

## Susan L. Ross, Ph.D., CTRS, RTC

San José State University  
Health Science and Recreation Department  
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### Education

Doctor of Philosophy, California Institute of Integral Studies, San Francisco, CA, 2008  
Humanities: Transformative Learning and Change  
Dissertation: The integration of transformation: A cooperative inquiry among women after transformative travel.

Master of Science, University of Wisconsin-La Crosse, WI, 1996  
Therapeutic Recreation  
Thesis: The therapeutic effects of an adventure challenge course program on the personal empowerment of women survivors of sexual trauma.

Bachelor of Science, University of Wisconsin-La Crosse, WI, 1992  
Recreation Administration  
Dean's Scholar

### Academic and Professional Positions

2016-present Assistant Professor, San José State University, Health Science and Recreation.  
2013-present Coordinator, San José State University, Complementary and Alternative Health Services Program.  
2011-present General Education Faculty Cohort Coordinator, San José State University.  
2011-present Principle, Suzy Ross Consulting, Santa Cruz, CA.  
2005-present Coordinator, San José State University, Recreation Therapy concentration.  
1998-2016 Lecturer, San José State University, Health Science and Recreation.  
2005-2012 Recreation Therapy Consultant. Veterans HealthCare Administration Medical Center, Palo Alto, California.  
2004-2006 Undergraduate Coordinator, San José State University, Recreation and Leisure Studies.  
2003 Invited Clinician, *Mr. English Experiential Learning, Personal Growth & Development Project*, Moscow, Russia.

## Courses Taught

San José State University, San José, CA, 1998-present

HRTM 13E	(MUSE) Rites of Passage: The Sacred, Mythic, and Mundane*
HRTM 13E	(MUSE) Interpersonal Relationships*
RECL 10	Creating a Meaningful Life**
RECL 94	Outdoor Recreation
RECL 100W	Writing Workshop**
RECL 110	Leisure, Life and Contemporary Society**
RECL 111	Leisure, Culture, and Identity
RECL 113	Leisure: Philosophy and Education
RECL 140C	Adventure Therapy*
RECL 148	Biofeedback*
RECL 157	Sustainable Recreation and Ecotourism
RECL 169	Practicum in Recreation Therapy*
RECL 170A	Pre-Intern Workshop
RECL 170B	Internship in Recreation
RECL 170C	Internship in Recreation Therapy*
RECL 184	Study Abroad*
RECL 185	Leisure and Aging
RECL 187	Leisure Education in Recreation Therapy*
RECL 193	RT Interventions for People with Physical Conditions*
RECL 195	Leisure Education and Wellness
RECL 196A	Transition Planning and Inclusion: RT and Adapted Phy Activ**
RECL 197	Recreation Therapy in Mental Health
RECL 198	Recreation Therapy Assessment and Documentation
RECL 199	Advanced Practices in Recreation Therapy*
RECL 211	Recreation Therapy for Specific Diagnosis***
RECL 212	Management of Recreation Therapy Services***
RECL 213	Recreation Therapy Program Design***
RECL 298	Special Studies

\* = authored

\*\* = co-authored

\*\*\* = authored, course not yet offered

California Institute of Integral Studies, San Francisco, CA, 2004-2006

TLC 001 Learning Community, Doctoral Program

## Courses Authored But Not Taught

RECL 140A	Aquatic Therapy in Recreation Therapy
RECL 140B	Behavioral Interventions in Recreation Therapy

## **Faculty-Led Short-Term Study Abroad**

2008, Peru. Sacred Play.  
2007, Peru. Inka Mysticism.  
2005, Costa Rica. Ecotourism and Sustainable Recreation.

## **Thesis Committee Service**

Sutithee Guha  
Valerie McNeal \*  
Nadia Nasiri \*  
Kim Pham \*  
Janis Smith \*  
Debra Ullmann

\* Note: I served as an unofficial lead for all Master's thesis and projects noted with an asterisk (listed below) because at the time, I did not yet hold a terminal degree of Ph.D. and yet I was the sole content expert among faculty.

## **Graduate Student Major Project Committee Lead**

Tara Berendes \*  
Caroline Cooke \*  
Malia Goodman \*  
Maribel Gutierrez \*  
Marietta Jarra \*  
Denise Roshau \*  
Lindsay Space \*

## **Book in Press:**

Ross, S.L. (2020). *The map to wholeness: Real-life stories of crisis, change and Reinvention*. Berkeley, CA: North Atlantic Books.

