

## Education

<b>University of California, Berkeley—Berkeley, California</b> PhD Candidate in Social Welfare, expected graduation May 2022 Dissertation title - Lay Beliefs of Self-Love in Alcohol and Other Drugs Recovery: A Study of Social Media Posts	08/2016 – present
<b>Silberman School of Social Work at Hunter College—New York, New York</b> Master of Social Work, with a Clinical focus in Children, Youth and Families Obtained Licensed Master Social Worker (LMSW) designation, #091237 Met requirements to take Licensed Master Clinical Worker (LCSW) exam	09/2011 – 08/2013 12/2013 01/2020
<b>SKEMA Business School—Nice, France</b> Master of Science in International Business	09/2008 – 08/2009
<b>University of Wisconsin School of Business—Madison, Wisconsin</b> Bachelor of Business Administration in Management and Human Resources	09/2002 – 08/2005
<b>Boston University—Boston, Massachusetts</b> Enrolled in Bachelor of Science in Health Studies/Doctor of Physical Therapy program	09/2001 – 05/2002

## Competitive Fellowships

National Institute of Alcohol Abuse and Alcoholism (NIAAA) – \$24,324 + tuition Alcohol Research Group, Grant Nr 5 T32 AA007240; P50AA005595 Pre-doctoral Fellowship (T32) Mentor: Sarah Zemore, Ph.D.	2019 – 2022
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## Research Experience

<b>Research Institute of Child Development and Education – Amsterdam, The Netherlands</b> <i>Within the Institute, researchers in the Developmental Psychopathology department conduct research on child development, parenting and education.</i>	01/2019 – present
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Visiting PhD Candidate Collaborating with Assistant Professor Eddie Brummelman 08/2019 – present

Mindfulness Researcher with Principal Investigator Associate Professor Esther de Bruin 01/2019 – 08/2019

Research group explores mindfulness and compassion training with a variety of populations (e.g., women with fear of childbirth, children (and their parents) with ADHD and autism, and employees experiencing burnout) to examine effects of mindfulness-based interventions (MBI).

- Conduct mediation analysis on the mechanisms of change from an RCT exploring the impacts of an MBI for women with fear of childbirth
- Co-author scholarly article for publication
- Participate in mindfulness, child development and education, and social psychology team meetings and collaborations

**Center for Prevention Research in Social Welfare (CPRSW) – Berkeley, CA** 01/2017 – present  
*The CPRSW tests the effectiveness of preventative interventions in schools, after school, and community settings as well as strategies to increase access to high-quality preventative interventions through the development, measurement, and testing of innovative service delivery models that support the adoption, implementation, and sustainability of preventative interventions.*

Graduate Research Assistant & Research Practicum Student for Principal Investigator Dr. Valerie B. Shapiro

- Manage data clean up, analyzed data using regression analyses and created research briefs for third party implementer of Social Emotional Learning intervention
- Submit scholarly papers for publication
- Conduct shadow manuscript review for research journals
- Create survey questions for data collection
- Participate in weekly team meetings to consult on prevention research and coordinate group collaboration on projects and papers
- Supervise undergraduate student in synching CPRSW website with Principal Investigator's website and scholarly databases

**UCSF Osher Center for Integrative Medicine** – San Francisco, CA 12/2018 – 06/2019  
 Graduate Student Assistant for the UCSF study “Mindfulness for Underserved Youth” in partnership with national non-profit, Year Up examining the effects of a mindfulness-based intervention on behavioral health outcomes, positive emotions, and social connection for those in a job training program.  
Graduate Student Assistant for Principal Investigator, Dr. Maria Chao, and Postdoctoral Student, Dr. Ariana Thompson-Lastad

- Co-Led quantitative survey development
- Liaised with partner organization and affiliated collaborators and scholars

**Biological Embedding Research Group in Public Health** – Berkeley, CA 01/2018 – 05/2018  
 Faculty: Darlene Francis, PhD

- Collaborated on the intersection of biological mechanisms and social determinants of health
- Developed workshops on epigenetics and positive emotions utilizing a peer-review process

**Graduate Student Researcher** – Berkeley, CA 05/2017 – 08/2017  
 Principal Investigator: Professor Neil Gilbert

- Created reports on the convergence of Family Policy and Social Expenditures utilizing country-specific data for the Organisation for Economic Co-operation and Development (OECD)
- Conducted literature review on Arab Family Policy

