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Professional Activities

- Week-long symposium with Thomas Moore, "Care of the Soul", Cape Cod, Mass summer 2009
- Lead author of research-based book for women: "Timeless Women Speak: Feeling Youthful At Any Age." Released October 2008.
- Nominated for Missouri's First Lady Award for Community Service, 2008
- Host of weekly WebTalkRadio.com one-hour program: Timeless Women Speak. October 2008 – October 2009.
- O'Reilly Health and Wellness Consultation Services, L.L.C. Managing member since 1996. Consultation and training in health, prevention and wellness for public, business and industry. (Ongoing)
- Founder and director, Womenspeak Project (www.womenspeak.com), a nonprofit service dedicated to helping women of all ages to thrive as they grow older in a youth-oriented society. Website includes self-help articles and activities, research findings, surveys, and Ask The Experts referral service (Ongoing)
- Host of Voice America weekly one-hour Internet radio program "Timeless WomenSpeak About Growing Older" (October 2007 – April 2008)
- Frequently grants interviews to media including aol.com, MSNBC.com, For Women First magazine, Better Homes and Gardens, Figure Magazine, Sacramento Bee, St. Louis Post-Dispatch, Christian Science Monitor, Baltimore Sun, WebMD and more. (Ongoing)
- Recognized as one of Springfield's Twenty Most Influential Women. (2007)
- Recognized as Volunteer Fundraiser of the Year by the Association of Fundraising Professionals. (2007)
- Speaker/Educator/Chair: Hunger Hurts Kids Campaign, Female Leaders in Philanthropy. 2006-2007
- Nominated for Ozarks Woman of Distinction. Alliance of Professional Organizations & Missouri State University Gender Studies, Springfield, Missouri. (2006)
- Speaker/Educator/Chair: United Way Women's Initiative Female Leaders in Philanthropy: Methamphetamine and Its Impact on the Family. University Plaza Conference Center, Springfield, Missouri, May 9, 2005.
- Lead interview conducted by prominent women's issues writer Marielena Zuniga for article on Women and Aging; for Best for Women, magazine of Soroptimist International of the Americas (readership 70,000); May 4, 2005.
- Principal Investigator: Research on perceptions of aging with more than 1,000 women from every state in US and several other countries. (Ongoing)
- Presenter: Speaker/Educator at the Annual Time to Share conference sponsored by the Breast Cancer Foundation of the Ozarks, Biofeedback and Breast Cancer: A Complementary Treatment Modality for Breast Cancer Patients, University Plaza Conference Center, Springfield, Missouri, April 2005.
- Lead interview for aging series for CBS Affiliate KOLR-10. Joy Robertson, Turning 40: Now What? November 2004.
- Presenter: Speaker/Educator: The Annual Time to Share Conference, sponsored by the Breast Cancer Foundation of the Ozarks, University Plaza Conference Center, Springfield, Missouri, April 2004
- Presenter: Speaker/Educator: The National American Psychological Association Conference, Women's Perception of Aging: Fear of Getting Older, Most and Least Desired Age, and Aging Concerns, Honolulu, Hawaii (July 2004)
- Presenter: Speaker/Educator for the Victim Center of Springfield, Compassion Fatigue: What is it and How is It Treated? Springfield, Missouri (May 2005)
- Lead Author: Women's Perception of Aging: Fear of Getting Older, Most and Least Desired Age, and Aging Concerns, presented at the National Conference of the American Psychological Association, Honolulu, Hawaii (July 2004)
- Author: "Women's Aging Benchmarks in Relation, to Their Health Habits and Concerns," American Journal of Health Behavior, June (Ongoing)
- Consultant to businesses in wellness, prevention, employee assistance programming and mental health services. (Ongoing)
- Nationally Certified Traumatologist (since August 2005)
- Nationally Certified Crisis Responder (NOVA) (since December 2004)
- Developed training with the national office of the Red Cross Disaster Mental Health Services and the Forest Institute of Professional Psychology. Work based on extensive training through the National Organization of Victim Assistance (NOVA) (Ongoing)
- Presented Women's Perceptions of the Aging Process: Fears, Preferences, and Concerns at the American Psychological Association Annual Meeting in Honolulu July 28–August 1, 2004.
- Crisis Intervention Team Leader (NOVA) deployed to Florida to assist victims of hurricanes (October, 2005)
- Crisis Intervention Team Member (NOVA) assisting Missouri victims of tornadoes (May 2004)
- Crisis Team Member (NOVA) deployed to San Diego, California to assist victims of fires (November 2004)
- Crisis Intervention Team Member (NOVA) deployed to New York City to the World Trade Center Recovery Worker Center at Ground Zero (January 2002)
- Crisis Intervention Team Member (NOVA) deployed to New York/ New Jersey in response to the September 11 World Trade Center Disaster, Family Assistance Center/Liberty State Park, (October 2001)
- People-to-People Ambassador Program, Wellness Delegate to Beijing and Shanghai, China for Health Providers in Holistic Medicine (2000)

Employment History

Founded the WomenSpeak Project, through which timeless women speak about feeling youthful at any age. Provides free resources, a newsletter, online screening, research, and support. (1998 to present)**Managing Member** (1996 to Present) O'Reilly Health and Wellness Consultation Services, L.L.C. Rogersville, MO. Training in health, prevention and wellness for public, business and industry.

