavioral treatment for sleep maintenance insomnia: the trajectory of change*. Poster discussion presented at the Annual Meeting of the Associated Professional Sleep Societies, Las Vegas, NV. [Abstract published in *Sleep*, 23 (Abstract Supplement), A87-8].
15. Crouch, R., **Quillian-Wolever**, R.E., & Bachman, J. (2001, August). *Exercise prescriptions and therapy for COPD Patients in Pulmonary Rehabilitation*. Three workshops presented at the American College of Chest Physicians' COPD Conference, Orlando, FL.

16. Kristeller, J.L. & **Quillian**, R., Drerup, M., Rikhye, K., Sheets, V., & Lowe, M.E. (2002, November). *Validation of assessment of obese individuals presenting for treatment of BED: Who screens in?* Poster presented at the annual meeting of the Eating Disorder Research Society, Charleston, SC. [Abstract published in the proceedings of the meeting, 150, Abstract #7919.]
17. Kristeller, J.L. & **Quillian-Wolever**, R.E. (2003, March). *Eating self-efficacy: Outcomes of a randomized clinical trial with obese binge eaters.* Poster presented at the 24th Annual meeting of the Society of Behavioral Medicine, Salt Lake City, UT. [Abstract published in *Proceedings of the Society of Behavioral Medicine's 24th Annual Scientific Sessions*].
18. Kristeller, J.L. & **Quillian-Wolever**, R.E. (2003, March). Mindfulness meditation and obesity: Re-regulating food intake. Paper presented in symposium: *Mindfulness meditation in management of medical issues: clinical and conceptual advances*, J. Kristeller (Chair), at the 24th annual meeting of the Society of Behavioral Medicine, Salt Lake City, UT. [Abstract published in *Proceedings of the Society of Behavioral Medicine's 24th Annual Scientific Sessions*].
19. Kristeller, J. L., **Quillian-Wolever**, R.E., Sheets, V., & Lowe, M. (2003, May). *Depression, self-esteem, and measures of disordered eating in obese binge eaters.* Paper presented at the annual meeting of the Academy for Eating Disorders, Denver, CO.
20. Johnson, T., Kristeller, J. L. & **Quillian-Wolever**, R.E. (2004, March). *Eating self-efficacy: Outcomes of a randomized clinical trial with obese binge eaters.* Poster presented at the 25th annual meeting of the Society of Behavioral Medicine, Baltimore, MD. [Abstract published in *Proceedings of the Society of Behavioral Medicine's 25th Annual Scientific Sessions*].
21. Kristeller, J. L. & **Quillian-Wolever**, R.E. (2004, March). *Mindfulness meditation: Mechanisms and effectiveness in treating binge eating disorder.* Paper presented at the 25th annual meeting of the Society of Behavioral Medicine, Baltimore, MD. [Abstract published in *Proceedings of the Society of Behavioral Medicine's 25th Annual Scientific Sessions*].
22. Kristeller, J. L., **Quillian-Wolever**, R.E. & Jones, J. (2004, March). *The use of meditation techniques in behavioral medicine: Theory, research and practice.* Seminar given at the 25th annual meeting of the Society of Behavioral Medicine, Baltimore, MD. [Abstract published in *Proceedings of the Society of Behavioral Medicine's 25th Annual Scientific Sessions*].
23. Kristeller, J. L. & **Quillian-Wolever**, R.E. (2004, April). *Guided mindfulness meditation: A randomized clinical trial for the treatment of binge eating disorder.* Paper presented at the 2nd Annual Conference, Integrating Mindfulness-Based Interventions into Medicine, Health Care and Society, Worcester, MA.
24. Kristeller, J. L., **Quillian-Wolever**, R.E., & Sheets, V. (2004, May). *Mindfulness meditation in treating binge eating disorder: a randomized clinical trial.* Paper presented at the International Conference on Eating Disorders, Annual Meeting of the Academy of Eating Disorders, Orlando, FL. [Abstract 1717].
25. Kristeller, J. L. & **Quillian-Wolever**, R.E. (2004, May). *The use of mindfulness meditation techniques in treatment of binge eating disorder.* Workshop presented at the International Conference on Eating Disorders, Annual Meeting of the Academy of Eating Disorders, Orlando, FL. [Abstract 1727].
26. Kristeller, J. L., **Quillian-Wolever**, R.E. & Sheets, V. (2004, July), *Mindfulness based eating awareness training (MB- EAT) as a treatment for binge eating disorder: A randomized clinical trial.* Paper presented at the Society for the Study of Ingestive Behavior, Hueston Woods, OH.
27. Kristeller, J. L., **Quillian-Wolever**, R.E. & Sheets, V. (2004, October). *Mindfulness-based eating awareness training (MB- EAT) and binge eating disorder: a randomized clinical trial.* Paper presented at the Eating Disorders Research Society, New Orleans, LA.
28. Liebowitz, R.S., Gaudet, T.W., Edelman, D. & **Quillian-Wolever**, R.E., Olsen, M., Yancy Jr., W., Jeffreys, A., Harris, A., & Oddone, E. (2004, November). *A personal health planning intervention to modify dietary and exercise behavior.* Paper presented at the American Heart Association, New Orleans, LA: [Abstract # AOP.97.42].

29. Psujek, J., **Quillian**, R. E., Liebowitz, R., Shaw, A., Gresko, J., Little, K., Edelman, D., Brantly, J., Moon, S., Smith, L., Yancy Jr., W., Olsen, M., Jeffereys, A., Harris, A., Oddone, E., & Gaudet, T. (2005, March). *Use of health coaching to deliver an integrative model of health: RCT for coronary risk prevention*. Poster presented at the 5th UNC Integrative Medicine Conference, Chapel Hill, NC.
30. **Quillian-Wolever**, R. E., Gaudet, T., Liebowitz, R., Brantley, J., Edelman, D., Moon, S., Smith, L., Yancy Jr., W., Olsen, M., Jeffereys, A., Harris, A., & Oddone, E (2005, April). *Use of mindfulness in an integrative model of health: RCT for coronary risk prevention*. Paper presented in symposium: *Mindfulness meditation: Models for intervention in health applications*, J. Kristeller (Chair) at the 26th Annual Meeting of the Society of Behavioral Medicine, Boston MA. [Abstract 11C published in *Proceedings of the 26th Annual Meeting of the Society of Behavioral Medicine*, p. S108.]
31. Kristeller, J. L., **Quillian-Wolever**, R.E. & Sheets, V. (2005, April). *Mindfulness-based eating awareness training (MB-EAT): An innovative treatment for compulsive eating and obesity*. Paper presented in symposium: *Mindfulness meditation: Models for intervention in health applications*. J. Kristeller (Chair) at the 26th annual meeting of the Society of Behavioral Medicine, Boston, MA. [Abstract published in *Proceedings of the Society of Behavioral Medicines 26th Annual Scientific Sessions*.]
32. Kristeller, J. L. & **Quillian-Wolever**, R.E. (2005, April). Mindfulness meditation in the treatment of binge eating disorder. Workshop presented at the 26th annual meeting of the Society of Behavioral Medicine, Boston, MA. [Abstract published in Proceedings of the Society of Behavioral Medicines 26th Annual Scientific Sessions.]
33. Edelman, D., Oddone, E., Liebowitz, R., Yancy, W., Olsen, M., Jeffereys, A., Moon, S., Harris, A., Smith, L., **Quillian**, R.E., Gaudet, T., (2005, May). A multidimensional integrative medicine intervention to improve cardiovascular risk. Oral abstract #133802 presented at the Society for General Internal Medicine, New Orleans, LA.
34. Kristeller, J.L., **Quillian-Wolever**, R.E. & Sheets, V. (2005, August). Mindfulness-Based Eating Awareness Training (MB-EAT): Internalizing change for binge eaters. Paper presented in Symposium: Mindfulness, meditation, eating disorders and obesity: Conceptual and empirical issues, J. Kristeller (Chair) at the annual meeting of the American Psychological Association, Washington, D.C.
35. **Quillian-Wolever**, R. (2005, August). Mindfulness, meditation, eating disorders, and obesity: Conceptual and empirical issues. Discussant for symposium: Mindfulness, meditation, eating disorders and obesity: Conceptual and empirical issues, J. Kristeller (Chair) at the annual meeting of the American Psychological Association, Washington, D.C.
36. Kristeller, J. L. & **Quillian-Wolever**, R.E. (2006, March). MB-EAT (Mindfulness based Eating Awareness Therapy): Theory, research and practice. Seminar presented at the 27th annual meeting of the Society of Behavioral Medicine, San Francisco, CA. [Abstract 151551 published in Proceedings of the Society of Behavioral Medicines 27th Annual Scientific Sessions.]
37. Best, J.L., **Wolever**, R.Q., Sheets, V.L., Liebowitz, R., & Kristeller, J.L. (2006, March). Mindfulness-based intervention for BED enhances post-prandial glucose metabolism independent of weight change. Poster presented at the 27th annual meeting of the Society of Behavioral Medicine, San Francisco, CA. [Abstract published in Proceedings of the Society of Behavioral Medicines 27th Annual Scientific Sessions.]
38. Liebowitz, R.S., **Wolever**, R.Q., Psujek, J., Smith, L., Brantley, J., Moon, S., Edelman, D., Olsen, M., Jeffereys, A.S., Oddone, E.Z., & Gaudet, T.W. (2006, May). The effect of mind-body techniques on resilience: the multidimensional integrative medicine intervention to improve cardiovascular risk. Poster presented at the North American Research Conference on Complementary and Integrative Medicine, Edmonton, Canada. [Abstract published in NARCCIM Poster Presentation Abstracts, B13.]
39. **Wolever**, R.Q., Best, J.L., Sheets, V.L., Davis, J., Psujek, J., Liebowitz, R., Kristeller, J.L. (2006, May). Bio-behavioral outcomes of a mindfulness-based intervention for binge eating disorder. Oral abstract

presented at the North American Research Conference on Complementary and Integrative Medicine, Edmonton, Canada. [Abstract published May/June 2006 in Alternative Therapies, 12(3), p.67.]

40. **Wolever**, R.Q., Psujek, J., Liebowitz, R., Shaw, A., Gresko, J., Little, K., Brantley, B., Edelman, D., Moon, S., Smith, L., Yancy, W. Jr., Olsen, M., Jeffreys, A., Oddone, E., & Gaudet, T. (2006, May). Use of health coaching to implement an integrative model of care: RCT for coronary risk prevention. Oral abstract presented at the North American Research Conference on Complementary and Integrative Medicine, Edmonton, Canada. [Abstract published May/June 2006 in Alternative Therapies, 12(3), p.68.]
41. Kristeller, J.L., **Wolever**, R.Q., Best, J., & Sheets, V. (2006, June). Mindfulness meditation: Improvement in metabolic function in obese binge eaters. Oral abstract presented at the International Conference on Eating Disorders of the Academy for Eating Disorders, Barcelona, Spain.
42. Yu-Isenberg, K.S., Matza, L.S., Coyne, K.S., Psujek, J., Stoeckl, M., Skinner, B., & **Quillian-Wolever**, R.E. (2006, October). Initial validation of the ASK-20SM survey assessing barriers to medication adherence. Paper presented at the 13th annual meeting of the International Society of Quality of Life Research, Lisbon, Portugal. [Abstract 1714]
43. Kristeller, J.L., **Wolever**, R.Q., & Sheets, V. (2006, November). Mindfulness-based eating awareness treatment (MB-EAT) for binge eating disorder: A randomized clinical trial. Paper presented in symposium at the 40th annual conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
44. Greeson, J.M., Kristeller, J.L., Sheets, V.L., Best, J.L., Davis, J., Psujek, J., Loring, S., Liebowitz, R., & **Wolever**, R.Q. (2007, March). Changes in mindfulness during eating accounts for behavioral and metabolic treatment effects in obese binge eaters. Paper presented at the 5th Annual Conference, Integrating Mindfulness-Based Interventions into Medicine, Health Care and Society, Worcester, MA.
45. Kristeller, J.L., **Wolever**, R.Q., & Sheets, V. (2007, March). Mindfulness-Based Eating Awareness Training: Outcomes from a randomized clinical trial. Paper presented at the 5th Annual Conference, Integrating Mindfulness-Based Interventions into Medicine, Health Care and Society, Worcester, MA.
46. Kristeller, J., Sheets, V., & **Wolever**, R. (2007, May). Mindfulness-Based Eating Awareness Training (MB-EAT): Final results of a randomized clinical trial. Paper presented at the annual conference of the Academy of Eating Disorders, Baltimore, MD.
47. Kosey, J., & **Wolever**, R. Q. (2007, November). It really works! Exciting new research from Duke University shows coaching improves health. Paper presented at the annual meeting of the International Coaching Federation, Long Beach, CA.
48. Greeson, J., Kristeller, J.L., Sheets, V.L., Best, J.L., Davis, J., Psujek, J., Loring, S., Liebowitz, R., & **Wolever**, R.Q. (2008, April). A path model linking home meditation practice with changes in eating awareness, self-regulation skills, binge eating behavior, and insulin resistance. Paper presented at the 6th Annual Conference Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society, Worcester, MA.
49. Matza, L.S., Coyne, K.S., Park, J., Skinner, E.P., Wakefield, J., Duda, L., Malley, K., Flowers, P., & **Wolever**, R. Q. (2008, October). Validation of the ASK-12 survey assessing barriers to medication adherence. Paper presented at the 15th annual meeting of the International Society of Quality of Life Research, Montevideo, Uruguay.
50. Kristeller, J.L., **Wolever**, R.Q., & Sheets, V. (2008, November). Mindfulness: Interrupting the cycle of compulsive overeating. Paper presented in symposium: Mindfulness training for problems of self-regulation: New applications and mechanisms of change, P. Wupperman & S.R. Axelrod (Chairs) at the annual conference of the Association of Behavioral and Cognitive Therapies, Orlando, FL.
51. Greeson, J., Brantley, J., Smoski, M., Ekblad, A., Fikkan, J., Lynch, T., & **Wolever**, R. (2009, March). Mindfulness and stress-related physical symptoms: The mediating roles of sleep quality, self-

compassion, and cognitive-emotional regulation. Poster presented at the 7th Annual Conference Investigating and Integrating Mindfulness into Medicine, Health Care, and Society, Worcester, MA.