## **Invited Keynote Book Chapter, in Review**

Ross, S.L., Iwasaki, Y., Heintzman, P., & Baur, J. (in first review). Transformative leisure and play. In S. Kono (Ed.), *Positive Sociology of Leisure: Contemporary perspectives on Sociology of Leisure*. New York: Palgrave Macmillan.

## **Invited Peer Reviewed Publication, In Review**

Ross, S.L. (in second review). Finding Our Way to the Precious Knowledge, Together: One Study's Use of Cooperative Inquiry. *International Journal of Transpersonal Studies*.

## Peer Reviewed Publication, Accepted, In Press

Ross, S. L., Hur, J. & Hoffman, J. (2019). Temple stay as transformative travel: an experience of the Buddhist temple stay program in Korea. *Journal of Tourism Insights*.

## Peer Reviewed Publications:

- Ross, S. L., Hur, J. & Hoffman, J. (2019). Perspective Paper: Temple stay as transformative travel. In K. Park, J. Ha, & J.Y. Park (eds.), *Proceedings of the 2019 THEREPS Conference*, (p. 19). Las Vegas, NV.
- Ross, S. L. (2018). Who Put the Super in Superhero? A Treatise on Transformation and Heroism as Evolutionary. *Frontiers in Psychology*, <https://doi.org/10.3389/fpsyg.2018.02514>
- Ross, S. & Yang, J. (2018). A pilot study of the effects of therapeutic horseback riding among military veterans with TBI or CVA. *Therapeutic Recreation Journal*, 52(4), (Annual in Therapeutic Recreation Issue, Vol. 25), 536-537. Urbana, IL: Sagamore-Venture.
- Ross, S. L. (2017). The making of everyday heroes: Women's experiences of transformation and integration. *Journal of Humanistic Psychology*. 59(4), 499–521. <https://doi.org/10.1177/0022167817705773>
- Chang, M., Diwan, S., Canharn, D., Adelman, T., Mauldin, K., Ross, S., Semerjian, T., Bajpai, P. (November 2014). Prospects and Challenges for Healthy Aging Programs in Multicultural, Subsidized, Senior Housing. *Paper presented at the Gerontological Society of America Annual Scientific meeting*, Washington, DC.
- Ross, S. (2014). A life-changing experience is more than an event: Using the 13 phases of transformation intentionally. In A. Thibault (ed.), *Book of Abstracts (ABS357)*, p. 52). Cedar Falls, IA: World Leisure Congress.
- Pham, K., & Ross, S. (2014). *Outcomes of a recreation therapy yoga meditation intervention on prison inmates' spiritual well-being*. Proceedings from Research Institute at the meeting of the American Therapeutic Recreation Association, Oklahoma City, Oklahoma. Hattiesburg, VA: American Therapeutic Recreation Association.
- Ross, S. L. (2010, Summer). Transformative Travel an Enjoyable Way to Foster Radical Change, *ReVision*, 31(3/4), 54-61.
- Ross, S.L., (May, 2006). Transforming Therapeutic Recreation: What is the Relationship Between Tourism and Therapeutic Recreation? In M.J. Carter, J.E. Folkerth, & C. O'Keefe, (Eds.) *Therapeutic Recreation Education: Challenges and Changes* (pp.239-240). Ashburn, VA: National Therapeutic Recreation Society.
- Ross, S., Zammit, C., Zollinger, R. (2005). Living In The Field Of Transformation. In D. Vlosa, G. Kiebaso, & J. Radford, (Eds.). *Proceedings for the Sixth International Transformative Learning Conference* (pp. 407-412). Grand Rapids, MI: Michigan State University & Grand Rapids Community College.
- Ross, S. L. (2003). The Therapeutic effects of an adventure challenge program on the personal empowerment of women survivors of sexual trauma, *Journal of Experiential Education*, 25(3), 350.

### **Peer Reviewed Publication, in Revision**

Ross, S.L. (in second revision). Sacred play: An ancient contribution to contemporary play theory and typologies. *Annals of Leisure Research*.

### **Peer Reviewed Publication, in Review**

Ross, S.L., Liu, C.Y. & Walker, B.J. (in review). Lessons learned about transformative change through play: A case study in China and the USA. *Journal of Leisure Research*.

### **Publication Completed and Ready for Submission to a Peer Reviewed Journal**

Ross, S.L. (2019). *Defining transformation using a concept analysis*. Manuscript ready for submission.

Ross, S.L. (2019). *Properties and conditions of transformation: A concept analysis*. Manuscript ready for submission.

