

Susan A. Gaylord, Ph.D.
Curriculum Vitae
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PERSONAL INFORMATION

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EDUCATION:

Ph.D., Duke University, 1984, Psychology (experimental)
M.A., Duke University, 1979, Psychology (experimental)
B.A., University of North Carolina at Chapel Hill, with honors, 1972. Majors: Zoology and Psychology.

Certifications/Training:

In Mindfulness:

Professional Training Course in Mindfulness-based Stress Reduction with Jon Kabat-Zinn and Saki Santorelli, Omega Institute, Rhinebeck, NY, June 2001.

Certified advanced meditation-practice instructor, Shambhala International, Halifax, Nova Scotia, May 1993.

Certified Mindfulness–awareness Meditation Instructor, Shambhala International, Boulder Colorado. May, 1981.

Completed training in Buddhist Pre-Seminary Curriculum, Karme-Choling, Naropa Institute, Shambhala International, Boulder, Colorado. 1978-1981.

Completed Buddhist Seminary Training Program, Shambhala International, Banff, Alberta, Canada. January-April 1981.

In Other Complementary and Alternative Therapies:

Completed Aromatherapy, Level I, Cynthia Loving (instructor), Greensboro, NC, September 2001.

Completed Reiki Training, Levels I & II, Vicki Penninger (instructor), Chapel Hill, NC, July - October, 2000.

Completed Healing Touch training, Level I, Jon Seskevich et al. Duke University, Durham NC, 1995.

Certificate in Professional Homeopathy. The Homeopathic College, Durham, NC. 2-year, 200-hour course, 1991-1993.

Completed Triangle Hospice Volunteer Training Program, September-October, 1981. Subsequently, Hospice Volunteer.

Tai chi training, Jay Dunbar, PhD (instructor). 1978-1980, 2000-2001.

Yoga – various training programs in Durham and Chapel Hill, NC. 1970-1976.

Certificate in Clinical Hypnosis, Chapel Hill, NC. 1976.

PROFESSIONAL EXPERIENCE --EMPLOYMENT HISTORY:

- 12/11-present Research Associate Professor, and Director, Program on Integrative Medicine, Department of Physical Medicine and Rehabilitation, School of Medicine, University of North Carolina, Chapel Hill, N.C.
- 11/98-12/11 Research Assistant Professor, and Director, Program on Integrative Medicine, Department of Physical Medicine and Rehabilitation, School of Medicine, University of North Carolina, Chapel Hill, N.C.
- 07/08-present Co-Director, T-32 Research Fellowship in Complementary and Alternative Medicine, Department of Physical Medicine and Rehabilitation, School of Medicine, University of North Carolina, Chapel Hill, N.C.
- 04/97-present Adjunct Research Assistant Professor, Department of Family Medicine, University of North Carolina School of Medicine. Direct courses in Alternative and Complementary Medicine.
- 04/97-present Adjunct Research Assistant Professor, Department of Health Behavior and Health Education, School of Public Health, University of North Carolina at Chapel Hill. Direct courses in Alternative and Complementary Medicine.
- 9/91-10/98 Research Associate in the School of Medicine, Program on Aging, University of North Carolina at Chapel Hill. Research Coordinator for the Program on Aging. Independently developed and conducted aging-related research; taught aging-related topics; wrote and reviewed articles for publication.
- 4/87-8/91 Social Research Associate I in the Department of Medicine and Program on Aging, University of North Carolina at Chapel Hill. Research Coordinator for the Program on Aging. Developed, coordinated, and carried out research activities in aging; wrote articles for publication; wrote grant proposals.
- 1/86-5/86 Psychologist/Instructor, Department of Health Education, School of Public Health, University of North Carolina at Chapel Hill. Designed and taught course on psychosocial aspects of aging.
- 1/82-6/85 Psychologist/Instructor, Department of Health Policy and Administration, University of North Carolina at Chapel Hill. Designed and taught course on long-term care of the aging population.
- 12/79-6/85 Psychologist-Research Associate, School of Public Health, Program on Aging, University of North Carolina at Chapel Hill. Coordinator of Program on Aging. Designed and implemented a wide range of programmatic activities, including curriculum development, faculty education, and lecture series; developed and evaluated educational materials; and wrote grant proposals. Lectured on aspects of long-term care and mental health as related to an aging population. Provided technical assistance to university and state constituencies of the SPH Program on Aging. Carried out research in health services and aging.
- 9/77-12/79 Research Assistant, Center for the Study of Aging and Human Development, KWIC/ASTRA Project at Duke University, Durham, NC. Wrote and edited book reviews and abstracts of educational materials on aging for publication. Selected materials for review and edited reviews. Evaluated geriatrics/gerontology educational and training resources. Left when project ended.