52. Fikkan, J., Greeson, J.M., Kristeller, J.L., Sheets, V., & **Wolever**, R.Q. (2009, May). Mindfulness vs. psychoeducation treatment of binge eating: Differential outcomes associated with baseline dietary restraint and disinhibition. Paper accepted to the International Conference on Eating Disorders, Cancun, Mexico. (Conference cancelled right before presentation due to Swine Flu.)
53. Fikkan, J., Dreusicke, M., Hawkins, T., Skinner, B., Wakefield, J., Duda, L., Flowers, P., Park, J., Cook, C., Gaudet, T., & **Wolever**, R.Q. (2009, May). Integrative health coaching may improve adherence to medication and lifestyle recommendations in patients with type 2 diabetes. Poster presented at the North American Research Conference on Complementary and Alternative Medicine, Minneapolis, MN. [Abstract #3212 published in Alternative Therapies in Health and Medicine, 15(3), S144-S145].
54. Greeson, J., Brantley, J., Smoski, M., Ekblad, A., Fikkan, J., Lynch, T., & **Wolever**, R. (2009, May). Mechanisms linking mindfulness, emotional experience, and sleep quality. Poster presented at the North American Research Conference on Complementary & Integrative Medicine, Minneapolis, MN. [Abstract #3264 published in Alternative Therapies in Health and Medicine, 15(3), S105 and in EXPLORE: The Journal of Science and Healing, 5(3), 161-162. DOI:10.1016/j.explore.2009.03.048]
55. Pradhan, E., Dusek, J., Abrams, D., Amoils, S., Edman, J., Guarneri E., Homel, P., Paynter, G., Roberts, R., **Wolever**, R., & Dolor, R. (2009, May). BraveNet: the first practice-based research network in integrative medicine. Paper presented at the North American Research Conference on Complementary and Alternative Medicine, Minneapolis, MN. [Abstract published in Alternative Therapies in Health and Medicine, 15(3), S185.]
56. **Wolever**, R.Q., Dreusicke, M.H., Skinner, E.P., Cook, C.L., Vann, T.L., Duda, L., Wakefield, J.P., Yeung S.Y. & Flowers, P.W. (2009, August). Integrative health coaching improves medication adherence & HbA1c in patients with type II diabetes. Paper presented at the American Association of Diabetes Educators, Atlanta, GA. [Abstract # S30c published in the Meeting Guide, 89].
57. Fikkan, J., Greeson, J.M., Kristeller, J.L., Sheets, V., & **Wolever**, R.Q. (2009, September). Mindfulness vs. psychoeducation treatment of binge eating: Differential outcomes associated with baseline dietary restraint and disinhibition. Poster presented at the annual meeting of the Eating Disorders Research Society, Brooklyn, NY.
58. Fikkan, J., Greeson, J., Brantley, J., Smoski, M., Ekblad, A., Lynch, T., & **Wolever**, R.Q. (2009, November). Mindfulness and psychological symptoms: The meditating role of experiential avoidance. Paper presented in symposium: Mindfulness and emotion regulation, C. Robins (Chair) at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
59. Greeson, J., Smoski, M., Brantley, J., Ekblad, A., Fikkan, J., Lynch, T., & **Wolever**, R. Q. (2009, November). How does MBSR decrease rumination? The mediating roles of mindfulness, self-compassion and thought suppression. Paper presented in symposium: How does mindfulness training reduce rumination? An examination of the potential mechanisms, G. Feldman & J. Greeson (Chairs) at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
60. Smoski, M., Greeson, J., Brantley, J., Ekblad, A., Fikkan, J., Lynch, T., & **Wolever**, R. Q. (2009, November). What changes with MBSR and why: Mood, emotion regulation, and mindfulness. Paper presented in symposium: Mindfulness and emotion regulation, C. Robins (Chair) at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
61. Chapman, L.M., Greeson, J.M., Webber, D.M., Baime, M.J., Sanders, J., & **Wolever**, R.Q. (2010, February). Determining the effects of Mindfulness Based Weight Loss Maintenance (MBWLM) on a key inflammatory marker, Interleukin-6. Poster presented at the annual New England Science Symposium, Boston, MA.
62. Dreusicke, M.H., Skinner, E., Hawkins, T.V., Yeung, S.Y., Wakefield, J., Duda, L., Fikkan, J., Cook, C., Flowers, P., & **Wolever**, R.Q. (2010, March). Patients with type II diabetes improve glycemic control

and psychosocial functioning through integrative health coaching. Poster presented at the 2010 annual meeting of the American Psychosomatic Society, Portland, Oregon. [Abstract published in Psychosomatic Medicine, 72(3).]

63. Greeson, J., Webber, D.M., Baime, M., Sanders, L., & **Wolever**, R.Q. (2010, March). Is mindfulness related to lower psychological distress, inflammation and insulin resistance following successful weight loss? Poster presented at the 2010 annual meeting of the American Psychosomatic Society, Portland, Oregon. [Abstract 1607 published in Psychosomatic Medicine, 72(3), A102.]
64. Webber, D.M., Greeson, J.M., Meunier, J.P., Gaudet, T., & **Wolever**, R.Q. (2010, March). Stress management skills, stress reduction, and changes in inflammatory and metabolic markers of disease risk. Poster presented at the 2010 annual meeting of the American Psychosomatic Society, Portland, Oregon. [Abstract 1563 published in Psychosomatic Medicine, 72(3), A70.]
65. Greeson, J., Brantley, J., Smoski, M., Ekblad, A., Fikkan, J., Lynch, T., Webber, D., Llabre, M., Suarez, E., & **Wolever**, R. (2010, April). Building psychological wealth: Alternative theoretical models may explain increased mindfulness, self-compassion and well-being following MBSR. [Abstract]. Paper presented at the 8th Annual Conference Investigating & Integrating Mindfulness into Medicine, Health Care, and Society, Worcester, MA.
66. Chapman, L.M., Greeson, J.M., Webber, D.M., Baime, M.J., Sanders, J., & **Wolever**, R.Q. (2010, May). Determining the effects of Mindfulness Based Weight Loss Maintenance (MBWLM) on a key inflammatory marker, Interleukin-6. Poster presented at the 5th International Congress on Complementary Medicine Research, Tromso, Norway.
67. Greeson, J., Brantley, J., Smoski, M., Ekblad, A., Fikkan, J., Lynch, T., Webber, D., Llabre, M., Suarez, E., & **Wolever**, R. (2010, May). Transdiagnostic risk factor reduction during mindfulness meditation training: How changes in positive emotional experience explain reduced symptoms of anxiety and depression. Paper given at the 5th Annual International Congress on Complementary Medicine Research, Tromso, Norway.
68. Dreusicke, M.H., Skinner, E., Hawkins, T.V., Yeung, S.Y., Wakefield, J., Duda, L., Fikkan, J., Cook, C., Flowers, P., & **Wolever**, R.Q. (2010, May). Patients with type II diabetes improve glycemic control and psychosocial functioning through integrative health coaching. Poster presented at Duke University, 2nd Annual Research Career Day, Durham, NC.
69. Greeson, J., Smoski, M., Ekblad, A., Brantley, J., Suarez, E., & **Wolever**, R. (2010, May). Psychological mechanisms linking mindfulness and enhanced sleep quality. Poster presented at Duke University, 2nd Annual Research Career Day, Durham, NC.
70. Fikkan, J., Baime, M., Sanders, L., Greeson, J., Webb, J., Wakefield, J., Ladden, L., Gresko, J., Wai, M., Stoney, K., & **Wolever**, R.Q. (2010, May) Mindfulness in the maintenance of weight loss: A randomized controlled trial of the EMPOWER program. Poster presented at Duke University, 2nd Annual Research Career Day, Durham, NC.
71. Fikkan, J., Baime, M., Sanders, L., Greeson, J., Webb, J., Wakefield, J., Ladden, L., Gresko, J., Wai, M., Stoney, K., & **Wolever**, R.Q. (2010, August) Mindfulness in the maintenance of weight loss: A randomized controlled trial of the EMPOWER program. Paper presented at the 11th International Congress of Behavioral Medicine, Washington, D.C. [Abstract published in International Journal of Behavioral Medicine, 2010, 17 (Suppl 1): OS19-E.]
72. Dreusicke, M.H., Duda, L., Wakefield, J., Skinner, B., Cook, C., Flowers, P., & **Wolever**, R. (2010, November). The role of integrative health coaching for patients with type II diabetes: stress management, coping strategies and social support. Poster presented at the 44th Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
73. Greeson, J., Smoski, M., Ekblad, A., Brantley, J., Suarez, E., & **Wolever**, R. (2010, November). How does mindfulness-based stress reduction ease sleep disturbance? The mediating role of cognitive and emotional processes. Paper presented in symposium: Psychological and Neural Mechanisms of

Mindfulness, P. Goldin (Chair) at the annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

74. Greeson, J., Smoski, M., Brantley, J., Suarez, E., & **Wolever**, R. (2011, March). Psychosocial mechanisms of mindfulness-based stress reduction: The role of perseverative cognition. Paper presented at the 2011 annual meeting of the American Psychosomatic Society, San Antonio, TX. [Abstract published in Psychosomatic Medicine, 73(3).]
75. Fikkan, J., Rydin-Gray, S. & **Wolever**, R. (2011, April). Mindfulness in the treatment of binge eating disorder: Lessons from research and practice. Paper presented at the national Binge Eating Disorder Association conference, Scottsdale, AZ.
76. Greeson, J., Smoski, M., Brantley, J., Suarez, E., & **Wolever**, R. (2011, April). Mediation, moderation, and mindfulness: An integrative model of healthy emotion regulation. Paper presented at the 9th annual conference Investigating and Integrating Mindfulness into Medicine, Health Care, and Society, Boston, MA.
77. Kosey, J. & **Wolever**, R. (2011, April). Increasing personal mindfulness practice with the application of coaching skills and tools. CME workshop presented at the 9th annual conference Investigating and Integrating Mindfulness into Medicine, Health Care, and Society, Boston, MA.
78. Baime, M.J., **Wolever**, R.Q., Pace, W., Morris, W.M., & Bobinet, K.J. (April 2011). Perceived Stress Scale correlates with health care costs. Poster presented at the 32nd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC. [Abstract published in Proceedings of the 32nd Annual Meeting of the Society of Behavioral Medicine.]
79. Greeson, J., Smoski, M., Brantley, J., Suarez, E., & **Wolever**, R. (2011, May). Psychosocial mechanisms of mindfulness-based stress reduction: The role of perseverative cognition. Oral presentation and poster given at the 3rd annual Research Career Day, Duke University Medical Center, Durham, NC.
80. Dreusicke, M.H., Fenster, A., Skinner, B., Cook, C., Niecko, T., Flowers, P., & **Wolever**, R. (2011, June). Pharmacy claims data support the effectiveness of Integrative Health Coaching for patients with Type II diabetes. Poster presented at the 71st Scientific Sessions of the American Diabetes Association. San Diego, CA.
81. Kraftsow, G., Landau, J., Kusnick, C., Bobinet, K., McCabe, K., & **Wolever**, R. (2011, September). Viniyoga and mindfulness at work: 12 week worksite stress reduction programs reduce perceived stress and improve sleep quality and autonomic balance. Poster presented at the International Association of Yoga Therapists' Symposium on Yoga Research, Stockbridge, Massachusetts. Received the Top Research Abstract Award.
82. Greeson, J., Smoski, M., Brantley, J., Suarez, E., & **Wolever**, R. (2011, November). Does prior meditation experience moderate psychological mechanisms of Mindfulness-Based Stress Reduction? Paper presented in symposium: Moderators of Success of Mindfulness-Based Interventions. M.J. Smoski (Chair) at the annual convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
83. **Wolever**, R.Q, Bobinet, K., McCabe-Ruff, K., MacKenzie, E., Fekete, E. & Baime, M. (2011, November). Effectiveness of a mindfulness-based worksite stress reduction program: A randomized controlled trial. Paper presented in symposium: Disseminating mindfulness-based interventions in the workplace: Using the internet or telephone to increase access to Mindfulness-Based Cognitive Therapy and Mindfulness at Work. M. Lau (Chair) at the annual convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
84. **Wolever**, R.Q., Caldwell, K., Fikkan, J., Greeson, J., Sanders, L., Webb, J., & Baime, M. (2012, April). Enhancing mindfulness for the prevention of weight regain: Impact of the EMPOWER program. Oral paper given at the 33rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine,

New Orleans, LA. [Abstract published in Proceedings of the 33rd Annual Meeting of the Society of Behavioral Medicine.]