Ross, S.L. (2019). *What form transforms? A concept analysis of transformation*. Manuscript ready for submission.

### **Peer Reviewed Publication, in Preparation**

Ross, S.L. (2019). *Transformative Leisure and play: The next evolution towards our raison d'être*. Manuscript in preparation.

Ross, S. L. (2019). *Differences between sensory stimulation types and physiological arousal among children in a persistent/permanent vegetative state*. Manuscript in preparation.

### **Peer Reviewed Poster Sessions**

Ross, S. & Yang, J. (2018). *A pilot study of the effects of therapeutic horseback riding among military veterans with TBI or CVA*. Poster session presented at the meeting at the American Therapeutic Recreation Association, Grand Rapids, MI.

Regalado, J. & Ross, S.L. (2017). *Differences between sensory stimulation types and physiological arousal among children in a persistent/permanent vegetative state*. Poster session presented at the Celebration of Research, San José State University, San Jose, CA.

Ross, S., Neally, M., Quang, J. (2014). *Sensory stimulation sessions for pediatric patients in a persistent/permanent vegetative state*. Poster session presented at the meeting of the American Therapeutic Recreation Association, Oklahoma City, Oklahoma.

Ross, S., Ngyuen, A., Do, T. (2014). *A program comparison of two evidenced-based fall prevention programs' ability to affect leisure interests*. Poster session presented at the meeting of the American Therapeutic Recreation Association, Oklahoma City, Oklahoma.

Ross, S., Reggiardo, M., Feddema, N. (2014). *Outcomes of a community-based*

- Basketball program for children with developmental and intellectual disabilities.* Poster session presented at the meeting of the American Therapeutic Recreation Association, Oklahoma City, Oklahoma.
- Ross, S. L. & Higbee, A., (2013). *Somatic Interventions for Adolescents in Acute Psychiatric Care.* Poster session presented at the meeting of the American Therapeutic Recreation Association, Pittsburg Pennsylvania.
- Ross, S.L. & Yee, C., (2013). *Recreation Therapy Use of Paro the Baby Seal Robot.* Poster session presented at the meeting of the American Therapeutic Recreation Association, Pittsburg Pennsylvania.
- Piatt, J.A., Ross, S.L., Janssen, M., McLachlin, L., Spielman, M. (2010). *Collaboration Outcomes among California Faculty.* Poster session presented at the meeting of the Therapeutic Recreation Educators, Oklahoma State University, Oklahoma.
- Ross, S. (2005). *Transforming TR Through Tourism: Transformative Travel.* Poster session presented at the Association Therapeutic Recreation Educators Conference (TREC).

### **Unpublished Technical/Research Paper**

- Ross, S. (2016). Biofeedback Lab Summative Report. Unpublished manuscript.
- Ross, S. (2014). Council on the Accreditation of Parks, Recreation and Tourism and Related Professions, 7.0B Learning Outcomes Report. Unpublished technical paper.
- Ross, S. & Grosvenor, B.J. (2014). Recreation Program Five Year Plan, Mission and Vision. Unpublished technical paper.
- Ross, S. (2012). *Treatment Planning Olympics: A Guide for Recreation Therapy Practice Palo Alto VA Medical Center.* San José State University, San José, CA. Unpublished technical paper.
- Ross, S. (2011). Strategic Plan for Recreation Therapy 2011-2018. Unpublished technical paper.

### **Invited Academic Presenter, Peer-Reviewed Presentation**

- Ross, S. (2019). People First Language and Thinking: Train Staff to See Abilities. California Parks and Recreation Society, Recreation Therapy Institute. Sacramento, CA.
- Ross, S. (2018). The Integration of Transformation: How Ordinary Human Beings Become Extraordinary. Biennial Heroism Science Conference, Richmond, VA.
- Ross, S. (2017). Improving Outcomes Through Standardized Assessments. Bay Area Therapeutic Recreation Association, Campbell, CA.
- Ross, S. & Pham, K. (2016). Improve Your Assessment, Treatment Plans, and Outcomes in One Step. California Parks and Recreation Society, Recreation Therapy Institute. Livermore, CA.
- Ross, S. & Pham, K. (2016). Addressing and Assessing Spiritual Wellbeing in RT. California Parks and Recreation Society, Recreation Therapy Institute. Livermore, CA.

