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# **Updated 6/1/17**

# **CURRICULUM VITAE**

**Deborah R. Ringdahl**

**Business Address:**

University School of Nursing

6-115 WDH, 308 Harvard Street

Minneapolis, Minnesota 55455

Office (612) 624-0913

Fax (612)626-6606

**Academic Rank**

Clinical Associate Professor, Child Family Health Cooperative, University of Minnesota School of Nursing

**Education**

**Degree Institution Date Degree Granted**

B.A. Luther College 1977

Decorah, IA

B.S.N. St. Louis University School of Nursing 1978

St. Louis, MO

M.S. University of Minnesota School of Nursing 1983

Minneapolis, MN

D.N.P. University of Minnesota School of Nursing 2009

Minneapolis, MN

**Licenses, certifications**

State of Minnesota Board of Nursing-Registered Nurse License, 1978 - present; R 87633-1

American Midwifery Certification Board - Certified Nurse Midwife, Certification #2049; 2009, 1983- present

**Positions/Employment**

University of Minnesota, School of Nursing

Minneapolis, MN

Clinical Associate Professor 9/15-present

University of Minnesota, School of Nursing

Minneapolis, MN

Clinical Assistant Professor (Associate Professor, 9/15) 9/07 – present

University of Minnesota, School of Nursing

Minneapolis, MN

Teaching Specialist 3/92 – 5/07

Fairview Riverside Women’s Clinic

Minneapolis, MN

Certified Nurse-Midwife 10/97-6/05

Community University Health Care Clinic (CUHCC)

Minneapolis, MN

Certified Nurse-Midwife 3/92-5/95

Oakdale OB-GYN Clinic

Robbinsdale, MN

Certified Nurse-Midwife 8/89 - 3/92

Women's Health Care Associates

Minneapolis, MN

Certified Nurse-Midwife 3/89 - 8/89

Planned Parenthood of Minnesota

Minneapolis, MN

Women’s Health Nurse Practitioner 1/88 - 3/89

University of Wisconsin at Eau Claire, WI

Eau Claire, WI

Undergraduate Maternity Nursing Faculty 1/85 - 12/87

University of Minnesota

Minneapolis, MN

Nurse-midwifery Adjunct Faculty 1/84 - 12/84

Hennepin County Medical Center

Minneapolis, MN

Staff Certified Nurse-Midwife 1/83 - 12/84

Hennepin County Medical Center

Minneapolis, MN

Staff Nurse, Nurse-Midwife and Postpartum Units 10/79 - 12/82

University of Minnesota Hospitals

Minneapolis, MN

Staff Nurse, Medical Floor 9/78 - 9/79

**Current Membership in Professional Organizations**

American College of Nurse-Midwives

American Holistic Nursing Association

**HONORS AND AWARDS FOR RESEARCH/CREATIVE WORK, TEACHING, PUBLIC ENGAGEMENT, AND SERVICE**

***University of Minnesota***

E. Louise Grant Award, University of Minnesota School of Nursing, 2017

Daisy Award for Out of the Box Thinking, University of Minnesota School of Nursing, 2013

Public Service Award, University of Minnesota School of Nursing, 2005

## RESEARCH, SCHOLARSHIP, AND CREATIVE WORK

**FUNDED PROJECTS**

1. Promoting Excellence in APRN Education: A Regional Approach to Quality, Safety and Diversity, supported by: Advanced Education Nursing Grant, HRSA, Grant No. D09HP22637 (2011-2014). Extension for development of OSCEs (2015). Grant participation outlined below:

* Participant (5%) in objective 1 and lead (10%) for objective 2: Enhance the quality of the UMN, School of Nursing NM, ANP/WHNP and FNP specialty APN programs by providing innovative interprofessional and integrative health learning opportunities with underserved communities.
* Developed integrative health experiential day (11/2012 and 11/2013) in partnership with Northwestern Health Sciences University for women’s health, nurse-midwifery, and family nurse practitioner students.
* Developed a pilot program at Pillsbury Integrated Clinic (summer 2013) to determine feasibility and acceptability of advanced practice nursing role in the assessment/intake.

