

***Curriculum Vitae***  
**Susan W. Butterworth, PhD, MS**  
*Updated January 2020*

**Personal Data:**

Place of Birth: Richmond, Virginia  
Business Address: 5096 41<sup>st</sup> Street S  
St. Petersburg, FL 33711

**Education:**

Ph.D. in Adult Education and Training with health promotion cognate;  
Virginia Commonwealth University, Richmond, Virginia (1992)

M.S. in Exercise Physiology;  
Virginia Commonwealth University, Richmond, Virginia (1984)

B.A. in Physical Education;  
University of Richmond, Richmond, Virginia (1982)

**Certifications/Continuing Education:**

Registered Health Coach III (RHC-III), HealthSciences Institute (2012)

Chronic Care Professional (CCP) Certification, HealthSciences Institute (2010)

Motivational Interviewing Treatment Integrity (MITI 3.1 & 4.2) Coder, trained by Denise Ernst, PhD, co-developer of MITI coding system (2007, 2015)

Behaviour Change Counselling Index (BECCI) Coder, trained by Claire Lane, PhD, developer of BECCI coding system (2005)

Motivational Interviewing Network of Trainers (MINT), Maui, Hawaii, co-presented by William Miller & Terri Moyers (June 2002)

Prevention Specialist, Prevention Research Institute, Lexington, Kentucky (September 1992)

**Current Employment:**

Principal and Founder, Q-consult, LLC  
St. Petersburg, Florida 2007 – present

**Faculty Appointments:**

University of Tennessee Health Science Center, Memphis, TN 2020 – present

- Part-time Faculty, Department of General Internal Medicine

## Oregon Health &amp; Science University, Portland, OR

- Adjunct Associate Professor, Medical Informatics &  
Clinical Epidemiology, School of Medicine 2008 – 2015
- Associate Professor, School of Nursing 2002 – 2010
- Assistant Professor of Population-based Nursing  
Department, School of Nursing 2000 – 2002
- Adjunct Assistant Professor, Public Health  
Administration, School of Medicine 1997 – 2000

## Portland State University, Portland, OR

- Adjunct Assistant Professor of Public Health  
Education Department 1995 – 2007

## University of Portland, Portland, OR

- Adjunct Assistant Professor, Education Dept. 1995 – 1997

## University of Richmond, Richmond, VA

- Assistant Professor of Health & Sport Science  
Department 1988 – 1995
- Instructor of Health & Sport Science Department 1986 – 1988

**Previous Employment:**

Director/Vice-President, Health Management Services 1996 – 2009  
Oregon Health & Science University/Health Future

Director of Wellness 1986 – 1995  
Health & Sport Science Department  
University of Richmond, Richmond, VA

Director of Marketing, Corporate Wellness 1986 – 1988  
Johnston-Willis Hospital, Richmond, VA

Wellness Coordinator 1984 – 1986  
Chippenham Medical Center  
Richmond, VA

**Practice Development:**

- ◆ Health Management Services 2000 – 2008  
OHSU School of Nursing  
Portland, OR
  - Evidence-based practice developed as not for profit, self-support program that offered fee for service interventions and programs to employers and health plans
  - Program included health coaching services based on motivational interviewing, plus health promotion and disease management programming
  - Co-developed Health Future Health Survey; an intervention-based health risk assessment

- Developed Motivational Interviewing-based health coaching service
  - Intern oversight (OHSU Dietetic Internship Program, Portland State University, OHSU School of Nursing)
  - Health- and cost-effectiveness data collection, analysis and presentation
  - Managerial and professional development responsibilities of 20+ staff
  - Infusion of practice into SON classes as instructor and guest presenter
  - Staff presentations for Center for Women’s Health staff, Center for Healthy Aging Staff, Wellness staff, Dietetic Internship
  - Collaboration of practice activities with Center for Healthy Aging, Primary Care Clinics, Center for Women’s Health, Asante Work Health, WebMD
- ◆ Wellness and Health Promotion Program 1996 – 2000  
OHSU School of Medicine, Occupational Health  
Portland, OR
- Evidence-based practice developed in 1996; supported Occupational Medicine Program
  - Intern oversight (OHSU Dietetic Internship Program, Portland State University students – grad and undergrad)
  - Resident education (presentations to Emergency Medicine and Public Health residents on annual basis on behavior change theory and health promotion)
  - Health- and cost-effectiveness data collection, analysis and presentation
  - Managerial and professional development responsibilities of 15+ staff
  - Peer presentations for Center for Women’s Health staff, Wellness staff, Dietetic Internship staff, Asante Work Health staff
  - Collaboration of practice activities with Center for Women’s Health and Asante Work Health
- ◆ Working On Wellness Program 1986 – 1995  
University of Richmond  
Richmond, VA
- Developed and managed wellness program for faculty, staff and students
  - Participated in and coordinated wellness experience for leadership program for the Management Development Program at the university.
  - Provided peer presentations for university departments
  - Co-developed peer education program for undergraduate students
- ◆ Wellness Program 1984 – 1986  
Chippenham Medical Center  
Johnston-Willis Hospital  
Richmond, VA
- Developed and managed physician-referred outpatient wellness program, with focus on weight management, physical fitness and stress management
  - Enrollment reached 100+ participants in 1.5 years.
  - Marketed and coordinated corporate wellness program for both hospitals.

**Research Activity & Grant Awards:**Current Research Support

CERC, Stanford University (Choudhry & Milstein, Co-PIs) 6/01/17 – 05/30/20

Spine Pain Intervention to Enhance Care quality And Reduce  
Expenditure (SPINE-CARE) – Randomized Clinical Trial

This trial is a block and cluster-randomized open-label multi-centered pragmatic randomized clinical trial comparing healthcare spending and clinical outcomes for subjects with spine pain of less than six weeks duration, in whom there are no red flag signs or symptoms. Subjects are randomized to one of three treatment strategies: (1) usual primary care provider-led care; (2) usual PCP-led care with spine pain treatment directed by the Identify, Coordinate, and Enhanced decision making (ICE) care model, and (3) usual PCP-led care with spine pain treatment directed by the Individualized Postural Therapy (IPT) care model. Outcomes of interest are spine-related healthcare utilization at one year as well as pain and functionality of the study participants.

Role: Administer/oversee Spine Coach intervention for ICE arm

SC15-1503-28336 (\$5.2 million) 5/01/16 – 12/30/20

PCORI (Bailey & Robinson, Co-PIs)

*Improving Self-Care Decisions of Medically Underserved African-Americans with Uncontrolled Diabetes: Effectiveness of Patient-Driven Text Messaging versus Health Coaching*

The overall goal of this study is to compare how well Motivational Messages (text messages from the doctor's office), Diabetes Wellness Coaches, and enhanced usual care with diabetes education materials (provided at the doctor's office) work to help African-American adults with uncontrolled diabetes improve their diabetes self-care decisions.

Role: Co-investigator

Completed Research Support

C1004-P (\$810,000) 9/01/13 – 8/31/15

VA RR&D, NCRAR (Lewis, PI)

*Applying the Use of Motivational Tools to Auditory Rehabilitation*

The goal of this research grant is to examine the effectiveness of two interventions for unsatisfied hearing-aid users. There will be a usual care group and a treatment group, with the intervention with a motivational interviewing-based coaching approach. Outcomes include use of hearing aids and participant satisfaction.