- Ross, S. (2013). Person-First Language. California Parks and Recreation, General Conference Session, San José, CA.
- Ross, S., McLaughlin, L., Speilman, M. (2011). Innovative Online Teaching Techniques. Educators Pre-conference--American Therapeutic Recreation Association, Indianapolis, Indiana.
- Ross, S. (2007). Competency is a Habit: One solution to curriculum improvement. Educator pre-conference at the annual meeting of the American Therapeutic Recreation Association, Milwaukee, WI.

### **Invited Professional Expert or Panelist**

- Ross, S. (2014). New York Travel Festival, 2014. Transformative Power of Travel, Panelist. New York, NY.
- Ross, S. (2014). Master of Ceremony, 2014, Double book launch and signing, Dr. Robin Lysne. Santa Cruz, CA.
- Ross, S. (2013). Map to Wholeness: Finding yourself through crisis, change, and reinvention. Women at Microsoft, Microsoft Corporation, Mountain View, CA.
- Ross, S. (2011). Integration of Transformative Experience: What Happens When We Return Home from Initiation? International Conference on Inka Mysticism, Kau, HI.
- Ross, S. (2007). Ecotourism: Nature, culture, and consciousness. Stanford Linear Accelerator Center, Women's Interchange Program, Palo Alto, CA.
- Ross, S. (2004). Changing Patient Perspective on Healthy Lifestyle. National Organization of Nurses Annual Conference, Oakland, CA.

### **Peer Reviewed Academic Presentations and Panels, Presenter**

- Ross, S. L. (2019). Use of Meta-Therapeutic Processing to Facilitate Transformative Experience. American Therapeutic Recreation Association, Reno, Nevada.
- Ross, S. (2019). Using A New Model of Transformation to Guide Debriefing and Post-Experience Programming. Association for Experiential Education, Western Region. San Francisco, CA.
- Ross, S.L. (2019). Preparing for the Transformation Economy: Let's Begin with a Definition of Transformation. CSU Parks, Recreation, Tourism Retreat. Davenport, CA.
- Ross, S.L. & Romero, L. (2018). Biofeedback Services to Reduce Students' Stress: A Partnership Between an Academic Program and Student Affairs. Pacific Coast College Health Association, Annual Meeting. Oahu, HI.
- Ross, S.L. (2018). A Model of Transformation That Extends the Hero's Journey and How You, Can Use It. Association for Experiential Education, Western Region. San Francisco, CA.
- Basile, L. & Ross, S. (2018). Diabetes: The Pandemic, Treatment & Prevention Utilizing RT. California Parks and Recreation Society, Recreation Therapy Institute. Long Beach, CA.
- Ross, S. (2017). Ross, S. (2017). Improving Outcomes Through Standardized

- Assessments. Bay Area Therapeutic Recreation Association, Campbell, CA.
- Ross, S. (2017). Improving Outcomes Through Standardized Assessments. California Parks and Recreation Society, Recreation Therapy Institute. Danville, CA.
- Ross, S. (2017). The physiology of stress and breathing for mindfulness: Practices to improve functioning. Bay Area Therapeutic Recreation Association, San Leandro, CA.
- Ross, S., (2015). Integrating Our Learning: Eight Job Tasks for Advancing Our Profession. Bay Area Therapeutic Recreation Association, San Jose, CA.
- Ross, S. (2015). Using the Phases Of Transformation to Reduce Emotional Suffering and Inspire Hope. Bay Area Therapeutic Recreation Association, Palo Alto, CA.
- Ross, S., (2014). A life-changing experience is more than an event: Using the 13 phases of transformation intentionally. World Leisure Congress, Mobile, Alabama.
- Ross, S. (2014). Using the phases of transformation to accelerate the clients' organic process. Conference session presented at the meeting of the American Therapeutic Recreation Association, Oklahoma City, Oklahoma.
- Pham, K.H. & Ross, S. (2014). Spiritual well-being: Literature, assessment tools, and practices. Conference session presented at the meeting of the American Therapeutic Recreation Association, Oklahoma City, Oklahoma.
- Diwan, S., Chang, M., Canham, D., Adelman, T., Mauldin, K, Ross, S., Semerjian, T., & Baipai, S. (2014). Implementation of a recreation therapy intervention in a multicultural, subsidized housing facility. Center for Healthy Aging in Multicultural Populations (CHAMP) Health and Aging Conference, San José, CA.
- Ross, S. (2014). Implementation of Healthy Aging Programs in Multicultural, Subsidized Senior Housing. Center for Healthy Aging in Multicultural Populations (CHAMP) Health and Aging Conference, San José, CA.
- Ross, S. (2013). Using the Phases of Transformation to Help Clients. California Parks and Recreation Society, Recreation Therapy Section, San José, CA.
- Piatt, J.A., Ross, S., McLaughlin, L., Janssen, M., & Speilman, M. (2011). Online Collaboration Across the CSU. Educators Pre-conference--American Therapeutic Recreation Association, Indianapolis, IN.
- Ross, S. (2011). Transformation Redefined: Research Outcomes on Transformative Travel and Life-Changing Experiences. Institute for Transpersonal Psychology Annual Conference, Palo Alto, CA.
- Ross, S. (2010). Transformative Travel and Recreation Therapy. California Parks and Recreation Society Annual Conference, San José, CA. October.
- Ross, S. (2009). Our Need for Peak Experiences and Integration: Why We Require Vacation. National Vacation Summit, Seattle, WA.
- Ross, S. (2008). The phenomenon of transformation during and after international travel. Integral Consciousness Conference, San Francisco, CA.
- Ross, S. (2007). Competency is a Habit: A TR Practicum Learning Model. American Therapeutic Recreation Association, Milwaukee, WI.
- Ross, S. (2007). Pre-Internship Competency Based Field Learning: One Working Model. American Therapeutic Recreation Association, Milwaukee, WI.