Director of Employee Assistance, St. John's Regional Health Center, Springfield, MO (1994-1997)

Administrator and counselor for EAP serving 8000+ employees and their families. Advised and counseled employees of client companies (including Kraft Foods, City Utilities, General Electric). Clinical psychologist practice

Psychologist and Director of Employee Assistance Programs (EAP), Family Care Center, Springfield, MO (1990-1994)

Clinical work with patients, specializing in anxiety, depression, and marriage and family therapy. Developed EAP programs for business and industry including training and prevention education. Trained supervisory and managerial staff in "Constructive Confrontation Skills"

Psychology Intern, United States Medical Center for Federal Prisoners, Springfield, MO. (1989-1990)

One year APA-approved intensive training in hospital, forensic, mental health and clinical treatment of all types of patients. **Provided clinical, evaluation and testing services** to patients at Forrest Institute of Professional Psychology Family Clinic, Springfield, MO

Marriage and Family Therapist, Ozark Christian Counseling Services, Springfield, MO (1987-1989) Patient assessments and therapy

Marriage and Family Therapist, Family Guidance and Resource Center, Springfield, MO (1986-1987) Brief, innovative, intensive therapy for families and couples consisting using video feedback, telephone feedback, and team approach feedback.

Program Coordinator/Family Counselor, Big Brothers/Big Sisters (formerly C.O.D.A.C.), Springfield, MO (1984-1985)

Marriage and family therapy under the Juvenile Court's Status Offender Program. Crisis intervention with immediate family therapy.

Counseled pregnant teens and their families. Assisted single parents with parenting and helped match their children with adult role models.

Program Coordinator/Counselor, Greene County Health Department, Springfield, MO (1978-1982)

Created and coordinated educational programs for high-risk mothers and infants; home visits, counseling, networking with other agencies, referrals and treatment planning.

Sponsor/Counselor, Parents Anonymous (1978-1980)

Marriage and Family Focus. Volunteer for "A Friend of the Family" program for the Division of Family Services. (1969-1973)

Education

Post-doctoral

•Summer Institute American Association of Marriage and Family Therapists:

•Disaster Response and Dealing with Compassion Fatigue (2005)

•Attendee National American Psychological Conference (2004)

•Disaster Relief Training (NOVA) ongoing for certification

•Red Cross Disaster Mental Health Services Training (2002)

•Victim Center: The Healing Journey-Understanding Trauma (2002)

•National Victim's Rights Forum on Capitol Hill (NOVA) (2002)

•Critical Incident Stress Management Individual Crisis Intervention (2001)

•Basic Community Crisis Response Team Training, (NOVA) (2001)

•Keeping the Soul Alive: Professional Renewal program, New England Educational Institute

•Mediation: Beyond Basics-Life in the Trenches, University of Missouri, (1998)

•Divorce Mediation and Child Custody/Child Support Mediation, Bill Wear, Jr., JD, Springfield, MO

•Postdoctoral Internship - Family Care Center, Springfield, MO (1990-1991)

•Advanced training in Biofeedback and Brainwave Training in Drug and Alcohol Addictions, Menninger Clinic, Topeka, KS (1990-1991)

Graduate

•Doctor of Psychology (Psy.D.), Forrest Institute of Professional Psychology, Springfield, MO (1990)

•Preparation included:

•Doctoral Dissertation: "Comparisons of the Personality Characteristics of Persons with Frequent, Infrequent, and No Panic Attacks."

•Practicum in psychological evaluations, Robert Murney, Ph.D – Springfield Psychological Association (1988-1989)

•Two practica at Park Central Hospital with adult psychiatric patients administering full psychological batteries to adults, adolescents, and children (1987-1988)

•Intensive training in marriage and family therapy from Dr. Ron Kemp (1987-1988)

•Three major rotations: behavioral medicine, mental health, and forensic psychological services. Outplacement at the Forrest

•Institute Clinic and Parenting Place working with couples, children and families

•Resistant Family Therapy Training, Carol Anderson, St. Louis, MO (1984)

•Crisis Generating Family Therapy Training, Springfield, MO (1984)

•Strategic Family Training, Springfield, MO (1983-1984)

