

Laurel M. Hicks

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EDUCATION

Doctor of Philosophy Wayne State University, Detroit, MI
(Expected 2017) *Dual Title: Social Work (Clinical Concentration) & Infant Mental Health*
Entered Candidacy – May 2016, Defense date – March 2017

M.S.W. 2012 Wayne State University, Detroit, MI
Major: Social Work, Psychodynamic Concentration, GPA: 3.9
Directed Study: Secondary and Vicarious Trauma in Sexual Assault and other Front-line Workers

B.A.Sc. 2001 University of Windsor, Windsor, ON
Major: Engineering, Mechanical

LICENSURE

2015 – present Licensed Clinical Social Worker – Michigan #6801094277
2012 – present Registered Social Worker – Ontario #820626

RESEARCH AREAS

Perinatal mental health; child welfare; early parenting; trauma-informed, and mindfulness-based interventions; physiological stress responses; infant mental health

RESEARCH EXPERIENCE

Graduate Research Assistant

Wayne State University – Merrill Palmer Skillman Institute
September 2013 - present
Study: Baby on Board: Early Parenting Study
Investigator: Carolyn Dayton, PhD
Responsibilities: Quantitative data analysis in SPSS, qualitative data analysis, collect and analyze respiratory sinus arrhythmia data collection (heart rate, respiration,

skin conductance), mentor undergraduate and graduate students, collaborate on manuscripts and grants.

Graduate Research Assistant

Wayne State University – Dept. of Translational Neuroscience
May 2014 - December 2014
Study: Project CLIMB: Context Learning Initiated Mindfulness and Balance
Investigator: Moriah Thomason, PhD
Responsibilities: administer clinical assessments to determine exposure to trauma and trauma symptoms in children and their caregivers. Administer learning tasks to children, K-bit IQ testing, collect saliva and blood samples.

Research Therapist

Wayne State University – Department of Pediatrics
September 2015 - August 2016
Study: Project Chill: Clinical Interventions for Type-1 Diabetes in Adolescence
Investigator: Deborah Ellis, PhD
Responsibilities: Provide therapeutic group interventions (Mindfulness-Based Stress Reduction) to adolescents and young adults with type-1 diabetes.

Research Assistant

University of Windsor – Dept. of Psychology
August 2012 - August 2013
Study: A longitudinal, multisite, randomized controlled trial investigating the effectiveness of a recently developed sexual assault resistance education intervention for first year University Students.
Investigator: Charlene Senn, PhD
Responsibilities: recruiting, conducting pre – and post-assessment sessions, conducting the control intervention, participate in weekly research team meetings, track participants, conduct follow up survey management, participate in qualitative data coding and entry into SPSS.

HONORS / AWARDS

2016, 2015, 2014	Merrill Palmer Skillman Institute Predoctoral Fellow, Wayne State University.
2016	Mind Life Summer Research Institute Research Fellow
2015	1 st place poster – Wayne State University Graduate Exhibition
2014	Wayne State University, School of Social Work Travel Award
2015, 2014	Merrill Palmer Skillman Travel Award
2014	Blackstone Launch Pad, Mobile App Competition: Best Non-WSU based app, Wayne State University
2014	Thomas C. Rumble Fellowship Development of Research and Scholarship Award, Wayne State University Presented to doctoral student who shows high promise in research and scholarship. Provides tuition and \$16,000 stipend.
2014	Wayne State Graduate School External Funding Application Award
2013	Thomas C. Rumble Fellowship Recruitment Award, Wayne State University Presented to outstanding new doctoral recruit. Provides tuition and \$16,000 stipend.
2011	Graduate Professional Scholarship, Wayne State University Presented to outstanding academic graduate students who show promise in research.
2011	Metro Canadian Scholarship
2011	Elizabeth Brehler Scholarship Finalist