1. Awarded School of Nursing Foundation Grant 11/3-11/14 for “A Pilot Reiki Program on a Pediatric Blood and Marrow Transplant Unit (BMT)”.
2. Consultant and co-investigator: “Testing Feasibility, Acceptability, and Safety of Reiki Touch for Premature Infants”. Principle investigator: Laura Duckett, BSN, MS, PhD, MPH, awarded the Marilyn Sime Research Fellowship. Presentation by Laura Duckett at APHA Conference, November, 2010.

DNP capstone project, “Implementation of a Hospital-Based Reiki Program” completed 5/09.

# **PUBLICATIONS**

*Chapters in Books*

Ringdahl, D. (2014). Chapter 15 Integrative nursing and symptom management. In Kreitzer, M.J. & Koithan, M., Eds. *Integrative Nursing*, Oxford University Press [2nd edition in process].

Ringdahl, D. (2014). Chapter 25 Reiki. In Lindquist, R., Snyder, M., & Tracy, M.F. Eds *Complementary/Alternative Therapies in Nursing*, 7th ed. Springer Publishing Co.

Ringdahl, D. (2013). Chapter 8 Touch therapies in pregnancy and childbirth. In Avery, M. Ed. *Supporting a Physiologic Approach to Pregnancy and Birth: A Practical Guide*, Wiley-Blackwell.

Ringdahl, D. & Saftner, D. (2015). Chapter 8 section Nurse midwife. In Zaccagnini, M. & White, K. Eds. *The Doctor of Nursing Practice Essentials: A New Model for Advanced Practice Nursing,* 3rd ed. Jones and Bartlett Publishers.

Frisvold, M. & Ringdahl, D. (2013). Chapter 20 Maternal conditions impacting risk in pregnancy In Youngkin, E., Davis, M., Schadewald, D., & Juve, C. Eds. [*Women's Health: A Primary Care Clinical Guide ,4th ed*](http://www.amazon.com/Womens-Health-Primary-Clinical-Guide/dp/0131100262/ref=sr_1_1?s=books&ie=UTF8&qid=1328196068&sr=1-1)*.* Pearson, Upper Saddle River: NJ.

*Journals*

Braithwaite, C., & Ringdahl, D. (2017*)* Integration of a nurse administrated hand massage into outpatient chemotherapy infusion suite standard of care: An evidence based practice project. *Clinical Journal of Oncology Nursing* (publication date: 8/2017)

Avery, M., Ringdahl, D., Plumbo, P., & Juve, C. (2007). The transition to web-based education: Enhancing access to graduate education for women’s health providers. *Journal of Midwifery and Women’s Health,* 48(6), 418-425.

**SELECTED PRESENTATIONS**

Ringdahl, D. Feng Shui institute of the Midwestmember event (April 11, 2017). *Healing the Healers; Reiki Practice for Self and Other.* The Marsh, Minnetonka, MN.

Ringdahl, D. & Voss, M. First International Integrative Nursing Symposium (April 6, 2017). *Doctor of Nursing Practice Integrative Health and Healing: A New Degree, Paving the Way.* University of Minnesota School of Nursing and Center for Spirituality and Nursing, University of Arizona School of Nursing, Tucson, AZ.

Ringdahl, D. Integrative Health Symposium 2017. (February 24, 2017). *Integrative Nursing: Teaching Reiki to Parents and other Caregivers.* New York City, NY.

Ringdahl, D. & Voss, M. Teaching Reiki to Parents of Children Receiving Blood and Marrow Transplants: Extending Integrative Health into the Home. 2016 International Congress on Integrative Medicine and Health. Oral presentation at Las Vegas, Nevada (May 18, 2016).

Ringdahl, D. The role of intuition in Reiki practice, panel participant at Minnesota Reiki Conference (April 23, 2016). Metamorphosis Center, Burnsville, MN.

Ringdahl, D. Spiritual Care and Energy Healing Modalities: Ministry at the Crossroads: A conference for professional chaplains, residents, spiritual care providers (November 6, 2015). *The Chakra Energy System and Reiki as Healing Modality.* Spiritual Health Services, University of Minnesota Medical Center, Fairview.

Ringdahl, D. The Waters Highland Park staff education. *Principles and Practices of Integrative Nursing* (September 24, 2015) *Therapeutic Touch and Presence in Clinical Settings* (September 28, 2016).