85. Abrams, et al. & **Wolever** on behalf of the BraveNet PBRN (2012, May). Clinical practice outcomes of an individualized integrative intervention for chronic pain: Results from the BraveNet PBRN. Oral presentation given in symposium: Conducting research in integrative medicine clinical practices: Lessons learned and future directions. Abrams, D. (Chair), International Research Congress on Integrative Medicine and Health. Portland, OR. Abstract published in BMC Complementary and Alternative Medicine, 12(suppl 1): O64.
86. Bondakar, et al. on behalf of the BraveNet Practice-Based Research Network (May 2012). Integrative Treatment of Headache: A BraveNet Study. Poster presented at the Integrative Medicine and Health Conference, Portland, OR.
87. Calfas, K., Eisenberg, D., Lawson, K., **Wolever**, R. (2012, May). Health coaching: State of the science. Pre-conference workshop presented at the 2012 International Research Congress of Integrative Medicine and Health, Portland, OR.
88. Dinan, M., Roberts, R., Reed, S., **Wolever**, R., Abrams, D., Dolor, R. (2012, May). Costs associated with integrative medicine interventions on chronic pain. Poster presented at the International Research Congress on Integrative Medicine and Health. Portland, OR. Abstract published in BMC Complementary & Alternative Medicine 12 (suppl 1): P338. DOI:10.1186/1472-6882-12-S1-P338
89. Kosey, J., Simmons, L.A., Perlman, A., Smith, L., **Wolever**, R. (2012, May). Integrative health coaching: The accumulating research at Duke IM. Oral paper presented at the 2012 International Research Congress of Integrative Medicine and Health, Portland, OR. Abstracted published in BMC Complementary and Alternative Medicine, 12(suppl 1): O8. DOI:10.1186/1472-6882-12-S1-O8
90. **Wolever**, R.Q, Bobinet, K.J., McCabe, K., MacKenzie, E.R., Fekete, E., Kusnick, C.A., Hazelton, G.A. & Baime, M. (2012, May). Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial. Poster presented at the International Research Congress on Integrative Medicine and Health. Portland, OR. Abstract published in BMC Complementary and Alternative Medicine, 12(suppl 1): P87. DOI:10.1186/1472-6882-12-S1-P87.
91. **Wolever**, R.Q., Abrams, D.I., Kligler, B., Dusek, J.A., Roberts, R., Frye, J., Edman, J.S., Amoils, S., Pradhan, E., Spar, M., Gaudet, T., Guarneri, E., Homel, P., Amoils, S., Lee, R.A., Berman, B., Monti, D. & Dolor, R. (2012, May). Patients seek integrative medicine for preventive approach to health. Oral presentation given in symposium: Conducting research in integrative medicine clinical practices: Lessons learned and future directions. Abrams, D. (Chair), International Research Congress on Integrative Medicine and Health. Portland, OR. Abstract published in BMC Complementary and Alternative Medicine, 12(suppl 1): O64. DOI:10.1186/1472-6882-12-S1-O64
92. Yang, N.Y., **Wolever**, R.Q., Roberts, R., Perlman, A., Dolor, R., Ginsberg, G., & Simmons, L.A. (2012, May). Integrative health care services as a function of body mass index: A BraveNet Study. Poster presented at the International Research Congress on Integrative Medicine and Health. Portland, OR. Abstract published in BMC Complementary and Alternative Medicine, 12(suppl 1): P244. DOI:10.1186/1472-6882-12-S1-P244
93. Jordan, M., Lawson, K., Moore, M., Arloski, M., Cotton, R., & **Wolever**, R. (2012, July). National Credentialing of Coaches in Health and Wellness: A vision for the future. Oral presentation given at the National Wellness Conference, Stevens Point, WI.
94. Vorderstrasse, A., **Wolever**, R., Cho, A., Ginsburg, G. (2012, Oct). Generating behavior change: Feasibility and preliminary effects of genomic risk testing and health coaching for CHD in primary care. Oral presentation at the International Society of Nurses in Genetics Annual Conference, Philadelphia, PA.

95. Kristeller, J.L., Daubenmier, J., Epel, E., & **Wolever**, R. (2012, Nov). Mindfulness-based eating awareness training: Theory and research. Oral presentation at World Conference on Psychology and Sociology, Antalya, Turkey.
96. Greeson, J., Suarez, E., Brantley, J., Carmody, D., Juberg, M., & **Wolever**, R. (2013, March). Can Mindfulness-Based Stress Reduction (MBSR) buffer stress reactivity and facilitate physiological recovery in healthy adults? [Abstract] Psychosomatic Medicine, 5 (3), A-2.
97. Kosey, J. & **Wolever**, R.Q. (2013, Oct). Integrative Therapy for Patients with Severe Tinnitus. Paper given at the International Congress for Clinicians in Complementary and Integrative Medicine. Chicago, IL. Abstract published in Global Advances in Health and Medicine, 2013; 2 (Suppl): 22B.
98. Greeson, J., Suarez, E., Hall, M., Brantley, J., Carmody, D., Juberg, M., & **Wolever**, R. (2013, Nov). Changes in sleep quality and stress physiology following Mindfulness-Based Stress Reduction. Paper presented in symposium: The use of mindfulness meditation, singly or in combination with behavioral interventions, for the treatment of insomnia and stress-related sleep disturbance. S. Garland (Chair). Annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
99. Greeson, J., Carmody, D., Juberg, M., Brantley, J., Suarez, E., & **Wolever**, R. (Nov, 2013). Does amount or type of home meditation practice during mindfulness-based stress reduction (MBSR) explain variation in psychological outcomes? Paper presented in symposium: The role of mindfulness practice in mindfulness based treatment. Hawley, L. (Chair), Association for Behavioral and Cognitive Therapies 47th Annual Convention, Nashville, TN.
100. Price, R., **Wolever**, R. & Tucci, D. (2014, March 6). Benefits of integrative therapy for treatment of severe tinnitus. Oral paper presented at American Auditory Society, Scottsdale, AZ.
101. Greeson, J., Muehlbauer, M., Bain, J., Carmody, D., Juberg, M., Brantley, J., Hall, M., **Wolever**, R. & Suarez, E. (2014, Mar). Rest Assured: Changes in Sleep and Metabolism following Mindfulness-Based Stress Reduction (MBSR). Poster presented at the American Psychosomatic Medicine (APS) Annual Meeting, San Francisco, CA.
102. **Wolever**, R.Q, Bobinet, K.J., McCabe, K., MacKenzie, E.R., Fekete, E., Kusnick, C.A. & Baime, M. (2014, April 15). Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial. Paper presented in symposium: Occupational e-mental health: An effective and promising route to foster health and well-being in stressed employees? Part 1. Lehr, D. (Chair) at the European Academy of Occupational Health Psychology, London, England.
103. Hazelton, A.G., Corsino, L., Eisenson, H., Ostbye, T., Svetkey, L.P., & **Wolever**, R.Q. (2014, April). Psychosocial outcomes from a multidisciplinary worksite weight loss intervention. Poster presented at the 35th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. Philadelphia, PA.
104. Greeson, J., Suarez, E., Brantley, J., Carmody, D., Juberg, M., & **Wolever**, R.Q. (2014, May). Mechanisms of mind-body interventions: Changes in stress reactivity and recovery after Mindfulness-Based Stress Reduction. Paper presented in symposium: Mind-body interventions: Physiological, molecular, and genetic mechanisms. Greeson, J. (Chair). International Research Congress on Integrative Medicine and Health, Miami, FL. (Wolever presented.)
105. **Wolever**, R.Q, Bobinet, K.J., McCabe, K., MacKenzie, E.R., Fekete, E., Kusnick, C.A. & Baime, M. (2014, May). Biological indices from an RCT of mind-body interventions at the worksite. Paper presented in symposium: Mind-body interventions: Physiological, molecular, and genetic mechanisms. Greeson, J. (Chair). International Research Congress on Integrative Medicine and Health, Miami, FL.
106. **Wolever**, R.Q, Bobinet, K.J., McCabe, K., MacKenzie, E.R., Fekete, E., & Baime, M. (2014, May). Mindfulness at Work: RCT of a viable and effective online intervention. Paper presented in symposium: Conducting scientific research at the worksite: Challenges encountered and solutions generated. Klatt, M. (Chair). International Research Congress on Integrative Medicine and Health, Miami, FL.

107. **Wolever**, R.Q. (2014, May). The rapidly emerging field of health coaching: What is it really? And what does the data show? Paper presented in symposium: The rapidly emerging field of health coaching. Wolever, R.Q. (Chair). International Research Congress on Integrative Medicine and Health, Miami, FL.
108. **Wolever**, R.Q. (2014, May). Duke IM model of integrative health coaching: An application for patients with type 2 diabetes. Paper presented in symposium: The rapidly emerging field of health coaching. Wolever, R.Q. (Chair). International Research Congress on Integrative Medicine and Health, Miami, FL.
109. **Wolever**, R.Q., Dmitrieva, N., Price, R., Hazelton, G., Bechard, E., Walker, A., & Tucci, D. (2014, May). Preliminary clinical trial of integrative therapy for patients with severe tinnitus: Findings from an NIDCD-funded R21. Oral paper presented at the International Research Congress on Integrative Medicine and Health, Miami, FL. Abstract published in Journal of Alternative and Complementary Medicine, 20(5), A15. DOI:10.1089/acm.2014.5036.abstract.
110. Lawson, K., Jordan, M., **Wolever**, R., Bark, L., Arloski, M. & Moore, M. (2014, Sept). The National Consortium for Credentialing Health and Wellness Coaching: The Creation and Standardization of a New Healthcare Professional. Poster presented at the American Holistic Medical Association (AHMA).
111. Smoski, M., Suarez, E., Brantley, J., **Wolever**, R., & Greeson, J. (2015, March). Effects of Mindfulness-Based Stress Reduction across the Adult Lifespan. Poster presented at the American Association for Geriatric Psychiatry 2015 Annual Meeting, New Orleans, LA. Abstract published in American Journal of Geriatric Psychiatry, 23(3):S168. DOI:10.1016/j.jagp.2014.12.175.
112. Cassel, S.C., Dreusicke, M., Bechard, E.M., Tan, C.K., Armstrong, S.C., Elliott-Bynum, S. & **Wolever**, R.Q. (2015, May). *Community coaching: Feasibility, process evaluation, and thematic analysis of a no-cost integrative health coaching service in community settings*. Poster presented at Duke University's Annual Research Career Day, Durham, NC.
113. **Wolever**, R., Ginsburg, G., Armitage, N., Hess, L., Musty, M., Levy, J., Rakhra-Burris, T., Veldman, T., Liotcheva, V., Mbochi, G., Maldonado, C., Scott, M., Koteles, M., Bechard, E., Kosey, J., Duda, L., Baluch, S., & Vorderstrasse, A. (2015, August). *Does health coaching improve psychological health in Air Force participants in intervention study on cardiovascular and diabetes risk? Preliminary analysis*. Poster presented at the Military Health System Research Symposium, Ft Lauderdale, FL.
114. **Wolever**, R.Q., Jordan, M., Lawson, K.L., & Moore, M. (2015, Sept). *Advancing a new evidence-based profession in health care: Job Task Analysis for Health and Wellness Coaches*. Oral paper presented at Coaching in Leadership and Healthcare. Boston, MA.
115. Jordan, M., **Wolever**, R.Q., Lawson, K.L., & Moore, M. (2015, Oct). *Bringing health coaching into the mix: Integrating disciplines for collaborative care*. Poster and oral presentation at the Academy of Integrative Health and Medicine, San Diego, CA.
116. Dreusicke, M., McCabe, K., & **Wolever**, R.Q. (2016, May). *Mindfulness program delivered virtually in the workplace shows correlation between decreased stress and increased productivity*. Oral paper presented at the International Congress for Integrative Medicine and Health, Las Vegas, NV. Abstract OA01.03 published in *The Journal of Alternative and Complementary Medicine*, 0(0): A2. DOI: 10.1089/acm.2016.29003.abstracts. Received Trainee Paper Award by the Academic Consortium for Integrative Medicine and Health.
117. Dreusicke, M. & **Wolever**, R.Q. (2016, May). *Integrative Health Coaching: A behavior skills approach to improve diabetes medication adherence and glycemic control*. Poster presented at the International Congress for Integrative Medicine and Health, Las Vegas, NV. Abstract P05.19 published in *The Journal of Alternative and Complementary Medicine*, 0(0): A73. DOI: 10.1089/acm.2016.29003.abstracts.
118. Edman, J., Greeson, J., **Wolever**, R.Q., Roberts, R., Kaufman, A., Abrams, D., & Dolor, R. (2016, May). *Perceived stress in patients with common gastrointestinal disorders: Associations with quality of life, symptoms, and disease management*. Poster presented at the International Congress for Integrative

Medicine and Health, Las Vegas, NV. Abstract P05.20 published in *The Journal of Alternative and Complementary Medicine*, 0(0): A73-74. DOI: 10.1089/acm.2016.29003.abstracts.