**SCAN New York/Silberman School of Social Work** – New York, NY 05/2012 – 02/2014  
Graduate Research Assistant to Principal Investigator Dr. Kristin Ferguson

- Conducted interviews with participants in an 80-parent study to assess their needs and strengths
- Attended and documented town hall meetings and focus groups with 450 residents and 20 providers
- Designed and developed Access database to track referrals across East Harlem Consortium providers
- Contributed to the research manuscripts in preparation for publishing

**Longitudinal Twin Studies of Emotional Development** – Madison, Wisconsin 09/2003 – 05/2004  
 Undergraduate Research Assistant for Dr. Harold Hill Goldsmith

### Teaching Experience

**Lecturer**– University of Valencia, Spain 11/2020  
 Invited online lecture for the Psychology department on *Self-Report Measures in Positive Affect Research*

**Lecturer**– A Peaceful Mind Summer Institute, Amsterdam, The Netherlands 07/2019  
 Developed and delivered 2 separate lectures for 25 students:  
 1) *Mindfulness and Positive Emotions*  
 2) *Research Design Considerations for an MBI Examining Pregnant Women’s Fear of Childbirth*  
 Invited for Summer 2020 but institute was cancelled due to Covid-19

**Lecturer**– Golden Bear Sleep and Mood Research Clinic, Berkeley, CA 03/2019  
 Developed and delivered a lecture for 15 CBT Therapists titled *Utilizing Mindfulness and Compassion-Based Techniques with Our Clients*

**Instructor**– Berkeley, CA 10/2018  
 Developed and delivered a lecture for 40 undergraduates titled *Clinical Social Work*

**Graduate Student Instructor**– Berkeley, CA 09/2018 – 12/2018  
 Professor: Jill Duerr Berrick  
 Undergraduate: SOC WEL 110 - Social Work as a Profession

- Facilitate 2 weekly sections of 20 students for 1hour discussion
- Support students in discovering a social work identity and improving their writing skills
- Grade student writing assignments

**Graduate Student Instructor**– Berkeley, CA 09/2017 – 05/2018  
 Professor: Neil Gilbert  
 Master of Social Work (MSW) full-year course: SOC WEL 282 - Seminar in Social Welfare Research

- Provide descriptive and inferential statistics software demonstrations to MSW students
- Support MSW students in consulting research project with local social service agencies
- Grade student consulting research projects

### **Professional Experience**

**CBT Therapist, Golden Bear Sleep and Mood Research Clinic – Berkeley, CA** 08/2016 – 2019

- Provide Cognitive Behavioral Therapy (CBT) to individuals experiencing depression and anxiety
- Engage in assessment, case formulation and treatment planning of clients
- Attend weekly supervision and monthly CBT trainings under supervision of Dr. Allison Harvey and Dr. Steve Hollon

**Project Reach Youth TRACK, affiliated with NYU/Lutheran Medical Center – Brooklyn, NY** 09/2013 – 06/2016  
Social Worker at Brooklyn public high school-based support program

- Provided individual counseling to 20 high risk high school students
- Planned curriculum for and facilitate weekly group counseling with 10 high school girls
- Partnered with VP of Research to study how practitioners implement mindfulness strategies with at-risk youth
- Supervised a Columbia University 1<sup>st</sup> year MSW student
- Co-developed a race curriculum to give to incoming staff
- Trained staff in: high-risk assessments, fostering empathy and vulnerability
- Provided case management to high-risk youths in collaboration with parents and teachers related to mental health needs, tutoring & afterschool activities

**CGI, Inc. – New York, NY & Chicago, IL** 09/2005 – 08/2016  
Senior IT Consultant for a 71,000 person, Fortune 2000 company specializing in training and technical writing

- Created training manuals, job aids and e-Learning for public sector accounting/financial software
- Conducted webinars and classroom trainings for new product hires and clients
- Implemented the train-the-trainer program for 1,500 State employees
- Reported weekly to project management and Steering Committee members
- Managed a \$1 million project plan of the City of New York's customized vendor software
- Led a team of 10 individuals who tested critical path, new fiscal-year software for the City of New York