Role: MI Trainer

C7067W \$713,800 9/01/09 - 8/30/13

VA RR&D (Lewis, PI)

*Auditory Rehabilitation from the Perspective of the Significant Other*

The primary purposes of the research associated with this award are: 1) to examine the relationship between spousal opinions regarding hearing aids on patient post-use satisfaction with hearing aids and 2) to assess the relative efficacy of different intervention strategies at

addressing pre-use expectations with the ultimate aim of improving satisfaction with hearing aids. MI is being tested as one of the intervention strategies.

Role: MI Trainer

H2AIT16621 \$755,941 10/01/2009 – 12/31/12

TNGP-THC Program, HRSA (Linden, PI)

*Home -Telemonitoring: Improving Outcomes for Discharged Hospital Patients* (Linden, PI)

Clinical trial. This grant was awarded to Asante Health System to provide better chronic care management in rural areas. The objective is to improve outcomes and reduce concomitant healthcare costs for congestive heart failure (CHF) and chronic obstructive pulmonary disease (COPD) patients in the rural counties of southern Oregon by deploying a hospital-based health management intervention that couples telemonitoring with Motivational Interviewing-based health coaching immediately subsequent to hospital discharge.

Role: Co-investigator

1RC1AG036121-01 \$477,611 9/30/09 – 08/31/11

National Institute on Aging (Jimison, PI)

*Cognitive Interventions Delivered to Elders in the Home Via Coaching Technology*

This study will integrate cognitive intervention protocols into a health coaching technology and evaluate the feasibility of a novel and scalable method for delivering tailored cognitive health interventions to elders in their home environment. The development and pilot evaluations in this project are designed as preparation for a larger clinical trial evaluating the effectiveness of various sustained cognitive interventions delivered over longer periods of time with our remote health coaching technology, which is based on Motivational Interviewing.

Role: Co-investigator

The John A. Hartford Foundation \$2.5 million 9/01/07 – 08/31/11

Intermountain Healthcare and Oregon Health & Science University

Care Management Plus Dissemination (Dorr, PI)

This grant is a dissemination grant as a follow-up to the Care Management Plus collaborative care, chronic disease management and quality enhancement project. Study activities include sharing the principles of the model, training staff, and assisting with the development of client-centered technology systems. Care Management Plus is a technology-intensive, innovative primary care model that reduces hospitalizations, lowers costs and improves health outcomes for older adults with chronic illnesses.

Role: Co-investigator

1RO1-DP000103-01 Competitive Continuation \$.5 million 10/01/07 – 9/30/10  
DHHS/CDC (Butterworth, PI)

*High Impact Interventions for Employee Health Promotion*

The overarching objective of this application is to perform one of the most intensive analysis of factors related to reach, adoption, feasibility, fidelity, acceptability, compatibility and outcome of three of the most widely used worksite wellness interventions (health risk assessment, online tailored communications and health coaching) delivered under combinations of three of the most widely used recruitment and retention strategies (persuasive communications, incentives, and telephone outreach).

Role: Principal Investigator

1R01-DP000103-01 \$1.2 million  
DHHS/CDC (Butterworth, PI) 9/15/04 - 12/31/08

*High Impact Interventions for Employee Health Promotion*

Clinical trial. The overarching objective is to compare high impact health promotion programs with employees at each stage of change on multiple behavior changes, cost effectiveness, quality of life, and productivity. Interventions compared include Motivational Interviewing-based health coaching and stage-based, computerized self-study guides.

Role: Principal Investigator

Center for Health Care Strategies (CHCS) (Wadhwa, PI) 9/1/05 – 8/31/07

*A Collaborative Group Approach to Consumer Diabetes Education for High Risk Consumers to Support Disease Management Interventions in Oregon and New Hampshire* as part of the *Medicaid Value Program: Health Supports for Consumers with Chronic Conditions*. The objective of the study is to compare clinical and financial measures in Medicaid clients who participate in group Motivational Interviewing-based health education led by certified diabetic educators and nurses in tandem with an existing telephonic and community-based disease management program.

Role: Consultant

DHHS Administration on Aging (Bennett, PI) 7/1/2002 - 6/30/2004

*Transforming primary care: The healthy aging project Phase II*

The purpose of the Healthy Aging Project Phase II is to test the hypothesis that a motivational interviewing intervention in addition to standard care in a primary care setting can enhance quality of life and reduce health risks for clients over the age of 60.

Role: Consultant

DHHS Administration on Aging (Potempa, PI) 8/1/2000 - 1/31/2002

*Transforming primary care: The healthy aging project*

The purposes of the Healthy Aging Project are to: a) create an individualized health care plan in collaboration with participants based on their vulnerability, risk factors, and personal preferences; b) to support that plan through scientifically based behavioral interventions such as coaching, tailored education, and motivational interviews during primary care visits, etc.; and c) to coordinate a full continuum of care in support of the individualized care plan.

Role: Consultant

5 RO1-AR45901-03 (Elliot, PI) 04/01/99 - 03/31/03  
NIH/NIAMS

*Promoting Healthy Lifestyles: Alternative Models' Approach*

This proposal is designed to test two major theoretical health promotion models to address the unhealthy behaviors of fire fighters. Results will greatly assist health professionals to understand strengths and weaknesses of peer led social learning and individualized approaches to enhance health using the motivational interviewing approach.

Role: Consultant

**Grant Reviewer:**

Grant application reviewer for NIH, Center for Scientific Review Section, (February 2008; July, 2009)

### Publications and Scholarly Work:

Bailey, J.E., Surbhi, S., Gatwood, J., **Butterworth, S.**, et al. The Management of Diabetes in Everyday Life Study: Design and Methods for a Pragmatic Randomized Controlled Trial Comparing the Effectiveness of Text Messaging versus Health Coaching. *Under Review*

**Butterworth, S.**, Sharp, A. Practitioner Tactics for Tackling the Opioid Epidemic. Healthcare Intelligence Network. Tuesday, August 15<sup>th</sup>, 2017. Available at: <http://hin.com/blog/2017/08/15/5-practitioner-strategies-for-tackling-the-opioid-epidemic>.

Linden, A., **Butterworth, S.W.** (2014). A Comprehensive Hospital-based Intervention to Reduce Readmissions for Chronically Ill Patients: A Randomized Controlled Trial. *The American Journal of Managed Care*, 20(10):783-792.

**Butterworth, S.**, Moore, M., Stolfus, J., Walkup, R.B. (2014). Coaching experts discuss the relationships between coaching, culture, and health outcomes and for what coaches should be held accountable. *American Journal of Health Promotion*, 28(3), TAHP 3-7.

Lipschitz, J.M., Paiva, A.L., Redding, C.A., **Butterworth, S.**, Prochaska JO. (2013). Co-occurrence and Coaction of Stress Management with Other Health Risk Behaviors. *Journal of Health Psychology*. Epub ahead of print. PMID: 24165862.

Perry, CK, **Butterworth, S.W.** (2011). Commitment strength in motivational interviewing and movement in exercise stage of change in women. *Journal of the American Academy of Nurse Practitioners*, 23(9), 509–514.

Potempa, K., **Butterworth, S.W.**, Flaherty-Robb, M., Gaynor, W. (2010). The Healthy Ageing Model: Health Behaviour Change for Older Adults. *Collegian, J Royal College Nurs Australia*, 17(2),51-55.

**Butterworth, S.** (2010). Health-coaching strategies to improve patient-centered outcomes. *J Am Osteopath Assoc*, 110 (4Supple 5), eS12 - eS14.

**Butterworth, S.** (2010). Adding MI principles to your communication skills: an interview with Susan Butterworth PhD. *J Am Osteopath Assoc*, 110(4Suppl 5):eS15-6.