119. Jerger, K., **Wolever**, R.Q., & Perlman, A. (2016, May). *Massage-seeking behavior following study-related massage: Implications for emerging policy*. Poster presented at the International Congress for Integrative Medicine and Health, Las Vegas, NV. Abstract P04.06 published in *The Journal of Alternative and Complementary Medicine*, 0(0): A61. DOI: 10.1089/acm.2016.29003.abstracts
Received best trainee poster by the International Society for Complementary Medicine & Research.
120. Lawson, K., **Wolever**, R.Q. & Jordan, K. (2016, May). *Developing a new health care profession: How defining national standards in health coaching is driving the evolution of quality education programs*. Poster presented at the International Congress for Integrative Medicine and Health, Las Vegas, NV.
121. **Wolever**, R.Q., Jordan, M., Manning, L., Morris, B., Goble, K., & Kosey, J. (2016, May). *Mindfulness and relational neuroscience: The real foundation for health coaching*. Preconference workshop presented at the International Congress for Integrative Medicine and Health, Las Vegas, NV.
122. Smith, K., **Wolever**, R.Q. & Firth, K. (2016, August 16). *Guidelines for Creating, Implementing, and Evaluating Military Mind-Body Programs*. Presentation given at the Sixth World Conference on Nursing & Healthcare, London, UK.
123. Dreusicke, M. & **Wolever**, R.Q. (2016, Sept 17). *Integrative health coaching for patients with type 2 diabetes: a behavior skills approach that improves glycemic control and pharmacy claims-derived medication adherence*. Presentation given at Coaching in Leadership & Healthcare, Boston, MA
124. Lattie, E.G., Tomasino, K.N., Steinberg, D., & **Wolever**, R.Q. (2017, March). *Using Human Coaches in Digital Health Interventions: A Discussion of Methods and Models*. Panel Discussion at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. San Diego, CA.
125. **Wolever**, R., Bobinet, K., McCabe, K., Mackenzie, E., Fekete, E., Baime, M., Kusnick, C., & Lee, A. (2017, April). *A Randomized Control Pilot of Mindfulness Training in the Workplace*. Paper presented in symposium: *Mindfulness and Employee Outcomes: Examining Intervention Effects*. Fritz, C. & Auten, D., Chairs. The 32nd Annual Conference of the Society for Industrial and Organizational Psychology. Orlando, FL.
126. Morriss, B., Dreusicke, M., King, A., Manning, L., & **Wolever**, R.Q. (2018, May 8). *Using Health Coaching Skills to Enhance Patient Engagement & Autonomy*. Pre-Congress Workshop (6 hrs) presented at the International Congress on Integrative Medicine and Health, Baltimore, MD.
127. **Wolever**, R.Q., Lawson, K., Jordan, M., Schultz, C., Moore, M. & Subhiyah, R. (2018, May 8). *National Board Certification for Health and Wellness Coaching: Updates & Outcomes in a Pioneering Field for Healthcare Transformation*. Poster presented at the International Congress on Integrative Medicine and Health, Baltimore, MD. Received citation.
128. **Wolever**, R.Q., Yang, Q., Chang, J., Armitage, N.H., Maldonado, C.J., Musty, M., Rakhra-Burris, T., Liotcheva, V., Scott, W.M., Mbochi, G., Ginsburg, G.S., & Vorderstrasse, A.A. (2018, May 9). *Genetic Risk Testing and Integrative Health Coaching for CHD and T2D Prevention: An RCT to Improve Health Behaviors in the Air Force*. Poster presented at the International Congress on Integrative Medicine and Health. Baltimore, MD.
129. **Wolever**, R.Q., Caldwell, K.L. & Dmitrieva, N. (2018, May 11). *The Objective and Subjective Experience of Applying Mindfulness to Eating in Weight-Loss Maintenance Programs*. Paper presented in symposium: *Impact of mind body programs on dietary behaviors and attitudes* (Abstract ID: 3595). S. Lazar (Chair), at the International Congress of Integrative Medicine and Health, Baltimore, MD.
130. Maxwell, C.A., Rothman, R., Simmons, S., **Wolever**, R., Given, B., Miller, R., Karlekar, M., Conner, E., & Ridner, S., (2018, May 24-26). *Development of a Frailty-Focused Communication Aid for Older Adults*. Poster presented at the 10th World Research Congress of the European Association for Palliative Care. Bern, Switzerland.

131. McBride, E., Chin, G., SAnyanso, V., Suarez, E., Brantley, J. Carmody, D., **Wolever**, R. & Greeson, J. (2018, Nov). *Mindfulness Training Uncouples Physiological and Emotional Responses to Stress: Implications for Psychopathology and Physical Illness?* Poster presented at the Association of Behavioral and Cognitive Therapies Annual Scientific Meeting. Washington, DC.
132. McBride, E., Chin, G., Suarez, E., Brantley, J. Carmody, D., **Wolever**, R. & Greeson, J. (2019, March). *“Uncoupling” Physiological and Emotional Responses to Stress with Mindfulness: Relevance to Psychosomatic Medicine.* Poster presented at the American Psychosomatic Medicine (APS) 77th Annual Scientific Meeting. Vancouver, British Columbia, Canada.
133. Tropez-Sims, S., Freund, C., Forbes, D., Ward, C., & **Wolever**, R.Q. (2019, April 29-30). *How might Health Coaching Support Physician Training?* Poster presented at the A. Cherrie Epps, PhD 5th Annual School of Medicine Education Symposium. Meharry Medical College, Nashville, TN.
134. **Wolever**, R.Q., Freund-Taylor, C., Ward, C.S., Forbes, D.S., DeRiemer, S.A. & Tropez-Sims, S. (Oct 2019). *Use of Health Coach Training to Build Foundational Communication Skills in Medical Students.* Paper presented at Coaching in Leadership & Healthcare 2019. Boston, MA.
135. Caldwell, K., **Wolever**, R.Q., Vicidomini, D., & Wells, B.R. (2019, Oct 25). *Integrative Health Coaching: Qualitative Results from a Randomized Controlled Trial.* Poster presented at RECAPP: Research & Creative Activity at Appalachian, sponsored by The Office of Research, the Office of Student Research, and University Libraries. Appalachian State University, Boone, NC.
136. Reddy, K., Culligan, J., Hull, A., & **Wolever**, R.Q. (2020, May 1). *Toward Integrating Whole Health Coaching into Healthcare: VHA and NBHWC Collaboration.* Symposium at the International Congress for Integrative Medicine and Health 2020. Cleveland, OH. [Congress cancelled due to COVID-19 risk.]
137. **Wolever**, R.Q., Dreusicke, M., DeRiemer, S., Freund, C., McCauley, D., Nakla, A., Malone, K., Bellamy, K., & Tropez-Sims, S. (2020, April 29). *Meharry Vanderbilt Health Coaching Program: Experientially Training Patient-Centered Communication with All First Year Medical Students.* Symposium at the 2020 International Congress for Integrative Medicine and Health. Cleveland, OH. [Congress cancelled due to COVID-19 risk.]
138. Rajendran, I., McTigue, K., Greco, C, **Wolever**, R., Yabes I, Marcum Z, Kinzel L, Seiler E, & Morone N. (2020, April/May). *MINDING-GOALS: Effects of a web-based, interactive, mind-body intervention in the management of hypertension.* Poster at the 2020 International Congress for Integrative Medicine and Health. Cleveland, OH. [Congress cancelled due to COVID-19 risk.]
139. **Wolever**, R.Q., Caldwell, K.L., Vicidomini, D & Wells, R., (2020, April 29). *Engaging Patients in their Healthcare: Lessons from a Qualitative Study on Interpersonal Processes Health Coaches Use to Support an Active Learning Paradigm.* Oral paper at the 2020 International Congress on Integrative Medicine and Health. Cleveland, OH. [Congress cancelled due to COVID-19 risk.]
140. **Wolever**, R.Q., Kahn, J.A., Davis, J., Shields, D. & Schoenberg, P.L.A. (2020, May 1). *The eMCC™: A Validated Taxonomy of Skills Learned through Mindfulness Practice.* Oral paper at the 2020 International Congress on Integrative Medicine and Health. Cleveland, OH. [Congress cancelled due to COVID-19 risk.]
141. Sohl, S.J., Lee, D., Davidson, H., Morriss, B., Weinand, R., Costa, K., Ip, E.H., Lovato, J., Rothman, R.L. & **Wolever**, R.Q. (2021, April 12-13). *Development of an observational tool to assess health coaching fidelity.* Peer-reviewed abstract presented as a poster at the 2021 Integrative Medicine & Health Symposium. Virtual Conference [due to COVID-19 risk.] PMID: 32948400.
142. Yen, L., Smith, K., Hays, L. Oijala, J. & **Wolever**, R.Q. (2021, April 12-13). *The Feasibility and Acceptability of Health and Wellness Coaching for Neuroendocrine Tumor Patients and their Caregivers.* Peer-reviewed abstract to be presented as a poster at the 2021 Integrative Medicine & Health Symposium. Virtual Conference [due to COVID-19 risk.] Abstract published in *Pancreas*, 2022, 51(3), p.E55-E56

143. **Wolever**, R.Q., Dreusicke, M., Wyche-Etheridge, K., Offodile, R., & Tropez-Sims, S. (2021, April 12). *Meharry Vanderbilt Health Coaching Program Demonstrates Improved Understanding and Skill Development in First-Year Medical Students at Historically Black College/University Meharry Medical College*. Presentation at the 2021 Integrative Medicine & Health Symposium. Virtual Conference [due to COVID-19 risk].
144. **Wolever**, R.Q., Pedigo, V., Dreusicke, M., Smith, K., Cawthon, G., Hays, L., Maddenini, R., Yen, L., Chatterjee, T., Fonteh, A., Kosey, J., Wyche-Etheridge, K., Frazier, N., Costa, K., Aiken, B., Westervelt, K.C., May, S., Lee, D., Tesfay, R., Stewart, K.L., & Gault, A. (2021, April 12). *Eliciting Motivation in Clinical Encounters in 5 Minutes: A Conversation Roadmap and Skills Workshop*. Workshop given at the Academic Consortium for Integrative Medicine and Health's 2021 Integrative Medicine & Health Symposium. Virtual Conference [due to COVID-19 risk].
145. **Wolever**, R.Q., Finn, T.M. & Shields, D. (2021, April 13). *Contribution of Live and Recorded Online Mindfulness Training: Evidence from an Employee Stress Reduction Program*. Presentation at the 2021 Integrative Medicine & Health Symposium. Virtual Conference [due to COVID-19 risk].
146. Parks, M., Nelson, L.A., LeSturgeon, L., Aikens, J.E., **Wolever**, R.Q. & Mayberry, L.S. (2021, April 12-16). *FAMS 2.0 usability testing: Patients and their support persons rate upgrades to a mobile phone intervention for type 2 diabetes*. Paper presented at the 42nd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Virtual Meeting [due to COVID risk].
147. Commodore, N., Morone, N.E., McTigue, K.M., Greco, C., & **Wolever**, R. Q., (2021, April 23-24). *Sodium Excretion among Participants in Online Lifestyle Intervention for Hypertension*. Presentation at the New England Science Symposium. Virtual Conference [due to COVID-19 risk].
148. Ma, M., Bonnet, K., Nair, D., **Wolever**, R.Q., Desantis, E., Fissell, R., Ikizler, T.A., Cavanaugh, K.L., Resnicow, K., Iwelunmor, J. Airhihenbuwa, C., Schlundt, D.G., & Umeukeje, E.M. (2021, July) *Cultural Tailoring of Motivational Strategies to Improve Dialysis Adherence in African Americans*. Abstract presented at the NIH-sponsored Vanderbilt Summer Research Training Program (SRTP). Nashville, TN.
149. May, S.D., Tropez-Sims, S., & **Wolever**, R.Q. (2021, Sept 21). *Utility of Health Coach Training from the Lens of Clinical Clerkships*. Poster and oral presentation for Student Research Day. Meharry Medical College, Nashville, TN. [Presentation recorded and presented online due to COVID-19 risk.]
150. Yen, L., Smith, K., Hays, L. Oijala, J. & **Wolever**, R.Q. (2021, Nov 4-6). *The Feasibility and Acceptability of Health and Wellness Coaching for Neuroendocrine Tumor Patients and their Caregivers*. Poster (ID 61) presented at the North American Neuroendocrine Tumor Society 2021 Multidisciplinary Neuroendocrine Medical Symposium. Chicago, IL moved to Virtual Conference [due to COVID-19 risk.]
151. Emeukeje, E.M., Bonnet, K., Nair, D., Fissell, R., Merighi, J., **Wolever**, R., Iwelunmor, J., Airhihenbuwa, C., Resnicow, K., Schlundt, D., & Cavanaugh, K.L. (2021, Nov 2021). *Perspectives On Motivational Strategies To Improve Hemodialysis Treatment Adherence In African Americans: A Qualitative Study*. Abstract # 3611743. Presentation for American Society of Nephrology Kidney Week 2021. <https://www.asn-online.org/education/kidneyweek/2021/program-abstract.aspx?controlId=3611743> Virtual Conference [due to COVID-19 risk].
152. May, S.D., Tropez-Sims, S., & **Wolever**, R.Q. (2022, May 24). *Utility of Health Coach Training from the Lens of Clinical Clerkships*. Oral paper with CME presented at the 2022 International Congress for Integrative Medicine and Health. Phoenix, AZ.
153. Theut, L., Hoffman, L., Nair, D., Fissell, R., Cavanaugh, K., Lewis, J., Weinand, R. Schlundt, D., Tindle, H., Airhihenbuwa, C., Resnicow, K., **Wolever**, R. & Umeukeje, E. (2022, July). *MOVE: Motivational Strategies to Empower African Americans to Improve Dialysis Adherence*. Poster & abstract presented at the NIH-sponsored Vanderbilt Summer Research Training Program (SRTP). Nashville, TN.