- 9/75-5/77 Teaching Assistant, Psychology 102: "Sensation and Perception." Duke University, Department of Psychology.
- 5/72-11/74 Research Assistant, Center for the Study of Aging and Human Development, Duke University, Durham, NC. Planned and implemented aging-related research studies with old and young, human and animal subjects in perception, cognition, and psychophysiology. Other duties included analyzing data, writing computer programs, library research, and maintenance of laboratory equipment. Left to attend graduate school.

HONORS AND AWARDS

Prevention magazine's Integrative Medicine Award winner for 2011
 Member, Academy of Educators, UNC School of Medicine – 2010-2011
 Spirit of Caring Award, UNC Hospital's Planetree Initiative – 2007

BIBLIOGRAPHY

Books and chapters:

- Gaylord, S.** Integrative Medicine in the Care of the Elderly. In Busby-Whitehead et al. *Care of the Elderly, in press, 2016.*
- Lange A , **Gaylord S.** Homeopathy. In M. Murray (Ed.) *Textbook of Natural Medicine, 4th ed.* 2012, 51 pages.
- Gaylord SA,** Norton SK, Curtis P. (Series Eds.), *The Convergence of Complementary, Alternative and Conventional Health Care: Educational Resources for Health Professionals.* University of North Carolina at Chapel Hill, Program on Integrative Medicine, 2004.
- Gaylord SA,** Mann JD. Understanding the Convergence of Complementary, Alternative and Conventional Care in the United States. In S. Gaylord, S. Norton, P. Curtis (Eds.), *The Convergence of Complementary, Alternative and Conventional Health Care: Educational Resources for Health Professionals.* University of North Carolina at Chapel Hill, Program on Integrative Medicine, 2004.
- Curtis P, **Gaylord SA.** Concepts of Healing and Models of Care. In S. Gaylord, S. Norton, P. Curtis (Eds.), *The Convergence of Complementary, Alternative, and Conventional Health Care: Educational Resources for Health Professionals.* University of North Carolina at Chapel Hill, Program on Integrative Medicine, 2004.
- Mann JD, **Gaylord SA,** Norton SK. Integrating Complementary and Alternative Therapies with Conventional Care. In S. Gaylord, S. Norton, P. Curtis, (Eds.) *The Convergence of Complementary, Alternative, and Conventional Health Care: Educational Resources for Health Professionals.* University of North Carolina at Chapel Hill, NC, Program on Integrative Medicine, 2004.
- Mann, JD and **Gaylord, SA.** "Multiple Sclerosis", in Netter's Textbook of Internal Medicine. MS Runge & A. Greganti (Ed). Icon Learning Systems/MediMedia, Inc., Teterboro, New Jersey. 2003, pp 671-678.
- Gaylord SA,** Coeytaux R. Complementary and alternative therapies in Family Medicine. In: *Essentials of Family Medicine*, 4th ed. Sloane, P, Slatt, L. et al. (eds.). Baltimore: Williams and Wilkins. 2002.