- Ross, S. (2007). De-mystifying Practicum and Internship Supervision. Bay Area Therapeutic Recreation Association, Fremont, CA.
- Ross, S. (2006). Prescriptive Interventions Web-based Database Project: Join the Team or Learn. American Therapeutic Recreation Association, Orlando, Florida.
- Ross, S., Zammit, C., & Zollinger, R. (2005). Living in the Field of Transformation Sixth International Transformative Learning Conference, Michigan State University, MI.
- Ross, S. (2004). Simulated Eco and Sustainable Tourism Field Trip to the Mexican Yucatan Peninsula. 4<sup>th</sup> Social Aspects and Recreation Research Symposium, San Francisco, CA.
- Ross, S. (2003). The Therapeutic Effects of an Adventure Challenge Program on The Personal Empowerment Of Women Survivors Of Sexual Trauma. International Conference Research Symposium at the Association for Experiential Education, Minneapolis, MN.
- Ross, S. (2003). The Therapeutic Effects of an Adventure Challenge Program on The Personal Empowerment of Women Survivors Of Sexual Trauma. California Parks and Recreation Society, Research Symposium, San José, CA.
- Ross, S., & Puckett, M. (2003). Beyond Activity Books: Designing Prescriptive Interventions. California Parks and Recreation Society, Therapeutic Recreation Section, San José, CA
- Grosvenor, B.J., Ross, S., & Levine, L. (2002). It's Not How Smart You Are, It's How You Are Smart. California Parks and Recreation Society, Therapeutic Recreation Section, Los Angeles, CA.
- Ross, S. (2001). Detailed Facilitation Techniques: Enhancing the Possibilities of Change. Mid Year Conference, Fresno State University, Fresno, CA
- Ross, S. (1999). Group Processing Skill Development. Bay Area Therapeutic Recreation Association, San Francisco State University, San Francisco, CA.
- Ross, S. (1998). Utilizing a Process Model of Empowerment. American Therapeutic Recreation Association, Memphis, TN
- Ross, S. (1994). Processing Skill Development. Midwest Symposium for Therapeutic Recreation, St Louis, MO
- Ross, S. (1993). Building staff teamwork and communication. Regional Nursing Symposium, Franciscan Skemp Clinic, La Crosse, WI.

### **Peer Reviewed Academic Webinar, Presenter**

- Ross, S., Yoon, T. (2015). Social skills training for people with serious mental illness. Webinar presented through the American Therapeutic Recreation Association.
- Ross, S., Puckett, M. (2014). Service Dog Training as a Recreation Therapy Intervention for PTSD. Webinar presented through the American Therapeutic Recreation Association.
- Ross, S. (2003). Facilitating experiential therapy interventions. Webinar presented through the American Therapeutic Recreation Association.

