

*Collective Curriculum Vita for Yoga,
College Student Health, Self-Care, and Integrative Treatment
by the YogaX Team*

Publications

- Brems, C. (2015). A yoga stress reduction intervention for university faculty, staff, and graduate students. *International Journal of Yoga Therapy, 25*, 61-77.
- Brems, C., Barnett, J. D., Cress-Parret, V., Metzger, J. S., & Johnson, M. E. (2013). Alternative and complementary treatment needs and experiences of women with breast cancer. *Journal of Alternative and Complementary Medicine, 19*, 657-663.
- Brems, C., Colgan, D., Freeman, H., Freitas, J., Justice, L., Shean, M., & Sulenes, K. (2016). Elements of yogic practice: Perceptions of students in healthcare programs. *International Journal of Yoga, 9*, 121-129.
- Brems, C., Colgan, D., Freeman, H., Freitas, J., Justice, L., Shean, M., & Sulenes, K. (2016). Elements of yogic practice: Perceptions of students in healthcare programs. *International Journal of Yoga, 9*, 121-129.
- Brems, C., Justice, L., Sulenes, K., Girasa, L., Ray, J., Davis, M., Freitas, J., Shean, M., & Colgan, D. (2015). Improving access to yoga: Barriers and motivators for practice among health professions students. *Advances in Mind-Body Medicine, 29*, 6-13.
- Chipp, C. L., Corey, S., Johnson, M. E., & Brems, C. (2010). Health risk factors in an adolescent psychiatric residential treatment facility. *Residential Treatment for Children & Youth, 27*, 314-325.
- Christopher, M., Rogers, B., Hunsinger, M., Colgan, D., Reiss, A. L., & Farwood, H. (2014). Distinguishing mindful process from outcome in the prediction of global health and perceived stress in a mindfulness-based stress reduction program. *Mindfulness, 6*(4), 693-699.
- Colgan, D.D., Christopher, M., Bowen, S., Brems, C., Hunsinger, M., Tucker, B., & Dapolonia, E. (2019). Mindfulness-Based Wellness and Resilience Training among interdisciplinary primary care teams: A mixed-methods feasibility and acceptability trial. *Primary Health Care Research & Development, 20*, E91.
- Colgan, D., Christopher, M., Michael, P., & Wahbeh, H. (2015). Body scan and mindful breathing among veterans with PTSD: Mindfulness intervention group influences the relationship among change in mindfulness and post-treatment depression. *Mindfulness, 7*, 372-383.
- Colgan, D. D., Eddy, A., Bowen, S., Christopher, M. (2019). Mindful Nonreactivity Moderates the Relationship between Chronic Stress and Pain Interference in Law Enforcement Officers. *Journal of Police and Criminal Psychology, 1-7*.
- Colgan, D.D, Memmott, T., Klee, D., Ernst, L., Han, S.J., & Oken, B. (2019). A single case design to examine short-term intracranial EEG patterns during focused meditation. *Neuroscience Letters, 711*, 134441.
- Colgan, D., Klee, D., Memmott, T., Proulx, J., & Oken, B (2018). Perceived stress mediates the relationship between mindfulness and negative affect variability: An RCT among middle-aged to older adults. *Stress and Health, 35*, 89-97.
- Colgan, D., Wahbeh, H., Pleet, M., Besler, K., & Christopher, M. (2017). A qualitative study of mindfulness among veterans with PTSD: Practices differentially effect symptoms, aspects of

