

Regina Chow Trammel, Ph.D., L.C.S.W.
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EDUCATION

Ph.D., Social Work August 2016
Baylor University, Waco, TX
Dissertation: *Christian-Informed Mindfulness: A Theoretical and Empirical Exploration*
Committee: Drs. Helen Harris, James Ellor, Samantha Vo, Gaynor Yancey, Roger Olson,
all from Baylor University. Dr. Paul Kaak, Azusa Pacific University

Master of Social Work May 2001
University of Central Florida, Orlando, FL

Bachelor of Arts May 1998
Occidental College, Los Angeles, CA
Major-Psychology; Minor-Asian Studies
Richter Fellow-Effects of the 1997 Turnover in Hong Kong

ACADEMIC POSITION

**School of Behavioral and Applied Sciences,
Azusa Pacific University, Azusa, CA**

Professor, Department of Social Work August 2022-present

Associate Professor, Department of Social Work August 2019-2021

Assistant Professor, Department of Social Work August 2012-2019

Courses taught:

- Introduction to the Social Work Profession-MSW
- Evidence-Informed Research-MSW
- Micro Theory/Human Development-MSW
- Family Therapy-MSW
- Human Sexuality and Sex Therapy-MSW
- Clinical Practice with Groups-MSW
- Capstone Leadership-MSW
- Practice I: Engagement & Assessment-MSW
- Field Seminar and Senior Practicum Seminar – BSW

RESEARCH AGENDA

My research agenda centers around theoretical and operationalized concepts of mindfulness, its efficacy through quantitative and qualitative methods, and mindfulness intervention research.

PUBLICATIONS

Books

Scales, T. L. & Trammel, R. C. (Eds.). *Christianity and Social Work: Readings on the Integration of Christian Faith and Social Work Practice*. (7th ed.). [Manuscript in preparation]. North American Association of Christians in Social Work.

Trammel, R. C. & Trent, J. T. (2021). *A Counselor's Guide to Christian Mindfulness: Engaging the Mind, Body, and Soul in Biblical Practices and Therapies*. Zondervan/Harper Collins Christian.

- Winner: Counseling Book of the Year, [Outreach Magazine](#), March, 2022.

Book Chapter

Garland, D. S. & Trammel, R.C. (2015). Christina Dobal: Community Advocate. In D.S. Garland (Ed.), *Why I am a social worker: 25 Christians tell their life stories* (pp. 95-100). Botsford, CT: North American Association of Christian Social Workers.

PEER REVIEWED ARTICLES

Trammel, R. C., & Lee, S. (2023). Insights from pastors on Christian mindfulness: What social workers can learn about spiritual integration in mindfulness. *Social Work and Christianity*, 50(2), 164-190. <https://doi.org/10.34043/swc.v50i2.328>

Trammel R. C. (Ed). (2022). Health and mindfulness: A Christian approach. [Special Issue]. *Religions*. https://www.mdpi.com/journal/religions/special_issues/mindfulness_Christian#editors.

Trammel, R. C., Park, G., Karlsson, I. (2021). Religiously-oriented mindfulness for social workers: Effects on mindfulness, heart rate variability, and burn-out. *Journal of Religion and Spirituality in Social Work: Social Thought*, 40(1), 1-20
<https://doi.org/10.1080/15426432.2020.1818358>.

Trammel, R. C. (2018) Effectiveness of an MP3 Christian mindfulness intervention on mindfulness and perceived stress. *Journal of Mental Health, Culture, and Religion*, 21(5), 500-514. <https://doi:10.1080/13674676.2018.1505837>.

Trammel, R. C. (2018). A phenomenological study of Christian practitioners who use mindfulness. *Journal of Spirituality and Mental Health*, 36, 367-383. <https://doi:10.1080/15426432.2017.1295822>.

Trammel, R. C. (2017). Tracing the roots of mindfulness: Transcendence in Buddhism and Christianity. *Journal of Religion & Spirituality in Social Work: Social Thought*, 36, 367-383. <http://dx.doi.org/10.1080/15426432.2017.1295822>

Trammel, R. C. (2015). Mindfulness as enhancing ethical decision-making and the Christian integration of mindful practice. *Social Work & Christianity*, 42(2),165-177.