## **Professional Presentations, Presenter**

- Ross, S. (2015). Exploring Transformation. Lion's Club. Fremont, CA.
- Ross, S. (2013). Best Practices in My RT Practice and In My Leisure. Bay Area Therapeutic Recreation Association, San Jose, CA.
- Ross, S. (2012). 3<sup>rd</sup> Annual SJSU Sound Byte. Bay Area Therapeutic Recreation Association, San José, CA.
- Ross, S. (2010). SJSU Alumni College presentation, San José, CA. "Transformative Travel for Personal and Spiritual Growth." April 23.
- Ross, S. (2007). We are Interdependent: Demystifying practicum internship supervision. Bay Area Therapeutic Recreation Association, Union City, CA.
- Ross, S. (2007). Practical Preparation for Internship. Bay Area Therapeutic Recreation Association, Union City, CA.
- Ross, S. (2007). Careers in Healthcare. Andrew Hill Allied Health Career Day, San José, CA.
- Ross, S. (2006). Take back your time and vacation deprivation. San José State University Alumni College.
- Ross, S. (2005). Travel: An Innovative Path to Personal Growth San José State University Alumni College.
- Ross, S. (2005). Communications That Can Create Opening: Non-Violent Communication.

## **Trainer, Professional Trainings**

- Ross, S. (2020). Clinical Use of Biofeedback in Recreation Therapy Practice: An Online Training. HeartMath Institute. Boulder Creek, CA.
- Ross, S. (2018). Neurofeedback 4-day Intensive, Stens Corporation. San Rafael, CA.
- Ross, S. (2018). Transformative Facilitation. New Leaf Collaborative. Martinez, CA.
- Ross, S. (2017). Paid consultation, "Baywood as a known industry leader: Causing respect through energy and action" for the recreational therapist service.
- Ross, S. (2015). Paid consultation, "Cultivating a Transformative Pedagogy" for selected K-12 educators from the west coast region. Sponsored by a grant titled Empowering Educators, Martinez, CA.
- Ross, S. (2012). Paid consultation, "Treatment Planning" for 45 recreation therapists employed with the VA Palo Alto Healthcare system, Recreation Therapy Service, San José, CA.
- Jenkins, E. & Ross, S. (2011). 6-day Hatun Karpay: The Great Initiation. Wiraqocha Foundation, Shasta, CA.
- Ross, S. (2009). Staff in-service for the non-profit, "Next Door Solutions", February.
- Ross, S. (2006). Employee Health, Exercise and Wellness. Veterans Healthcare Administration Medical Center, Palo Alto, CA.
- Ross, S. (2005). City of Santa Clara, Therapeutic Recreation Services. Recreation Therapy staff in-service.
- Hardison, E., Heim, S., Ross, S., & McKenna, P. (2004). Fitness Basics and Implementing Change. Veterans Administration Healthcare System, Palo Alto, CA.

Ross, S. (2003). Making Sustainable Personal Change Towards Wellness. Recreation Therapy Service staff in-service, Veterans Administration Healthcare System, Palo Alto, CA.

### **Grants/Funded Projects**

- 2018 CASA RSCA Infusion Grant. “Effects of a Service Dog Training Program on PTSD and Anxiety Among Student Veterans.”
- 2017 Undergraduate research grant. “Effects of Sensory Stimulation Types Among Children in a Persistent Vegetative State.”
- 2014 Consultant. Multidisciplinary Healthy Aging and Wellness Programs, Senior Health and Wellness Initiatives Grant, \$25,746. Funded by the City of San José Parks, Recreation and Neighborhood Services. PI Sadhna Diwan.
- 2013 Co-Investigator. “Multidisciplinary Healthy Aging and Wellness in Senior Housing: A Training & Evaluation Project.” Funded by MidPen Resident Services Corp., MidPen Housing for \$12,000.
- 2005 Awarded Global Studies Fellow: Peru.  
Awarded \$4,000 to develop and lead a FLP study abroad to Costa Rica.
- 2004 Awarded Global Studies Fellow: Costa Rica.  
Awarded \$4,600 to develop and lead a FLP study abroad to Costa Rica.
- 2004 Was invited and accepted an invitation to work with an international group of scholars on a collaborative project developing an Ecotourism Education Center in Uganda Africa.
- 2003 Grant Proposal Accepted: Recreation Therapy Clinical Database  
Submitted a proposal for CSU seed funding and received \$6,000.
- 2003 Full funding by International and Extended Studies to travel to the Yucatan Peninsula, Mexico to develop international liaisons related to ecotourism and sustainable travel curriculum. Attended a conference and conducted an in-depth exploration of several pre-identified ecotourism agencies and communities.