**Virginia Gildersleeve International Fund (VGIF) – New York, NY** 01/2013 – 8/2013  
United Nations (UN) Representative for a Non-Governmental Organization (NGO)

- Analyzed past VGIF domestic violence grantees' final reports to determine lessons learned and assess alignment with UN discussions and policies
- Acted as the VGIF liaison by attending meetings at the United Nations to report to VGIF about current international violence against women policies and trends
- Presented to the Board of Directors UN findings and recommendations to further VGIF strategies
- Participated in the annual Commission on the Status of Women UN conference
- Created reports and blog posts about meetings attended

**Odyssey House – New York, NY** 09/2012 – 05/2013  
Social Work Intern, specializing in residential substance abuse treatment for mothers and their families

- Certified in and conducted weekly Motivational Enhancement Therapy (MET), an evidence-based practice based on motivational interviewing, individual counseling sessions to 10 female clients
- Co-facilitated Trauma Recovery (TREM), an evidence-based practice support group, for 8 clients
- Created and updated treatment plans based on the State's Office of Alcoholism and Substance Abuse standards
- Wrote biopsychosocial assessments for clients just entering rehab
- Conducted case management with clients' lawyers and case workers in legal and child services

**Metropolitan Hospital Center – New York, NY** 09/2011 – 05/2012  
Social Work Intern for the Victims Assistance and Counseling Services Program

- Conducted counseling and case management for 7 clients experiencing domestic violence and sexual assault
- Facilitated psycho-educational group for 5 adult female survivors of childhood sexual assault

- Completed CONNECT and Brooklyn Family Justice Center trainings on working with crime/trauma victims and weekly student seminars

### Reviewer Experience

Invited Reviewer International Journal of Behavioral Medicine 2021  
 Doctoral Fellow – International Journal of Social Welfare 10/2018 – 06/2019

### Peer-Reviewed Publications

Veringa, I., **Ziemer, K. L.**, de Bruin, E., de Bruin, E.I. & Bogels, S.M. (Under Review). Mindful Awareness as a Mechanism of Change for Natural Childbirth in Pregnant Women with High Fear of Childbirth: A Randomized Controlled Trial.

Shapiro, V.B., **Ziemer, K. L.**, Kim, B. K. E., & Accomazzo, S. (2019). Teachers' Assessment of "Implementation Leadership" During a New Social Emotional Learning Initiative. *Contemporary School Psychology*.

Shapiro, Kim, Robotaille, LeBuffe, & **Ziemer**. (2018). Efficient implementation monitoring in routine prevention practice: A Grand Challenge for Schools. *Journal of the Society for Social Work and Research*. <https://doi.org/10.1086/699153>

Ferguson, K., **Ziemer, K. L.**, Celada, M., Oviedo, S., & Ansbrow, J. (2016). Implementing a community-based, service-coordination and delivery intervention with urban, minority parents. *Research on Social Work Practice*, 28(6), 708-720. doi: 10.1177/1049731516675477

Ferguson, K., **Ziemer, K. L.**, Oviedo, S., & Ansbrow, J. (2016). Social capital and help-seeking behavior among urban, minority parents participating in the CONNECT Program: The role of informal community supports. *Journal of Ethnic & Cultural Diversity in Social Work*, 25(2), 77-97. doi:10.1080/15313204.2015.1134372

### Popular Scientific Publications

Brummelman, E., & Ziemer, K. L. (2020, September). A solid foundation: Building children's self-esteem during the COVID-19 pandemic. *Child and Family Blog*.

### Reports

Lee, J., Shapiro, V. B., Kim, B. K. E., **Ziemer, K. L.**, & Eldeeb, N. (In press). The growth of social-emotional competence among diverse subgroups of K-2 students: Quasi-experimental evidence of intervention effect on developmental trajectories. *Social and Emotional Learning (SEL) Research Abstracts: 2020 SEL Exchange*.