GRANTS & AWARDS

Collective Mindfulness Grounded in Christianity: Definition, Process, and Its Efficacy on Improving Mindfulness, Collectivism, and Heart Rate Variability
Grant inquiry submission with Co-PI: Andrew Shelton, PhD to the John Templeton World Charity Foundation, July 2023 (Awaiting decision)

Asian American and Pacific Islander Communities: Mental Health and Wellness Course Lead of the Asian American Studies Certificate, National Endowment for the Humanities-Humanities Initiative Grant and President's Grant at Azusa Pacific University. PI: Nori Henck (Awarded).

The impact of Christian-based mindfulness interventions on the therapeutic alliance and treatment outcomes for depression
Grant inquiry submission with Loren Martin, PhD to the John Templeton Foundation, July 2022 (not invited for full submission)

Mindfulness for Pastoral Burn-out Prevention: Intervention and Study.
Grant sponsored by the President's Office
Awarded Amount: \$23,328 -Azusa Pacific University, 2021 (Awarded and Ongoing)

Evaluating the impact of an MP3 Christian-based mindfulness intervention on burn-out and heart rate variability as an indicator of stress for social work practitioners
Grant sponsored by Office of Research and Grants
Awarded Amount: \$3,600.00 - Azusa Pacific University (e.g., Faculty Research Grant), 2019

Effects of Christian mindfulness training on heart rate variability, levels of mindfulness, and perceived stress of students at a Christian university
Grant sponsored by BAS
Awarded Amount: \$2,000.00 - Azusa Pacific University (e.g., Faculty Research Grant), 2018

Baylor University Graduate Student Research Travel Award
Recipient of competitive \$300 award to support travel to an academic conference, 2015

REFEREED PROFESSIONAL PRESENTATIONS

- Trammel, R.C. (2022, November). *Navigating the practice world: Wisdom for BIPOC practitioners* [Invited Panel Presentation]. Minority Fellowship Program of the Council of Social Work Education. Anaheim, CA, United States.
- Trammel, R. C., and Lee, S. (2021, November). *Pastors and mindfulness: Results of a qualitative study*. Presentation at the Annual Conference of the North American Association of Christian in Social Work. Glendale, CA
- Trammel, R. C. (2021, September). *The nuts and bolts of creating a safe space for those impacted by Race-based Trauma*. Presentation at the American Association of Christian Counselors World Conference, Orlando, FL, United States.
- Trammel, R. C. (2021, January). *Religiously-oriented mindfulness for social workers: Effects on mindfulness, heart rate variability, and burn-out*. [Virtual Poster Presentation] Annual Conference of the Society for Social Work Research.
- Trammel, R. C., Boyd, S., and Monteverdi, J. (2019, November). *Leveraging Belief and Unbelief for Reflective Learning in Social Work: Professor and Student Narratives in a Christian University*. [Paper Presentation]. Annual Conference of the North American Association of Christian in Social Work. Indianapolis, IN, United States.
- Trammel, R. C. (2018, October). *Christian practitioners' experiences providing mindfulness-based therapies*. [Paper Presentation]. Annual Conference of the North American Association of Christians in Social Work. Hartford: CT, Unites States.
- Trammel, R. C. & Payne, J. S. (2017, November). *Improving religious literacy toward our responsiveness to current political and social issues*. [Conference Presentation]. California Regional Conference of the Council of Social Work Education. Los Angeles, CA, United States.
- Trammel, R.C. & Payne, J. S. (2017, October). *Improving religious literacy toward our responsiveness to current political and social issues*. [Conference Presentation]. Annual Conference of the Council of Social Work Education. Dallas, TX, United States.
- Trammel, R.C. (2016, November). *Effectiveness of a Christian mindfulness intervention on mindfulness traits: A randomized-controlled study*. [Paper Presentation] at the Annual Conference of the North American Association of Christians in Social Work. Cincinnati, OH, United States.
- Trammel, R. C. (2016, January). *A randomized-controlled study using the mindful attention and awareness scale to evaluate a 6-week MP3 Christian mindfulness intervention*. [Poster Presentation]. Annual Conference of the Society of Social Work Research. Washington D.C, United States.