Linden A, Biuso TJ, **Butterworth SW.** (2010). Help patients with chronic kidney disease stave off dialysis. *Journal of Family Practice*, 59(4),212-219.

Linden A, **Butterworth SW**, Prochaska JO. (2010). Motivational interviewing-based health coaching as a chronic care intervention. *Journal of Evaluation in Clinical Practice*, 16, 166-174.

**Butterworth, S.W.** (2008). Influencing Patient Adherence to Treatment Guidelines. *Journal of Managed Care Pharmacy*. 14(6 Suppl), S21-25.

Prochaska, J.O., **Butterworth, S.**, Redding, C.A., et al. (2008). Initial Efficacy of MI, TTM Tailoring and HRI's with Multiple Behaviors for Employee Health Promotion. *Preventive Medicine*, 46, 226-31.

**Butterworth, S.**, Linden, A., McClay, W. (2007). Health Coaching as an Intervention in Health Management Programs. *Disease Management & Health Outcomes*. 15 (5), 299-307.

Biuso, T.J, **Butterworth, S.**, Linden, A. (2007). Targeting prediabetes with lifestyle, clinical and behavioral management interventions. *Disease Management*, 10(1), 6-15.

**Butterworth, S.**, Linden, A. (2006).The Effect of Motivational Interviewing-based Health Coaching on Employees' Physical and Mental Health Status. *Journal of Occupational Health Psychology*, 11(3), 358-65.

Linden, A., **Butterworth, S.**, Roberts, N. (2006). Disease management interventions II: What else is in the black box? *Disease Management*, 9 (2), 73-85.

Bennett, J.A., Perrin, N.A., Hanson, G., Bennett, D., Gaynor, W., Flaherty-Robb, M., Joseph, C., **Butterworth, S.**, Potempa, K. (2005). The Healthy Aging Project: Nurse coaching for behavior change in older adults. *Research in Nursing & Health*, 28 (3), 187-197.

**Butterworth, S.**, Jeffries S. (2005). Obesity: Another Perspective and Practice Suggestions. *MINT Bulletin*, 12(2), 10-11.

**Butterworth, S.W.** (2000). The Twelve Labors. *The Journal of NAMI California*, 11(4), 34-36.

Pierce, E.F., **Butterworth, S.W.** (1992). Fitness Profiles and Activity Patterns of Entering College Students. *Journal of American College Health*, 41(2), 59-62.

Ursiskin, K.L., **Butterworth, S.W.** (1990). Lack of Effect of Dehydroepiandrosterone in Obese Men. *International Journal of Obesity*, 14, 457-63.

#### Published Abstracts

Brosch, R., **Butterworth, S.**, Brandl, S., Rodriguez, O., Benner, D. Dietitian Acceptance and Effectiveness of a Motivational Interviewing Approach to Dialysis Patient Engagement. *J Am Acad Nutr Diet* 2016;116(9):A49.

Brunker CP, Widmier L, Burdon R, Dorr DA, **Butterworth S** (2009). *Curriculum for Care Managers: Expanding Skill Sets (poster presentation)*, American Geriatrics Society, Chicago, IL [Abstract]. *J Am Geriatr Soc*, 57(4):S132.

**Butterworth, S.** (2002). Infusing Motivational Interviewing Techniques Into A Corporate Wellness Program. *American Journal of Health Promotion*, 16(6):367.

**Butterworth, S.** (2001). Building Health Promotion Into A Primary Care System: The Healthy Aging Project. *American Journal of Health Promotion*, 15(6):313.



### Peer-Reviewed Presentations

Addressing Quality Improvement for Patient Engagement and Activation: A Three-Part Process. Storyboard presentation at 29th Annual Institute for Healthcare Improvement National Forum, Orlando, Florida (December 2017)

Successful Integration of MI in the Healthcare Setting: Utilizing the MICA Coding System for Proficiency Development. Breakout presentation delivered for International Conference on Motivational Interviewing 2017, Philadelphia, Pennsylvania (June 2017)

Motivational Interviewing: Addressing Patient Engagement and Chronic Disease Self-Management. Co-Author: Sharp A. Storyboard presentation at Institute for Healthcare Improvement Summit on Improving Patient Care, Orlando, Florida (April 2017)

Building Multidisciplinary Teams in Primary Care. Co-authors: Bailey J, Grossman E, Hunt LS. Panel presentation at Society of General Internal Medicine Annual Meeting 2017, Washington DC (April 2017)

Motivational Interviewing: Successful Integration. Co-authors: Benner D, Brosch B. Storyboard presentation at Institute for Healthcare Improvement 28<sup>th</sup> Annual National Forum, Orlando, Florida (December 2016)

Building and Assessing Proficiency in Motivational Interviewing in Your Health Coaching Team. Breakout session for 26<sup>th</sup> Annual Arts & Science of Health Promotion Conference, Orlando, FL (April 2016)

Serio, C., Butterworth, S.W. Digitally Scaling Motivational Interviewing with a Chronic Population: Pilot Program Results. Poster presentation for 16<sup>th</sup> Annual PHA Population Health Forum, Washington DC. (November 2015)

Motivational Interviewing Competency Assessment (MICA). Breakout presentation delivered for Motivational Interviewing Network of Trainers (MINT) Annual International Forum, Berlin, Germany (October 2015)

How Motivational Interviewing Interfaces with Self-Efficacy, Patient Activation and Shared Decision Support. Moderator for Panel Presentation and Presenter for 25<sup>th</sup> Annual Arts & Science of Health Promotion Conference, San Diego (April 2015)

Patient Activation and Motivational Interviewing. Breakout presentation delivered for Motivational Interviewing Network of Trainers (MINT) Annual International Forum, San Diego, US (October 2010)

Evaluation of Project META (Motivating Employees Towards Action). Research Presentation to 2010 Art & Science of Health Promotion Conference, Hilton Head, SC (March 2010)

High Impact Interventions for Employee Health Promotion. Presentation to the Disease Management Association of America Forum 08, Hollywood, FL (November 2008)

High Impact Interventions for Employee Health Promotion. Presentation to HPRI Worksite Health Promotion Breakout Session at the National Institute for Occupational Safety and Health Worklife 2007, Bethesda, MD (September 2007)

Effect of Motivational Interviewing-based Health Coaching on Employees' Physical and Mental Health Status. Open Paper presentation at World Congress of Behavioral and Cognitive Therapies, Barcelona, Spain. (July 2007)

The Healthy Aging Project. Breakout presentation at *Improving Health Care Quality Through Research*, a research symposium sponsored by Florida International University School of Nursing, Miami, FL. (October 2003)

Infusing Motivational Interviewing Techniques Into A Corporate Wellness Program. Poster presentation at the Arts & Science of Health Promotion Conference, Lake Tahoe, NV. (February 2002)

Building Health Promotion Into A Primary Care System: The Healthy Aging Project. Poster presentation to the Arts & Science of Health Promotion Conference, Washington, D.C. (February 2001)

The healthy aging project: Facilitating health behavior change in older adults. Paper presented at the 54<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America. (January 2001)

A Successful Wellness Model Based on Social Support and Comprehensive Onsite Services. Poster presentation to the Arts & Science of Health Promotion Conference, Colorado Springs, CO. (March 2000)

Corporate Wellness and Occupational Health: The Benefits of Integration. Breakout presentation to Northwest Occupational Health Conference, Portland, OR (October 1999)

Maximizing a Corporate Wellness Program with a Minimum Budget. Breakout presentation at Northwest Occupational Health Conference, Spokane, WA (October 1997)

Comparison of lifestyle habits between 18 to 21 year old college students. Poster presentation to VAHPERD Conference, Williamsburg, VA. (March 1994)

#### Chapters

Serio, C & **Butterworth, SW**; The Science and Practice of Health Behavior Change: A Consumer-Centric, Technology-Supported Approach. *Participatory Healthcare: A Person Centered Approach to Healthcare Transformation* by Oldenburg J, Griskewicz MP (ed), New York: CRC Press, 2016.