- 2011 Yale Child Study Centre Post-Grad MSW Fellowship Finalist
- 2011 Phi Alpha Honor Society – Chapter Omicron Omicron
- 2011 Golden Key International Honor Society

FUNDING

- 2016 (Finalist) **Mindfulness and physiological responses to parenting stress: Associations with child abuse potential in an urban sample of trauma-exposed expectant parents.** Doris Duke Fellowship for the Promotion of Child Well-being.
- 2014 **Improving Maternal, Infant and Birth Outcomes in Detroit Mothers: A Trauma-Sensitive Mindfulness Intervention.** Blue Cross Blue Shield of Michigan Foundation Student Research Award. PI: Laurel Hicks, School of Social Work & Merrill Palmer Skillman Institute, Wayne State University. \$3000.
- 2013 **The effects of a mindfulness-based intervention on stress response, birth outcomes and mental health of parents during the childbearing year.** Submitted to Canadian Institute of Health Research. PI: Laurel Hicks. Application was scored but not awarded. Received 4.1/5.

PEER-REVIEWED PUBLICATIONS

- Brown, S., **Hicks, L. M.**, Tracy, E. M. (accepted). Parenting Efficacy and Support in Mothers with Dual Disorders in a Substance Abuse Treatment Program. *Journal of Dual Diagnosis*.
- Dayton, C. J., Buczkowski, R. S., Muzik, M., Goletz, J., **Hicks, L. M.**, Walsh, T., & Bocknek, E. L. (In press, Dec 2016). Expectant fathers' beliefs and expectations about fathering as they prepare to parent a new infant. *Journal of Social Work Research: Special Issue on Social Work with Men and Fathers*.

Gonzalez-Prendes, A. A., **Hicks, L. M.** (2016). "Cognitive Behavioral Therapy." *Oxford Bibliographies in Social Work*. Ed. Edward J. Mullen. New York: Oxford University Press, forthcoming

WORKS SUBMITTED

Hicks, L. M., Dayton, C. J., Brown, S., Muzik, M. (under review). Dispositional Mindfulness Moderates Depression and Quality of Parental Bonding in Urban Expectant Parents. Submitted 10/2016 to the *Journal of Mindfulness*.

Hicks, L. M. (under review). Mind-body Interventions in Trauma Exposed Populations. Submitted 09/2016 to the *Journal of Mindfulness*.

Dayton, C., Matthews, W., **Hicks, L. M.**, Malone, J. (revise and resubmit). The Expression of Music Throughout the Lives of Expectant Detroit Parents. Submitted 01/2016 to *Journal of the Psychology of Music*.

Brown, S., Victor, B., **Hicks, L. M.**, Tracey, E. M. (revise and resubmit). Recovery Support Mediates the Relationship between Parental Warmth and Quality of Life among Women with Substance Use Disorders. Submitted 01/2016 to *Journal of Quality of Life*.

WORKS IN PREPARATION

Dayton, C., **Hicks, L. M.**, Martinez-Torteya, C., Basu, A., Muzik, M., Brown, S. Cortisol response to a parenting stress stimulus in violence-exposed expectant mothers and fathers.

Muzik, M., **Hicks, L. M.**, Brookens-Harvey, B. Mindful yoga in pregnancy. In I. Ivtzan, *The Handbook of Mindfulness-Based Programs: Every Established Intervention, from Medicine to Education*: Routledge Press.

Brophy-Herb, H., Stacks, A., **Hicks, L. M.**, Wong, K. Reflective Functioning, Mind-Mindedness and Mindfulness.

Dayton, C., **Hicks, L. M.**, Swain, J. The implications of new parenting neurobiology findings on infant mental health practice.

Brown, S., Dayton, C. J., **Hicks, L. M.**, MacWilliams, M. J., Junquist, A. Making It Real: Prenatal, Relationship-Based Interviews with Pregnant Women Exposed to Environmental Risk.