### **Academic Projects or Artistic Achievements Completed**

- 2016 Envisioned, solicited partnership, secured funding, and organized a biofeedback laboratory in partnership with administrative leaders of the campus Wellness Center. This project included design and teaching new 3-unit course, *Principles of Biofeedback*. Students enrolled in the academic course provide biofeedback training services to San José State students, staff and faculty.
- 2014 Hosted an Internship Summit. Envisioned, organized, advertised, solicited speakers, coordinated, and obtained continuing education units. The purpose of the event was to gather clinicians from around the region to discuss issues, procedures, and best-practices for Recreational Therapy internships. There were over 60 clinicians and 40 student participants.
- 2014 Completed data collection, analysis and completed the required written report for the first accreditation attempt for the Recreation Therapy concentration by the Council on the Accreditation of Parks, Recreation, and Tourism. Earned excellent review outcomes.

- 2013 Designed two new recreation therapy upper division course that was accepted.
- 2012 Collaborated with professionals to design a \$20,000 website to promote my forthcoming popular press book. I personally funded this endeavor.
- 2012 Conducted a project-based learning in collaboration the produced 300+ page report to the non-governmental organization *Sustainable Tahoe*. The outcomes of this project were discussed with the Governor of California during an in-person consultation.
- 2012 Implemented an experimental group advising project in partnership with academic advisors to improve graduation rates. This project was successful and has been implemented in partnership with academic advisors every semester to the present.
- 2011 Designed a new recreation therapy upper division course that was accepted.
- 2011 Researched and uploaded new Recreation Therapy website marketing which resulted in an increase of 45 majors to 85 majors.
- 2011 Wrote and presented a strategic plan to the Dean to advance the Recreation Therapy program to move to Health Science Department and towards becoming a major.
- 2010 Co-coordinator of the California Parks and Recreation Society (CPRS) Annual Research Symposium.
- 2010 White Paper: Status of Recreation Therapy Programs.
- 2010 Earned Academic Sabbatical.
- 2008 Successfully led a faculty-led study abroad to Peru, July-August, 2008.
- 2008 Successfully completed doctoral degree, May 18, 2008.
- 2008 Successfully completed doctoral dissertation defense, February 29, 2008.
- 2007 Designed a new recreation therapy upper division course that was accepted.
- 2007 Granted doctoral candidacy.
- 2005 Completed doctoral studies coursework.
- 2005 Launched a competency-based practicum field learning program and program packet that allows practitioners and students to direct specific learning objectives. This is the first of its kind in the country.
- 2002: Application for doctoral program was accepted. Began full-time student status while teaching at San José State University in a full-time appointment (2002-2008).
- 2002: Invited to submit grant proposal to the American Therapeutic Recreation Foundation. This author declined the request.

## **University, College, Departmental and Community Service**

### **Service to the University**

- 2018-present Member, Strategic Planning Steering Committee (SPSC),
- 2013-present Table Organizer, Center for Healthy Aging in Multicultural Populations (CHAMP), Annual Senior Wellness Fair.
- 2011-present Member, Center for Healthy Aging in Multicultural Populations (CHAMP)
- 2002-2010 Educator/participant, Metropolitan Urban Scholar Experience (MUSE)

- 2001-2013 First Year Experience  
Advisor, Art of Living student club
- 2000-2005 Advisor, SJSUspirit.org, Multi-faith spiritual student organization

### **Service to the College**

- 2013-present, Member, Committee to Enhance Equity and Diversity (CEED)  
& 2005-06
- 2015-2018 Member, Interprofessional Education Task Force (grassroots interdisciplinary faculty group investigating, analyzing, and planning)
- 2006-2008 Member, College Student Affairs Committee

### **Service to the Department**

- 2019-present Lead, preparation for accreditation of Recreation Therapy curricula
- 2019-present Member, Career Exploration Committee
- 2018-present Multi-section Course Coordinator, RECL 148 faculty cohort and management of the biofeedback laboratory collaboration
- 2018-present Advisor, Rho Phi Lambda Recreation Therapy Honors Society
- 2018-2019 Member, Department Strategic Planning Committee
- 2018 Presentation to Department faculty about Rec/Park Rx Movement
- 2017 Marketing, Career Pathways, Martinez School District Career Day
- 2017 Presentation to the Department about Recreation and Recreation Therapy
- 2017 Coordinated, event where our students talked about Recreational Therapy with 100 students from Inderkum High School, Sacramento
- 2017-present Chair, Health Science and Recreation Department, curriculum committee
- 2016 Presentation to the Department about Recreational Therapy
- 2015-2017 Member, Health Science and Recreation Department Open House Committee
- 2015-2017 Member, Health Science and Recreation Department Morale/Social Committee
- 2014-present Faculty mentor for cohort teaching Recreational Therapy courses
- 2014-present Coordinator, Complementary and Alternative Practices minor
- 2013-2014 Lead, accreditation report for Recreation Therapy curricula
- 2011-present Multi-section Course Coordinator, RECL 10 GE faculty cohort
- 2007-2010 Member, Recreation Department Curriculum Committee
- 2006-present Advisor, Recreation Therapy Association (student club)
- 2005-present Coordinator, Recreation Therapy program and curricula
- 2000-2005 Advisor, sjspirit.org student organization,
- 1999-2002 Advisor, Recreation Student Association,

### **Service to the Community**

- 2017-ongoing Board Member, Board of Directors, Wiraqocha Foundation. Ongoing.
- 2017 Guest speaking, Graduate course at San Francisco State University, Recreation Management.