**Butterworth, SW**. Motivational Interviewing Health Coaching. *Chronic Care Professional (CCP) Health Coaching Certification Manual*, by HealthSciences Institute, St. Petersburg, 2013.

Lane, C; **Butterworth, SW**; Speck, L. Motivational Interviewing Groups for People with Chronic Health Conditions. *Motivational Interviewing in Groups*, by Wagner, CC; Ingersoll, KS, New York: Guilford Press, 2012.

**Butterworth, SW.** Chapter Editor for Nutrition and Health. *Health Wellness*, 2<sup>nd</sup> Edition, by Scott Roberts, Eddie Bowers Publishing Company, 1997.

**Butterworth, SW;** Weiss, JR. *Health Wellness Assessment*. Software program for *Health Wellness*, 1<sup>st</sup> Edition, by Scott Roberts, Eddie Bowers Publishing Company, 1993.

**Butterworth, SW.** Preface to Health and Wellness chapter in *Fundamentals of Human Resource Management*, Donald Meyers, 1986.

#### Other Scholarly Work

Healthcare Improvement Blog. Q-consult, LLC website: <http://qconsulthealthcare.com/blogs-improving-healthcare-delivery-patient-experience>. (2016-present)

Butterworth, S.W. (April 2017) miSkillSet app development. Accessed at <https://miskillset.com>.

Co-developer for Motivational Interviewing Competency Assessment (MICA), a validated standardized assessment tool for coding clinician/client sessions in multiple settings. Resides at [www.micacoding.com](http://www.micacoding.com) and is free for public dissemination and use (Developed in 2015)

Reviewer for *How to Build a Thriving Culture at Work* by Rosie Ward and Jon Robison. Salveo Partners, LLC (Published in 2015)

Lead developer for Health Coaching Performance Assessment (HCPA), a validated standardized assessment tool for coding practitioner/patient sessions in health care. Owned by HealthSciences Institute (Developed in 2010)

Co-developer with Ariel Linden, DrPH of Health Management Survey, an interactive motivational interviewing-based health risk appraisal in both online and paper format. Health Future owns intellectual rights. (2009)

Reviewer for *Integrative Health Promotion in Nursing Practice* by Susan Kun Leddy, PhD, RN, SLACK Incorporated Publishing Company (Published in 2003)

Content editor for *What Would Marilyn Say?* by Diane Vines, PhD, RN. BookPartners Publishing Company (Published in 2003)

**Butterworth, SW.** *Healthy Habits For A Change*. Internet document. 1996.  
<http://www.teleport.com/~change>.

Content editor for *Annual Health Edition*, Dushkin Publishing Company (1994 - 1997)

**Butterworth, SW.** *The Effects of a Cognitive Restructuring Program on Cholesterol Levels and Stress Levels of Hypercholesterolemic Individuals*, Unpublished dissertation, 1992.

**Butterworth, SW.** So You've Hurt Yourself Again: The Weekend Athlete. *Surroundings Magazine* (1985), 4, 6-9.

**Selected Consulting Activities:**

Consulting and training services for University of Michigan School of Nursing (2019 – present)

Consulting and training services for University of Pittsburgh Medical Center (UPMC) (2018 – present)

Consulting and curriculum development for GWEP Utah Gerontology Education Consortium (2018 – present)

Consulting and training services for PacificSource Health Plan (2017 – present)

Consulting, research and training services for University of Tennessee Health Science Center, Memphis, TN (2017 – present)

Training services for Magellan Rx Management (2019)

Consulting and health coaching activities for Clinical Excellence Research Center (CERC), Stanford University School of Medicine (2016 – present)

Consulting and training services for Colonial Management Group (2018 – 2019)

Consulting and training activities for Florida Hospital Diabetes Center (2017 – 2018)

Consulting and advisory board activities for Vital Decisions (2011 – 2017)

Consulting and training activities for DaVita Healthcare Partners (2014 – 2016)

Consulting activities for HealthWise (2013 – 2016)

Consulting activities for Oregon Health Authority (2013 – 2015)

Research and consulting activities for VA Audiology Department (2012 – 2015)

Consulting activities for MediMedia (2012 – 2015)

Consulting and outreach activities for Mercer (2009 – 2011)

Consulting, training, and advisory board activities for HealthSciences Institute (2009 – 2015)

Consulting activities for California Quality Collaborative (2013)

Consulting activities for Best Doctors (2012 – 2013)

Consulting and outreach activities for Zenith Administrators (2010 – 2013)

Consulting and training activities for HealthCare 21 (2010 – 2012)

Process evaluation and training activities for client-centered coaching approach for Davita VillageHealth (2007 – 2011)

Consulting activities for Daiichi Sankyo, Inc. (2010)

Participant at Summit on Improving Patient Adherence, Primary Care Education Consortium, Charlotte, NC (July 2010)

Co-chair for development of Center of Excellence for Chronic Care Management for Asante Health System (2009 – 2010)

Consulting and training activities for Center for Health Care Strategies (CHCS) for Motivational Interviewing and Patient Activation Approach for Medicaid Demonstration Project for King County Care Partners, Seattle, WA. (2008 – 2010)

Process evaluation and training activities for client-centered coaching approach for OptumHealth (2008 – 2010)

Strategic planning and product development consulting activities for Health Future (2009 – 2010)

Process evaluation and training activities for client-centered approach for CardioCom (2009 – 2010)

Process evaluation and training activities for client-centered approach for WebMD (2009)

Process evaluation and training activities for client-centered coaching approach for CareOregon (2007 – 2009)

Curriculum development consultant for McKesson Health Solutions for Motivational Interviewing-based group workshop for Medicaid Diabetes Group (2005 – 2006)

Staff development consultant for Asante Health System as contracted with Asante Work Health, Medford, OR (2002)

Planning and development activities consultant for OHSU Center for Healthy Aging as contracted with OHSU School of Nursing, Portland, OR (2000 - 2002)

Focus group facilitator and consultant for wellness retreat planning and development activities for OHSU Center for Women's Health as contracted with OHSU School of Nursing, Portland, OR (2000)

Recruiting and marketing activities consultant for OHSU Dietetic Internship Program as contracted with OHSU School of Nursing, Portland, OR (2000)

Wellness and health administration consultant for EMB Medical Services, Portland, OR. (1999 – 2000)

Wellness and fire services consultant for PHLAME grant from NIH; primary investigators from OHSU Sports Medicine and Health Promotion Department (1999 - 2001)

Consultant for Substance Abuse Program; Student Affairs, Lewis & Clark College, Portland, OR (1997)

Corporate wellness consultant; Oregon Health Sciences University, Portland, OR (1995-96)

Health education curriculum consultant; Prevention Research Institute, Lexington, KY (1995)

Wellness program consultant; Green Hospital of Scripps Clinic, La Jolla, CA (1991)

Wellness program consultant; Chippenham Medical Center, Richmond, VA ( 1986-88)