PRESENTATIONS AND INVITED SEMINARS

Hicks, L. M., Dayton, C. J. (2017, January). *Dispositional Mindfulness as a Moderating Mechanism for the Association Between Depression and Quality of Parental Bonding in Urban Expectant Parents*. Paper presented in symposium *Mechanisms of Mindfulness and Their Applications to Social Work Practice* at Society for Social Work Research Conference, New Orleans, LA.

Dayton, C. J., **Hicks, L. M.** (2017, January). Prenatal Bonding and Child Abuse Potential: Risk and Resilience in Vulnerable, Pregnant Mothers and Fathers. Paper presented in symposium *Enhancing Services to Meet the Needs of Men Around the Period of Their Child's Birth* at Society for Social Work Research Conference, New Orleans, LA.

Dayton, C. J., **Hicks, L. M.** (2017, January). *We Have to Set an Example for Them: Expectant Fathers' Perceptions of the Impact of Interpersonal Violence on Their Child*. Paper presented at Society for Social Work Research Conference, New Orleans, LA.

Hicks, L. M., Dayton, C. J. (2016, October). *Mindfulness-Based Interventions in the Perinatal Period: Clinical Practice & Current Research*. Paper presented at Ontario Association for Infant and Child Development 2016 Learning Institute, Windsor, ON.

Shaddix, C., Cook, J. G., **Hicks, L. M.,** & Duncan, L. G. (2016, August). *Linking prenatal participation in Mindfulness-Based Childbirth and Parenting (MBCP) with later parent-toddler interactions: A qualitative follow-up study*. Paper presented at the 2016 Annual American Psychological Association Convention, Denver, CO.

Hicks, L. M., Dayton, C. J. (2016, February). *Potential of child abuse and dispositional mindfulness in urban expectant mothers and fathers*. Presented at the Lifespan Alliance Research Day, Merrill Palmer Skillman Institute / Wayne State University, Detroit, MI.

Hicks, L. M. (2015, November). Mindfulness in Social Work. University of Windsor. *Advanced Direct Practice in Social Work* course, Windsor, ON.

Goletz, J., Dayton, C. J., **Hicks, L. M.** (2015, November). *The Developing Parent-Infant Relationship: Understanding the Effects of Pregnancy Intendedness on Prenatal Parental*

Bonding. Undergraduate Research Symposium, Wayne State University, Detroit, MI.

Muzik, M., Hammer, L., Zhao, L., Anderson, L., **Hicks, L. M.**, Baker, K. (2015, May). *Integrated mental health in primary care: Total family support in an OB/ Gyn and Pediatric clinic for perinatal women*. Paper presented at Postpartum Support International Annual Conference, Plymouth, MI.

Hicks, L. M., Moriarty, K., Muzik, M. (2015, May). *Mindfulness-Based Interventions in the Perinatal Period: Clinical Practice & Current Research*. Paper presented at the Michigan Association of Infant Mental Health, Kalamazoo, MI.

Dayton, C. J., Walsh, T., Bocknek, E. L., **Hicks, L. M.**, Muzik, M., Rosenblum, K. L. (2015, March). *Fathering in an urban setting: A qualitative analysis of interviews with Detroit fathers preparing to parent a new baby*. Paper presented at the Society for Research in Child Development, Philadelphia, PA.

Dayton, C. J., Walsh, T., Bocknek, E. L., **Hicks, L. M.**, Muzik, M., Rosenblum, K. L. (2015, January). *Fathering in an urban setting: A qualitative analysis of interviews with Detroit fathers preparing to parent a new baby*. Paper presented at the Society for Social Work and Research, New Orleans, LA.

Dayton, C. J., Huth-Bocks, A. C., Busuito, A., & **Hicks, L. M.** (2014, November). *Mechanisms of Transmission: Interpersonal Conflict, Maternal Perceptions of Infant Emotions and Early Parenting Processes*. Paper presented at the Society for Research in Child Development Special Topic Meeting: New Conceptualizations in the Study of Parenting At-Risk, San Diego, CA.