154. Collins, K.A., Huffman, K.M., **Wolever**, R.Q., Smith, P.J., Siegler, I.C., Jakicic, J.M. & Kraus, W.E. (2022, Sept). *Clinical, demographic, and quality of life predictors of adherence to exercise Interventions: The STRRIDE trials*. Poster presented at the 2022 American College of Sports Medicine's Integrative Physiology of Exercise Conference. Baltimore, MD.
155. Roddy M.K., El-Rifai, M., Aikens, J.E., **Wolever**, R.Q., & Mayberry, L.S. (2022, November). Early patient attrition for a type 2 diabetes self-care support intervention trial is associated with lack of available support person co-participant. In Roddy M.K. & Rothman, K. (co-chairs) *Novel applications of dyadic research methods during the covid-19 pandemic*. Paper presented at the Association of Behavioral and Cognitive Therapy 56th Annual Convention, New York, NY.
156. **Wolever**, R.Q., Youngblood, A., Butterworth, S., & Johnson, R. (2023, Feb 28). *The Coalition for Better Health: A Collaborative Effort to Mobilize Preventive Health Specialists Across Tennessee*. Poster presented at the Academic Consortium for Integrative Medicine & Health Symposium, Chicago, IL.
157. Jordan, M., Dreusicke, M, & **Wolever**, R.Q. (2023, Feb 28). *Healing Our Disconnected Selves and World: A Skills-based Deep Dive into Social Connectedness and Spirituality*. CME 2 hr-workshop at the Academic Consortium for Integrative Medicine & Health Symposium, Chicago, IL.
158. **Wolever**, R.Q., Youngblood, A., Butterworth, S., & Johnson, R. (2023, March 1). *The Coalition for Better Health: A Collaborative Effort to Mobilize Preventive Health Specialists Across Tennessee*. Oral paper with CME presented at the Academic Consortium for Integrative Medicine & Health Symposium, Chicago, IL.
159. Davis, I.J., Hibbler, L., Mehta, D., Miller, Y., Minichiello, V., Mishra, K., Mullur, R., Parker, T., Soriano, S., & **Wolever**, R.Q., (2023, March 1). *Applying an Equity Lens in Integrative Medicine and Health*. CME 2-hr presentation at the Academic Consortium for Integrative Medicine & Health Symposium, Chicago, IL.
160. Hansen, K.A., Schirle, L., Ridner S., Dietrich, M., & **Wolever**, R.Q. (2023, March 1). *Factors associated with the use of interdisciplinary integrative healthcare by patients with chronic pain*. Poster presented at the Academic Consortium for Integrative Medicine and Health Symposium. Chicago, IL.
161. Roddy, M.K., Nelson, L.A., Greevy, Jr., R.A., Spieker, A.J., **Wolever**, R.Q., Aikens, J.E., Elasy, T.A., & Mayberry, L.S. *FAMS 2.0 self-care support intervention impacts diabetes distress, self-efficacy, family involvement, and wellbeing*. (2023, April) Accepted to the 44th Society of Behavioral Medicine Annual Meeting, Phoenix, AZ.
162. Medepalli, A., Wallace, M., St. Julien Z., Prigmore, H.L., Greevy, R., Schrauben, S., Nair, D., Fissell, R., Lewis, J.B., Cavanaugh, K.L., Resnicow, K., **Wolever**, R.Q., & Umeukeje, E.M. (2023, July). Protocol of MoVE TRIAL: MotiVational Strategies to Empower African Americans to Improve Dialysis Adherence. Poster & abstract presented at the NIH-sponsored Vanderbilt Summer Research Training Program (SRTP). Nashville, TN.

Invited Presentations (Including CME presentations):

1. **Quillian**, R. E. & Jiang, J. (1996, September). *Mind, body, spirit: Coronary artery disease and psychological outcomes*. Invited CME paper presented at the Duke Heart Center's Third Annual Multidisciplinary Cardiovascular Conference, Durham, NC.
2. **Quillian**, R. E. (1996, October). *Psychoneuroimmunology: Modifying behavior, modifying disease*. Invited CME talk at the Duke University Medical Center's first annual Integrating Mind, Body, and Spirit in Medical Practice, Chapel Hill, NC.
3. **Quillian**, R. E. (1996, November). *Mindfulness meditation-based stress reduction intervention in treatment of anxiety disorders*. Presentation at Duke University Mind Body Study Group, Durham, NC.

4. Sullivan, M., **Quillian**, R.E. & Langley, V. (1997, February). Integrated lifestyle management of coronary artery disease. Invited CME plenary address given at The State of the Art: Collaborative Family Health Care Coalition, Bethesda, MD.
5. Blumenthal, J. & **Quillian**, R. (1997, Feb). Preventing heart disease: The best strategies for stress management. Invited workshop for the Duke Heart Center Community Program, Durham, NC.
6. **Quillian**, R.E. (1997, March). The Art of Healthy Living. Presentation on behalf of the Duke University Developmental Office, Palm Beach, FL.
7. Sullivan, M. & **Quillian**, R.E. (1997, May). Healing the Heart: Relationship skills and heart disease. CME workshop presented at Smart Marriages, Happy Families: First Annual Conference of the Coalition for Marriage, Family, and Couples Education, Washington, DC.
8. Sullivan, M. & **Quillian**, R.E. (1997, May). Relationship skills and heart disease: A new frontier. Invited CME plenary address given at Smart Marriages, Happy Families: First Annual Conference of the Coalition for Marriage, Family, and Couples Education, Washington, DC.
9. **Quillian**, R.E. (1997, July). The Art of Healthy Living. Invited presentation on behalf of the Duke University Developmental Office, Linville Ridge, NC.
10. **Quillian**, R.E. (1997, July). Healthy mind, healthy body. Invited presentation at the 1997 Senior Expo on behalf of the Duke University Business Development and Marketing Office, Raleigh, NC.
11. **Quillian**, R.E. (1997, August). Stress Management. Invited presentation at the Capital City Rotary Club, Raleigh, NC.
12. **Quillian**, R.E. (1997, September). Healthy mind, healthy body. Invited presentation at Duke Directions on behalf of the Duke University Alumni Affairs Office, Durham, NC.
13. **Quillian**, R.E. (1997, October). Even when married, practice safe stress. Invited workshop for the Durham-Orange Chapter of the Association for Couples in Marriage Enrichment, Durham, NC.
14. **Quillian**, R. E. (1997, October). Stress Management. Invited workshop for The Unnamed Society, Durham, NC.
15. **Quillian**, R. E. & Ekelund, C. (1997, October). Practice Safe Stress. Invited workshop for the Mount Rogers Community Mental Health and Mental Retardation Services Board, Wytheville, VA.
16. **Quillian**, R. E. (1997, November). Effective communication with patients. Invited CME talk at the annual meeting of the NC Association of Dietitians, Durham, NC.
17. **Quillian**, R. E. (1997, November). Stress Management. Invited workshop for the Duke Center for Living's HealthFest '97, Durham, NC.
18. **Quillian**, R.E. (1997, November). Healthy mind, healthy body. Invited presentation at Duke Directions on behalf of the Duke University Alumni Affairs Office, Durham, NC.
19. McLeod, M. & **Quillian**, R. E. (1997, November). Psychoneuroimmunology: Modifying behavior, modifying disease. Invited CME talk at Duke's second annual Integrating Mind, Body, and Spirit in Medical Practice, Research Triangle Park, NC.
20. Sullivan, M. & **Quillian**, R. E. (1997, October). The soul of medicine: Paths in coping with illness. Invited CME paper presented at the Duke University Medical Center's second annual Integrating Mind, Body, and Spirit in Medical Practice, Research Triangle Park, NC.
21. White, B., Sullivan, M., **Quillian**, J., Dykes, J. & Tamblyn, G. (1997, October). Come from the heart: Healing ourselves as health care providers. CME workshop given at the Duke second annual Integrating Mind, Body, and Spirit in Medical Practice, Research Triangle Park, NC.

22. **Quillian**, R.E. (1998, February). Stress Management. Invited presentation at the Durham Sunrise Rotary Club, Durham, NC.
23. **Quillian**, R. E. (1998, March). Alternative therapies for healing. Guest lecture and workshop for Community and Family Medicine course (CFM-251) at Duke School of Medicine, Durham, NC.
24. **Quillian**, R. E. (1998, March). Psychosocial concerns and social support. Invited CME talk at the UNC Continuing Education Diabetes Review Course, Durham, NC.
25. **Quillian**, R.E. (1998, May). Stress Management. Invited presentation at the North Durham Rotary Club, Durham, NC.
26. **Quillian**, R.E. & Loring, S. (1998, July). Mindfulness meditation retreat. Co facilitated retreat for the community, Durham, NC.
27. **Quillian**, R.E. (1998, July). What is an appropriate professional relationship? Staff training provided for clinical treatment staff at the Duke Center for Living, Durham, NC.
28. **Quillian**, R. E. (1998, September). Psychoneuroimmunology and its implications for clinical biofeedback. Invited CME presentation at the North Carolina Biofeedback Society Conference on behalf of AHEC, Raleigh, NC.
29. Sullivan, M. & **Quillian**, R. E. (1998, September). Self-care and patient care: Healing the healer. Guest lecture and workshop for Community and Family Medicine course (CFM-251) at Duke School of Medicine, Durham, NC.
30. Sullivan, M., Dykes, J., Gulick, D., **Quillian**, R. E. & Neill, M. (1998, October). Spirituality and healing: Recovering wisdom in medicine. CME workshop given at Duke's third annual Integrating Mind, Body, and Spirit in Medical Practice, Cary, NC.
31. **Quillian**, R.E. (1998, December). Creating pleasure: chocolate eating meditation. Invited presentation for the Duke Administrative Women's Network, Durham, NC.
32. **Quillian**, R.E. (1998, December). Managing stress with humor. Invited presentation at the holiday dinner for Poe, Hoof & Reinhardt, Burlington, NC.
33. **Quillian**, R.E. (1999, Spring). Managing stress working group. Invited small group facilitation for select faculty of the Fuqua Business School, Durham, NC.
34. **Quillian**, R.E. (1999, September). Healthy mind, healthy body. Invited lecture for Avon Centre Wellness Series, New York, NY.
35. **Quillian**, R.E. (1999, October). Body, mind and spirit connection. Invited talk at Jesus: A Feminist/Womanist Perspective. Kanuga conference center, Hendersonville, NC
36. Sullivan, M., Greenfield, R. & **Quillian**, R. E. (1999, October). Cardiovascular case-based learning. CME paper presented at Duke's fourth annual Integrating Mind, Body, and Spirit in Medical Practice conference, Integrative Medicine: Experience, Science and Clinical Application, Research Triangle Park, NC.
37. **Quillian**, R.E. (2000, February). Healthy heart, healthy life. Invited panel participant for the Duke Heart Center's Women & Health community conference, Durham, NC
38. **Quillian**, R.E. (2000, March). Meditation and imagery. Invited workshop for the St. Luke's Lenten Series, Durham, NC

39. **Quillian**, R. E. (2000, April). Psychosocial risk factors for cardiovascular disease. Invited CME paper given in symposium with Baldewicz, T., Burnett, C., & Edwards, C.: The forefront of behavioral medicine for the 2000 North Carolina Psychological Association Spring Conference, Chapel Hill, NC.
40. **Quillian**, R. E. (2000, April). Pulling it all together: Tapping the mind's power to protect the body. Invited CME presentation for the 2000 NC Psychological Association Spring Conference, Chapel Hill, NC.
41. **Quillian**, R.E. (2000, August). Time management. Invited workshop for GE Capital field agents and managers, Durham, NC
42. **Quillian**, R. E. (2000, Nov-Dec). Client and staff relations: What are appropriate boundaries? Invited two phase staff training for treatment providers at the Duke Diet & Fitness Center and Duke Center for Living, Durham, NC.
43. **Quillian**, R.E. (2001, October). In the aftermath of tragedy. Invited host for The Washington Post.com's live online chat room about PTSD following the 911 US disaster.
44. **Quillian-Wolever**, R.E. (2001, December). Living with the aftermath of 9/11: Strategies for reclaiming balance. Invited talk at the annual meeting of the Greater Miami Pediatric Society, Coral Gables, FL.
45. **Quillian- Wolever**, R. E., Loring, S., & Zucker, N. (2002, February) Binge eating workshop. Invited workshop presented at the Duke University Medical Center, Durham, NC.
46. **Quillian-Wolever**, R.E. (2002, April). Psychosocial correlates of chronic illness. Invited CME talk for the Fifth Annual Duke Conference on Women's Health, RTP, NC.
47. Gaudet, T. W., Liebowitz, R. S., Smith, L.L., & **Quillian-Wolever**, R.E. (2002, October). Creating a personal wellness plan. Invited CME workshop presented at Women, Wellness and the Transformation of Health Care: Durham, NC.
48. **Quillian-Wolever**, R.E. & Wolever, M. (2002, October). Mind, body, spirit: The three-legged stool of health. Invited CME workshop presented at Women, Wellness and the Transformation of Health Care: Durham, NC.
49. **Quillian-Wolever**, R. E. (2002, November). Effective communication: A skill for healthy relationships. Presentation at the Duke Center for Integrative Medicine Wednesday Educational Lecture Series, Durham, N.C.
50. Kristeller, J.L. & **Quillian-Wolever**, R.E. (2003, October). Mindfulness meditation in treating binge eating disorder: A problem-focused approach. Invited paper presented at Columbia University, New York, NY.
51. Kristeller, J. L., **Quillian-Wolever**, R.E. (2004, February). Metabolic changes and improvement in binge eating patterns: Results from an RCT of mindfulness meditation in treating binge eating disorder. Invited paper presented to Bridges.
52. **Quillian- Wolever**, R. E. (2004, April). Psychological risk factors associated with chronic illness. Invited CME talk for the Duke Conference on Women's Health at Duke University Medical Center, Durham, NC.
53. **Quillian-Wolever**, R. E., (2004, April). Effective Communication with Patients. Workshop presented to first year medical students at Duke University School of Medicine. Durham, NC.
54. Liebowitz, R. & **Quillian- Wolever**, R. E. (2004, April). Personalized Health Planning: Innovative Models of Care. Invited talk to the Director of Blue Cross Blue Shield of North Carolina, Durham, NC.