- well-being, and potential mechanisms of action. *Journal of Evidence-Based Complementary & Alternative Medicine*, 2156587216684999.
- Freeman, H., Brems, C., Michael, P., & Marsh, S. (2018). Empowering a community from the inside out: A program evaluation of a yoga teacher training program for adults in custody. *International Journal of Yoga Therapy*, 29.
- Freeman, H., Vladagina, N., Razmjou, E., & Brems, C. (2017). Yoga in print media: Missing the heart of the practice. *International Journal of Yoga*, 10, 160-166.
- Justice, L., Brems, C., & Ehlers, K. (2018). Bridging body and mind: Considerations for trauma-informed yoga. *International Journal of Yoga Therapy*, 28.
- Justice, L., Brems, C., & Jacova, C. (2016). Exploring strategies to enhance self-efficacy about starting a yoga practice. *Annals of Yoga and Physical Therapy*, 1(2), 1-7.
- Razmjou, E., Freeman, H., Vladagina, N., Freitas, J. & Brems, C. (2017). Popular media images of yoga: Limiting perceived access to a beneficial practice. *Media Psychology Review*, 11(2). Retrieved from <http://mprcenter.org/review/popular-media-images-of-yoga-limiting-perceived-access-to-a-beneficial-practice/>
- Ribeiro, L., Colgan, D. D., Hoke, C. K., Hunsinger, M., Bowen, S., Oken, B. S., & Christopher, M. S. (2019). Differential impact of mindfulness practices on aggression among law enforcement officers. *Mindfulness*, 11, 1-12.
- Schroeder, D., Stephens, E., Colgan, D., Hunsinger, M., Rubin, D., & Christopher, M. (2016). A brief mindfulness-based intervention for primary care physicians: A pilot randomized controlled trial. *American Journal of Lifestyle Medicine*, 1559827616629121.
- Sulenes, K., Freitas, J., Justice, L., Colgan, D., Shean, M., & Brems, C. (2015). Underuse of yoga as a referral resource by health professions students. *Journal of Alternative and Complementary Medicine*, 21, 53-59.

Books and Book Chapters

- Brems, C. (2020). Yoga as a mind-body practice. In J. E. Uribari & J. Vassalotti (Eds.), *Nutrition, fitness and mindfulness: an evidenced-based guide for clinicians* (pp. 137-155). New York: Springer.
- Brems, C., & Johnson, M. E. (2009). Self care in the context of threats of violence or self-harm from clients. In E. R. Welfel & J. Worth (Eds.), *The duty to protect: Ethical, legal, and professional considerations in risk assessment and intervention*. (pp. 211-228). Washington, DC: American Psychological Association.
- Brems, C. (2001). Self-care skills. In C. Brems, *Basic skills in psychotherapy and counseling*. Pacific Grove, CA: Brooks/Cole.
- Brems, C. (2000). The challenge of preventing burnout and assuring growth: self-care. In C. Brems, *Dealing with challenges in psychotherapy and counseling*. Pacific Grove, CA: Brooks/Cole.
- Colgan, D. (2018). Mindfulness in child therapy and counseling. In C. Brems & C. Rasmusson, *Comprehensive Guide to Child Psychotherapy and Counseling (4th ed.)*. Waveland Press. Long Grove, IL.
- Colgan, D., Hidalgo, N., & Priester, P. (2017). The middle path to health: The relationship between Buddhist practices and beliefs and health outcomes. In Van Dras (Ed.), *In Better Health by Spiritual Practices: A Guide to Religious Behaviors and Perspectives that Help Your Body Be Well*. ABC-CLIO/Praeger Publishers, Santa Barbara, Ca.

Witkiewitz, K., Roos, C., Colgan, D., & Bowen, S. (2017). *Mindfulness: Advances in psychotherapy: Evidence-based practices*. Gottingen: Hogrefe Publishing.

Professional Presentations

- Alire, E., Moser, L., Christiansen, L. (2017, April). *Disruptions in Sense of Self in Trauma: Conceptualizations and Treatments*. Oral presentation at International Study of Trauma and Dissociation Annual Conference (ISSTD), Washington D.C.
- Arbo, G., & Oliver, H., OTD (2017, October). *Integrative yoga*. Presentation at Occupational Therapy Association of Oregon National Conference, Portland, OR. (Collaborators: Freeman, H., Razmjou, E., Vladagina, N., Brems, C.)
- Brems, C. (2019, June). *Refinement of a multi-dimensional data collection for assessment, treatment-planning, and outcomes tracking*. Presentation in the Common Interest Community Session #2 (Integrating Mental Health and Yoga Therapy) at the Yoga Symposium on Research and Yoga Therapy of the International Association of Yoga Therapists, Newport Beach, CA.
- Brems, C., Dewane, S., Chipp, C., Corey, S., & Johnson, M. E. (2008, October). *Exploring health practices among undergraduate university students*. Paper presented at 136th American Public Health Association Annual Meeting, San Diego.
- Chipp, C. L., Zuniga, R., Dewane, S., Brems, C., & Johnson, M. E. (2014, April). *University students and administrators perceptions of healthy living at college*. Paper presented at the 94th Annual Convention of the Western Psychological Association, Portland, OR.
- Chipp, C., Metzger, J., Brems, C., & Johnson, M. E. (2012, October). *Factors contributing to weight-gain among college freshmen: A two-year prospective study*. Paper presented at the 140th Annual American Public Health Association Meeting, San Francisco, CA.
- Chipp, C. L., Zuniga, R., Dewane, S., Brems, C., & Johnson, M. E. (2012, October). *University students' and administrators' perceptions of supports and barriers to healthy living at college: A qualitative analysis*. Paper presented at the 140th Annual Meeting of the American Public Health Association, San Francisco, CA.
- Chipp, C. L., Brems, C., & Johnson, M. E. (2011, April). *Health-related behaviors of first-year university students*. Paper presented at the Annual Rocky Mountain Psychological Association Conference, Salt Lake City, UT.
- Chipp, C., Corey, S., Dewane, S., Brems, C., & Johnson, M. E. (2009, April). *Health risks of adolescents in psychiatric residential treatment*. Paper presented at the 89th Annual Convention of the Western Psychological Association, Portland, OR.
- Colgan, D. (2018, October). *To see with discernment: A path toward resilience*. Invited Keynote Speaker at NW Symposium Conference at Western States University, Portland, Oregon.
- Colgan, D. D., Christopher, M., Marino, C., Charoensuk, S., Pitaksongkram, P., Christopher, V., & Kaplan, J. (2018). *Insight from the experts: A qualitative study to assess definitions, outcomes, and the process and practice of mindfulness*. Poster Presentation at the International Congress on Integrative Medicine and Health, Baltimore, MD.
- Colgan, D. D., Proulx, J., Klee, D., Memmott, T., & Oken, B. (2018). *Daily Fluctuations in Negative affect mediates the effects of mindfulness on emotional wellbeing among stressed older adults*. Poster Presentation at the International Congress on Integrative Medicine and Health, Baltimore, MD.