- Gaylord S.** Women and aging: a psychological perspective. In: Garner JD, Mercer SO, eds. *Women as They Age*, 2nd Ed. New York, NY: Haworth Press; 2001.
- Hunter RH, Britnell M, Norton SK, **Gaylord S.** Health Action: Preventing disability in older persons. Program on Aging, UNC School of Medicine, 2001.
- Gaylord SA,** Horrell S, Bullard T. Wellness and Prevention. In: *Making a Difference in the Lives of Rural Elders: Interdisciplinary Approaches to Health and Well Being*. Program on Aging, UNC School of Medicine, Chapel Hill, NC, 1999.
- Hunter RH, **Gaylord SA.** Challenges of rural sites. In: Siegler E, Hyer K, Fulmer T, Mezey M, eds. *Geriatric Interdisciplinary Team Training*. New York: Springer Publishing Company; 1998; Chapter 14, pp 193-210.
- Gaylord SA.** Complementary therapies in family medicine. In *Essentials of Family Medicine*, 3rd ed. Sloane, P, Curtis, P, Bell, ME, Slatt, L. (eds.). Baltimore: Williams and Wilkins; 1998:191-200.
- Hunter RH, **Gaylord SA,** Britnell M, Ashford-Works C. *Making a Difference in Rural Communities: A Guide for Trainees in the Health Professions*. Chapel Hill, NC:UNC Printing Services; 1998.
- Arcury T, **Gaylord S,** Cook H. Incorporating qualitative methods into the study of health beliefs and health behaviors of rural older adults. In: Gesler WM, Rabiner DJ, DeFrieze GH, eds. *Rural Health and Aging Research: Theory, Methods and Practical Applications*. Amityville, NY: Baywood Publishing Company, Inc., 1998.
- Gaylord S.** Demography of aging. In: Reuben DB, et al, eds. *Geriatric Review Syllabus Supplement*. New York: American Geriatrics Society; 1993.
- Gaylord S.** Biology of aging. In: Reuben DB, et al, eds. *Geriatric Review Syllabus Supplement*. New York: American Geriatrics Society; 1993.
- Gaylord S.** Psychology of aging. In: Reuben DB, et al, eds. *Geriatric Review Syllabus Supplement*. New York: American Geriatrics Society; 1993.
- Gaylord S.** Demography of aging. In: Beck JC, ed. *Geriatrics Review Syllabus*. Vol 2. New York, NY: American Geriatrics Society; 1991.
- Gaylord S.** Biology of aging. In: Beck JC, ed. *Geriatrics Review Syllabus*. Vol 2. New York, NY: American Geriatrics Society; 1991.
- Gaylord, S.** Psychology of aging. In: Beck JC, ed. *Geriatrics Review Syllabus*. Vol 2. New York, NY: American Geriatrics Society; 1991.
- Gaylord S.** Women and aging: a psychological perspective. In: Garner JD, Mercer SO, eds. *Women as They Age*. New York, NY: Haworth Press; 1989.

Gaylord S. Williams M. Biology of aging. In: Beck JC, ed. *Geriatrics Review Syllabus*. New York, NY: American Geriatrics Society; 1989.

Williams M, **Gaylord S.** Physiologic changes with aging. In: Beck JC, ed. *Geriatrics Review Syllabus*. New York, NY: American Geriatrics Society; 1989.

Williams M, **Gaylord S.** Aging of tissues and organs. In: Beck JC, ed. *Geriatric Review Syllabus*. New York, NY: American Geriatrics Society; 1989.

Gaylord S, Zung W. Affective disorders and aging. In: Carstensen L, Edelstein B, eds. *Handbook of Clinical Gerontology*. New York, NY: Pergamon Press; 1987.

Gaylord S. Biological aging: public health implications. In: Phillips HT, Gaylord SA, eds. *Aging and Public Health*. New York, NY: Springer Publishing Company; 1985.

Phillips H, **Gaylord S,** eds. *Aging and Public Health*. New York, NY: Springer Publishing Company; 1985.

Rosenfeld L, **Gaylord S,** Allen J. *Introduction to Long-Term Care of the Aging. Guide to Independent Study*. Chapel Hill, NC: UNC-CH Extension Division; 1983.

