

# Curriculum Vitae

**Eric Garland, MSW, LCSW**

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## EDUCATION

### **University of North Carolina – Chapel Hill (currently enrolled), Social Work - Social Intervention Research Doctoral Program**

Awards: UNC NIH NCCAM Pre-doctoral Research Fellowship in Complementary and Alternative Medicine (T-32 AT003378); Armfield-Reeves Innovation Award - \$9840 (2008); Mind and Life Institute Francisco J. Varela Research Grant - \$15,000 (2008); George Hitchings New Investigator in Health Research Award - \$4000 (2007); Mind and Life Institute Research Fellow (2008; 2007); University Merit Award (2006)

### **West Virginia University (2003), Masters in Social Work, GPA: 4.0/4.0**

Awards: Graduate Assistantship (2001-2003) with WVU Center on Aging working on Claude Worthington Benedum Grant-funded Rural Senior Support Network – Senior Media Outreach Project.

### **University of Delaware Honors Program (1998), B.A., Magna Cum Laude, Psychology. Major GPA: 3.9/4.0; Overall GPA:**

**3.84/4.0** (top 3 out of 192 in major); Minors: Anthropology and Religious Studies

Honors: Phi Beta Kappa, Phi Kappa Phi, Dean's List: Fall 1994 - Spring 1998, Golden Key Honor Society, Psi Chi Honor Society, Freshman Honors Certificate, Advanced Honors Certificate

## RESEARCH EXPERIENCE

### **Pre-doctoral Fellow, UNC Chapel Hill Program on Integrative Medicine, Chapel Hill, NC**

Support research programs on mindfulness meditation as a treatment for stress-related illness. Participate in research design and methodological critique. Design theoretical frameworks and causal models to undergird research efforts. Design treatment manuals for clinical research. Assist in National Institute of Health (NIH) grant writing process. Edit journal articles. Perform literature reviews. Collect research data and conduct data analysis. Provide psychosocial assessments for research projects and inpatient/outpatient integrative medicine consult service (2006-present).

### **Research Assistant, UNC Chapel Hill Positive Emotion and Psychophysiology Lab, Chapel Hill, NC**

Support research on the psychophysiology of self-transcendence and positive emotion. Use bioamplifier to collect psychophysiology data (EMG, ECG, heart rate variability, pulse oximeter). Assist in theory-driven research design. (2006-2007).

### **Program Assistant/Graduate Assistant, West Virginia University Center on Aging, Morgantown, WV**

Coordinated community service/outreach program development and implementation. Networked with regional social service agencies, pharmacies, and media sources. Compiled, published, and distributed aging-related informational newsletter. Supported on-site enrichment programs for elderly in nursing homes. Created advertisements and marketing material. Created and maintained ACCESS databases. Edited journal articles. Compiled resources detailing social services and health information pertinent to the elderly; researched gerontology literature on-line. (2000-2003).

### **Research Assistant, Family Research Laboratory, University of New Hampshire, Durham, NH**

Collected data for the Evaluation Study of Paternal Substance Abuse and Child Maltreatment. Interviewed members of families with child abuse, domestic violence, and substance abuse issues. Administered psychological assessment measures. Entered interview data into SPSS database. Created, streamlined, and maintained SPSS databases. Coordinated with clinicians to codify therapist's notes. Abstracted data from New Hampshire Division of Children, Youth, and Families (DCYF) database. Received intake calls/referrals from DCYF central intake. (2000).

### **Research Assistant, University of Delaware Cognitive Psychology Laboratory, Newark, DE**

Supported research on the attentional blink phenomenon. Maintained/operated electroencephalograph (EEG) and eye-tracking camera software. Implemented a visual basic divided attention measure. Monitored and analyzed event-related potential (ERP) data. Became familiar with computer-interfaced laboratory instruments. Developed research progress report. (1997).

## CLINICAL EXPERIENCE

### **Psychotherapist (private practice), Integrative Health Center, Chapel Hill, NC**

Conduct individual and family psychotherapy with adults, adolescents, and children experiencing a wide range of emotional, behavioral, and psychosomatic issues. Provide integrative, biopsychosocial interventions in an integrative medicine clinic. Provide

clinical hypnosis for psychotherapy, habit control, addiction treatment, psychosomatic issues, and personal growth. Coordinate client care as part of an interdisciplinary treatment team (2007-present).

**Psychotherapist (private practice) Hope Valley Psychotherapy Associates, Durham, NC**

Conduct individual, group, experiential, and family psychotherapy with adults, adolescents, and children experiencing a wide range of emotional, behavioral, and psychosomatic issues. Provide clinical hypnosis for psychotherapy, habit control, addiction treatment, psychosomatic issues, and personal growth. (2006-present).