- Colgan, D., & Christopher, M. (2013, March). *Mindfulness begins with the body*. Oral presentation at the International Association of Women in Psychology Conference, Salt Lake City, Utah.
- Colgan, D., & Christopher, M. (2017, October) *Mindfully building resilience among interdisciplinary primary care teams: A mixed-method waitlist control trial of MBWR*. Oral Presentation at the International Conference to Promote Resilience, Empathy and Well-Being in the Health Professions: An Interprofessional Forum, Washington, DC.
- Colgan, D., & Christopher, M. (2018, November). *Adherence to informal, but not formal, mindfulness practice correlates with resilience and team cohesion among interdisciplinary primary care teams*. Oral Presentation in In L. Ribeiro & D. Colgan. (Co-Chairs) at the Mind and Life International Symposium on Contemplative Studies; Phoenix, AZ.
- Colgan, D., Baron, G., & Christopher, M. (2013, May). *The elusive construct of mindfulness. What are we measuring?* Poster presentation at Symposium for Portland Area Research on Complementary and Alternative Medicine, Portland, Oregon. Awarded Student Research Award.
- Colgan, D., Baron, G., Gross, C., & Christopher, M. (2014, April). *The elusive construct and assessment of mindfulness: State of the literature*. In D. Colgan & M. Orenstein (Co-Chairs), *Measuring mindfulness and acceptance: Perspectives on process and outcome*. Symposium conducted at the Western Psychology Association, Portland, OR.
- Colgan, D., Besler, K., Pleet, M., Christopher, M., & Wahbeh, H. (2015, June). *The differential impact of mindfulness interventions among veterans with PTSD- qualitative findings*. Poster Presentation at the Oregon Collaborative for Integrative Medicine. Portland, Oregon.
- Colgan, D., Christopher, M., & Dapolonia, E. (2017, October) *Mindfully building resilience among interdisciplinary primary care teams: A Qualitative Study*. Poster Presentation at International Conference to Promote Resilience, Empathy and Well-Being in the Health Professions: An Inter-professional Forum, Washington, D.C.
- Colgan, D., Christopher, M., Dapolonia, E., & Oslund, E. (2016, May). *Mindfully building resilience and team cohesion to reduce burnout among interdisciplinary primary care teams*. Oral Presentation at the International Congress on Integrative Medicine and Health, Las Vegas, Nevada.
- Colgan, D., Christopher, M., Michael, P., & Wahbeh, H. (2014, October). *The differential impact of contemplative practices on posttraumatic stress disorder among veterans*. Poster Presentation at the Mind and Life International Symposium for Contemplative Studies; Boston, MA.
- Colgan, D., Christopher, M., Schroeder, D., Stephens, E., Hunsinger, M., & Rubin, D (2016, May). *A brief mindfulness-based intervention for primary care physicians: A pilot randomized controlled trial*. Poster presented at International Congress of Integrative Medicine in Las Vegas. Nominated for Best Poster in Section.
- Colgan, D., Orenstein, M., & Christopher, M. (2014, April). *Measuring mindfulness and acceptance: Perspectives on process and outcome*. Symposium conducted at the Western Psychology Association, Portland, OR.
- Colgan, D., Wahbeh, H., & Oken, B. (2015, November). *The differential effects of two components of mindfulness meditation on PTSD and related symptoms among veterans*. In H. Wahbeh & D. Colgan. (Co-Chairs) *Mindfulness-based interventions for veterans with PTSD: Cognitive, behavioral, and neurological mechanisms of change*. Oral Presentation at the 49th Annual Association of Behavioral and Cognitive Therapies, Chicago, IL.