### Peer-Reviewed Presentations

1. **Ziemer, K.L.** (2021, April). A Proposed Study: Examining Lay Beliefs of Self-Love on Social Media. Presentation for the Society for Affective Science. Online.
2. Lee, J., Shapiro, V.B., Kim, B. K. E, **Ziemer, K. L.**, & Eldeeb, N. (2021, January). The Growth of Social-Emotional Competence among Diverse Subgroups of K-2 Students: Quasi-Experimental Evidence of Intervention Effect Developmental Trajectories. In Valerie Shapiro (Chair) & Antonio Garcia (Discussant), Equity Enhancing Strategies to Ensure the Healthy Development of All Youth Through the Power of Prevention. Symposium at the 25<sup>th</sup> Annual Conference of the Society for Social Work and Research, San Francisco, CA.
3. **Ziemer, K. L.** & Veringa-Skiba, I. (Rescheduled June 2020 to June 2021 due to COVID-19). 'I've Changed My Mind': Mechanisms of Mindfulness-Based Childbirth and Parenting (MBCP) in Pregnant Women with High Fear of Childbirth (FOC). Accepted for Oral Presentation at the International Conference on Mindfulness, Aarhus, Denmark.
4. **Ziemer, K. L.** (2019, July). Reasoning, Recommendations and Implications: Self-Transcendent Emotions with Marginalized Populations to Remedy Social Isolation and Loneliness. Poster Presentation at the International Society for Research on Emotion, Amsterdam, The Netherlands.
5. **Ziemer, K. L.** (2019, February). Recommendations for Inclusive Methodologies in Positive Emotions & MBI Research. Oral Presentation at the 3<sup>rd</sup> European Congress of Qualitative Inquiry with special focus on Activism, Edinburgh, Scotland.
6. **Ziemer, K. L.** (2018, July). Recommendations for Utilizing an Inclusive Lens when Implementing Mindfulness-Based Interventions Moderating Positive Emotions with Marginalized Populations. Poster Presentation at the International Conference on Mindfulness, Amsterdam, The Netherlands.

7. Lee, J., Roscoe, J., **Ziemer, K. L.**, Kim, B. K. E., & Shapiro, V. B. (2018, April). Creating an “Integrative Dosage” measure for SEL Interventions Implemented Across “Lesson-based” and “Strategy-Based” Dose Forms. In Valerie Shapiro (Chair) & Maurice Elias (Discussant), *Innovations for Social and Emotional Learning implementation: Lessons from the TOOLBOX Implementation Research Project*. Symposium at the annual conference of American Education Research Association (AERA), New York, NY.
8. **Ziemer, K. L.**, Campbell, E., Kim, B. K. E., & Shapiro, V. B. (2018, January). Exploring District-Developed Report Card Indicators for Assessing Progress Toward Student Social Emotional Learning Goals. In Elizabeth Kim (Chair) & R. Astor (Discussant), *Using Social Emotional Learning to Ensure Healthy Development for All Youth: Assessment, Intervention and Evaluation*. Symposium at the 22<sup>nd</sup> Annual Conference of the Society for Social Work and Research, Washington, DC.
9. Kim, B. K. E., Lee, J., Roscoe, J., **Ziemer, K. L.**, Accomazzo, S., & Shapiro, V. B. (2018, January). Effective SEL program implementation: Exploring leadership and dosage on the growth of social-emotional competence. In Elizabeth Kim (Chair) & R. Astor (Discussant), *Using Social Emotional Learning to Ensure Healthy Development for All Youth: Assessment, Intervention and Evaluation*. Symposium at the 22<sup>nd</sup> Annual Conference of the Society for Social Work and Research, Washington, DC.
10. Accomazzo, S., **Ziemer, K. L.**, Kim, B. K. E., & Shapiro, V. B. (2017, June). Assessing Implementation Leadership in Educational Settings. In V.B. Shapiro (Chair) & M.T. Greenberg (Discussant), *Leadership, Dosage, and Outcomes: Lessons from the Toolbox Implementation Research Project*. Presentation for the Society for Prevention Research, Washington, DC.
11. **Ziemer, K. L.**, Ferguson, K., Celada, M., Oviedo, S., & Ansbrow, J. (2017, January). Implementing a community-based, service-coordination and delivery intervention with urban, minority parents. Poster Presentation at the 21st Annual Conference of the Society for Social Work and Research, New Orleans, LA.
12. Shapiro, V.B., Roscoe, J., Lee, J., & **Ziemer, K.L.** (2017, January). Implementing TOOLBOX: What are Teachers Doing to Promote the Development of Social-Emotional Competence. Presented at the Berkeley Unified School District Research Symposium, Berkeley, CA.
13. Ferguson, K., **Ziemer, K. L.**, Oviedo, S., Ansbrow, J., & Hughes, N. (2014, June). Social capital and help-seeking behavior among urban minority families: The role of informal community supports. Oral Paper Presentation at the Third International Conference on Practice Research. Silberman School of Social Work at Hunter College, New York.