**Selected Workshops, Lectures, Presentations:**

**Scientific:**

International:

Application of MI in Low Socioeconomic Group Setting: Overcoming Language, Cultural & Disability Challenges. Symposium participant at World Congress of Behavioral and Cognitive Therapies, Barcelona, Spain. (July 2007)

Introduction to Motivational Interviewing: Techniques to improve patient motivation/adherence. Workshop to the World Congress of Behavioral and Cognitive Therapies. Kobe, Japan (July 2004)

Motivational Interviewing: Beyond Substance Abuse Treatment to General Health Behavior Change. Symposium participant at World Congress of Behavioral and Cognitive Therapies. Kobe, Japan (July 2004)

A Risk Reduction Model for the Prevention of Alcohol-Related Problems, Warsaw, Poland. As delegate for Preventive Medicine Delegation, sponsored by People to People Ambassador Program (July 1994)

National:

Motivational Interviewing Health Coaching: Skill-Building for Beginning and Intermediate Practitioners. Two-day workshop for 29<sup>th</sup> Annual Arts & Science of Health Promotion Conference, Hilton Head Island, SC (April 2019)

Integrating Health Coaches Into the Primary Care Setting: Lessons Learned from the MODEL Study. Breakout session for 29<sup>th</sup> Annual Arts & Science of Health Promotion Conference, Hilton Head Island, SC (April 2019)

Motivational Interviewing: Engaging Others to Improve Outcomes. Presentation at DaVita

HealthCare Partners Clinical Enterprise meeting. Las Vegas, NV (July 2016)

Motivational Interviewing Skill-building Workshops for EPIC project, a national workforce initiative. 8-hour workshops for DaVita Healthcare dietitians:

- Los Angeles, CA (May 2015)
- Irvine, CA (May 2015)
- Las Vegas, NV (May 2015)
- Ontario, CA (2 workshops) (June 2015)
- Hot Springs, AR (June 2015)
- Oklahoma City, OK (July 2015)
- Houston, TX (October 2015)
- Richmond, VA (October 2015)
- Tampa, FL (January 2016)
- Orlando, FL (February 2016)
- Ft. Lauderdale, FL (February 2016)
- Irvine, CA (July 2016)

Patient Engagement: The Science of Behavior Change in Supporting Activation & Self-Management. Presentation made at sites for HealthCare Partners Transitions of Care Summits:

- Denver, CO (March 2016)
- Los Angeles, CA (March 2016)
- Tampa, FL (May 2016)
- Las Vegas, NV (June 2016)

Motivational Interviewing Health Coaching Skill-Building. Two-day workshop for 26<sup>th</sup> Annual Arts & Science of Health Promotion Conference, Orlando, FL (April 2016)

Patient Engagement: Supporting Activation. GNYHA webinar for ACPE-accredited continuing education for pharmacists. (April 2016)

Keynote Speaker for Health 2.0: Redesigning Health and Wellness Coaching in the Community. National Health Coaching Summit, Greensboro, NC (October 2015)

Motivational Interviewing. Preconference workshop for CPNP 2015 Annual Meeting, Tampa, FL (April 2015)

Research in Health Coaching: What do we know is effective? Breakout session at Health 2.0: Redesigning Health and Wellness Coaching in the Community. National Health Coaching Summit, Greensboro, NC (October 2015)

Patient Engagement Part I and II. Presentation to Specialized Pharmacy Service providers through Abvie Speaker's Bureau. Multiple locations around country. 2014 – 2015)

Motivational Interviewing Skill-building Workshop. 16-hour workshop for EPIC pilot for DaVita Healthcare Partners (May 2014)

Building a High-Performance Health Coaching Team: A Proven Roadmap for Breakthrough Results. Webinar presented for HealthSciences Institute Learning Collaborative (April 2014)

Motivational Interviewing Health Coaching Skill-building. Webinar Series for HealthSciences Institute (January 2014, May 2013, September 2012, May 2012)

Motivational Interviewing: An Evidence-based Approach to Improve Engagement. Keynote presentation for 28<sup>th</sup> Annual ROSE Conference, Minneapolis, MN (September 2012)

Breakthrough Results in Engagement: Bridging Science and Practice. Webinar presented with Neil Smithline for HealthSciences Institute Learning Collaborative (September 2012)

Becoming a Registered Health Coach: A Pathway to Proficiency & National Recognition. Webinar presented for HealthSciences Institute Learning Collaborative (May 2012)

Measuring Health Coach Proficiency & Program Quality: An Interactive Case Study. Webinar delivered for HealthSciences Institute Learning Collaborative (October 2011)

Raising the Bar on Health Coaching: Health Coaching Performance Assessment (HPCA). Webinar delivered for HealthSciences Institute Learning Collaborative (April 2011)

Resistance is Not a Patient Problem: Practical Skills for Better Adherence. Webinar delivered for HealthSciences Institute Learning Collaborative (November 2010)

Motivational Interviewing: Optimizing Treatment Adherence. Keynote Presentation delivered for 26<sup>th</sup> Annual ROSE Conference, Minneapolis, MN (October 2010)

Incorporating Motivational Interviewing into Clinic Practice for Medicaid Population with Complex Conditions. Keynote Panel member presentation delivered for Motivational Interviewing Network of Trainers (MINT) Annual Forum, San Diego (October, 2010)

Consumer Motivation: Moving Your Patients to Yes. Keynote Presentation delivered for OptumHealth's 20<sup>th</sup> Annual National Clinical Conference, Chicago, IL (September, 2010)

Patient-Centered Communication: Core Skills to Improve Treatment Outcomes. Webinar delivered for Impact Education's Patient Centered Medical Home: Integrative Strategies to Optimize Outcomes for Bariatric Procedures. (February 2010, March 2010)

Optimizing Treatment Adherence to Improve Population Health and Productivity. Presentation to the OptumHealth Care Solutions Innovations in Wellness and Disease Management Conference, Las Vegas, NV (February 2010)

Disease Management Enrollment and Engagement Best Practices. Webinar for World Research Group (February 2010)

Health Coaching Strategies to Improve Patient-Centered Outcomes. Presentation to the American Osteopathic Annual Meeting, New Orleans, LA (November 2009)



Motivational Interviewing: Helping Patients to Manage Their Health. Workshop to the American Osteopathic Annual Meeting, New Orleans, LA (November 2009)

Motivational Interviewing: An Evidence-based Health Coaching Approach to Reduce Hospital Readmission. Presentation to World Research Group Conference on Reducing Hospital Readmissions, Boston, MA (September 2009)

Motivational Interviewing: Facilitating Behavior Change. Webinar for California Association of Family Physicians (July 2009)

Patient Centered Clinical Communication: Motivating Patients to Become Adherent and Improve Clinical Outcomes. Presentation to California Association of Family Physicians Conference, Burbank, CA (May 2009)

Patient-centered Care: Theory into Action. Presentation to the California Association of Health Plans Conference, San Diego, CA (April 2009)

Wellness: Behavioral Approaches to Lifestyle Management. OptumHealth's 2nd Annual Medical Director Forum: Spotlight on Personalized Health Management (November 2008)

Consumer Empowerment: Optimizing Clinical & Financial Outcomes. Presentation to OptumHealth's 17th Annual National Clinical Conference, Minneapolis, MN (September 2008)

Consumer Empowerment: Optimizing Clinical & Financial Outcomes. Presentation to OptumHealth's Innovations in Disease Management Conference, Las Vegas, NV (October 2008)

