

# Laurel M. Hicks

## EDUCATION

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- 2017 Wayne State University, Detroit, MI  
Dual Title Ph.D in Social Work (Clinical Concentration) & Infant Mental Health  
Dissertation: Preparing to Parent: Mindfulness in Expectant Parents exposed to Adversity
- 2012 Wayne State University, Detroit, MI  
Master of Social Work (Psychodynamic Concentration)  
Directed Study: Secondary and Vicarious Trauma in Sexual Assault and other Front-line Workers
- 2001 University of Windsor, Windsor, ON  
Bachelor of Applied Science in Mechanical Engineering

## LICENSURE

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- 2017 – present Licensed Clinical Social Worker – Colorado CSW.09924874  
2015 – present Licensed Master Social Worker (clinical) – Michigan #6801094277  
2012 – 2017 Registered Social Worker – Ontario #820626

## RESEARCH INTERESTS

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Clinical Intervention Research and Evidence-Based Practice  
Perinatal and Infant Mental Health and Interventions  
Trauma-Informed Mindfulness-Based Interventions  
Integrated Behavioral Health  
Disparities in Reproductive Health

## RESEARCH EXPERIENCE

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- 2017 – Present University of Denver – Neurodevelopmental Research Lab ( Postdoctoral Fellow  
Study: The Care Project: Reducing fetal exposure to maternal depression to improve infant risk mechanisms (R01)  
Investigators: Elysia Poggi Davis, Ph.D. & Benjamin Hankin, Ph.D.  
Initiated and led fathers research sub-study. Led Infant MRI data and Infant EEG/ERP data collection. Provided Interpersonal Therapy to perinatal women. Mentored students. Collaborate on manuscripts and grants.

- 2013-2017  
Wayne State University / Merrill Palmer Skillman Institute  
Graduate Research Assistant  
Study: Baby on Board: Early Parenting Study & Motown Lullaby Study  
Investigator: Carolyn Dayton, Ph.D.  
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.
- 2015-2016  
Wayne State University – School of Medicine, Department of Pediatrics  
Research Clinical Therapist  
Study: Project Chill: Clinical Interventions for Type-1 Diabetes in Adolescence  
Investigator: Deborah Ellis, Ph.D.  
Responsibilities: Provide therapeutic group interventions (Mindfulness-Based Stress Reduction) to adolescents and young adults with type-1 diabetes.
- 2014-2015  
Wayne State University – Dept. of Translational Neuroscience  
Graduate Research Assistant  
Study: Project CLIMB: Context Learning Initiated Mindfulness and Balance  
Investigator: Moriah Thomason, Ph.D.  
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.
- 2012-2013  
University of Windsor – Department of Psychology  
Research Assistant (Full-time)  
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, Ph.D.  
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.

## PUBLICATIONS

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### ***Journal Articles*** (PEER-REVIEWED)

Dayton, C. J., Johnson, A., **Hicks, L. M.**, Goletz, J., Green, K., Primuse, T. (in press). Sex Differences in the Social Ecology of Breastfeeding: A Mixed Methods Analysis of Breastfeeding Views of Expectant Mothers and Fathers. *Journal of Biosocial Science*. (IF: 1.2)

**Hicks, L. M.**, Dayton, C. J. & Victor, B.G. (in press). Depressive Symptoms in Risk-Exposed, Expectant Mothers and Fathers: Is Mindfulness a Buffer? *Journal of Affective Disorders*. doi:10.1016/j.jad.2018.05.044 (IF: 3.84)

**Hicks, L. M.**, Dayton, C. J., Brown, S., Muzik, M., & Raveau, H. (2018). Mindfulness Moderates Depression and Quality of Prenatal Attachment in Expectant Parents. *Mindfulness*, 1-11. doi:10.1007/s12671-018-0907-2 (IF: 3.02)