Ringdahl, D. First International Integrative Nursing Symposium (May 18 - 20, 2015). *The Integrative Health and Healing DNP: A New Degree and a New Specialty.* University of Minnesota School of Nursing and Center for Spirituality and Nursing, University of Iceland School of Nursing, Reykjavík, Iceland.

Ringdahl, D. Keynote Speaker at Minnesota Reiki Conference (May 2, 2015). *Bridging Reiki Practice with  
Education and Research.* Metamorphosis Center, Burnsville, MN.

Ringdahl, D. Integrative Health Symposium 2015. (February 2015). *Integrative Nursing: Innovative Educational Strategies to Teach Clinical Decision Making.* New York City, NY.

Ringdahl, D. Health and Wellness, 11/14, presentation to Chi Omega chapter

Ringdahl, D. 41st Annual National Conference on Professional Nursing Education and Development (PNEG) (October 2014) *Teaching clinical decision-making through integrative nursing principles and storyline*. Co-presenter with Louise Delagran. Mayo Clinic, Rochester, MN.

Ringdahl, D. Commencement speaker, Northwestern Health Sciences University, 4/19/14.

Ringdahl, D. International Congress for Educators in Complementary and Alternative Medicine, 10/24/12, presentation on Integrative Health (IH) Content and Clinical Skills in Primary Care (PC): Advanced Practice Nursing Curriculum.

Ringdahl, D. Integrative Therapies for Nurse Leaders, presentation on Reiki, 10/12/11, sponsored by United Health Group

Ringdahl, D. Clinical Application of Integrative Therapies in Long Term Care Facilities, presentation on Reiki 9/21/11, sponsored by Goodman Group

Ringdahl, D. Finding Balance: Mind, Body, and Spirit, presentation on Reiki 7/21/11, sponsored by National Extension Association of Family and Social Services (NEAFCS) – MN for professional development day

Ringdahl, D. Overview of Reiki, 7/1/11, presentation to Kids in Health Careers (KIHC), sponsored by University of Minnesota

Ringdahl, D. Taking Charge of Your Health, presentation on Reiki 3/22/11, sponsored by the Center for Spirituality and Healing

Ringdahl, D. Integrative Therapies for Nurse Leaders, presentation on Reiki, 10/13/10, sponsored by United Health Group

Ringdahl, D. Overview of Reiki, 7/19/10, presentation to cardiac support group, Penny George Institute of Health and Healing

Ringdahl, D. Preceptor Education, 5/13/10, sponsored by American College of Nurse-Midwives, local chapter, 1 CEU offering

Ringdahl, D. Reiki for Nurse Caregivers, 4/24/10, APNA-MN Chapter Conference and State Meeting, co-provided with Minnesota Nurses Association, St. Peter, MN

Ringdahl, D. & Duckett, L. Reiki Touch for Premature Infants, 3/25/10, University of Minnesota Children’s Hospital, Fairview, 1 CEU offered to NICU staff

Ringdahl, D. Implementation of a Hospital-Based Reiki Program, 1/12/10, Presentation to staff at North Hawaii Community Hospital

Ringdahl, D. Integrative Therapies and Preconception Health, 10/8/09, 3rd Annual Preconception Health Conference sponsored by the Minnesota Department of Health and March of Dimes

Ringdahl, D. Implementation of a Hospital-Based Reiki Program, 9/17/09, Nursing Grand Rounds at Minneapolis Veterans Medical Center

Ringdahl, D. Integration of Reiki Touch Therapy into Nursing Care, 7/17/09, Lakeview Nursing Residency Program in Rice Lake, Wisconsin

# Ringdahl, D. Overview of Energy and Biofield Therapies, Holistic Health & Healing Summer Institute, University of Minnesota Center for Spirituality and Healing, 6/26/06, 6/19/07, 6/23/08, 6/18/09, 6/17/10, 6/17/11, 6/12/12, 6/13/13, 7/26/14, 6/15, 6/16

Ringdahl, D. Introduction to Kotter’s Change Theory, 2/6/09, Community University Health Care Center (CUHCC) Mental Health Staff in service

Ringdahl, D. Introduction to Reiki, 11/16/05, Teleconference presented to American Holistic Dental Association

Ringdahl, D. Teaching and Assessing with Cases using OSCES, partnered with Jane Miller, Sharon Allen, 7/21/05, Faculty Summer Camp Program through the Academic Health Center Office of Education

Ringdahl, D. Reaching Out to Clinical Preceptors: Development of an On-line Learning Course presented at MACN Conference, 11/7/03

Ringdahl, D. “Reiki Healing”(an introduction to one healing energy modality), 7/25/01, 7/24/02, and 7/23/03, presented at the Theoretical Foundations and Experiential Learning in Complementary and Alternative Therapies conference, sponsored by the School of Nursing, University of Minnesota, Minneapolis, MN.