- 2017 Consultation, Recreation Therapy, Baywood Court Tri-level Care Community,
- 2017 Consultation, Implementation of Transformative Travel, Muddy Shoe Corporation.
- 2017 Interview panelist, regarding hire of a key Recreational Therapist position, City of Santa Clara Community Center.
- 2016 Consultation, Recreation Therapy. Terraces of Los Gatos, Tri-level Care Community.
- 2015 Consultation, Implementation of transformative travel, Alternative Escapes Corporation.
- 2014-17 Consultation to MidPen Housing organization an helped them to implement Recreational Therapy (RT). This strategic and collaborative was successful and the agency hired their first RT in 2016 and launched an internship program in 2017.
- 2015 Consultation, Implementing evidence-based practice and research, Santa Clara Valley Medical Center, Recreation Therapy.
- 2005 Volunteer Coordinator and Master of Ceremonies for Shared Adventures, a non-profit organization’s event “A Day at the Beach” that yields over 300 participants who have disabilities and over 300 volunteers.

**Advising Responsibilities**

- 2000-present Currently advise more than 120 students (one degree and one minor)
- 2011-2015 Implemented the pilot project in partnership with Academic Counseling, “Group Advising for Successful Graduation.”
- 2012 Designed and initiated electronic advising and webpage that guides students to be informed about academic forms and procedures.

**Certifications and Trainings Earned**

- 2018 Anxiety Tech Training
- 2018 Neurofeedback 4-day Intensive
- 2016 Neurofeedback 4-day Intensive
- 2016 Biofeedback 5-day Intensive
- 2015 HeartMath Clinical Biofeedback for Health Professionals
- 2013 Aquatic Therapy Certification
- 2012 Completed a series of self-funded trainings that establish theoretical and practical foundations for research, curriculum development, and study abroad.
  - 10-day training, Mexico City. February, 2012.
  - 4-day training; Ashland, OR, April, 2012.
  - 4-day training: Ashland, OR, October, 2012.
- 2011 Completed a series of self-funded trainings costing about \$10,000 total, which form theoretical/conceptual foundations for research, curriculum development, and study abroad.
  - 10-day training, Cuzco, Peru, August, 2011.

- 6-day train the trainer, Ontario, Canada, September, 2011.
  - 4-day training, Ashland, OR, November, 2011.
- 2011 Lead facilitator, Hatun Karpay Training, Wiraqocha Foundation.
- 2007 California Board of Recreation and Parks Certification (CBRPC),  
Recreation Therapy Certified (RTC)
- 2000 Social Services Management Training
- 1990-1996 Ropes and Challenge Course Certification
- 1996-present National Council for Therapeutic Recreation Certification (NCTRC),  
Certified Therapeutic Recreation Specialist
- 1997 Management of Aggressive Behavior

### **Awards & Merit**

- 2018 Legendary Achievement Award, Bay Area Recreation Therapy Association
- 2018 Nominated for a College of Health and Human Sciences Service Award
- 2017 California Educator of the Year Award. CPRS, RT Section
- 2014 Service-Learning and Community Engagement Awardee
- 2012 California Educator of the Year Award. CPRS, RT Section.
- 2010 Applied for and was granted sabbatical for Fall 2010.
- 2007 Nominated for Outstanding Lecturer of the Year Award
- 2007 Nominated for Rada Distinguished Alumni Award, University of Wisconsin-La Crosse, WI.
- 2007 Merit and range elevation awarded, San José State University.
- 2005 President's Global Studies Fellow, Peru.
- 2004 President's Global Studies Fellow, Costa Rica.
- 1994 Peg Connolly Scholarship Awardee
- 1992 International Association for Experiential Education scholarship

### **Member Organizations: (member since)**

- 1994 American Therapeutic Recreation Association
- 2000 Bay Area Therapeutic Recreation Association
- 2002 California Parks and Recreation Society