### Awards

Early Career Researcher Poster Award, ISRE Conference	July 2019
UC-Berkeley Graduate Division Summer Grant - \$2000, \$3000, \$3500, \$5000	May, 2018- 2021
Society for Prevention Research’s Early Career Preventionists Network Travel Award – \$600	June 2017
School of Social Welfare Dean’s Travel Award - \$1600 Yearly	2016-2019

### Committee Experience

Co-supervised University of Amsterdam Masters Student Marit Heesbeen <i>A Content Analysis of the Positive and Negative Connotations of Self-Love on Instagram</i>	01/2021 – 06/2021
Supervised Amsterdam University College Bachelor Capstone/Thesis Laila Spee <i>Treating Depression through Dance Movement Therapy: Employing self-compassion as a coping mechanism</i>	02/2020 – 07/2020

### Academic and Community Service

Beyond Words International: Pagosa Springs, CO	12/2018 – present
Elected <u>President of the Board of Directors</u>	01/21 – present
<ul style="list-style-type: none"> <li>• Maintain and further develop Women Without Barriers, an Etsy site in partnership with a Women’s Center in Greece, to provide income to refugee artists</li> <li>• Co-manage 5-person student team</li> <li>• Volunteered at Syrian and Iraqi refugee camp in Greece to strategize with partner organization’s Volunteer Coordinator on self-care skills practice and dissemination</li> </ul>	
<b>Doctoral Committee Student Representative</b> (elected): Social Welfare Department, UC-Berkeley	09/2017 – 8/2018
<b>Project Reach Youth, CBT Consultant:</b> Brooklyn, NY	11/2016 – 4/2017
<b>Run Free Ranch, Social-Emotional Workshop Facilitator at Summer Camp:</b> Trenton, NJ	08/2015
<b>Planned Parenthood, Client Liaison:</b> Chicago & New York	01/2008 – 08/2008 & 11/2010 – 05/2012

### Professional Affiliations

Alcohol Research Group, Predoctoral Fellow  
 International Society for Research on Emotion (ISRE), Associate Member  
 Society for Affective Science (SAS), Member  
 Society for Social Work Research (SSWR), Member

### Workshops, Trainings, & Certificates

#### Centrum voor Mindfulness—Amsterdam, The Netherlands

Certificate in MyMind, an evidence-based practice in mindfulness for children with ADHD and autism October 2019  
 Certificate in Mindful Parenting, an evidence-based practice in mindfulness for parents April 2019

#### University of Amsterdam—Amsterdam, The Netherlands

A Peaceful Mind: Mindfulness and Compassion-Based Interventions Summer Institute July 2018

#### Columbia University School of Social Work—New York, New York

Seminar in Field Instruction (SIFI), to supervise a 1<sup>st</sup> year Master in Social Work (MSW) student 09/2015 – 12/2015

#### Using Mindfulness to Help Emotionally Dysregulated Teens—New York, New York

Workshop given by Cognitive Behavioral Associates, co-author of *DBT with Suicidal Adolescents* 12/2015

#### NYC Department of Youth & Community Development—New York, New York

Compassionate Communication with Youth about Racial Trauma workshop 04/2015

#### DONA International—New York, New York

Doula Certification Workshop 11/2014

#### Living a Joyful Life Now—Remote Training

Life Coaching Certification, heavily influenced by Cognitive Behavioral Therapy 03/2014 – 11/2014

#### University of Paris IV Sorbonne—Paris, France

Cours de la Civilisation Française (French language & culture) 09/2007 – 12/2007

### Skills

**Bilingual:** English (maternal) & French

**Proficiency:**

- 1) Therapeutic Evidence-Based Practices: Mindful Parenting, MyMind, Cognitive Behavioral Therapy (CBT) & Motivational Enhancement Therapy (MET)
- 2) Statistical Software: SPSS, STATA, R, Python
- 3) Programs: Microsoft Office suite, Access, DBSurfer, Captivate, Articulate, SnagIt, Camtasia, Qualtrics