Ringdahl, D. Preceptor Education Clinical Teaching, 5/9/03, in conjunction with Preceptor Appreciation Day at University of Minnesota School of Nursing

Ringdahl, D. Preceptor Education: Clinical Teaching, 4/23/01, presented to local ACNM chapter. A two-hour continuing education program to provide preceptors information on clinical teaching.

Ringdahl, D. & Avery, M. Professional Issues Update, 4/19/99, presented to local ACNM chapter. A one-hour continuing education program to update CNMs on current professional issues.

Ringdahl, D. Integration of Multimedia Distance Educational Technologies in Graduate Nursing Education (University of Minnesota School of Nursing), 2/26/98, presented at Health Informatics Seminar sponsored by the University of Minnesota.

Ringdahl, D. Women's Health Concerns, 3/94 presented at WIC Nutrition Education Conference

Ringdahl, D. A comparison between the length of labor, incidence of labor complications, and fetal outcome in a younger and older primiparous group. Paper presented at First International Congress of Women's Health Issues, Halifax, Nova Scotia, 10/84

**TEACHING AND CURRICULUM DEVELOPMENT**

**University of Minnesota**

2017 Spring: NURS6308, NURS7100, N7110, N7101

2016 Spring: NURS6308, NURS7100, NURS7110, NURS7110

Fall: NURS6214, NURS7209, NURS7210, N7000, N7110

2015 Spring: NURS7213, NURS7100, 20% CSPH

Fall: NURS7000, NURS7209, NURS7210, NURS7110, NURS6306

2014 Spring: NURS7213, NURS6925, NURS7100

Fall: NURS7000, NURS7209, NURS7210, NURS7110, NURS6305, NURS6306

2013 Spring: NURS7213, NURS6925, NURS7100, NURS7101

Fall: NURS7209, NURS7210, NURS7212, NURS6305, NURS6306

2012 Spring: NURS7213, NURS7310, NURS4502

Fall: NURS7000, NURS7209, NURS7210, NURS7212, NURS6305, NURS6306

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| **Guest lecturing**  NURS6308 3RD year nurse midwifery students, Integrative Health: Symptom Management and Stress Reduction, Spring 2017  NURS3801 sophomore nursing class, Nursing and Integrative Health, No time allotted, Fall, 2015, 2016, Spring 2017  Senior BSN student Integrative Workshop No time allotted Fall, 2012, 2013, 2014, 2015, 2016  NURS1020 Challenge of Nursing No time allotted  Fall 2012, 2013, 2014  CSPH 5101 Introduction to Integrative Healing Practices No time allotted Spring/Fall 2011-2015  NURS5034 Care of Complex Clients No time allotted, Fall 2014  CSPH 1001 Principles of Holistic Health and Healing No time allotted, Spring/Fall, 2010-2013  **Curriculum and online development** |  |  |  |
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###### Developed online interactive integrative nursing scenarios: [Addressing Post-Operative Pain](javascript:;) and [Symptom Management During Chemotherapy](javascript:;), 2014.

Nurse-Midwifery and Women’s Health Nurse Practitioner Core Courses – participated in course teaching and course development, significant updates to Women’s Reproductive Healthcare Fall 2013.

Developed Midwifery Integration Day content in conjunction with four integrative health classes accepted for CEUs through ACNM, 11/13.

Co-developed integrative health workshop for CRNA students, presented content on Touch Therapies in Perioperative Settings, 7/13.

Developed 1 credit courses Integrative Health and Healing Practicum I and 1-2 credit Integrative Healing Practicum II, including new site development, 2010.