Dayton, C. J., Matthews, W. K., **Hicks, L. M.**, & Malone, J. C. (2017). The expression of music throughout the lives of expectant parents. *Psychology of Music*, 45(6), 839-854. (IF: 1.4)

Brown, S., Victor, B., **Hicks, L. M.**, & Tracy, E. M. (2017). Recovery support mediates the relationship between parental warmth and quality of life among women with substance use disorders. *Quality of Life Research*, 26(5), 1327-1335. (IF: 2.95)

Brown, S., **Hicks, L. M.**, & Tracy, E. M. (2016). Parenting efficacy and support in mothers with dual disorders in a substance abuse treatment program. *Journal of dual diagnosis*, 12(3-4), 227-237. (IF: 1.639)

Dayton, C. J., Buczkowski, R., Muzik, M., Goletz, J., **Hicks, L.**, Walsh, T. B., & Bocknek, E. L. (2016). Expectant fathers' beliefs and expectations about fathering as they prepare to parent a new infant. *Journal of Society of Social Work Research*, 1-11. doi:10.1093/swr/svw017 (IF: 1.05)

### ***Works Submitted***

**Hicks, L. M.**, Dayton, C.J. (resubmitted 7/18) Mindfulness and Trauma Symptoms Predict Child Abuse Potential in Risk-Exposed, Men and Women during Pregnancy. *Submitted to Journal of Child Abuse and Neglect*, 01/2018. (IF: 2.9)

Day, A., Curtis, A., Paul, R., Rajib, P., Chenyang, S., Quist, L, Jianrattanasawat, L, **Hicks, L. M.** (invited resubmission). Access to Timely and Adequate Prenatal Care and Delivery Services among Female Youth in Foster Care: An Analysis of Medicaid Claims Data. Submitted to *Journal of Adolescent Health*. (IF: 3.612)

### ***Works in Preparation***

**Hicks, L.M.**, Anderson, A., Peterson, G., Glynn, L., Sandman, C., Davis, E.P. Prenatal Maternal Cortisol Programs the Hypothalamic-Pituitary-Adrenal Axis in Infants at 6 and 12 Months.

**Hicks, L.M.**, Garcia, S.G., Swales, D., Davis, E.P. (Invited Review). Sex differences and early life stress exposure. *Current Psychiatric Reports*.

**Hicks, L. M.**, Dayton, C. Connections between Mindfulness and Expectant Parents' Physiological Stress Response to a Baby's Cry.

Wong, K., **Hicks, L.M.**, Trentacosta, C., van den Heuvel, M.I. The Role of Mindful Parenting in Choice-Related Stress in Children.

**Hicks, L. M.**, Dayton, C., Muzik, M. (Invited Review) Mind-body Interventions in Trauma Exposed Populations. *Integrative Medicine Insights*.

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.

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.

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.

#### **Book Chapters** (Non-Peer Reviewed)

**Hicks, L. M.**, Brookens-Harvey, B., Muzik, M. Mindful yoga in pregnancy. In I. Ivtzan (Ed.), *The Handbook of Mindfulness-Based Programs: Every Established Intervention, from Medicine to Education*: Routledge Press, 2018.

Gonzalez-Prendes, A. A., & **Hicks, L. M.** (2018). Cognitive Behavioral Therapy. In E.J. Mullen (Ed.), *Oxford Bibliographies in Social Work*. New York: Oxford University Press.

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

#### RESEARCH GRANTS

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##### **Funded Proposals**

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. \$3000.

### *Submitted Proposals*

2016 **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 (Finalist).

2014 **The Effects of a Mindfulness-Based Intervention on Stress Response, Birth Outcomes and Mental Health of Parents during the Childbearing Year.** Resubmitted to Canadian Institute of Health Research Doctoral Student Award. Application was scored but not awarded. Received 4.4/5.

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 Doctoral Student Award. Application was scored but not awarded. Received 4.1/5.