**Psychotherapist & Stress Management Consultant, Duke Integrative Medicine, Durham, NC**

Conduct stress assessment/stress management sessions for Duke Executive Health program. Provide integrative, biopsychosocial interventions in an integrative medicine clinic. Provide clinical hypnosis for psychotherapy, habit control, addiction treatment, psychosomatic issues, and personal growth. (2007-2008).

**Committee Member, Aspen Education Group National Clinical Best Practices Committee**

Coordinated with multidisciplinary team to integrate data abstracted from best practice assessments of clinical departments in individual therapeutic programs. Developed strategic plan to implement evidenced-based practice into clinical services. (2005-2006).

**Field Supervisor/Psychotherapist, SUWS of the Carolinas Adolescent Program, Old Fort, NC**

Conducted individual, family, experiential, and group psychotherapy with adolescents and their parents in a residential wilderness milieu. Supervised four to six bachelor's-level milieu staff to implement individualized treatment plan. Provided clinical training in both didactic and experiential formats for up to twenty five bachelor's-level milieu staff. Experience with clients diagnosed with behavior disorders, attention-deficit and learning disorders, substance abuse, mood and anxiety disorders, and trauma histories. Conducted clinical assessments. Wrote discharge reports. Contributed to multidisciplinary case conference. Coordinated case management and referrals. Provided parent training workshops in both didactic and experiential formats for up to ten couples. (2003-2006).

**Intern, West Virginia University Department of Behavior Medicine & Psychiatry, Morgantown, WV**

Conducted individual, family, and group psychotherapy with adults, adolescents, and children on both an inpatient and outpatient basis in a psychiatric hospital setting. Experience with clients diagnosed with behavior disorders, attention-deficit disorders, substance abuse, mood and anxiety disorders, and histories of sexual victimization. Conducted intake assessments. Wrote progress notes. Conducted experiential therapy sessions using ROPES course. Contributed to multidisciplinary case conferences. Coordinated referrals. (2002-2003).

**Team Leader, Summit Achievement Wilderness Therapy Transition Program, Stow, ME**

Led therapeutic wilderness expeditions for up to 8 adolescents (ages 13-18) exhibiting at-risk behavior, mental illness, or chemical dependence. Assessed client needs and strengths. Coordinated with clinicians to implement treatment plans through group and individual counseling. Coordinated with teacher to integrate classroom learning with fieldwork. Designed and implemented multidisciplinary, modular program curriculum. Developed program policies and parameters. (1999-2000).

**Group Home Manager, Bozeman Crisis Stabilization Unit/Group Home, Bozeman, MT**

Maintained a safe, therapeutic environment for a population of adults with chronic mental illness and/or chemical dependence. Implemented treatment plans. Performed crisis intervention. Managed behavior modification program. Monitored medications. Taught independent living skills. Connected clients to local resources and social services. Facilitated transition from state psychiatric hospital to independent living. (1999).

## TEACHING EXPERIENCE

**Adjunct Professor, UNC Chapel Hill MSW Program, Chapel Hill, NC**

Instructed SOWO 523, Foundation Field Seminar. Designed inquiry based learning and group process around integrating social intervention research and theory with field practicum experience. Provided supervision to older students in employer-based field placements for part-time MSW program. Facilitated on-line learning experience through Google Groups (2007 – 2008).

Instructed SOWO 769, Special Topics in Practice. Designed didactics and experiential learning to teach psychotherapy skills and theory. Provided clinical supervision to students in second-year direct practice placements. (2007).

Instructed SOWO 841, Health and Mental Health Social Work with Children and Adolescents. Designed course syllabus and lessons. Designed didactics and experiential learning activities to teach psychotherapy skills and theory. Provided supervision to students in second-year direct practice placements. (2006).

## SERVICE

**Reviewer, Oxford University Press**

Review social work textbooks. (2008 – present).

**Editorial Board, Assistant Editor of Social Work, Complementary Health Practice Review**

Referee and edit manuscripts for peer-reviewed journal (2007 – present).

**Reviewer, Complementary Therapies in Medicine**

Review and referee manuscripts for peer-reviewed journal (2007 – present).

**Reviewer, American Journal of Clinical Hypnosis**

Review books for peer-reviewed journal. (2007 – present).

**Field Instructor – UNC Chapel Hill School of Social Work MSW Program**

Provided field instruction and clinical supervision to MSW student in foundation field practicum at UNC Program on Integrative Medicine. (2007-2008).

**Support Group Leader – Social Support for Women with Irritable Bowel Syndrome, Chapel Hill, NC**

Developed and led support group program for female IBS patients as part of a NIH-funded clinical research trial. (2007-2008).

**Trainer - Social Support for Integrative Diabetes Management, Prospect Hill, NC**

Developed and taught curriculum highlighting the importance of social support in reducing stress and improving diabetes management. (2007).