Guzman, C. & **Trammel, R. C.** (2015, April). *Promoting mental health with BSW students in field internship*. Presentation at the Spring 2015 Field Instructor Training at Azusa Pacific University, Azusa, CA, United States.

Trammel, R. C. (2014, November). *Mindfulness in the Christian tradition: Implications for practice*. [Conference Presentation]. Annual Conference of the North American Association of Christians in Social Work. Annapolis, MD, United States.

Raine, L., & **Trammel, R. C.** (2013, November). *Spirituality with postpartum Asian and Hispanic Women: Fear to strength*. [Conference Presentation]. Annual Conference of the North American Association of Christians in Social Work. Atlanta, GA, United States.

Ali, F. & **Trammel, R. C.** (2011, November). *Blues clues: Identifying and treating postpartum depression and anxiety*. [Conference Presentation]. National Association of Social Workers Illinois State Conference. Oak Brook, IL, United States.

INVITED PROFESSIONAL PRESENTATIONS & TRAININGS

Trammel, R. C. (2023, September). Christian Mindfulness for Rest. Christ Kaleidoscope Weekend Retreat, Palomar Christian Conference Center

Trammel, R. C. (2023, August). Christian Mindfulness for Educators. Club Rewire at Notre Dame High School, Sherman Oaks, CA

Trammel, R. C. (2023, June). Christian Mindfulness for Burnout. Christ Kaleidoscope, Irvine, CA.

Trammel, R. C. (2023, May). Mental health and the Church. Shepherd Church, Porter Ranch, CA.

Trammel, R. C. (2023, May). Is Mindfulness Actually Christian? Erasing Shame Podcast with D.J. Chuang. <https://youtu.be/psFvzpGkW-M>

Trammel, R. C. (2022, December). Christian Mindfulness in Preventing Chronic Fatigue and Burnout Syndrome. [Virtual Conference Presentation]. Spirituality in Medicine Conference, Polish Association for Spiritual Care in Medicine.

Trammel, R. C. (2022, September). Christian Mindfulness: A Faith Integrated Approach to Nourish Peace. [Invited Chapel Speaker]. Rosemead School of Psychology, Biola University.

- Trammel, R. C. (2021, November). The Difference Between Therapy and Coaching. <https://podcasts.apple.com/us/podcast/the-difference-between-therapy-coaching-with-dr/id1570351111?i=1000540488815>. Novus Global.
- Trammel, R. C. (2021, September). Christian Mindfulness https://www.happyasianwoman.com/podcast/29-amp-30-christian-mindfulness-wdr-regina-chow-trammel?fbclid=IwAR1J-C4GCD-j64CiCB1oBM2JFXTFcEq-ijdIgSzkqUB6LMqO_oTUD3YmQG0. Alice Chen, Happy Asian Woman.
- Trammel, R. C. (2021, April). [Lifting Our Voices: APU Asian Women Speak](#) [Invited Panel Presenter]. Office of Diversity, Equity and Inclusion, Azusa Pacific University
- Trammel, R. C. (2020, October). Christian Mindfulness for those struggling with Depression and Anxiety. [Invited Virtual Conference Presentation] at the Church and Mental Health Summit. <https://church-mental-health-summit.heysummit.com/talks/mindfulness-and-the-christian/>.
- Trammel R.C. & Lehmann, C. (2020, December) Identifying and Responding to Co-Occurring Mental Health & Substance use Disorder Complexities Among Youth: Trauma-Informed Care, Mindfulness & Resilience [Virtual Training]. L.A. County Department of Health and California Institute for Behavioral Solutions.
- Trammel, R. C. (2020, November). Christian mindfulness and joyful awareness. <https://www.youtube.com/watch?v=1JDx6IYuM8A&feature=youtu.be>. Reverend Summer Joy, The Presence Project.
- Trammel, R. C. (2019, November). Integrating Body, Mind, and Soul: The Value and Practice of Integrating Christian Mindfulness in Social Work Practice. [Invited Presentation] Annual Conference of the North American Association of Christians in Social Work. Indianapolis, IN, United States.
- Trammel, R. C. (July 2019). Culturally adapted Mindfulness-Based Stress Reduction (MBSR) for the Chinese Population. Herald Christian Health Center, Rosemead, CA, United States.
- Trammel, R. C. (October 2018). Mindfulness for Moms. [Invited Podcast Speaker]. Mandy Arioto-CEO of Mothers of Preschoolers (MOPS)
- Trammel, R. C. (February, 2018). Mindfulness for busy moms [Invited Guest Speaker] Mindful Mamas Group by Dr. Margaret Lee at Playlab, Pasadena, CA,
- Trammel, R. C. (May 2018). Mindfulness in supervision: Promoting Self-Awareness as Part of Professional Development. [Invited Guest Speaker] APU MSW Field Instructors.
- Trammel, R. C. (March 2018). Christian Mindfulness: Training for Counselors. [Invited Trainer] Asian American Christian Counselors