Butterworth, S. Motivational Interviewing: A Strategy to Unleash Patient Power. Presentation to the American Osteopathic Annual Meeting, Las Vegas, NV (October 2008)

Motivational Interviewing: An effective approach for lifestyle management in healthcare. Webinar for Center for Health Care Strategies (CHCS) and Kaiser Permanente (June 2008)

Motivational Interviewing in Health and Disease Management. Webinar for World Research Group. (April 2008)

From Theory to Practice to Outcomes. Presentation to MedImpact Annual Conference, San Diego, CA (February 2008)

Unleash the Power of the Patient through Motivational Interviewing. Presentation at the Academy of Managed Care Pharmacy (AMCP) Fall Education Conference, Boston, MA. (October 2007)

Development and Application of Health Coaching in Health and Disease Management. Presentation to World Research Group: Promoting Health Coaching Conference, Boston, MA. (October 2007)

Health Coaching in Lipid Management. Presentation to the American Osteopathic Annual Meeting, San Diego, CA. (October 2007)

Facilitating Behavior Change: A Different Perspective on Non-compliance. Post-conference workshop for National Institute for Occupational Safety and Health Worklife 2007, Bethesda, MD (September 2007)

Integrating Health Coaching Into a Comprehensive Health Management Effort. Audio conference for Healthcare Intelligence Network. (November 2006)

Efficacy of Health Coaching in DM. Disease Management Leadership Forum, Denver, CO. (December, 2006)

Leveraging Prevention to Target Pre-Diabetes Among the At-Risk: Utilizing Health Coaching, Motivational Interviewing and Patient Engagement to Prevent the Onset of Diabetes. Pre-conference workshop presented at Measuring and Quantifying the Value of Disease Management for Diabetes Care, Chicago, IL. (September, 2006)

Motivational Interviewing-based Health Coaching. Pre-conference workshop presented at Conference on Quantifying Disease Management for COPD, Chicago, IL. (July, 2006)

Introduction to Motivational Interviewing. Two 16-hour workshops for John Deere Health staff, Kingsport, TN; Moline, IL. (Winter 2005)

Cost Justification of the Wellness-Fitness Initiative. Presentation (two sessions) to the International Association of Fire Fighters Fifteenth Symposium on the Occupational Health and Hazards of the Fire Service. Honolulu, HA. (August 1999)

Regional/Statewide:

Introduction to Motivational Interviewing, 2-day workshop for Magellan Rx Management, Newport, Rhode Island (October 2019)

Patient Engagement: Supporting Autonomy & Activation. One-day workshop presented to Memorial Care Health System, sponsored by Mercer, Fountain Valley, California (January 2017)

Best Practices for Engaging Patients in Self-Care. Webinar presented for Stanford Clinical Excellence Research Center. (August 2015, September 2016)

Patient Engagement & Activation. Webinar series for Mercer for practitioners in medical home for Accountable Care Organization. (November 2014)

Patient Engagement. Facilitation of panel discussion and breakout sessions at the Oregon Coordinated Care Model Summit, Portland, OR. (December 2014)

Motivational Interviewing Health Coaching Skill-building Workshop, 16-hr workshop for Vital Decisions. Newark, NJ (September 2013)

Motivational Interviewing Health Coaching Skill-building Workshop, 16-hr workshop for Telligen. Oklahoma City, OK (August 2013)

Motivational Interviewing Health Coaching Skill-building Workshop. 16-hour workshop for HealthWise. Boise, ID (June 2013)

Motivational Interviewing Skill-building Workshop. 16-hour workshop for Best Doctors, Inc. Boston, MA. (December 2012)

Engagement Strategies. Workshop for Best Doctors, Inc. Boston, MA. (December 2012)

Motivational Interviewing: A Skill-building Workshop. 16-hour workshop for Stanford Coordinated Care Clinic. Palo Alto, CA (April 2012)

Motivational Interviewing: A Skill-building Workshop. 16-hour workshop for nursing staff and two 8-hour workshops for engagement specialist staff for Blue Cross Blue Shield of Michigan. Detroit, MI (February 2012)

Improving the Patient Experience through Motivational Interviewing. Presentation for HealthCare Partners. Los Angeles, CA (October 2011)

Introduction to Motivational Interviewing. 16-hour workshop for Asante Health System, Medford, OR (October 2011)

Motivational Interviewing: A Skill-building Workshop. 16-hour workshop for Blue Cross Blue Shield of Michigan. Detroit, MI (February 2011)

Introduction to Motivational Interviewing. 16-hour workshop for HealthCare 21, Knoxville, Tennessee (November 2010)

Introduction to Motivational Interviewing, 5-day workshop series for Department of Juvenile Justice for State of California Corrections (Winter 2007, Spring 2008, Winter 2009)

Enhancing Compliance. Presentation to Scientific Assembly for Oregon Academy of Family Physicians. (May 2006)

Introduction to Motivational Interviewing. 16-hour workshop series for Kronos Medical Center, Phoenix, AZ (Fall, 2005)

Introduction to Motivational Interviewing. 20-hour workshop series for Linn County Community Health Improvement Program, Lebanon, OR (Fall 2005)

Introduction to Motivational Interviewing: Preparing People to Change. Breakout session for 29th Annual Oregon State University Gerontology Conference, Corvallis, OR (March 2005)

Introduction to Motivational Interviewing. Two 4-hour workshops for NorthWest Senior & Disability Services staff, Salem, OR (April 2005)

Motivational Interviewing: Coaching for Successful Employment. 7-hour workshop for Portland State University Continuing Education Series, Portland, OR (November 2004)

Negotiating Against Resistance: Techniques to Use with Patients for Promoting the Judicious Use of Antibiotics. 3-hour workshop to healthcare practitioners. Sponsored by The Oregon Alliance Working for Antibiotic Resistance Education (*AWARE*) and Oregon Medical Association, Portland, OR. (November 2004) (May 2005)

Introduction to Motivational Interviewing. 2-hour workshop at Scientific Assembly for Oregon Academy of Family Physicians. (May 2004)

Introduction to Motivational Interviewing. Presentation to Rural Health Practitioners Convocation, Newport, OR. (October 2003)

Creating Healthy Families. Presentation co-jointly presented at the Association of Women's Health, Neonatal and Gynecological Nurses. (October 2001)

The Next Century of Women's Health: Projections, Predictions and Trends. Presentation to the Washington State Dietetics Association, Tacoma, WA. (April 2000)

Worksite Wellness: What Works? Presentation to the Northwest Occupational Health Nurses meeting, Portland, OR. (January 2000)

Behavior Change: Persuading the Horse to Drink. Workshop presented to The 1998 Oregon Dietetic Association Annual Meeting, Portland, OR. (March 1998)

Local:

Introduction to Motivational Interviewing. 2-day workshop for University of Michigan School of Nursing faculty, Ann Arbor, MI (September 2019)

Introduction to Motivational Interviewing. 3-day workshop for UPMC health coaches and practitioners, Pittsburgh, PA (August 2019)

Advanced Motivational Interviewing. 2-day workshop for UPMC Quality Assurance Team and Health Coaches, Pittsburgh, PA (July 2019)

Advanced Motivational Interviewing Strategies. 6-hour workshop for Florida Hospital Diabetes Center, Orlando, FL (June 2018)

Introduction to Motivational Interviewing. 14-hour workshop for Florida Hospital Diabetes Center, Orlando, FL (August 2017)

Patient Engagement: Supporting Autonomy & Activation. Webinar for Mercer IOC training program for Mercy Health Alliance and Roper St. Francis (November 2015)