Developed continuing education online module on Preceptor Education for Nurse-Midwives, adopted for use by other specialty areas in School of Nursing, 4/10

Co-author of Reiki online consumer module for Center for Spirituality and Healing, Taking Charge of your Health, co-authored with Pamela Miles, 3/07, updated 8/08

Reviewer and content expert for Integrative Nursing online consumer module for Center for Spirituality and Healing, Taking Charge of your Health, 2014

Reviewer for Holistic Pregnancy and Childbirth online consumer module for Center for Spirituality and Healing, Taking Charge of your Health, 9/07

Developed 1 credit course, Reiki Healing (CSPH 5535), offered 2003- 2009 through Center for Spirituality and Healing, University of Minnesota

Developed 1 credit course, Advanced Reiki Healing (CSPH 5536), offered 2004- 2009 through Center for Spirituality and Healing, University of Minnesota

Developed on-line Women’s Issues course (N5522) offered as 1-2 credits 2003-2009, Socio-Political Context of Women’s Health, University of Minnesota School of Nursing

Developed on-line Preceptor Education Module for use by adjunct faculty at University of Minnesota School of Nursing (2003). Adapted for all School of Nursing undergraduate and graduate preceptors (2005)

Developed web-enhanced course, Professional Issues in Nurse-Midwifery (N5501), Fall Quarter 1997. Converted to web-based course, spring semester 2002, University of Minnesota

Updated Women's Health Issues course and offered as Women's Issues: A Health Perspective, Winter Quarter, 1993-1999, cross-listed with Women’s Studies, University of Minnesota

Developed and implemented a semester course, Women's Health Issues, 1986 - 1987, University of Wisconsin, Eau Claire, WI

## PROJECT ADVISING

**BSN to DNP Scholarly Project**

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| **Student** | **Title** | **Status** |
| Heather Jelinek | *Implementation of a Group Prenatal Care Model at an Urban Women’s Clinic* | Completed Fall 2011 |
| Meara Peterson  Laura Sandquist | *Implementing Comprehensive Reproductive Services at a Metropolitan Milwaukee Charter School*  *Delirium Prevention Protocol for Hospitalized Older Adults* | Completed Spring 2012  Completed Spring 2012 |
| Jennifer Sherry | *Implementation of a Modified Group Prenatal Care Model for High-Risk Nurse-Midwifery Patients at a Suburban Clinic* | Completed Spring 2013 |
| Rachel Trelstad-Porter | *Implementation of a Patient Education Tool for Pain Management Incorporating Integrative Therapies* | Completed Spring 2013 |
| Sakeena Futrell | *Improving Patient Adherence to the Gardasil Vaccination Series with an Electronic Reminder System and Improving Nurses’ Knowledge of HPV* | Completed Spring 2013 |
| Emily Beaman | *Systems Improvement in the Delivery of Prenatal Care: An Ongoing Process Improvement Project in an Urban Community Clinic* | Completed Spring 2014 |
| Jean Schulte | *Utilization of Energy-based Integrative Therapies for Management of Pain, Anxiety, and Nausea on an Inpatient Surgical Unit* | Completed Spring 2014 |
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| Brie Zillhardt | *Measuring Quality Outcomes of Midwifery\* Led Care: How Waterbirth Data Collection Impacts Quality Improvement and Strategic Planning* | Completed Spring 2014 |
| Kathy Steele | *Implementing a Renewing Life Program for Veterans* | Completed Spring 2014 |
| Patti Rusert | *Mental Health Wellness Plans: An Integrative Nursing Project* | Completed Spring 2015 |
| Kathryn Dopkins | *Respite Room Project in an Oncology Unit* | Completed Spring 2017 |
| Lani Brown  Caitlin Braithwait | *Certified Nurse Midwife-Provided Prenatal Breastfeeding Education*  *Hands in Harmony: Implementation of A Nurse Administered Hand Massage Program in an Outpatient Chemotherapy Infusion Suite* | Completed Spring 2015  Completed Spring 2016 |
| Ali ReiterRebecca BeeseElizabethWeisbrich Maureen Anderson  Elicia Baker-Rogers    Cindy Ingrao  Stacey Grenier  Jennifer Macali  Yingying Chen  Laura Rusnacko  Katelyn Erickson | *Addressing Maternal Stress/Anxiety in the NICU Utilizing Audio Relaxation Techniques*  *Using Gratitude Practices to Foster Spirituality: A Multidisciplinary, Community Health and Wellness Center Quality Improvement Project*  *Use of Integrative Therapies for Symptom Management in Oncology*  *Quality Improvement Project: Wellbeing and Resiliency Course for Nurses*  *Reducing Nurses' Occupational Stress Using Aromatherapy as an Integrative Nursing Modality: A Journey in Process Improvement*  *Intervention Implementation Protocol for Improving Nurse Confidence and Competence in the Use of Integrative Therapies for Blood and Marrow Transplant Treatment Symptom Management*  *Nurse Self-care for Stress Reduction*  *Use of Self-Care for Stress Reduction in Long-term Care Providers: A Quality Improvement Project*  *Implementing a Tai Chi Program for Community-Dwelling Older Adults*  *Improving Prenatal Care for Somali Patients in a Suburban Women’s Health Center through Guided Clinical Discussions*  *Quality Improvement Proposal for Addressing Malnutrition Among Hospitalized Adults Using an Interprofessional Team Approach* | Completed Spring 2016  Completed Spring 2017  Completed Summer 2017  Completed Spring 2017  Completed Spring 2017  Completed Spring 2017  Completed Spring 2017  Completed Spring 2017  In progress  In progress  In progresss |