Rosenfeld L, **Gaylord S.** *Long-term Care for the Aging: Organization and Administration. Annotated Bibliography*. Chapel Hill, NC: UNC-CH School of Public Health, Department of Health Administration; 1980.

Saltz C, Phillips H, Herndon S, **Gaylord S.** *Gerontopia. An Aging Resource Book*. Chapel Hill, NC: UNC-CH School of Public Health, Department of Health Administration; 1980.

McGehee J, **Gaylord S,** eds. *ASTRA. Analysis and Selection of Training Resources in Aging*, No. 1. Durham, NC: Center for the Study of Aging and Human Development; 1978.

Bevan W, **Gaylord S.** Stimuli, the perceiver, and perception. In: Walk RD, Pick, Jr HL, eds. *Perception and Experience*. New York, NY: Plenum Press; 1978.

Published book chapter

Gaylord, S. Integrative Medicine in the Care of the Elderly. In Busby-Whitehead et al. *Care of the Elderly, in press, 2016*.

Lange A , **Gaylord S.** Homeopathy. In M. Murray (Ed.) *Textbook of Natural Medicine, 4th ed.* In press, 2011, 51 pages.

Refereed papers/articles:

- **Original research**

Bluth, K., **Gaylord, S.**, Campo, R., Mullarkey, M. Hobbs, L. (2016). Making friends with yourself: A mixed methods pilot study of a mindful self-compassion program for adolescents, *Mindfulness*, doi 10.1007/s12671-015-0476-6.

Bluth, K., Roberson, P.E., **Gaylord, S.**, Grewen, K., Faurot, K., Arzon, S., Girdler, S. (in press). Does self-compassion protect adolescents from stress? *Journal of Child and Family Studies*, doi: 10.1007/s10826-015-0307-3.

Gartlehner G, Gaynes BN...**Gaylord S**....Lohr, KN. (2015) Nonpharmacological versus pharmacological treatments for adult patients with major depressive disorder. Rockville, MD: Agency for Healthcare Research and Quality; 2015 (internet); PMID: 26764438

Amick HR, Gartlehner G, Gaynes BN ...**Gaylord S**....Lohr, KN. (2015) Comparative benefits and harms of second generation antidepressants and cognitive behavioral therapies in initial treatment of major depressive disorder: systematic review and meta-analysis. *BMJ*, 2015, Dec. 8; 351:h6019. PMID:26645251.

Bluth, K., Roberson, P.E., **Gaylord, S.** (2015). A pilot study of a mindfulness intervention for adolescents and the potential role of self-compassion in lowering stress. *Explore: The Journal of Science and Healing*.

Ramsden CE, Faurot KR, Zamora D, Palsson OS, MacIntosh BA, **Gaylord S**, Taha AY, Rapoport SI, Hibbeln JR, Davis JM, Mann JD. (2015). Targeted alterations in dietary n-3 and n-6 fatty acids improve life functioning and reduce psychological distress among chronic headache patients: secondary analysis of a randomized trial. *Pain*. 156(4):587-96. doi: 10.1097/01.j.pain.0000460348.84965.47

Bluth, K., **Gaylord, S.**, Nguyen, K., Bunevicius, A., Girdler, S.S. (2015). Mindfulness-based stress reduction as a promising intervention for amelioration of premenstrual dysphoric disorder symptoms, *Mindfulness*, doi: 10.1007/s12671-015-0397-4.

Kiken, L., Garland, E., Bluth, K., Palsson, O., **Gaylord, S.** (2015). From a state to a trait: Trajectories of state mindfulness in meditation during intervention predict changes in trait mindfulness, *Personality and Individual Differences*, 41-46, doi: 10.1016/j.paid.2014.12.044.