Trammel, R. C. (April, 2017). Using mindfulness to deal with everyday pressures: TEDxAzusa Pacific University <https://www.youtube.com/watch?v=zmEgH6i3HWE>.

Trammel, R. C., (March, 2017). On women entering the workforce. [Invited Panel Speaker] EmpowHer, Azusa Pacific University

Guzman, C., & **Trammel, R. C.** (2014, April). Supervision with non-traditional students. [Power point-Presentation] Spring 2014 Field Instructor Training at Azusa Pacific University. Azusa, CA, United States.

Trammel, R.C. (2011, June). Discussion of symptoms and treatment of postpartum mood and anxiety disorders. [Presentation] Edward Hospital, Naperville, IL.

PROFESSIONAL LEADERSHIP

Board Vice President, overseeing nominations committee, budget turnaround, publications and member engagement

Chair of Executive Director Search Committee 2022-present
North American Association of Christians in Social Work

Board Member

North American Association of Christians in Social Work January 2020-2021

Clinical Curriculum Committee Chair, Master of Social Work August 2021-present
Member of Clinical Committee Azusa Pacific University August 2019-May 2020

Secretary, Society for Spirituality in Social Work April 2018-2023

Spirituality Track Co-chair,

Council of Social Work Education January 2017-2023

UNIVERSITY SERVICE & LEADERSHIP

Member, Faculty Evaluation Council, Decision Review Committee Chair and TTRP Chair, various schools 2022-present

Chair, Working Group on Faith Integration, Provost's Office, APU 2021-2022
Member of Working Group 2020-2021

Mentor, Donna Gallup, Ed.D. for the Office Of Research & Grants, Jr. Faculty Mentorship Program 2019-2020

Chair, Clinical Curriculum Committee, Department of Social Work, Master of Social Work, Azusa Pacific University 2017-present

Chair, Undergraduate Curriculum Committee,
a sub-committee of Undergraduate General Studies Council,
Azusa Pacific University

2013-2017

NON-REFEREED ARTICLES AND MEDIA

Trammel, R.C. (2021). The truth of peace in Christ. In All Things,
<https://inallthings.org/tag/christian-mindfulness/>

Trammel, R.C. (2021). The lament of Wednesday nights. RECLAIM magazine,
<https://www.asianamericanchristiancollaborative.com/article/the-lament-of-wednesday-nights>

Los Angeles Times Article, April 30, 2020 <https://www.latimes.com/lifestyle/story/2020-04-30/quarantine-tips-isolation-self-discovery>

PROFESSIONAL SERVICE

Manuscript Reviewer for Journal of Mindfulness & British Journal of Social Work (Oxford Press) Summer, 2023

Facilitator for Roundtable on “Abortion”, North American Association of Christians in Social Work November, 2022

Facilitator for Roundtable on “Policing & Social Work”, North American Association of Christians in Social Work November, 2021

Invited Panel Speaker, “So you want to be a social worker”, North American Association of Christians in Social Work, student track November, 2019