55. Kristeller, J. L., **Quillian- Wolever**, R.E.& Sheets, V. (2004, July), Mindfulness based eating awareness training (MB- EAT) as a treatment for binge eating disorder: A randomized clinical trial. Invited paper presented at the Society for the Study of Ingestive Behavior, Hueston Woods, OH.
56. **Wolever**, R.Q. (2005, May). Managing your stress contributes to team success. Invited CME workshop for the Duke Urology Clinic Staff, Durham, N.C.
57. Kristeller, J.L., **Quillian-Wolever**, R.E. & Sheets, V. (2005, June), Mindfulness-Based Eating Awareness Training (MB-EAT): Theory, research and practice. Invited talk for the International Congress for Cognitive Therapy, Gottenburg, Sweden.
58. **Quillian-Wolever**, R. (2005, June). Promoting healthy lifestyles: Tools, trends and employer learnings. Invited presentation for the National Business Group on Health's Obesity Leadership Summit, Pentagon City, VA.
59. Little, K. & **Quillian-Wolever**, R. (2005, Oct). Duke Center for Integrative Medicine health coaching services. Invited presentation for the Healthcare Intelligence Network's audioconference. www.hin.com.
60. Kristeller, J.L., Sheets, V., **Wolever**, R.Q. & Best, J. (2006, February). Mindfulness meditation: Improvement in eating regulation and metabolic function in binge eating and obesity. Presentation to Bridges.
61. **Wolever**, R.Q. (2006, March). Addressing skill deficits in Weight Loss Maintenance. Invited staff training for interventions in the NIH-funded Weight Loss Maintenance trial (Svetkey, PI).
62. **Wolever**, R.Q. (2006, April). Integrative medicine: The future of medicine delivered today. Invited talk for the Duke Alumni Reunion, Durham, N.C.
63. **Wolever**, R.Q. (2006, June). Exploring integrative medicine. Invited talk for the Duke Alumni Reunion, Durham, N.C.
64. **Wolever**, R.Q. (2006, August) Research in integrative medicine: Where are we headed? Invited CME presentation given at Duke Clinical Research Institute, Durham, N.C.
65. **Wolever**, R.Q. (2007, February) Duke Integrative Medicine: What research do you guys do anyway? Talk given at Duke Integrative Medicine, Durham, N.C.
66. Lutz, A., **Wolever**, R.Q., & Lien, L.F., (2007, October). Maintaining a healthy weight. Invited presentation for the Duke Alumni Association, Duke Women's Health and Wellness, Durham, NC.
67. Kristeller, J.L., Sheets, V., **Wolever**, R.Q. & Best, J. (2008, February). The effects of MB-EAT (Mindfulness-Based Eating Awareness Training) on binge eating and metabolic regulation. Invited paper presented to Bridges.
68. **Wolever**, R.Q. (2008, March). Mindful eating: What is it really? How does it work? Invited CME plenary presented at the 2008 Eating Disorders Conference: Shifting Campus Cultures: Addressing Disordered Eating in Changing Academic Climates, Durham, N.C.
69. **Wolever**, R.Q. (2008, September). Emotional health. Presentation sponsored by the Cliffs Communities, Asheville, N.C.
70. Lawson, K. & **Wolever**, R.Q. (2008, December). From passive to partner: Integrative health coach training using motivational interviewing for behavior change; an executive briefing. Invited webinar presentation for Healthcare Intelligence Network.
71. Gaudet, T., Bailey, M., & **Wolever**, R.Q. (2009, February). Duke Integrative Medicine: Contributing to the transformation of healthcare in the 21st century. Invited presentation to Josie Briggs, NCCAM Director: Durham, N.C.

72. **Wolever**, R.Q. (2009, February). Duke Integrative Medicine: Research overview. Presentation to the Center for Creative Leadership directors, Durham, N.C.
73. **Wolever**, R.Q. (2009, April). Mind-body connection: How thinking affects health. Invited talk given at Informed Families, Miami, FL.
74. **Wolever**, R.Q., Yeung, S.Y., Hawkins, T., Fikkan, J., Webber, D., Pradhan, L., Gaudet, T., Paynter, G., Roberts, R., & Dolor, R. (2009, June). BraveNet: Preliminary results at the Duke site. Presentation given to Duke Integrative Medicine, Durham, N.C.
75. Gaudet, T. & **Wolever**, R.Q. (2009, July). Duke Integrative Medicine: Contributing to the transformation of healthcare in the 21st century. Presentation to Ralph Snyderman, MD, Chancellor Emeritus of Duke Health System, Durham, N.C.
76. Moore, M., Arloski, M., Lawson, K.L., & **Wolever**, R.Q. (2009, October). Examining evidence-based core coaching competencies that support quality coaching to clarify today's confusing landscape in healthcare. Invited keynote panel presentation at the 3rd Annual Health Coaching Executive Forum, Orlando, FL.
77. Lawson, K. & **Wolever**, R. Q. (2009, November). Health coaching: Education and research. Invited paper given at the annual meeting of the Consortia for Academic Health Centers in Integrative Medicine, Nashville, TN.
78. **Wolever**, R.Q. (2009, November). Integrative Health Coaching: Contributing to healthcare reform. Invited talk given to the Bravewell Clinical Network, Washington, DC.
79. **Wolever**, R.Q. (2010, November). Integrative Medicine: The Heart of Wellness. Invited CME plenary presented at the 6th Annual University of North Carolina Conference on Eating Disorders: The Mind-Body Solution, Women's Mental Health and Wellness, Chapel Hill, N.C.
80. **Wolever**, R.Q. (2010 November). Integrative Medicine: High touch to support high tech. Invited talk for the North Carolina Governor's Conference for Women, Raleigh, N.C.
81. **Wolever**, R.Q. (2011, Feb 22). Integrative Health Coaching: What do we know? Invited talk for the Health Services Research & Development Research Meeting. Durham, NC.
82. **Wolever**, R.Q. (2011, May). Changing from Within: Using mindfulness and health coaching to support behavioral change. Invited CME paper presented at the PENN Mindfulness Conference. Philadelphia, PA.
83. **Wolever**, R.Q. (2011, Nov). Behavioral research and how it relates to Personalized Medicine, Invited Talk to the Duke Genomic and Personalized Medicine Forum. Hosted by the Duke Institute for Genome Sciences & Policy. Durham, NC.
84. Vorderstrasse, A., **Wolever**, R. & Cho, A. (2012, March). GENERating Change in Primary Care Patients with CVD Risk. Invited Talk to the 18th Duke Genomic and Personalized Medicine Forum. Hosted by the Duke Institute for Genome Sciences & Policy. Durham, NC.
85. Kraus, W., Williams, M., Joy, S., Orlando, L., Perlman, A., Ubel, P. & **Wolever**, R. (2012, March). Invited member of panel discussion: The partnering of personalized medicine and clinical medicine: Making it happen. Presented at the Personalized Medicine Symposium: The Interface of Clinical Research and Clinical Medicine. Durham, NC.
86. **Wolever**, R., Bobinet, K.J., Ruff, K.M., Kraftsow, G. (2012, March). Addressing medical costs and workplace productivity: New evidence-based solutions for employers. Webinar presentation for HR.com provided to 103 participants.

87. **Wolever**, R., Vorderstrasse, A., Cho, A. (2012, March). Implementing personalized medicine in primary care: The case of the missing CPM pilot project. Invited talk at the Personalized Medicine Symposium: The Interface of Research and Clinical Implementation. Durham, NC
88. **Wolever**, R.Q. (2012, June). Health and wellness coaching: State of the science. Invited paper given in symposium: Supporting and motivating patients: The evolution of health coaching at America's Health Insurance Plans Institute. Salt Lake City, UT.
89. **Wolever**, R.Q. (2012, June). Evaluating mind-body programs and practices within a patient and family-centered framework. Invited keynote speaker and panel facilitator at the 5th International Conference on Patient and Family-Centered Care. Washington, D.C.
90. **Wolever**, R.Q. & Jerome, J. (2012, Sept). Coaching research in health care. Invited plenary for the 2012 Coaching in Leadership and Healthcare conference: Theory, Practice, and Results. Boston, MA.
91. **Wolever**, R.Q. (2013, Jan). Managing weight from the inside out. Invited presentation given as part of the DukeWell series. Durham, NC.
92. **Wolever**, R.Q. (2013, July). What is Health Coaching? Invited interview for Global Advances in Health and Medicine. Boston, MA. <https://www.youtube.com/watch?v=jrnyXJg7QQk&t=193s>
93. **Wolever**, R.Q. (2013, Oct). Mindfulness: What does it contribute to the science of behavior change? Invited presentation at New Dialogues between Buddhism and Science. Ligmincha Institute. Shipman, VA.
94. Vorderstrasse, A. & **Wolever**, R. (2013, Oct). Implementation of personalized medicine for chronic disease prevention: From pilot trial to Air Force protocol. Invited Talk for the Duke Genomic and Personalized Medicine Forum. Hosted by the Duke Institute for Genome Sciences & Policy and the Duke Center for Personalized and Precision Medicine. Durham, NC.
95. **Wolever**, R. Q. (2013, Oct). The Latest in Health Coaching Research. Invited presentation for the Institute of Coaching Professional Association. Online through Web-Ex. Introduction recorded for Youtube: <https://www.youtube.com/watch?v=ezEiMBC400A>
96. **Wolever**, R. (2013, Dec. 9). Healthy sleep for optimal performance. Invited presentation at the Duke-Johnson & Johnson Nurse Leadership Program. Durham, NC.
97. **Wolever**, R. (2013, Dec. 9). Introduction to worksite research and mind-body programs. Invited presentation for the Research Working Group of the Consortium of Academic Health Centers for Integrative Medicine. Provided nationally through teleconference.
98. **Wolever**, R. (2013, Dec. 19). Personalized health coaching: Generating sustainable behavior change. Invited talk for the Duke Institute for Health Innovation's Implementing Personal and Precision Medicine. Durham, NC.
99. Vorderstrasse, A. & **Wolever**, R. (2014, Jan). Implementation of personalized medicine for chronic disease prevention: From pilot trial to Air Force protocol. Invited Talk for the Healthy Lifestyles Program, Duke University Department of Pediatrics, Durham, NC.
100. **Wolever**, R.Q. (2014, Feb 11). Health coaching for chronic disease management and prevention. Invited presentation for the Novo Nordisk Genomic Medicine Workshop. Durham, NC.
101. Vorderstrasse, A., **Wolever**, R. & Ginsburg, G. (February 2014). Genomics in Public Health and Preventive Medicine: Type 2 Diabetes and Cardiovascular Disease. Invited paper presented at the 2014 American College of Preventive Medicine (ACPM) Annual Meeting. New Orleans, LA.

102. Fajemirokun-Beck, O., **Wolever**, R., Peterson, W., & Board, N. (2014, March). Creating Wellness That Works. Invited Talk for Vital Change: The Positive Force for Powerful Growth, presented at The Harvard Club, New York, NY.
103. **Wolever**, R.Q. (2014, April 26). Health coaching to motivate lifestyle change. Invited CME lecture at the First Annual Duke Preventive Cardiology Symposium. Durham, NC.
104. **Wolever**, R.Q. (2014, April 28). Integrative Health Coaching: Exploring Applications with Chronic Illness. Invited CME webinar through Southern Regional AHEC. Presented and recorded online.
105. **Wolever**, R.Q. (2014, June 17) Innovative options to improve health behaviors and morbidity in Connected Care. Invited presentation to the Duke committee developing the emerging ACO and shared savings programs. Durham, NC.
106. **Wolever**, R.Q. (2014, Sept 2). The rapidly emerging field of health coaching: Evidence, challenges and opportunities. Invited CME talk at the Vanderbilt School of Nursing & Vanderbilt Osher Center for Integrative Medicine. Nashville, TN.
107. **Wolever**, R.Q. (2014, Nov 20). Depression: It's not a disease, so what is it? Invited professional training for staff at Lincoln Community Health Center. Durham, NC.
108. **Wolever**, R.Q. (2014, Dec 1). Screening for depression: The person screening is the key. Invited professional training for staff at Lincoln Community Health Center. Durham, NC.
109. Brownell, K., McGinty, E., Wirzba, N., **Wolever**, R.Q. & Bliwise, R. (2015, April 17). Food, glorious food. Invited panel discussion at the Duke Alumni Association Duke Magazine Forum. Durham, NC.
110. **Wolever**, R.Q. (2015, May 19). *Updates on the National Consortium for Credentialing Health and Wellness Coaches*. Invited presentation to the Duke Integrative Health Coaching Professional Training Alumni. International talk provided through Web-Ex.
111. **Wolever**, R.Q. (2015, June 26). *Health Coaching: It's not "eat less, exercise more."* Invited CME presentation to the Harvard Lifestyle Medicine Course. Boston, Massachusetts.
112. **Wolever**, R.Q. (2015, Sept 28). *Mindful eating: Recognizing hunger and fullness*. Invited presentation to the VA's Office of Cultural Transformation and Patient Centered Care. Provided through an online portal across the country.
113. Morriss, B., **Wolever**, R.Q., & Manning, L. (2015, October 23). *Health coaching: An essential competency for bachelor's, master's, and doctoral prepared nurses. What is it? Why is it important, How does it advance nursing?* Invited CME workshop for the Vanderbilt University School of Nursing Alumni Weekend. Nashville, TN.
114. **Wolever**, R.Q. (2015, Nov). *How to harness neuroplasticity to enhance work and life*. Presented online at the Sharp Brains Virtual Summit.
115. **Wolever**, R.Q. (2016, Jan 28). *Successful coaching in the clinical setting using stages of change*. Invited presentation to the VA's Office of Cultural Transformation and Patient Centered Care. Provided through an online portal across the country.
116. **Wolever**, R.Q. (2016, Feb 10). *Advancing a new evidence-based profession in health care: Job Task Analysis for Health and Wellness Coaches*. Invited presentation for the Teleosis Vital Conversations series. Provided through an online portal for participants across the country.
117. **Wolever**, R.Q. & Jones, C. (2016, Feb 16). *A report from the front lines of mindfulness-based programs: Four year's data from more than 100 employers*. Invited talk for the Integrated Benefits Institute 2016 Annual Forum, San Francisco, CA.