**PUBLICATIONS**

- Garland, E., Gaylord, S., & Park, J. (In press). The role of mindfulness in positive reappraisal. *EXPLORE: The Journal of Science and Healing*.
- Garland, E. & Fredrickson, B. (In press). Application of the broaden-and-build theory of positive emotions to intimate partner violence. In P. Lehmann & C. Simmons (eds.) *Strength's based batterer's intervention: A new paradigm in ending family violence*, Springer.
- Garland, E. (2007). The meaning of mindfulness: A second-order cybernetics of stress, metacognition, and coping. *Complementary Health Practice Review*, 12(1), 15-30.
- Garland, E. (Under review). The biopsychosocial paradigm in the 21<sup>st</sup> century: Neuroplasticity, psychosocial genomics, and the science of empowerment.

**NON-REFEREED PUBLICATIONS**

- Gaylord, S., Faurot, K., Park, J., & Garland, E. (2007). Complementary therapies for traumatic brain injury. *Newsletter of the UNC Chapel Hill Department of Physical Medicine & Rehabilitation*.
- Garland, E. (2006). Mindfulness: Enhancing the power of choice. *Health & Healing Magazine*, November, 2006.
- Garland, E. (2000). The space of silence. *Insight: The Newsletter of the Therapeutic Adventure Professional Group of the Association for Experiential Education*, 8(1), 14.

**PROFESSIONAL PRESENTATIONS**

- Garland, E. (2008, June 4). *Mindfulness in Social Work: State of the Art and State of the Science*. University of North Carolina – Chapel Hill MSW Field Instructor Appreciation Workshop. Chapel Hill, NC.
- Garland, E. & Greeson, J. (2007, November 19). *Mindfulness: Theoretical and Empirical Perspectives on the Self-regulation of Brain and Body*. Presentation to the Health Psychology Department, Duke Integrative Medicine, Durham, NC.
- Garland, E. (2007, November 6). *Mindfulness in Positive Reappraisal: A Metacognitive Focal Point for Psychotherapeutic Intervention*. Presentation at the Theory Construction and Research Methodology Workshop of the National Council of Family Relations, Pittsburgh, PA.
- Garland, E. (2006, March 22 & 29). *Enhancing Developmental Resilience through Self-Regulation Skill Instruction*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.
- Garland, E. (2005, November 16 & 23). *Clarifying our Mission: The Therapeutic Application of a Search and Rescue Metaphor to Work with At-Risk Adolescents*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.
- Garland, E. (2005, September 7 & 14). *Isomorphism and the Promotion of Healthy Child Socialization*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.
- Garland, E. (2005, February 9 & 16). *Isomorphism and Metaphor: Wilderness Experience as Analogue for Life Experience*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.
- Garland, E. (2004, January 21 & 28). *Wilderness Therapy Informed by Logical Levels Model from Neurolinguistic Programming*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.

- Garland, E. (2003, September 17 & 24). *Group Therapy Tactics*. Clinical staff training at SUWS of the Carolinas, Old Fort, NC.
- Howsare, J., Garland, E., & Klein, H. (2003, May 12). *Promoting Healthy Adaptation of Children Following Divorce*. Presentation at the Fourteenth Annual Training Conference of Central West Virginia Aging Services, Stonewall Jackson Resort, Roanoke, WV.
- Howsare, J., & Garland, E. (2003, April 18). *Promoting Healthy Adaptation of Children Following Divorce*. Presentation at the West Virginia NASW Continuing Education Conference, Charleston Civic Center, Charleston, WV.
- Garland, E., & Klein, H. (2003, March 14). *Cultural Diversity Training Seminar for Psychiatry Residents*. Grand Rounds at the West Virginia University Department of Behavior Medicine & Psychiatry, Morgantown, WV.

## **PROFESSIONAL TRAININGS**

### **Functional Magnetic Resonance Imaging (fMRI) Course – Duke University, Durham, NC**

Participated in semester long didactic and experiential fMRI training course, culminating in the design of an fMRI experiment and the collection and analysis of fMRI data. (2007).

### **Mind and Life Summer Research Institute – Garrison, NY**

Participated in week long, intensive research seminar on contemplative neuroscience and contemplative clinical science. (2007).

### **ICPSR Course on Multilevel Linear Modeling – University of Chapel Hill, Chapel Hill, NC**

Participated in week long, advanced statistical training course on hierarchical linear models and growth curve analysis. (2007).

## **PROFESSIONAL CERTIFICATIONS**

North Carolina Licensed Clinical Social Worker (LCSW)  
American Society of Clinical Hypnosis (ASCH) Certification in Clinical Hypnosis

## **PROFESSIONAL MEMBERSHIPS**

National Association of Social Workers  
American Society of Clinical Hypnosis

## **ACTIVITIES AND INTERESTS**

Vipassana meditation, martial arts (Kenpo and Serak), backpacking, African and Middle Eastern drumming, weightlifting, scuba diving, creative writing, art.