Facilitator for Roundtable on “Hate Crimes”, North American Association of Christians in Social Work November, 2019

Facilitator for Roundtable on “Climate Change, Creation Care and Implications for Social Work”, North American Association of Christians in Social Work, Online September 2019

Manuscript reviewer for peer-reviewed journal, *Journal of Religion & Spirituality in Social Work: Social Thought* May 2019-present

Facilitator for Roundtable on “Race/Ethnicity”

at the North American Association of Christians in Social Work	November 2018
Manuscript reviewer for peer-reviewed journal, <i>Mindfulness</i>	October 2017-present
Manuscript reviewer for a peer-reviewed journal, <i>Social Work and Christianity</i>	November 2016
Workshop reviewer, North American Association of Christians in Social Work	March 2014-Present

SOCIAL WORK EMPLOYMENT

**Private Practice LCSW,
reginachowtrammel.com** 2021-present

Provide tele-health individual therapy during COVID-19. Current client caseload is small, but due to recent uptick in Asian American hate, providing therapy through a racial trauma lens, using DBT skills. Facilitated groups for the Asian Mental Health Collective as one of their support group leaders to assist in providing mental health support to the Asian American community during the summer of 2021, when there was an exponential uptick of hate crimes against the Asian population.

**Private-Practice LCSW,
Naper Clinical Behavioral Services, Inc., Naperville, IL** 2005 – 2012

Provided individual, family, and group therapy specializing in the treatment of depression and bipolar depression, postpartum mood and anxiety disorders, post-traumatic stress disorder related to sexual abuse history, eating disorders, anxiety, job management stress, family and couples therapy, emerging adult issues, self-injury, and substance abuse. Trained social work students attending local colleges who observed my Postpartum families group. Provided support and clinical therapy to address the needs of families suffering from postpartum mood and anxiety disorders as an Edward Hospital consultant. Developed and wrote curriculum for *Healing Within*, a sexual abuse trauma group curriculum for women.

Clinical Therapist, Linden Oaks Hospital at Edward, Naperville, IL 2002-2005

Provided individual, family, and group therapy and case management within psychiatric outpatient and partial hospitalization programs, including chemical dependency. Supervised and provided training to MSW student interns in field placement at the hospital.

Director of Social Services, LifeStream Behavioral Center, Leesburg, FL 2001-2002

Managed and oversaw the intake, clinical therapy, activities, and case management departments for inpatient psychiatric and addictions programs. Created an internship program for MSW field placement students attending local colleges. Supervised and provided training to MSW students in field placement. Total staff overseen: 40-50 employees.

Home-based Clinician, STAR Consultants, Orlando, FL 2000-2001

Provided home-based behavioral- therapy to children suffering from anxiety, depression, and self-injury.

Case Manager, Children's Home Society, Orlando, FL 1999-2000

Conducted home visits and provided play-based individual therapy for TANF program recipients and their families.

MEMBERSHIPS AND ASSOCIATIONS

North American Association of Christian Social Workers, Board member since 2020
Society for Spirituality in Social Work, Secretary since 2019
Society of Social Work Researchers
Council of Social Work Education
International Society for Traumatic Stress Studies
Asian Mental Health Collective

CLINICAL PRACTICE SKILLS

Mindfulness Based Stress Reduction (MBSR)-Certified
Dialectical Behavioral Therapy (DBT)-Skills, Marsha Linehan, Trainer on Psychwire, updated April 2021
Cognitive-Behavioral Therapy (CBT)
Mindfulness-based Cognitive Therapy (MBCT)
Acceptance and Commitment Therapy (ACT)
Narrative Therapy
Family Systems
Psychopharmacology
Certified by Postpartum International as a Perinatal Mood Disorders Specialist
Reflective Structured Dialogue (<https://www.whatisessential.org/>)

COMMUNITY SERVICE

Support Group Facilitator, Asian Mental Health Collective May-June 2021

Volunteer, Kids Program, Christian Assembly Church, Los Angeles, CA August 2012-present

Volunteer Co-leader, Mercy and Justice Team of
Parkwood Community Church, Naperville, IL
(A second-generation Asian-American church)

2007-2008