- Freeman, H., Brems, C., & Marsh, S. (2017, October). *Empowering a community from the inside out: A yoga teacher training program for adults in custody*. Poster presented at the Symposium on Yoga Research of the International Association of Yoga Therapists, Stockbridge, MA.
- Freeman, H., Razmjou, E., Vladagina, N., Freitas, J., Sulenes, K., Michael, P., & Brems, C. (2016, October). *Yoga Lite: How a Limited Portrayal of Yoga in the Media May Decrease Access*. Paper presented at the annual meeting of the American Public Health Association, Denver, CO.
- Justice, L., Brems, C., & Ehlers, K. (2017, October). *Bridging body and mind: Case study of a 10-week trauma-informed yoga protocol for veterans*. Poster presented at the Symposium on Yoga Research of the International Association of Yoga Therapists, Stockbridge, MA.
- Justice, L., Brems, C., & Ehlers, K. (2016, October). *Bridging body and mind: Special considerations for the use of therapeutic yoga on individuals with trauma and military histories*. Paper presented at the 144th Annual American Public Health Association Meeting and Exposition, Denver, CO.
- Justice, L., Brems, C., & Jacova, C. (2016, October). *Exploring strategies to enhance self-efficacy about starting a yoga practice*. Paper presented at the 144th Annual American Public Health Association Meeting and Exposition, Denver, CO.
- Justice, L., Sulenes, K., Freitas, J., Shean, M., Girasa, L., Ray, J., Freeman, H., Razmjou, E., Vladagina, N., Colgan, D., & Brems, C. (2015, November). *Elements of yogic practice: Perceptions of health professions students*. Paper presented at the 143rd Annual American Public Health Association Meeting and Exposition, Chicago, IL
- Justice, L., Sulenes, K., Millen, A., Freitas, J., Colgan, D., Shean, M., & Brems, C. (2014, November). *Facilitators and barriers to yoga practice among health professions students*. Paper presented at the 142th Annual American Public Health Association Meeting and Exposition, New Orleans, LA.
- Moser, L. Alire, E., Miller, S., Christiansen, L. (2016, February). *Depersonalization/ Derealization: a literature review*. Oral presentation at the Oregon Academy of Science Annual Conference, Forest Grove, OR.
- Razmjou, E., Justice, L., Freeman, H., Colgan, D., Hidalgo, N., Vladagina, N., & Brems, C. (2017, October). *Yoga therapy in healthcare settings: A proposed intake protocol*. Poster to be presented at the Symposium on Yoga Research of the International Association of Yoga Therapists, Stockbridge, MA.
- Razmjou, E., Vladagina, N., Freeman, H., Freitas, J., Sulenes, K., Michael, P., & Brems, C. (2016, October). *Popular Media Portrayals of Yoga: Limiting Perceived Access to a Beneficial Healthcare Practice*. Paper presented at the annual meeting of the American Public Health Association, Denver, CO.
- Ribeiro, L., Colgan, D., Hoke, C., Groeling, R., Hunsinger, M., Oken, B., & Christopher, M. (2018, November). *Adherence to formal and informal mindfulness among law enforcement officers*. Oral Presentation in In L. Ribeiro & D. Colgan. (Co-Chairs) at the Mind and Life International Symposium for Contemplative Studies; Phoenix, AZ.
- Sulenes, K., Freitas, J., Justice, L., Colgan, D., Shean, M., & Brems, C. (2014, November). *Healthcare professions students' perceptions of yoga's acceptability as a complementary treatment*. Paper presented at the 142th Annual American Public Health Association Meeting and Exposition, New Orleans, LA.