Moriarty, K., **Hicks, L. M.** (2014, October). *Complementary Therapies in Pregnancy*. Presented at Michigan Holistic Nurses Association Monthly Meeting, Detroit, MI.

Hicks, L. M. (2014, April). *Mindfulness in Social Work*. Panel Presentation at Wayne State University, School of Social Work, Detroit, MI.

Hicks, L. M. (2013/2014, February). *The Role of Doula in Nursing Environments*. Invited talk to University of Windsor, Family Health – Childbearing Families course, Windsor, ON.

Hicks, L. M. (2013, March). *Stress Management – The Mind-Body Connection*. Invited talk to University of Windsor, Health Psychology course, Windsor, ON.

Patterson, D., **Hicks, L. M.** & Dennerly, K. (2012, April). *Prevention of Secondary Trauma at the Individual, Supervisory, and Organizational Level*. Paper presented at NASW-Michigan Annual Conference, Kalamazoo, MI.

Hicks, L. M. (2012, April). *De-stress and unwind the mind: mindfulness, positive thinking, gratitude and exercise to reduce stress and increase happiness*. Invited Seminar presented to Enwin Utilities, Windsor, ON.

Hicks, L. M. (2010, December). Invited seminar: *Sustainable activism: volunteering in Cambodia*. Rotary Club, Grosse Isle, MI.

Hicks, L. M. (2009, November). *Sustainable activism: volunteering in Cambodia*. Keynote Presentation at Cambodian Children's Fund Annual Fundraiser, Philadelphia, PA.

Hicks, L. M. (2009, March). *Sustainable activism: volunteering in Cambodia*. Invited talk to Rotary Club, Lakeshore, ON.

POSTERS/ABSTRACTS

Hicks, L. M., Dayton, C.J. (2016, November). *Dispositional Mindfulness Moderates Quality of Parental Bonding and Depression in Urban Expectant Parents*. Poster accepted for the International Symposium for Contemplative Studies, Boston, MA.

Hicks, L.M., Dayton, C.J. (2016, June). *Potential of child abuse and dispositional mindfulness in urban expectant mothers and fathers*. Poster presented at the Mind Life Summer Research Institute, New York.

Muzik, M, Hammer, L., Zhao, L., Anderson, L., **Hicks, L.M.,** Baker, K. (2016, April). *Integrating Peripartum Mental Health and Lactation Support into a Medical Home: A Total Family Support Model*. Poster presented at North American Society for Psychosocial Obstetrics and Gynecology, NY, NY.

Hicks, L.M., Dayton, C.J. (2015, October). *Potential of child abuse and dispositional mindfulness in urban expectant mothers and fathers*. Poster presented at the Contemplative Studies to Promote Child and Family Wellbeing Conference, University of Wisconsin-Madison.

Hicks, L.M., Dayton, C. J., & Nordin, M. (2015, May). *Mindfulness, depression, trauma and resiliency in a group of low income urban expectant parents: Preliminary analysis from the Baby on Board study.* Poster to be presented at the Michigan Association for Infant Mental Health Biennial Meeting, Kalamazoo, Michigan.

Hicks, L.M., Dayton, C. J. (2015, March). *Parents-to-be in Detroit: How mindfulness is associated with perinatal depression.* Poster to be presented at the Wayne State University Graduate Exhibition, Detroit, Michigan. (received 1st place award)

Hicks, L.M., Dayton, C. J., & Nordin, M. (2015, February). *Promoting mindfulness in high-risk populations.* Poster to be presented at the WSU Lifespan Alliance Graduate Research Day, Detroit, Michigan.

Hicks, L.M., Dayton, C.J. (2014, October). *A Mindfulness-Based Intervention for Expectant Mothers and Fathers in High-Risk Populations: A Literature Review and Research Proposal.* Poster presented at the International Symposium for Contemplative Studies, Boston, MA.