### *Proposals in Progress*

2018 **Effects of a Technology-Based Prenatal Mindfulness Intervention Maternal Wellness and Infant Outcomes.** Planned submission to Mind and Life Varela Grant in October 2018 and to Fahs-Beck Faculty / Post-doctoral Grant in November 2018.

## CONFERENCE PRESENTATIONS

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### *Paper Presentations*

2018 **Hicks, L.M.** *Mindfulness Interventions in the Perinatal Period.* Zero to Three Annual Conference, Denver, CO. October 4.

2017 **Hicks, L. M.,** Dayton, C. J., Brown, S. *Mindfulness Moderates the Relationship of Depression and Quality of Prenatal Attachment in Expectant Parents Exposed to Contextual Risk.* Paper presented in symposium *Integration of Relational and Contemplative Practices in Preventative and Therapeutic Interventions for Perinatal Mood and Anxiety Disorders* at the Biennial Perinatal Mental Health Conference, Chicago, IL. November 18.

- 2017 Goletz, J.L., Dayton, C.J., **Hicks, L.M.** *Differences in Prenatal Maternal and Paternal Bonding with the Developing Fetus*. Poster presented at the Lifespan Alliance Research Day, Detroit, MI. February 13.
- 2017 **Hicks, L. M.**, Dayton, C. J. *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. January 14.
- 2017 Dayton, C. J., **Hicks, L. M.** *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. January 15.
- 2017 Dayton, C. J., **Hicks, L. M.** *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. January 15.
- 2016 **Hicks, L. M.**, Dayton, C. J. *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. October 15.
- 2016 Shaddix, C., Cook, J. G., **Hicks, L. M.**, & Duncan, L. *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. August 4.
- 2016 **Hicks, L. M.**, Dayton, C. J. *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. February 14.
- 2015 Goletz, J., Dayton, C. J., **Hicks, L. M.** *The Developing Parent-Infant Relationship: Understanding the Effects of Pregnancy Intendedness on Prenatal Parental Bonding*. Undergraduate Research Symposium, Wayne State University, Detroit, MI. November 13.
- 2015 Muzik, M., Hammer, L., Zhao, L., Anderson, L., **Hicks, L. M.**, Baker, K. *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. May 5.
- 2015 **Hicks, L. M.**, Moriarty, K., Muzik, M. *Mindfulness-Based Interventions in the Perinatal Period: Clinical Practice & Current Research*. Paper presented at the Michigan Association of Infant Mental Health, Kalamazoo, MI. May 24.

- 2015 Dayton, C. J., Walsh, T., Bocknek, E. L., **Hicks, L. M.**, Muzik, M., Rosenblum, K. L. *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. March 14.
- 2015 Dayton, C. J., Walsh, T., Bocknek, E. L., **Hicks, L. M.**, Muzik, M., Rosenblum, K. L. *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. January 12.
- 2014 Dayton, C. J., Huth-Bocks, A. C., Busuito, A., & **Hicks, L. M.** *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. November 10.
- 2012 Patterson, D., **Hicks, L. M.** & Dennerly, K. *Prevention of Secondary Trauma at the Individual, Supervisory, and Organizational Level*. Paper presented at NASW-Michigan Annual Conference, Kalamazoo, MI. April 9.

#### POSTERS/ABSTRACTS

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- 2018 Hicks, L.M., Anderson, A., Peterson, G., Glynn, L., Sandman, C., Davis, E.P. *Prenatal Maternal Cortisol Programs the Hypothalamic-Pituitary-Adrenal Axis in Infants at 6 and 12 Months*. Poster presented at International Society of Psychoendocrinology, Irvine, CA.
- 2018 Zueger, M., Novak, M., **Hicks, L.M.**, Narayan, A., Davis, E.P. *Perinatal Paternal Mental Health and its Impact on Birth and Infant Outcomes: A Literature Review and Research Proposal*. Poster presented at DPRG research day, Denver, CO.
- 2016 **Hicks, L. M.**, Dayton, C.J. *Dispositional Mindfulness Moderates Quality of Parental Bonding and Depression in Urban Expectant Parents*. Poster accepted for the International Symposium for Contemplative Studies, San Diego, CA.
- 2016 **Hicks, L.M.**, Dayton, C.J. *Potential of child abuse and dispositional mindfulness in urban expectant mothers and fathers*. Poster presented at the Mind Life Summer Research Institute, New York.
- 2016 Muzik, M, Hammer, L., Zhao, L., Anderson, L., **Hicks, L.M.**, Baker, K. *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.
- 2015 **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.