•Family Therapy Training, Division of Youth Services, Springfield, MO (1983-1984)

•Master of Science, Guidance and Counseling, Southwest Missouri State University, Springfield, MO (1978)

Undergraduate

•Bachelor of Science, Sociology, Drury College, Springfield, MO (1973)

•Bachelor of Arts, Psychology, Drury College, Springfield, MO (1971)

•Undergraduate, George Washington University, Fairfax, VA (1969)

Presentations

TV interview with Jean Harper, CEO, Women Taking Care of Business: Moxy Woman. St. Petersburg, Florida, August 2009.
Keynote address: Everest College Graduation, Springfield, Missouri. May 2009
Rogersville Business Women's Expo, Springfield, MO. May 2009.
Presentation and Book Signing: "Timeless Women Speak," Springfield-Greene County Library. (May 2009)
Workshop Address: Timeless Women. Sons of the American Revolution Regional Conference. Louisville, KY. March 2009
Workshop leader: "Timeless Women Speak: Mentoring and Mental Toughness," St. John's Health Center Regional Women's Retreat. (November 2008)
Keynote address: Magic of Mentoring. Association of Women in Communications, Springfield, MO. (November 12, 2008)
Keynote address: "Mental Toughness," American Diabetes Association, Springfield, MO. (November 6, 2008)
Keynote address: Forest Institute of Professional Psychology Baccalaureate, Springfield, MO. (October 4, 2008)
Keynote address at **Twenty Most Influential Women Awards** luncheon University Plaza Hotel, Springfield, MO (September 26, 2008)
"Timeless Women Speak About Growing Older in a Youth-Oriented Society," True North series, Sponsored by Blackwell Sanders Law Firm, Springfield, MO. (2007)
"Biofeedback and the Treatment of Breast Cancer," Southwest Missouri State University, Springfield, Missouri. (2000, 2001)
"Depression – Identifying Stinken Thinken Using Cognitive/Behavioral Therapy," Presenter for the Mental Health Forum, Springfield, MO (1999)
"Treating Migraine Headaches, Bio-feedback and Adherence," facilitator for the Primary Care Network, sponsored by Glaxo-Wellcome Pharmaceuticals (1998–2000)
"Work Place Violence: Awareness and Interventions with Multi-faceted Teams," St John's Regional Health Center, Springfield, MO (1997)
"Your Mental Health Check Up," Mental Health Forum, Springfield, MO (1996)
"The A-B-Cs of Small Employee Assistance Programs," Regional Safety Managers Compensation Forum, Springfield, MO: (1995)
"Constructive Confrontation Training," article published in national EAP magazine (1995)
"Constructive Confrontation," National Employee Assistance Association Conference, Chicago, IL (1994)
"Panic-Anxiety and Treatments," Mental Health Association Conference, (1994)
"Developing Your Employee Assistance Program" and " Identifying and Dealing with Sexual Harassment," National Conference of Automotive Warehouse Distributors, Las Vegas, NV (1993)
"Stress Management and Lifestyle", Kraft Foods, Inc. (1992)
"Developing Small EAPS," Workers Comp Seminar St John's Health System (1992)
"Constructive Confrontation Training," Presenter for the National BASNA conference Chicago, IL (1991)
"Panic Disorder," Women's Center, Lester E. Cox Hospital, Springfield, MO) (1989)
"Positive Positioning to Build Self-esteem," Forrest Institute, Women's Conference, Springfield, MO (1987–1988)
Missouri State Representative for Student/Associate Organization of American Association for Marriage and Family Therapy (1987)
"Family Systems Approach in Therapy," Missouri School Counselors Association, Lake of the Ozarks, MO (1986)

Professional Memberships

National Organization of Victim Assistance*
American Psychological Association*
National Wellness Association*
Primary Care Network*
American Counseling Association*
American Association of Marriage and Family Therapists*
Psi Chi National Honor Society (Psychology)
*Current membership

Boards of Directors/Steering Committees

Catholic Charities of Cape Girardeau *
Female Leaders in Philanthropy, United Way of the Ozarks (Chair)*
United Way of the Ozarks (Member)*
Lost And Found (Advisory Board)*
Visiting Nurses Association Foundation
The Victim Center * (Chairman of the Board)
Springfield Trust Company*
Community Crisis Team of the Ozarks* (President)
Community Foundation of the Ozarks*
Community Resource Center (Vice President)
Springfield Community Center
Breast Cancer Foundation of the Ozarks*
Ozarks Christian Counseling Foundation (President)
Missouri Council of Mental Health Associations (President)
Mental Health Association of the Ozarks (President)
Big Brothers/Big Sisters
American Association of Marriage and Family Therapy
Ozark Family and Therapists
Teen Parent Task Force
Child Advocacy Council
The Family Center
*Current service