118. **Wolever**, R.Q., Morriss, B., & Manning, L. & (2016, Feb 24). *Facilitating behavior change through patient-centered education and health coaching skills*. Invited workshop for first year medical students in the Foundations of Healthcare course, Vanderbilt University School of Medicine, Nashville, TN.
119. **Wolever**, R.Q. (2016, March 4). *Using coaching skills to support patient autonomy and motivation*. Invited CME plenary lecture for the North Carolina Cardiopulmonary Rehabilitation Association, Chapel Hill, NC.
120. **Wolever**, R. (2016, June 3). *Integrative Health Coaching: a behavior skills approach that improves HbA1c and pharmacy-claims derived medication adherence*. Invited presentation to the Physical Medicine & Rehabilitation Research Faculty. Vanderbilt University Medical Center, Nashville, TN.
121. **Wolever**, R.Q. (2016, June 7). *Mindfulness and coaching: Leveraging emerging neuroscience to create change*. Invited presentation for the Future of Health Coaching Summit: Opportunity, Action and Impact. Conference provided through an online portal for participants across the country.
122. **Wolever**, R.Q. (2016, July 3). *The secret of mindful eating*. Invited interview featured in SBS Special Documentary in Korea. Filmed in Durham, NC to be aired in Korea on July 3.
123. **Wolever**, R.Q. & Morriss, B. (2016, July 15) *Health Coaching: Foundational Skills for Clinicians*. A 4-hr experiential training for Metro Nashville Public School healthcare providers.
124. **Wolever**, R.Q. (2016, Aug 5). *How to lose weight through mindfulness*. Invited interview with Michael Sandler featured on Inspire Nation available as archived podcast. <http://inspirenationshow.com/inspire-332-ruth-wolever-the-mindful-diet/>
125. **Wolever**, R.Q. (2016, Sept 17). *Health & wellness coaching: Evidence, challenges and opportunities*. Invited featured presentation at Coaching in Leadership & Healthcare, Boston, MA.
126. **Wolever**, R.Q. & Sforzo, G. (2017, May 18). *Recent research in health coaching and implications for practice*. Invited presentation for the Institute of Coaching Professional Association. Online through Web-Ex.
127. Richards, J. & **Wolever**, R. (2017, Aug 23). *Relief Retreats: Living beyond the pain*. Invited Presentation for the Treatment Team at the Osher Center for Integrative Medicine. Vanderbilt University Medical Center, Nashville, TN.
128. **Wolever**, R.Q. & Hansen, K. (2017, Aug 23). *Non-pharmacological Approaches to Chronic Pain from Integrative Medicine*. Invited CME presentation for Mental Health America of Middle Tennessee. Nashville, TN.
129. **Wolever**, R.Q. (2017, Sept 18). *From mindless to mindful eating*. Invited plenary CME presentation at the Fall Obesity Summit annual meeting of the Obesity Medicine Association. San Antonio, TX.
130. **Wolever**, R.Q. (2017, Sept 21). *Mindful Eating: Updated Research and Key Practices*. Invited CME webinar presentation for the Academic Consortium for Integrative Medicine & Health. Provided through an online portal across the country.
131. Morriss, B. & **Wolever**, R.Q. (2017, October 5). *Health Coaching: Foundational Skills for Clinicians*. Invited training for Vanderbilt Episodes of Care health care providers. Nashville, TN.
132. **Wolever**, R.Q. & Vorderstrasse, A. (2017, Oct 13). *GENERating change: Health coaching and genetic risk testing to change risk behaviors for Type 2 diabetes and heart disease*. Invited CME "featured presentation" at Coaching in Leadership & Healthcare, Boston, MA.

133. Dreusicke, M. & **Wolever**, R.Q. (2017, Dec 14). *Health Coaching Research*. Invited presentation to the VA's Office of Cultural Transformation and Patient Centered Care Community of Practice for Whole Health Coaching. Provided through an online portal across the country.
134. **Wolever**, R. Q. (2018, Jan 23). *What is Integrative Medicine?* Invited presentation and mind-body skills demonstration to graduate students in Clinical Mental Health Counseling and Human Development & Psychological Counseling, Appalachian State, Boone NC.
135. **Wolever**, R. Q. (2018, Feb). *Current State of Health & Wellness Coaching*. Invited guest lecture and online demonstration of coaching competencies for Master's Degree program, Saint Angela's College, Department of Nursing and Health Studies, Sligo, Ireland.
136. **Wolever**, R.Q. (2018, Feb 22). *Evolution of Health Coaching and Evidence behind the National Boards*. Invited CE presentation for the International Consortium for Health and Wellness Coaching's Quarterly Connect. Provided through an online portal across the country, with over 400 participants.
137. **Wolever**, R.Q. (2018, Feb 23). *Tips for Working Online*. Invited presentation for Advanced Practice Nursing course. University School of Nursing, Nashville, TN.
138. **Wolever**, R.Q. (2018, March 22). *Health Coaching: The Big Picture*. Invited presentation to the VA's Office of Cultural Transformation and Patient Centered Care Community of Practice for Whole Health Coaching. Provided through an online portal across the country.
139. **Wolever**, R.Q. (2018, April 19). *Burning through Burnout: Mindfulness Practices for Self-Care*. Invited presentation provided by eMindful to the American Psychologist Association for its members. Presented through an online portal across the country, with 2543 registrants. Available at <http://psyciq.apa.org/breaking-through-burnout-mindfulness-practices-for-self-care/>
140. **Wolever**, R.Q. & Morriss, B. (2018, Sept 17). *Health Coaching Skills for Health Promotion and Disease Management*. Invited 8-hr retreat provided to the Center for Health Promotion and Disease Management. Vanderbilt University Medical Center, Nashville, TN
141. **Wolever**, R.Q. & Morriss, B. (2018, Dec 6). *Health Coaching Skills for Physical Therapists*. Invited 3 hr CE workshop provided to the Dayani physical therapists. Nashville, TN
142. **Wolever**, R. Q. (2019, April 15). *The Body as Gateway to Wholeness*. Invited presentation followed by panel discussion at Body, Breath & Mind: The Ligmincha Contemplative Sciences Symposium. Co-sponsored by the University of Virginia's Contemplative Sciences Center. Ligmincha Institute, Shipman, VA. Available at <https://www.youtube.com/watch?v=DxCV5V-eSjo>
143. **Wolever**, R. Q., Chaoul, A., Vago, D., & Wangyal T. (Rinpoche). (2019, April 16). *Capstone Panel Discussion* moderated by M. Sheehy. Invited presentation at Body, Breath & Mind: The Ligmincha Contemplative Sciences Symposium. Co-sponsored by the University of Virginia's Contemplative Sciences Center. Ligmincha Institute, Shipman, VA.
144. **Wolever**, R.Q. (2019, August 24). *Mindful Eating Workshop*. Invited workshop given at Singapore Mindfulness Conference 2019: Mind-Body Medicine, Behaviour Transformation & Neuroplasticity. University Cultural Centre, National University, Singapore.
145. **Wolever**, R.Q. (2019, August 25). *Reducing Risks of Stress-Related Diseases and Disorders*. Invited keynote presentation at Singapore Mindfulness Conference 2019: Mind-Body Medicine, Behaviour Transformation & Neuroplasticity. University Cultural Centre, National University, Singapore.
146. **Wolever**, R.Q. (2019, August 26-28). Invited presentation to the Program in Neuroscience and Behavioral Disorders, Duke-National University of Singapore Medical School. Visit included multiple meetings, consultation on a grant, and provision of an invited presentation to the Department: *Health Coaching: Creating Sustainable Behavior Change*. Singapore.

147. **Wolever**, R.Q., Jones, C. & Pigatti, M. (2019, Sept 19). *An Analysis of Mindfulness on Productivity, Stress, and ROI*. The IBI/Conference Board Health & Productivity Forum. Chicago, IL.
148. Edwards, Z.C., Phillips, D.T., Suissa, Z., & **Wolever**, R.Q. (2019, Oct 15). *Purpose-driven Mindfulness with Proven Outcomes: A Study of the Skills and Subskills Developed through Mindfulness Practice*. The IBI Conference Board Resilience at Work Conference. Boston, MA.
149. **Wolever**, R.Q. (2019, Dec 5). *NBHWC: Moving Coaching Further into Healthcare*. Invited online presentation for the International Coach Federation's Health and Wellness Coaching Community of Practice.
150. **Wolever**, R.Q. (2020, Feb 10). *Working with Industry to Advance Mindfulness Research*. Invited presentation to the Building Research across Inter-Disciplinary Gaps (BRIDG) program, a T90/R90 Clinical Research Training Program in Complementary and Integrative Health (CIH) supported by NCCIH, at the University of Washington and the National College of Natural Medicine in Portland, OR. The program provides training in clinical and translational research methods for doctoral-level health care providers in the disciplines of CIH (e.g., ND, DC, and DAOM) as well as for conventionally-trained researchers from biomedical and public health disciplines (e.g., PhDs, MDs, DrPH, DSW, etc.). [Presented online due to COVID-19 risk.]
151. **Wolever**, R. Q. (2020, Feb 7). *Coaching in Healthcare*. Invited guest lecture and online demonstration of coaching competencies for Master's Degree program, Saint Angela's College, Department of Nursing and Health Studies, Sligo, Ireland. [Presented online due to COVID-19 risk.]
152. **Wolever**, R. Q. (2020, March 12). *Introduction to Group Coaching*. Invited guest lecture and online demonstration of group coaching processes for Master's Degree program, Saint Angela's College, Department of Nursing and Health Studies, Sligo, Ireland. [Presented online due to COVID-19 risk.]
153. **Wolever**, R.Q. (2020, April 10). *Introduction to Motivational Interviewing: Essential Skills in Global Health*. Invited lecture to Masters in Public Health graduate course PUBH 5541, Essential Skills in Global Health. Vanderbilt University, Nashville, TN. [Presented online due to COVID-19 risk.]
154. **Wolever**, R.Q. (2020, April & May). *Drop-in Guided Mindfulness Practices*. One of 12 teachers providing daily 10-minute mindfulness practices to assist with pandemic and social injustice-related distress. Vanderbilt employees, patients, and community members. Vanderbilt University Medical Center, Nashville, TN. [Presented online due to COVID-19 risk.]
155. Yen, L., Hays, L., Ojjala, J., Smith, K. & **Wolever**, R.Q. (2020, Aug 28). *Thriving from NETs: How Health & Wellness Coaching can Help You*. Invited webinar provided by LACNETS (Los Angeles Neuro-Endocrine Tumor Society). [Presented online due to COVID-19 risk.]
156. **Wolever**, R. Q., Finn, M., Shields, D., & Suissa, Z. (2020, Sept) *Why Live Teaching Matters in Mindfulness*. Presentation given at HERO Forum 2.0. [Presentation recorded 9/11/20 and presented online due to COVID-19 risk.]
157. **Wolever**, R.Q., Dreusicke, M., Bass, S., Wyche-Etheridge, K., & Offodile, R. (2020, October 6). *The Meharry-Vanderbilt Health Coaching Program: Lessons from Training First Year Medical Students in Health Coaching*. CME presentation given at Integrative Medicine Grand Rounds for the Osher Center for Integrative Medicine at Harvard. Boston, MA. [Presented online due to COVID-19 risk.]
<https://oshercenter.org/2020/10/07/video-the-meharry-vanderbilt-health-coaching-program-lessons-from-training-first-year-medical-students/>
158. Kozhevnikov, M. Germano, D., & Wangyal T. (Rinpoche) & **Wolever**, R. Q. (2020, Oct 10). Invited moderator for Body Session panel at *Serenity Ridge Dialogues on Body, Breath and Mind*. Co-sponsored by the University of Virginia's Contemplative Sciences Center & Ligmincha International. Ligmincha Institute, Shipman, VA. [Presented online due to COVID-19 risk.]