- 2015 **Hicks, L.M.**, Dayton, C. J., & Nordin, M. *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.
- 2015 **Hicks, L.M.**, Dayton, C. J. *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 1<sup>st</sup> place award)
- 2015 **Hicks, L.M.**, Dayton, C. J., & Nordin, M. *Promoting mindfulness in high-risk populations*. Poster to be presented at the WSU Lifespan Alliance Graduate Research Day, Detroit, Michigan.
- 2014 **Hicks, L.M.**, Dayton, C.J. *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.
- 2014 **Hicks, L.M.** *Mindful Mamas: Exploring the Impact of Mindfulness in Pregnancy*. Poster presented at the Wayne State University School of Social Work Qualitative Methods Research Symposium.
- 2014 **Hicks, L.M.**, Dayton, C.J. *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

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| 2018 - Present | University of Denver – Graduate School of Social Work<br>Adjunct Professor<br>SOWK 4006: Human Behavior and Social Environment (online)                    |
| 2016 – 2017    | Wayne State University – School of Social Work<br>Adjunct Professor<br>Course developed and taught: SW 6991: Mind, Body, Spirit Approaches in Social Work. |
| 2010 - Present | Prenatal Yoga Teacher Training<br>Course developed and taught internationally  |

## PROFESSIONAL EXPERIENCE

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| 2012 – present | Licensed Social Work Therapist, Windsor, ON / Novi, MI / Denver, CO |
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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).

## SCHOLARSHIPS & AWARDS

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2016, 2015, 2014

Merrill Palmer Skillman Institute Predoctoral Fellow, Wayne State University.

2016, 2015, 2014

Merrill Palmer Skillman Travel Award

2016

Mind Life Summer Research Institute Research Fellow

2015

1<sup>st</sup> place poster (University-wide competition) – Wayne State University Graduate Exhibition

2014

Wayne State University, School of Social Work 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.
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.
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

#### COMMUNITY INVOLVEMENT

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Postpartum Support International, Denver Lead Coordinator  
Colorado Public Health, Perinatal-Related Depression Advisory Board  
Colorado Perinatal Learning Collaborative  
Red Cross, Disaster Mental Health Volunteer,  
Denver Health, Volunteer Labor Doula

#### PROFESSIONAL TRAINING

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Interpersonal Therapy in Pregnancy (MOMCare: Nancy Grote, PhD)  
SBIRT Training  
Mindfulness-Based Childbirth and Parenting Education Professional Training (Nancy Bardacke, CNM, Larissa Duncan, PhD)  
Mindfulness-Based Stress Reduction Training (Susan Woods, LCSW)  
Bayley III - Scales for Infant Development – Clinical Assessment Course  
Respiratory Sinus Arrhythmia – Data Collection and Analysis  
Working Model of the Child Interview Coding Training (Kate Rosenblum, PhD)  
Mindfulness-Based Cognitive Therapy (Zindel Segal, PhD)  
Mindful Schools Curriculum Training  
Non-Violent Communication Training  
Non-Violent Crisis Intervention Training  
Alive! Canada Suicide Prevention Training  
Therapeutic Story Telling for Children (Jerrold Brandell, Ph.D.)  
Teaching Yoga to At-Risk Populations Training

#### ASSOCIATIONS

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Marcé Society North America  
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  
Postpartum Support International  
Yoga Alliance  
International Association of Yoga Therapists  
CAPP Canada Birth Professionals