- Vladagina, N., Freeman, H., Razmjou, E., & Brems, C. (2018, May). *The mindful clinician: Yoga as self-care*. Presentation at the 2018 Annual Conference of the Oregon Psychological Association, Portland, OR.
- Vladagina, N., Freeman, H., Razmjou, E., Freitas, J., Sulenes, K., Michael, P., & Brems, C., (2016, October). *Media images of yoga poses: increasing injury instead of access*. Poster presented at the annual meeting of the American Public Health Association, Denver, CO.
- Wahbeh, H., & Colgan, D. (2015, November). *Mindfulness-based interventions for veterans with PTSD: Cognitive, behavioral, and neurological mechanisms of change*. Symposium conducted at the 49th Annual Association of Behavioral and Cognitive Therapies, Chicago, IL.

Community Presentations

- Alire, E., Freeman, H., Razmjou, E., & Vladagina, N. (2017, October). *Yoga therapy*. Oral presentation at Pacific Psychology and Comprehensive Health Clinics, Portland, OR.
- Arbo, G. (2017, March). *Yoga psychology*. Presentation at Pacific Psychology and Comprehensive Health Clinic, Portland, OR.
- Arbo, G., LoGiudice, N., Owen, S., Slater, L., Watson, A., Webb, A., Yamamoto, C. (2016, April). *The workings of interdisciplinary care*. Presented at Pacific University's Interprofessional Case Conference, Hillsboro, OR
- Brems, C. (2008, February). *Nutritional considerations in health, mental health, and psychotherapy*. Presentation for psychology interns and faculty at the Veterans Administration in Anchorage, Alaska.
- Brems, C. (2009, February). *Nutritional considerations in health, mental health, and psychotherapy*. Presentation for psychology interns and faculty at the Veterans Administration in Anchorage, Alaska.
- Brems, C. (2009, September). *Nutritional principles and research findings relevant to mental health care providers*. Presentation for the staff of the Center for Behavioral Health Research and Services and the psychology doctoral students and faculty at the University of Alaska Anchorage and the University of Alaska Fairbanks, Anchorage, Alaska.
- Brems, C. (2011, January). *Yoga for medical patients*. Presentation given to residents, interns, and staff at the Providence Family Medical Residence, Anchorage, Alaska.
- Brems, C. (2011, November). *Nutritional considerations in health, mental health, and psychotherapy*. Presentation for psychology doctoral students and faculty at the University of Alaska Anchorage and the University of Alaska Fairbanks, Anchorage, Alaska.
- Brems, C. (2013, March). *Accessing inner wisdom through guided imagery*. Evening forum about the history and science of guided imagery presented to the public at Yoga Hillsboro, Hillsboro, Oregon.
- Brems, C. (2014, June). *Nutritional antecedents, consequences, and considerations in health and mental health assessment and treatment*. Presentation for the Health Track doctoral psychology students at Pacific University Oregon.
- Brems, C. (2015, November). *Yoga therapy strategies for attachment disorders*. Presentation for yoga therapy students in the YogaJoy Teacher Training Program at DAYA Foundation, Portland, OR.
- Brems, C. (2016, April). *We can win – support for individuals experiencing cancer*. Presentation to cancer patients, caretakers, and care providers for Taking Care Portland, Portland, OR.