159. **Wolever**, R. Q. (2020, Oct 11). Invited meditation leader for *Serenity Ridge Dialogues on Body, Breath and Mind*. Co-sponsored by the University of Virginia's Contemplative Sciences Center & Ligmincha International. Ligmincha Institute, Shipman, VA. [Presented online due to COVID-19 risk.]
160. Singh Khalsa, S.B., Kozhevnikov, M., Vago, D., Tidwell, T., Duffy, J., **Wolever**, R. Q. & Wangyal T. (Rinpoche) (2020, Oct 11). *Capstone Panel Discussion* moderated by M. Sheehy & A. Chaoul, A.. Invited presentation at *Serenity Ridge Dialogues on Body, Breath and Mind*. Co-sponsored by the University of Virginia's Contemplative Sciences Center & Ligmincha International. Ligmincha Institute, Shipman, VA. [Presented online due to COVID-19 risk.]
161. **Wolever**, R.Q. (2020, Oct 19). *The eMCC™: Moving Mindfulness Skills from Transdiagnostic to More Precise Targets*. Invited keynote session given at the 10th Annual Symposium on Yoga Research (SYR), sponsored by the International Association of Yoga Therapists (IAYT) and the Kripalu Center for Yoga & Health, Western MA. [Presented online due to COVID-19 risk.]
162. **Wolever**, R.Q. (2020, Nov 12). *Health Coaching: Connecting Social Determinants of Health and Solutions to Advance Integration of Behavioral Health, Integrative Health and Primary Care*. Invited presentation in symposium with Seidner, A. (CMO, The Hartford) & Middaugh, N. (Community Health Program Manager of Kentuckiana Health Collaborative) for Behavioral Health as Part of Comprehensive Pain Care and Payment Design, a virtual symposium sponsored by the Alliance to Advance Comprehensive Integrative Pain Management and the American Psychological Association. [Presented online due to COVID-19 risk.]
163. **Wolever**, R.Q. (2021 March 16). *Training First Year Medical Students in Health Coaching: Seeding Patient Empowerment*. Invited CME presentation given at Integrative Medicine Grand Rounds for the Osher Center for Integrative Medicine at Northwestern, Chicago, IL. [Presented online due to COVID-19 risk.] <https://www.feinberg.northwestern.edu/sites/ocih/education/grand-rounds-seminars.html>
164. **Wolever**, R.Q. (2021, March 31). *A Mindful Moment*. Invited workshop at the Disability Management Employer Coalition's (DMEC) 2021 Virtual Compliance Conference. [Presented online due to COVID-19 risk.]
165. **Wolever**, R.Q., Kramer, R., Collins, M.K., Gichuhi, j., Khattar, J., Ledoux, K. & Cutrono, S. (2021, March 24). *Ultimate Kronos Group (UKG) Mental Health Panel*. Invited speaker for a multi-disciplinary panel on the ongoing challenges of the pandemic that included managing isolation, anxiety, suicide prevention, and need for mental health support. Virtual Panel Presentation to 12K UKG employees worldwide.
166. **Wolever**, R.Q. (2021, April 2). *Introduction to Motivational Interviewing*. Invited lecture to Masters in Public Health graduate course PUBH 5541, Essential Skills in Global Health. Vanderbilt University, Nashville, TN. [Presented online due to COVID-19 risk.]
167. **Wolever**, R.Q. (2021, April 22) *Integrative Medicine*. Invited lecture given for undergraduate first year writing seminar entitled "The History of Alternative Medicine in the United States" (HIST 1111). Vanderbilt University, Nashville, TN. [Presented online due to COVID-19 risk.]
168. **Wolever**, R.Q. Rosen, R., Wangyal Rinpoche, G.T., & Chaoul-Reich, A. (2021, June 1). *The Breath of Life: Health Benefits of Breath Control in Yoga and Meditation*. Invited panel discussion for Cybersangha.net. [Presented online due to COVID-19 risk.]
169. **Wolever**, R.Q. (2021, Aug 14). *Guided Meditation for Self-Healing*. Invited webinar provided by LACNETS (Los Angeles Neuro-Endocrine Tumor Society). [Presented online due to COVID-19 risk.] Available at: <https://www.youtube.com/watch?v=dqfpiXlbHtU&list=PLPAgUIq-85n8l0SxixUyWH9A4LdGqA2Bg&index=1>
170. **Wolever**, R.Q., Pedigo, V., Williams, J., & Stewart, K. (2021, Sept 15). *Introduction to Motivational Interviewing*. Invited lecture to Homeland Heart Doulas to support the Community Engaged Research of Dr. Rolanda Lister, Nashville, TN. [Presented online due to COVID-19 risk.]

171. **Wolever**, R.Q. (2021, Oct 20). *Gateways to Healing: Integrative Medicine for Patients with Tinnitus*. Invited lecture for Audiology Grand Rounds. Vanderbilt University Medical School. [Presented online due to COVID-19 risk.]
172. Wangyal (Rinpoche), G.T., Allione (Lama), T., Chaoul, A., Ekman, E., Lee, C., Paller, K., Sheehy, M., Thayer, J., Tidwell, T., Vago, D., Wallace, A. & **Wolever**, R.Q. (2021, Oct 24). Invited moderator for CAPSTONE discussion to synthesize core ideas and exploration that emerged across sessions throughout the conference at *Serenity Ridge Dialogues on Body, Breath and Mind*. Co-sponsored by the University of Virginia's Contemplative Sciences Center & Ligmincha International. Ligmincha Institute, Shipman, VA. [Presented online due to COVID-19 risk.]
173. **Wolever**, R.Q. (2022, Jan 15). *Guided Meditation for Cultivating Intentions*. Invited webinar provided by LACNETS (Los Angeles Neuro-Endocrine Tumor Society). [Presented online due to COVID-19 risk.] Available at: <https://www.youtube.com/watch?v=Af8J6y6JRB0&list=PLPAgUIq-85n8I0SxixUyWH9A4LdGqA2Bg&index=3>
174. **Wolever**, R.Q. (2022, March 25). *Introduction to Motivational Interviewing*. Invited lecture to Masters in Public Health graduate course PUBH 5541, Essential Skills in Global Health. Vanderbilt University, Nashville, TN. [Presented online due to COVID-19 risk.]
175. **Wolever**, R.Q., Krusch, R. & Suissa, Z. (2022, April 20). *A Data-Driven Paradigm Shift on Cost Reduction Through MHBCIs*. Invited Panel presented at the 2022 Annual Conference of the Business Group on Health. Nashville, TN.
176. **Wolever**, R.Q. (2022, June 2). *The Value of Deconstructing Experience to Discover the Whole Person*. Invited Keynote for the NIH 2022 Pain Consortium Symposium: Advances in Pain Research. Bethesda, MD. [Presented online due to COVID risk.] <https://videocast.nih.gov/watch=45262>
177. **Wolever**, R.Q. (2022, July 29). *Health Coaching Q & A: Tools to Empower Patients and the Healthcare Team*. VUMC, Nashville, TN [Presented online].
178. **Wolever**, R.Q. & Butler, B. (2022, August). *Leveraging Your Internal Drive to Change: A Healthier You* Presentation sponsored by Vanderbilt University's Health Plus wellness program for faculty and staff. Vanderbilt, Nashville, TN. [Presented online]. <https://www.youtube.com/watch?v=Q2B-g6JlyKE>
179. **Wolever**, R.Q. (2022, Aug 5). *Guided Meditation for LACNETS Virtual Wellness Retreat*. Invited webinar provided by LACNETS (Los Angeles Neuro-Endocrine Tumor Society). [Presented online]. <https://www.youtube.com/watch?v=wi4o-XVTg8g&list=PLPAgUIq-85n8I0SxixUyWH9A4LdGqA2Bg&index=3>
180. **Wolever**, R.Q. (2022, Sept 7 & 15) *Train your Mind, Change your Life*. Invited live webinar sponsored by Hoos Well and the Faculty and Employee Assistance Program at the University of Virginia for all covered lives. [Presented online]. Available at: https://virginia.zoom.us/rec/play/pNs0FN8R9oAI7ICoHbf-6HQIJOMZow_oYN3LPKdpYzIGiC-pt0b5N-Pflnm_uiEUYqWEkEkBE4JTtv3-.9X5s9wNOIDbg8N6J?continueMode=true&x_zm_rtaid=745KT2N6Sqm9NJKxPxvYg.1662733266656.1916eba9c6a4314a3f3c0a88bfe2982d&x_zm_rhtaid=966
181. **Wolever**, R.Q. (2023, Feb 9). *Health Coaching: Establishing an Evidence-Based Field*. Presented at Physical Medicine & Rehabilitation Grand Rounds, Vanderbilt University Medical Center, Nashville, TN. [Presented online].
182. **Wolever**, R.Q. (2023, Feb 11). *Guided Meditation for Centeredness*. Invited webinar provided by LACNETS (Los Angeles Neuro-Endocrine Tumor Society). [Presented online]. <https://www.youtube.com/watch?v=wi4o-XVTg8g&list=PLPAgUIq-85n8I0SxixUyWH9A4LdGqA2Bg&index=3>

183. **Wolever, R.Q.** (2023, June 6). *Health Coaching and Genetic Risk Testing in Primary Care: Randomized Controlled Trial*. CME presentation to the Harvard Lifestyle Medicine Journal Club, Harvard School of Medicine, Boston, MA. Provided virtually.
184. Beech, B., Lawson, K., Webster, L.A. & **Wolever, R.Q.** (2023, June 17). *Health and Wellness Coaching: Where we are Now and What's Needed to Keep us Moving Forward*. Panel moderated by Matthews, J. at the Inaugural Health and Well-Being Coaching Conference, San Diego, CA.

PERSONAL INFORMATION

Email: ruth.wolever@vumc.org

Languages: English and Spanish (proficient)

NATIONAL PRESS EXPOSURE BY TOPIC (full list available upon request)

Mindful Eating

- American Psychological Association Monitor (Jan 2004)
- Spirituality and Health (March/April 2005)
- Boston Globe (July 2005)
- Lime Radio (Waking up with Carolyn Craft, Dec 2005)
- WRAL television (Feb 2008)
- Wall Street Journal (May 2008)
- NBC Nightly News (May 5 & 6, 2008)
- Consumer Reports on Health (August 2008)
- USA Today (Nov 2008)
- Body and Soul Magazine (Nov 2008)
- Prevention (Jan 2009)
- Psychotherapy Networker (Sept/Oct 2009)
- CBS News (November 5, 2009)
- Wall Street Journal (Jan 2012)
- Prevention (2011, 2013)
- Time Warner News (2015)
- Readers Digest (2015)
- Oxygen (2015)
- Top Sante (UK Press, 2015)
- Spectrum News (April 2015; <https://spectrumlocalnews.com/nc/triad/in-depth-interview/2015/04/2/in-depth--dr--ruth-wolever>)
- American Fitness (Winter 2016)
- Podcast for Rainbow Light (July 2016)
- SBS Documentary in Korea (July 3, 2016)
- LA Times (July 27, 2016)
- Inspire Nation (podcast July 2016 and youtube interview Oct 2016)
- Corporate Wellness Magazine Oct 2016)
- Science News for Students (August 21, 2017)
- The National (online; Feb 2018)

Mindfulness in the Workplace

- New York Times (Feb 2015)
- Harvard Business Review (Dec 2015)
- Scientific American (Aug 2016)
- Linked-In (Sept 2019)
- Center for Mindfulness and Contemplative Studies (May 2022) Facebook blog: <https://www.facebook.com/ContemplativeStudiesCenter/photos/a.628903887133541/5506439696046578/>

Obesity & Weight Loss

- UNC TV (PBS) Black Issues Forum (October 2007)
- CBS Sunday Morning (October 25, 2009)
- Men's Health (June 2014)

Health Coaching

- Forbes.com (August 2007)
- Life Sciences Weekly (2007)
- Body and Soul Magazine (Oct 2009)
- Health Magazine (April 2016)
- Endocrine Today, Healio (online – May 9, 2016)
- Integrative Practitioner (June 2016)
- Referred to as “**the leading researcher on health coaching globally**” by the UK’s National **Health Services** initiative to improve the way providers communicate with patients (<http://www.betterconversation.co.uk/>; Sept 2016)
- Integrative Practitioner (June 2016)
- O: The Oprah Magazine (Feb 2017)
- Politico Podcast – Pulse Check (<https://simplecast.com/s/70964026>; Sept 2017)
- Time Special Issue on Wellness 2019 (Jan 2019)
- New York Times (Jan 2020)
- Good Housekeeping (Feb 2020)
- Health.com (Feb 2021)

Integrative Medicine

- ABC News.com (Dec 2007)
- Good Morning America (Dec 2007)
- Men's Health (June 2015)

Other

- WDNC Radio (Nov, 1997)
- NC in Review: New Year's Resolution & Behavior Change (NPR, 12/29/97)
- Industry Week (Stress Management for Executives, July 2000)
- The Washington Post.com's (invited host for online chat on PTSD following the 9/11 US disaster, Oct 2001)
- Partnering of Personalized Medicine & Clinical Medicine (*Personalized Medicine*, 2012, 9(5): 475-478.)
- Women's Day (Smoking Cessation, 2014)
- Good Housekeeping (Managing Mood July 2022)