

Rebecca Andrews, MS, MA

227 Dyken Pond Rd Petersburg, NY 12138

(518)320-8629

RebeccaGraceAndrews@gmail.com

Current Positions

Professor of Wellness & Sociology

Southern New Hampshire University, 2018 - ongoing

Health Consultant: Offering education and consultations, online and in-person through Wild Wellness www.RebeccaGraceAndrews.com 2014 to present; Nutrition, Herbs, Sustainability, Ecotherapy, Mindfulness, Child Development & Learning

Education

MFA Student, Academy of Art University: 1/2019 to present

- **MS Herbalism**, Maryland University of Integrative Health, 2018
- **MA Liberal Studies/Ecopsychology**, SUNY ESC 2014
- **Doctoral Classes in Clinical Psychology:** Union Institute and University, Brattleboro VT (8/2011 to 12/2012) GPA 3.8
- **Graduate & Post- Baccalaureate Psychology Classes:** SUNY and Sage Grad (2010 to 2011) GPA 4.0
BA (1997) PBC, Summa Cum Laude 3.9 GPA

Writing & Speaking Engagements

- **Author, *How to Go (Almost) Zero Waste: Over 150 Steps to Sustainable Living at Home, School, Work and Beyond***. Callisto Media. Published October 2020
- **Herbal Projects to do with Kids**, Wild Ginger Herbal Center, December, 2020
- **Mindful Living Podcast Interview**, December 2020
- **Paleo Magazine**, regular herbal columnist, 2017-2019
- **Synergy, Monoterpenes, & Limonene: An Examination of Parts**, *Herbs Quarterly*, Fall 2018
- **Certified Wildlife Habitats**, *Herbs Quarterly*, Fall 2019
- **Herbs for Teens**, *Herbs Quarterly*, Fall 2017
- **Summer Herbal Foraging**, *Herbs Quarterly*, Summer 2018
- **Fire Cider for Immunity** - *Co-op Voice*
- **Herbs for Immunity & Fire Cider Making** - Honest Weight Food Co-op
- **Herbal Science, STEM Program**, Albany Public Library
- **Natural Mood Boosting Remedies: What Does the Science Say?** Honest Weight Food Co-op, 2017
- **Movement in Education** Capital District Childcare Coalition Conference, 2015
- **Nature Based Education** Capital District Childcare Coalition Conference, 2015

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Prior Work Experience

Founder/Director, Playful Performing Arts: 2013 to 2019

Founder & Educational Director

Online Herbal Summer Camp and other seasonal, herbal, online education; over 100 participants from 6 continents in summer of 2016

Research Coordinator, SUNY Albany Habits and Lifestyles Laboratory: Randomized Controlled trial of MBSR for mixed anxiety/depression - examining acute stress responses and attentional allocation to emotion, funded by Mind & Life (1/2010 to 6/2011)

- Screen potential study participants referred from a large pool of community resources
- Coordinate with RAs and confederates to schedule participant lab sessions
- Conduct lab sessions with study participants
- Coordinate with MBSR therapists to facilitate all components of treatment
- Administer and oversee Trier Social Stress Tests (TSSTs)
- Train RA's in lab procedures; coordinate with other labs for additional RA's when needed
- Gather, maintain, and analyze data and provide materials needed for sessions
- Catalog saliva samples and coordinate with the bio lab according to Federal protocols

Manuscript Proofreading: (2010) For Dr. Mitch Earleywine, SUNY Albany

Real Estate Investor: (2010)

- Buy foreclosed properties and wholesale them to cash buyers within four weeks
- Analyze market for best deals to ensure four week turnaround time
- Network with cash buyers, realtors, brokers and private sellers
- Provide excellent customer service and ability to close sales

Real Estate Title Abstractor: (2006-2009 and 1998-2002) Self-employed

- Researched public records to ensure clear title to properties
- Guaranteed excellent attention to detail under a pressured 24-hour timeline

Group Coordinator: (2008) Waldorf inspired community educational resource

Ballet Teacher and Performing Artist: (1991-1992 and 2003-2005) Self-employed

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Proofreading and Editing: (1997-1998) BT Publishing, Portland OR

Banking: (1996-1998) Wells Fargo, TELCO FCU, and AAA - Portland OR

Licenses and Certifications

- 2009 MAPS Foster/adoption certification
- 2000/2001 Real Estate License

Publications and Research

- Food & Mood: A Qualitative Study in Individuals with Mood Disorders, (2012). Union Institute & University (potentially ongoing)
- Van Dam, N.T., Hobkirk, A., Sheppard, S., **Aviles-Andrews, R.** & Earleywine, M. (2013). How does mindfulness reduce anxiety, depression, and stress? An exploratory examination of change processes in wait-list controlled, mindfulness meditation training. *Mindfulness* 4(2).
- Van Dam, N.T., Hobkirk, A., Sheppard, S.C., **Aviles, R.**, & Earleywine, M. (2011). A novel mindfulness-based intervention for mixed anxiety depression: Changes in symptoms occur via emotional stability, attentional allocation, and responses to acute stress. Poster presented at 8th annual Mind and Life Summer Research Institute, June 12th - 18th, 2011 Garrison, NY

Awards, Honours, Scholarships

- 1997: ABS Award and PBC Presidential Scholarship
- 1992: Mt Zion High School, valedictorian
- 1991: Ballet Magnificat summer program: full scholarship
- 1989: Completed Royal Academy of Dance lower grades with Honours (highest distinction possible)

Past Memberships

- Mind & Life Summer Research Institute 2012
- NYS Psychological Association
- APA Student Affiliate

Volunteer Work

- Various homeschool community programs, 2010- present
- Hospice Volunteer: Trainee (2010)
- Led an ecumenical city wide unity movement, Utica NY; (2000-2001)

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- Utica Immigration Center: taught \$1 ballet lessons to immigrant children (2003)
- Senior Class President, Portland Bible College (1997)
- Peer counselor/mentor: For college and high school students (1992-2001)
- International Student ESL Tutor (1992-1997)
- Urban Progress Leader: Girls' club for disadvantaged youth (1992-1993)
- Building project assistant in Central Mexico (1992)
- NYS Student Senate Forum Committee and NYS Department of Education Student Advisory Committee (1989)