

## **ANN BRAND, PH.D.**

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## **EDUCATION**

**University of North Carolina, Chapel Hill:** Ph.D., Psychology, Child/Family Track, December 2001.

**University of North Carolina, Chapel Hill:** M.A., Clinical Psychology, December 1997

**University of Michigan, Ann Arbor:** A.B., Sociology, May 1992.

## **LICENSURES AND CERTIFICATIONS**

**The Mindfulness Institute:** Graduate of year-long mindfulness teacher training program, January 2015.

## **WORK EXPERIENCE**

Industry

**Mindfulness Instructor** September 2014 to present

**Mindfulness Program Specialist**, Arts Integration Menomonie September 2015 to present

## **PUBLICATIONS**

Hastings, P. M., Klimes-Dougan, B., Kendziora, K., **Brand, A. E.** & Zahn-Waxler, C. (2014). Regulating sadness and fear from outside and within: Mothers' emotion socialization and adolescents' parasympathetic regulation predict the development of internalizing difficulties. *Development and Psychopathology*, 26(4), 1369-1384.

Berg, R., **Brand, A. E.** & Grant, J. (February, 2014). Leveraging recorded mini-lectures to increase student learning. *Online Classroom*, Retrieved from <http://www.magnapubs.com/newsletter/online-classroom/>

**Brand, A. E.** & Klimes-Dougan, B. (2010). Emotion socialization in adolescence: The roles of mothers and fathers. *New Directions in Child and Adolescent Development*, 128, 85-100.

## **PAPER PRESENTATIONS**

Crothers, M. K., **Brand, A. E.**, & Beck, S. A. (2017, July). *Efficacy of a brief mindfulness-based intervention program for anxiety reduction: Second phase of a two-phase pilot study.* Poster presented at the 5<sup>th</sup> World Congress on Positive Psychology, Montreal, Quebec, Canada.

Crothers, M. K., **Brand, A. E.**, & Beck, S. A. Donovan, Z. D., Gugel, T., Schneider, C., & Loew, S. (2016, June). *Evaluation of a brief mindfulness-based intervention program for anxiety reduction*. Poster presented at the 8<sup>th</sup> European Congress on Positive Psychology, Angers, France.

Reigstad, K., Klimes-Dougan, B., & **Brand, A. E.** (2012, April). *Depressed and non-depressed mothers and the emotional scaffolding of their children*. Poster session presented at the Minnesota Psychological Association (MPA) 76th Annual Educational Conference and Exposition, Minnetonka, MN.

### **ORAL PRESENTATIONS**

**Brand, A. E.** (2017, April). *Self-care as a teaching tool: Mindfulness for educators*. Presented at the Early Childhood Education Conference, University of Wisconsin-Stout, Menomonie, WI.

**Brand A. E.** (2016, April). *Tending the heart of education: Mindfulness practices for educators*. Keynote address presented at Early Childhood Education Conference, University Wisconsin-Stout, Menomonie, WI.

McAlister, B., & **Brand A. E.** (2015, April). *A mindful approach to self-care for educators*. Presented at the Early Childhood Education Conference, University of Wisconsin-Stout, Menomonie, WI.

McAlister, B., **Brand, A. E.**, Hamilton, M., Salt, R., & Reinke, J. S., (2015, April). *Contemplative practices in higher education: A community of practice*. Presented at the Office of Professional & Instructional Development Conference, Green Lake, WI.

### **BOARD MEMBERSHIP:**

**Advisory Board for the Career and Technical Education Program, School of Education, University of Wisconsin-Stout** (Fall 2010 to Spring 2017).

**Board Member, Arts Integration Menomonie (AIM), University of Wisconsin-Stout** (December 2014 to present).

**Board Member, Mental Health Matters, Eau Claire County Health Department** (September 2017 to present).

### **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:**

American Mindfulness Research Association

American Psychological Association

Section 2: Society for the Teaching of Psychology

International Mindfulness Teacher Association

Mindfulness Institute, Accredited Teacher