- Colgan, D. (2018, October). *Taking the pulse on wellness and burnout*. Invited Speaker at CareOregon Medical Advisory Committee Counsel. Astoria, Oregon.
- Colgan, D. (2019, December). *Mindfulness-based wellness and resilience*. Invited facilitation of a 16-hour retreat for 80 mental health care providers. St. Helens, OR.
- Colgan, D. (2017, November). *To see with discernment: Cultivating a path toward resilience*. Invited facilitation of a weekend Annual Retreat for The Portland Clinic Medical Group with 100 physicians. Portland, OR.
- Freeman, H. (2019, December). *Introduction to yoga for mental health*. Presentation at Palo Alto University to clinical psychology doctoral students. Palo Alto, CA.
- Freeman, H. (2020, January). *Introduction to yoga for mental health*. Presentation at Palo Alto University to clinical psychology doctoral students. Palo Alto, CA.
- Freeman, H. (2020, February). *Introduction to trauma informed yoga*. Presentation at Palo Alto University to clinical psychology doctoral students. Palo Alto, CA.
- Freeman, H. (2018, December). *Yoga: A holistic practice for self-care*. Presentation at Western Washington University to students in the education program. Bellingham, WA.
- Freeman, H., Razmjou, E., & Vladagina, N., (2016, April). *Yoga and psychology*. Presented to the clinical staff at the Pacific Psychology and Comprehensive Health Clinic. Hillsboro, OR.
- Freeman, H., Razmjou, E., & Vladagina, N. (2016, March). *Yoga psychology*. Presentation at Pacific Psychology and Comprehensive Health Clinic, Portland, OR.
- Freeman, H., Razmjou, E., & Vladagina, N., Alire, E. (2016, November). *Yoga psychology*. Powerpoint presentation at Pacific Psychology and Comprehensive Health Clinic, Hillsboro, OR.
- Justice, L. (2018, May). *How mindfulness and compassion can help prevent burnout and increase resiliency*. Behavioral Health Presentation for Campus Health Services, Northern Arizona University, Flagstaff, AZ.
- Justice, L. (2018, June). *Trauma-informed care*. Behavioral Health Presentation for Campus Health Services, Northern Arizona University, Flagstaff, AZ.
- Justice, L. (2018, July). *Yoga Therapy: Theory, Research, and Practice*. Didactic presentation for Counseling Services within Campus Health Services, Northern Arizona University, Flagstaff, AZ.
- Miller S., Alire E. (2017, April). *Conversion Disorder*. Oral presentation at the National University of Naturopathic Medicine (NUNM), Portland, OR.
- Sulenes, K. & Bergman, A. (June 2015). Homeless Alcohol and Drug Intervention Network Retreat. Half day workshop on Self-care in recovery work, Portland, OR.
- Sulenes, K. & Luginbuhl, P. (July 2014). Coping with Unemployment: self-care strategies for stressful times. Workshop presented for Housing Works Unemployment Services, Hillsboro, OR.
- Vladagina, N., & Freeman, H., (2016, January). *Introduction to yoga, mindfulness, and mindful movement*. Presented to Hillsboro Police Department officers during a leadership training
- Vladagina, N., (2017, October). *Interactive introduction to yoga*. Presented to staff and clients at Cascadia Behavioral Healthcare's Hope Center (Psychiatric Security Review Board treatment program), Portland OR.
- Vladagina, N., Freeman, H., (2016, January). *Introduction to yoga, mindfulness, and mindful movement*. Presented to Hillsboro Police Department officers during a leadership training. Hillsboro, OR.

Dissertations

- Alire, E. (2019). *The role of treating musculoskeletal disorder and stress in dental hygiene students* (doctoral dissertation, Pacific University). Retrieved from <https://commons.pacificu.edu/spp/1338> [Committee: Brems, C. (Chair), Bell, K., & Chismark, A.]
- Arbo, G. (2019). *Mitigating the antecedents of sport-related injury* (doctoral dissertation, Pacific University). Retrieved from <https://commons.pacificu.edu/spp/1405>. [Committee: Brems, C. (Chair), Tasker, T.]
- Colgan, Dana D. (2017). *A mixed-methods feasibility and acceptability trial of mindfulness-based wellness and resilience among interdisciplinary primary care teams* (Doctoral dissertation, Pacific University). Retrieved from: <https://commons.pacificu.edu/spp/1399> [Committee: Christopher, M. (Chair), Bowen, S., Brems, C., Hunsinger, M., Tucker, B., & Dapolonia, E.]
- Freeman, H. (2017). *Empowering a community from the inside out: A yoga teacher training program for adults in custody* (doctoral dissertation, Pacific University). Retrieved from <https://commons.pacificu.edu/spp/1279> [Committee: Brems, C. (Chair), Michael, P., & Marsh, S.]
- Justice, L. (2017). Bridging body and mind: case study of a 10-week trauma-informed yoga protocol for veterans (doctoral dissertation, Pacific University). [Committee: Brems, C. (Chair), Bowen, S., Christiansen, L., & Jacova, C.]
- Justice, L. C. (2015). Exploring strategies to enhance self-efficacy about starting a yoga practice (Master's thesis, Pacific University). Retrieved from: <https://commons.pacificu.edu/spp/1149> [Committee: Brems, C. (Chair), & Jacova, C.]
- Sulenes, K. (2016). *Factors of self-care in a psychology graduate program* (doctoral dissertation, Pacific University). Retrieved from <https://commons.pacificu.edu/spp/1230> [Committee: Brems, C. (Chair), & Frew, J.]
- Vladagina, N. (2019). *Development of a yoga program for police personnel* (doctoral dissertation, Pacific University). Retrieved from: <https://commons.pacificu.edu/spp/137> [Committee: Brems, C. (Chair), & Bobadilla, L.]