**Masters to DNP Scholarly Project**

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| **Student** | **Title** | **Status** |
| Maridee Shogren Allison McVay- Steer | *Reducing Prenatal Alcohol Exposure through Implementation of an Alcohol Screening and Brief Intervention Tool*  *Breastfeeding Mom and Baby Lactation Class* | Completed Fall 2012  Completed Fall 2015 |

**ADVISING AND MENTORING**

### IHH

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| Student | Admit/Degree | Status |
| Patti Rusert  Kathryn Dopkins | Fall 2011/ BSN to DNP  Fall 2012/BSN to DNP | Completed Spring 2015  Completed Spring 2017 |
| Ali Reiter | Fall 2013/BSN to DNP | Completed Spring 2016 |
| Erica Erickson | Fall 2013/BSN to DNP | Completed Spring 2016 |
| Elizabeth Weisbrich | Fall 2013/BSN to DNP | Completed Summer 2017 |
| Tami Anderson | Fall 2014/BSN to DNP | In progress 4 year plan |
| Elicia Baker-Rogers | Fall 2014/MN to DNP | Completed Spring 2017 |
| Stacey Grenier | Fall 2014/BSN to DNP | Completed Spring 2017 |
| Cynthia Ingrao | Fall 2014/BSN to DNP | Completed Spring 2017 |
| Jennifer Macali | Fall 2014/BSN to DNP | Completed Spring 2017 |
| Maureen Ryan  Laura Strecker  Yingying Chen  Katelyn Erickson  Jill Radman  Annika Blaine  Laura Rusnacko  Stephanie Hope  Rosalind Espinoza  Elena Geiger-Simpson  Jamie Teunis Integrative Healing cer Integrative Healing certificate  Savannah Zins  Margeaux Candlin  Cherisse Sardon Garrity  Sandra Hodges  Nicole Leand  Ann Minnich  Eva Slomiak | Fall 2014/BSN to DNP  Fall 2015/BSN to DNP  Fall 2015/BSN to DNP  Fall 2015/BSN to DNP  Fall 2015/BSN to DNP  Fall 2016/BSN to DNP  Fall 2016/BSN to DNP  Fall 2016/BSN to DNP  Fall 2016/BSN to DNP  Integrative Healing certificate  Integrative Healing certificate  PhD candidate  Fall 2017/BSN to DNP  Fall 2017/BSN to DNP  Fall 2017/BSN to DNP  Fall 2017/BSN to DNP  Fall 2017/BSN to DNP  Fall 2017/BSN to DNP | Completed Spring 2017  In progress  In progress  In progress  In progress  In progress (ANP/GNP  In progress (FNP)  In progress  In progress  Completed Spring 2017  Completed Spring 2017  In progress  In progress  In progress  In progress  In progress  In progress  In progress |
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**COMMITTEE MEMBERSHIP**

**School of Nursing**

Search Committee; 2014 – present

Awards Committee; 2012 – 2014

Center for Spirituality and Healing Curriculum Committed, Fall 2016-present

**International**

Planning Committee and Abstract Reviewer; 2014 – present

First International Integrative Nursing Symposium, Reykjavik, Iceland