Introduction to Motivational Interviewing. Two half-day workshops for Samaritan Health Residents, Corvallis, OR (March 2015)

Motivational Interviewing: An Overview. Presentation for Providence Specialty Pharmacy & Nutrition Staff, Newburg, OR (June 2014)

Motivational Interviewing: An Overview. Presentation for Providence Specialty Pharmacy Staff, Portland, OR (January 2014)

Motivational Interviewing: Advanced Skill-building. 8-hour workshop for Premera Blue Cross Disease Management Staff, Seattle, WA (December 2013)

An Overview of Patient Engagement. Presentation for CCO Oregon Fall Conference, Portland, OR (October 2013)

Introduction to Motivational Interviewing. 3 webinar series presented to practitioners of Good Samaritan Clinics (Sept/Oct 2013)

Motivational Interviewing Treatment Integrity (MITI) Coding: 8-hr workshop for Institute for Individual and Organizational Change (IFIOC), Spokane, WA (July 2013)

Introduction to Motivational Interviewing: 16-hour workshop for Stanford Coordinated Care Clinic, Palo Alto, CA (May, 2012)

Introduction to Motivational Interviewing. 16-hour workshop for Asante Health System, Grants Pass, OR (February 2010; September 2011)

Advanced Motivational Interviewing. 8-hour workshop for local and regional healthcare professionals, Portland, OR (Spring 2006, Fall 2007, Spring 2008)

Introduction to Motivational Interviewing. 16-hour workshop series for local and regional healthcare professionals, Portland, OR (Fall 2005) (Spring 2006) (Fall 2007) (Spring 2008)

Introduction to Motivational Interviewing. 16-hour workshop series to CareOregon staff. (Spring 2008)

Enhancing Compliance in Your Patients. Presentation to Oregon Cardiology Nurses Association, Portland, OR (Summer, 2006)

Introduction to Motivational Interviewing. 16-hour workshop series for Providence Health Systems, Portland, OR (Winter 2005)

Introduction to Motivational Interviewing. 32-hour workshop series for Portland General Electric staff, Portland, OR (Winter 2004 – Summer 05)

Introduction to Motivational Interviewing. 32-hour workshop for Reliant Behavioral Health staff, Portland, OR (Winter 2004 – Spring 2005)

Introduction to Motivational Interviewing. 16-hour workshop for Regence BC/BS Disease Management staff, Portland, OR (Fall 2004)

Introduction to Motivational Interviewing. 8-hour workshop for ODS Health Management staff, Portland, OR (Fall 2004)

Introduction to Motivational Interviewing. 8-hour workshop for healthcare professionals for OHSU School of Nursing, Continuing Education Division, Portland, OR. (Fall 2002, Spring 2003)

Introduction to Motivational Interviewing. 12-hour workshop series for healthcare practitioners in long-term care facilities, sponsored by Best Practice Initiatives, Hartford Center, and Seniors and Persons with Disabilities (SPD) (January, June 2003)

Introduction to Motivational Interviewing. 16-hour workshop for Asante Work Health staff, Medford, OR (Fall 2002)

Herbs and Supplements: Help, Hype or Harm? Presentation to the OHSU Healthy Aging Project staff, Portland, OR (September 2000)

Behavior Change: From Practice to Theory. Presentation to the OHSU Healthy Aging Project staff, Portland, OR (September 2000)

**Community:**

Taking Charge of Your Health: How to Become an Activated and Empowered Consumer. Presentation at the We Can Do Better Conference, Portland, OR (April, 2014)

Taking Charge of Your Health. Presentation to Southwest Washington Medical Center's Cancer Support Group, Vancouver, OR (March 2010)

The Mystery Behind Behavior Change: An Effective Approach. Presentation to City Club Health Care Issues Committee, Portland, OR (April 2005)

Coping with Diabetes. Presentation for Healthy Talks Series, OHSU, Portland, OR (November 2004)

Motivating Your Child to Change Their Behavior. Presentation to United Cerebral Palsy of Oregon and SW Washington 9th Annual Family Support Conference, Portland, OR (November 2004)

Motivational Mentoring: Using Your Time and Evaluation Skills to Motivate Excellence. Workshop co-jointly presented to the OHSU Dietetic Internship Program preceptors, Portland, OR (November 2003)

Are You Feeling Stuck?: A Motivational Interviewing Approach. Presentation for Celebrate Wellness III: A Conference Promoting the Health and Wellness of Oregonians with Disabilities, Eugene, OR (October 2002); Portland, OR (October 2003)

Feeling Stuck: Exploring Your Ambivalence Around Behavior Change. Presentation to Northwest Oregon Volunteers Association, Portland, OR. (July 2003)

Stress Reduction & Wellness – Your Stock in Change. Facilitator for Executive Officer’s Club Meeting, Portland, OR (May 2003)

Introduction to Motivational Interviewing. Presentation for Seaside Health Promotion Conference, Seaside, OR (June 2002, June 2003, June 2004)

Effective Programming in Worksite Wellness. Presentation for Seaside Health Promotion Conference, Seaside, OR. (June 2003, June 2004)

Healthy Solutions to Loneliness. Presentation for Celebrate Wellness III: A Conference Promoting the Health and Wellness of Oregonians with Disabilities, Eugene, OR (October 2002)

Healthy Solutions for Loneliness. Presentation for Seaside Health Promotion Conference, Seaside, OR (June 2002)

Women, Food and Body Image. Presentation for Seaside Health Promotion Conference, Seaside, OR (June 2001)

Building Wellness Into Your Family’s Life. Presentation for Healthy Chats Series, OHSU Richmond Clinic, Portland, OR. (February 2001)

Balancing Work and Life: The Wellness Way. Facilitator for Executive Officer’s Club Meeting, Portland, OR (January 2001)

Corporate Wellness in the New Millennium. Presentation to the Portland Chapter Rotary Club, Portland, OR (February 2000)

Botanical Medicine. Presentation for Healthy Chats Series, OHSU Tigard Clinic, Portland, OR (January 2000)

Herbs and Supplements: Help, Hype or Harm? Presentation to the OHSU Women’s Health Conference, Portland, OR (April 2000)

Coping Skills for the Holidays. Presentation for Healthy Chats Series, OHSU Richmond Clinic, Portland, OR (December 1999)

Fitness and Women’s Health. Presentation for Healthy Talks Series, OHSU, Portland, OR. (November 1999)

Stress Management for Administration. Workshop for Clackamas County Fire District, Clackamas, OR (July 1999)

Food, Fitness and Fun. Lunchtime keynote speaker for OHSU Women’s Health Conference, Portland, OR (April 1999)

Diet, Fitness and Body Image. Presentation for Healthy Chats Series, Tigard Clinic, Tigard, OR. (April 1999)

Alcohol and Substance Abuse. Presentation at the Teen Health Conference, Capital Center, Portland, OR (April 1999)

Fitness, Nutrition and Body Image. Presentation for Center for Women's Health Brown Bag Lunch Series, OHSU, Portland, OR (November 1998)

Stress Management and Diabetes. Presentation for Healthy Talks Series, OHSU, Portland, OR (November 1998)

Stress and Exercise. Presentation to Northwest Women's Show, Portland, OR. (November 1998)

Stress Management for Managers. Workshop for Oregon Department of Transportation, Region Two Highway and Maintenance Division. Multiple sites (November 1998)

The Relationship Between Fitness, Nutrition and Health. Keynote Speaker, Healthy Women, Healthy Lives Conference, Bend, OR (October 1997)