Hicks, L.M. (2014, April). *Mindful Mamas: Exploring the Impact of Mindfulness in Pregnancy.* Poster presented at the Wayne State University School of Social Work Qualitative Methods Research Symposium.

Hicks, L.M., Dayton, C.J. (2014, February). *Mindfulness-Based Interventions for Expectant Mothers and Fathers in High-Risk Populations: A Literature Review and Research Proposal.* Poster presented at the annual Merrill Palmer Skillman Graduate Research Day, Detroit, Michigan.

TEACHING EXPERIENCE

Adjunct Faculty	Wayne State University – School of Social Work (Jan 2016 – present) Courses developed and taught: Mind, Body, Spirit Approaches in Social Work (SW-6991).
Training Instructor	Prenatal Yoga Teacher Training Instructor (2010 – present) Philadelphia, PA; Rochester, MI, Farmington Hills, MI; Windsor, ON; London, ON, Toronto, ON, Gravenhurst, ON, Kingston, ON.

PROFESSIONAL EXPERIENCE

- 2012-present Registered Social Work Therapist, Windsor, ON / Novi, MI
Responsibilities: Provide therapeutic treatment for a variety of mental health diagnosis including PTSD, substance abuse, depression, anxiety
- 2014 – 2015 Pre-Doctoral Clinical Practicum
Perinatal Clinical Social Worker, University of Michigan, Ann Arbor, MI
Women and Infant Mental Health Clinic (under Maria Muzik, MD, MSc.)
Responsibilities: Provide therapeutic treatment for women who are pregnant or one year postpartum. Develop and implement postpartum intervention group. Integrate care with Perinatal Psychiatrists, Obstetricians and Lactation Consultants.
- 2011-2012 Crisis Centre Counseling Intern: Hôtel-Dieu Grace Hospital, Windsor, ON
Responsibilities: Crisis intervention to clients 16 yrs. and older in the emergency room, walk-in clinic, psychiatric intake clinic, client's home and through the 24 hr. crisis line.
- 2010-2011 Bereavement Therapy Intern: Canadian Mental Health Association, Windsor, ON
Responsibilities: Individual and group counseling to children and adolescents suffering from bereavement related issues. Includes, art therapy, play therapy, therapeutic storytelling. Edited book for child grief. Developed a curriculum for children's bereavement group.
- 2010-present Certified Labor Doula, Windsor, ON
Responsibilities: Provide guidance, promote relaxation and advocate during childbirth
- 2005-present Registered Yoga Teacher/ Prenatal Yoga Teacher
Responsibilities: teach yoga and meditation to people of all ages, taught a rehabilitation program at New Beginnings

Juvenile Detention Centre and Sandwich Teen Action Group (STAG).

TRAINING

- 09/2016 – Mindfulness-Based Childbirth and Parenting Education Professional Training
- 07/2015 – Mindfulness-Based Stress Reduction Training
- 04/2015 – Bayley III - Scales for Infant Development – Clinical Assessment Course
- 06/2014 – Respiratory Sinus Arrhythmia – Data Collection and Analysis
- 09/2013 – Working Model of the Child Interview Coding Training
- 08/2013 – Mindfulness-Based Cognitive Therapy
- 05/2013 – Mindful Schools Curriculum Training
- 10/2012 – Non-Violent Communication Training
- 09/2011 – Non-Violent Crisis Intervention Training
- 09/2011 – Alive! Canada Suicide Prevention Training
- 09/2011 – Therapeutic Story Telling for Children
- 05/2010 – Teaching Yoga to At-Risk Populations Training

ASSOCIATIONS

- Michigan Association of Infant Mental Health
- Society of Social Work Research
- American Psychological Association
- National Association of Social Workers
- Ontario College of Social Workers and Social Service Workers
- Ontario Association of Social Workers
- Yoga Alliance
- International Association of Yoga Therapists
- CAPPA Canada Birth Professionals