

Regina Chow Trammel, PhD, LCSW (IL # 149.010691)
Department of Social Work, School of Behavioral and Applied Sciences
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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

Associate Professor, Department of Social Work August 2019-present
Assistant Professor, Department of Social Work August 2012-2019
Azusa Pacific University, Azusa, CA

Courses taught:

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

PUBLICATIONS

Book (under contract, 2020)

Trammel, R.C. and Trent, J. *Wherever You Go, There God Is: A Counselor's Guide to Christian Mindfulness*.
Grand Rapids, MI: Zondervan Reflective

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.

REFEREED ARTICLES

- Trammel, R.C., Park, G., Karlsson, I. (in press). Religiously-oriented mindfulness for social workers: Effects on mindfulness, heart rate variability, and burn-out. *Journal of Religion and Spirituality in Social Work*.
- 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.
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. 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.
- Trammel, R.C. (2015). Mindfulness as enhancing ethical decision-making and the Christian integration of mindful practice. *Social Work & Christianity, 42(2)*, 165-177.

PROFESSIONAL PRESENTATIONS

- 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*. Presentation at the Annual Conference of the North American Association of Christian in Social Work. Indianapolis, IN
- Trammel, R.C. (2018, October). *Christian practitioners' experiences providing mindfulness-based therapies*. Presentation at the Annual Conference of the North American Association of Christians in Social Work. Hartford: CT.
- Trammel, R.C. & Payne, J.S. (2017, November). *Improving religious literacy toward our responsiveness to current political and social issues*. Presentation at the California Regional Conference of the Council of Social Work Education. Los Angeles, CA
- Trammel, R.C. & Payne, J.S. (2017, October). *Improving religious literacy toward our responsiveness to current political and social issues*. Presentation at the Annual Conference of the Council of Social Work Education. Dallas, TX
- Trammel, R.C. (2016, November). *Effectiveness of a Christian mindfulness intervention on mindfulness traits: A randomized-controlled study*. Presentation at the Annual Conference of the North American Association of Christians in Social Work. Cincinnati, OH.
- 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 at the Annual Conference of the Society of Social Work Research. Washington D.C.
- 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
- Trammel, R.C. (2014, November). *Mindfulness in the Christian tradition: Implications for practice*. Presentation at the Annual Conference of the North American Association of Christians in Social Work. Annapolis, MD.
- Guzman, C., & Trammel, R.C. (2014, April). *Supervision with non-traditional students*. Presentation at the Spring 2014 Field Instructor Training at Azusa Pacific University. Azusa, CA.
- Raine, L., & Trammel, R.C. (2013, November). *Spirituality with postpartum Asian and Hispanic Women: Fear to*

strength. Presentation at the 2013 Annual Conference of the North American Association of Christians in Social Work. Atlanta, GA

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

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

AWARDS/RECOGNITION

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)

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)

Baylor University Graduate Student Research Travel Award

Recipient of competitive \$300 award to support travel to an academic conference

INVITED PRESENTATIONS & TRAININGS

Invited Pre-Convention Institute Speaker, (2019, November). *Integrating Body, Mind, and Soul: The Value and Practice of Integrating Christian Mindfulness in Social Work Practice*. Invited Presentation at the Annual Conference of the North American Association of Christians in Social Work. Indianapolis, IN

Invited Trainer, (July 2019). *Culturally adapted Mindfulness-Based Stress Reduction (MBSR) for the Chinese Population*. Herald Christian Health Center, Rosemead, CA

Invited Podcast Speaker, Mandy Arioto-CEO of Mothers of Preschoolers (MOPS), (October 2018). *Mindfulness for Moms*

Invited Guest facilitator, by Dr. Margaret Lee at Playlab, Pasadena, CA, (February, 2018). Mindful Mamas Group

Invited Speaker, APU MSW Field Instructors. (May 2018). Mindfulness in Supervision: Promoting Self-Awareness as Part of Professional Development

Invited Trainer, Asian American Christian Counselors, (March 2018). Christian Mindfulness: Training for Counselors

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

Invited Panel Speaker, EmpowHer, Azusa Pacific University (March, 2017). On women entering the workforce

MEDIA

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

UNIVERSITY SERVICE

Chair, Clinical Curriculum Committee, Department of Social Work, Master's 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

PROFESSIONAL SOCIAL WORK SERVICE

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 Convention November 2018

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

Manuscript reviewer for peer-reviewed journal, *Mindfulness* October 2017-present

Spirituality Track Co-chair, Council of Social Work Education January 2017-present

Manuscript reviewer for a peer-reviewed journal, *Social Work and Christianity* November 2016

Workshop reviewer, North American Association of Christians in Social Work March 2014-Present

MEMBERSHIPS/ASSOCIATIONS

North American Association of Christian Social Workers
Society for Spirituality in Social Work
Society of Social Work Researchers
Council of Social Work Education
International Society for Traumatic Stress Studies

SOCIAL WORK EMPLOYMENT

**Private-Practice LCSW,
Napier 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.

CLINICAL PRACTICE SKILLS

Mindfulness Based Stress Reduction (MBSR)-Certified
Dialectical Behavioral Therapy (DBT)
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

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