The Relationship Between Fitness, Nutrition and Health. OHSU Women's Health Conference, Portland, OR (May 1997)

Wellness Presentations. Healthy Talks series, OHSU, Portland, OR (September 1996; May 1997)

Corporate seminars/workshops on health/wellness, stress management, nutrition, and weight control. Sites include Virginia Power, Virginia Department of Transportation, Oregon Department of Transportation, James River Corporation, Jones Stevedoring Company, McGuire, Woods & Battle (1984 – present)

OCTAA (On Campus Talking About Alcohol) and Marijuana Workshops: University of Richmond, VA, University of Portland, OR and Lewis & Clark College, OR (1992 – 1997)

Health/wellness, nutrition, and relaxation seminars, Management Institute, University of Richmond, VA (1987 – 1995)

Workshops and seminars on health/wellness, Women's Resource Center, University of Richmond, VA (1992 – 1995)

Stress management workshops for statewide managers, Department of Transportation, VA (1990 - 1991)

**Course Listing:**

- Motivational Interviewing unit; part of Care Management Plus online course. Collaborative between Intermountain Healthcare and OHSU as continuation from Care Management Plus Hartford grant. (Summer 2017)
- Motivational Interviewing Intensive – HealthSciences Institute (new course development) (Fall 2013 – Spring 2015)



- NUR 507 Introduction of Motivational Interviewing – OHSU School of Nursing (new course development) (Fall 2003, 2005; Winter 2004, 2005, 2006)
- NUR 362 Theory and Practice of Health Promotion – OHSU School of Nursing undergraduate program (new course development) (Summer 2003, 2004, 2005; Winter 2004)
- NUR 362 Theory and Practice of Health Promotion – OHSU School of Nursing RN/BS program; intensive section (new course development) (Fall 2004, 2005); online section (new course development) (Fall 2005)
- CN 513 Applied Dietetics: Management/Marketing Project – OHSU School of Medicine (Fall 2002)
- PHE 512 Principles of Health Behavior – Portland State University (Summer 2002, Fall 2004)
- CPH 357 Principles of Health Behavior – OHSU School of Nursing for Oregon MPH program (Winter 2002, Spring 2003, 2004, 2005, 2006, 2007)
- NUR 511 Design, Conduct & Analysis of Population-Based Research – OHSU School of Nursing (Fall 2000, 2001; Winter 2001, 2002)
- PHE 510 Adv Health Education Methods - Portland State University (Summer 1997, 1998, 1999)
- PHE 223 Foundations of Health Education - Portland State University (Fall 1995, 1996)
- PHE 355 Consumer Health - Portland State University (new course development) (Summer 1996, 1998, 1999; Spring 1997)
- ED 441 Elem. Health Ed. Methods - University of Portland (Fall, Spring, Summer 1995-96)
- HPE 295 Health and Fitness For Life - Portland Community College (Fall 1995)
- HSS 295 Dimensions of Wellness - University of Richmond (new course development) (Fall, Spring, Summer 1986-95)
- HSS 355 Nutrition (health majors) - University of Richmond (Spring 1988-95)
- HSS 305 Health and Society (health majors) - University of Richmond (Fall 1987-90)
- HSS 229 Eating Behavior and Health - University of Richmond (new course development) (Fall 1993-95)
- HSS 215 Peer Education - University of Richmond (new course development) (Fall 1994)

**Research Supervision/Mentorship of Students:**

Faculty Advisor and Dissertation Committee for Yupawan Thongtanunam, OHSU School of Nursing doctoral student (2005 – 2010)

Dissertation Committee for Kathy Pfister-Monoque, OHSU School of Nursing doctoral student (2006 – 2008)

Dissertation Committee for Christina Linton, OHSU School of Nursing doctoral student (2005 – 2007)

Dissertation Committee for Marylou Robinson, OHSU School of Nursing doctoral student (2004 – 2006)

Research Mentor for intern research projects for OHSU Dietetic Internship Program (winter term 2003; spring term, 2004)

Thesis Committee for Wende McClay, PSU masters student (2004)

Faculty Sponsor for Vera Vos, SON doctoral student, on her paper, *Development of a Personal Nutrition Tester*, submitted for the 2002 Secretary's Award for Innovations in Health Promotion and Disease Prevention. The paper was one of three selected by the American Association of Colleges of Nursing for submission to the Department of Health and Human Services. Subsequently, the paper made it through two additional rounds and to the final review process – resulting in a top ten finish. (2002)

Faculty Evaluator for OHSU Student Research Forum (May 2001, 2002)

Faculty Reviewer for intern research projects for OHSU Dietetic Internship Research Award (May 2000, 2001, 2002)

Faculty facilitator for small group research project for NURS 511 A/B: Design, Conduct and Analysis of Population-based Research I and II (Fall/Winter 2000, 2001)

### **Community Service:**

Mentor/sponsor for multiple clinicians applying to Motivational Interviewing Network of Trainers (MINT) organization (2002 – present)

Motivational Interviewing Network of Trainers (MINT) Business and Finance Committee member (2007 – 2009)

Faculty Development Committee member for OHSU School of Nursing (2003 – 2008)

Coordinating Council member for Oregon MPH Program (2003 – 2004)

Academic Program Committee member for Oregon MPH Program (2000 – 2003)

Evaluator for OHSU Student Research Symposium (May 2001, May 2002)

Faculty Senate representative for OHSU School of Nursing (2000 – 2002); Awards Committee (2001)

Search Committee for OHSU Dietetic Internship Program Faculty (1999 – 2002)

Co-coordinator of Assessment Services for OHSU Women's Health Conference (April 1999; April 2000)

Co-coordinator of Teen Health Fair at Benson High School (April 2000)

Advisory Board Member for Oregon Office on Disability and Health for Disabled and Healthy grant (1999 – 2000)

Member of Center for Women's Health Task Force on Education, OHSU (1997 - 2000)

Advisory Board member for Annual Health Edition, Dushkin Publishing Company (1994 - 1997)

Member of Preventive Medicine Delegation to Russia and Poland, Citizen Ambassador Program (Summer 1994)

Steering committee member for the National Collegiate Conference on Lifeskills, Richmond, VA (1994)

Grants Review Panel member for the Prevention of Substance Abuse and Sexual Assault in Public Institutions of Higher Education Program, Governor of Virginia's Drug Policy Office (1993)

YWCA Board of Directors; Chairperson of Health and Fitness Committee, Richmond, VA (1988-1992)

Coordinator of VAPHERD Legislator Health and Fitness Day, Capitol, Richmond, VA (1991)

**Awards:**

2009 Best Wellness Vendor awarded by Health Industries Research Companies (in role as founder and vice-president of Health Management Services)

2008 Best Employer Disease Management Program awarded by Health Industries Companies as co-sponsor of Tobacco Free Program (in role as founder and vice-president of Health Management Services)

2008 Best Wellness Vendor awarded by Health Industries Research Companies (in role as founder and vice-president of Health Management Services)

2007 Best Wellness Vendor awarded by Health Industries Research Companies (in role as founder and vice-president of Health Management Services)

Faculty Senate Semi-finalist Award for School of Nursing Researcher of the Year (2006)

**Professional Affiliations:**

- Motivational Interviewing Network of Trainers (2002 – present)
- Disease Management Purchasing Consortium (2006 – 2010)
- International Health Innovators Group (2001 – 2005)
- Governor's Council of Higher Education Consortium (Virginia) (1995)
- Eta Sigma Gamma