[Woods-Giscombe CL¹](#), [Gaylord SA²](#). The cultural relevance of mindfulness meditation as a health intervention for African Americans: Implications for reducing stress-related health disparities. [J Holist Nurs.](#) 2014 Jan 17;32(3):147-160. [Epub ahead of print]

Christopher E. Ramsden, Keturah R. Faurot, Daisy Zamora, Chirayath M. Suchindran, Beth A MacIntosh, **Susan Gaylord**, Amit Ringel, Joseph R. Hibbeln, Ariel E. Fedlstein, Trevor A. Mori, Anne Barden, Chanee Lynch, Rebecca Coble, Emilie Mas, Oalfur Palsson, David A. Barrow, J. Douglas Mann. Targeted alteration of dietary n-3 and n-6 fatty acids for the treatment of chronic headaches: A randomized trial. *Pain*, August 9, 2013.

Giscombe C., **Gaylord S.** The cultural relevance of mindfulness meditation as a health intervention for African Americans: Implications for reducing stress-related health disparities" *Journal of Holistic Nursing*, **accepted for publication., 2013**

Gaylord, SA, Palsson OS, Garland EL, Faurot KR, Mann JD, Whitehead. Mindfulness for IBS – Response. *Gastroenterology*; 2012. Epub ahead of print.

Garland EL, Boettiger CA, **Gaylord, S** et al. Mindfulness is inversely associated with alcohol attentional bias among recovering alcohol-dependent adults. *Cognitive Therapy Research* 2012, October, 36 (5): 441-450.

Moura VL, Faurot KR, **Gaylord SA**, Mann JD, Sill M, Lynch C, Lee MY. Mind-body interventions for treatment of phantom limb pain in persons with amputation. *Am J Phys Med Rehabil.* 2012 Aug;91(8):701-14.

Garland, EL, **Gaylord SA**, Palsson OS, Faurot KR, Mann JD, Whitehead WE. Therapeutic mechanisms of a mindfulness-based treatment for IBS: effects on visceral sensitivity, catastrophizing, and affective processing of pain sensations. *Journal of Behavioral Medicine*, Dec 8, 2011 (online publication ahead of print).

- Curtis P, **Gaylord SA**, Park JP, Faurot KR, Coble R, Suchindran C, Coeytaux RR, Wilkinson L, Mann JD. Credibility of low-strength static magnet therapy as an attention control intervention for a randomized controlled study of craniosacral therapy for migraine headaches. *Journal of Alternative and Complementary Medicine*; 17:711-721, 2011.
- Gaylord SA**, Palsson OS, Garland, EL, Faurot KR, Coble RS, Mann JD, Frey W, Leniek K, Whitehead WE. Mindfulness training reduces the severity of irritable bowel syndrome in women: results of a randomized controlled trial. *American Journal of Gastroenterology*; 106:1678-1688, 2011.
- Ramsden CE, Mann JD, Faurot KR, Lynch C, Imam ST, Coble R, MacIntosh B, Hibbeln, Loewke J, Smith S, Coble R, Suchindran C, **Gaylord SA**. Low omega-6 vs. low omega-6 plus high omega-3 dietary intervention for chronic daily headache: protocol for a randomized clinical trial: *Trials*, 12: 97, 2011.
- Garland, EL, **Gaylord, SA**, Boettiger, CA, & Howard, MO Mindfulness training modifies cognitive, affective, and physiological mechanisms implicated in alcohol dependence: results of a randomized controlled pilot trial. *Journal of Psychoactive Drugs*. 42:177-192, 2010.
- Gaylord SA**, Whitehead WE, Coble RS, Faurot KR, Palsson OS, Garland EL, Frey W, Mann JD. Mindfulness for irritable bowel syndrome: protocol development for a controlled clinical trial. *BMC: Complement Altern Med*, 9:24, 2009.
- Young L, Faurot KR, **Gaylord SA**. Use of and communication about dietary supplements among hospitalized patients. *Journal of General Internal Medicine*, 24:366-369, 2009.
- Mann JD, Faurot K, Wilkinson L, Curtis P, Coeytaux R, Suchindran C, **Gaylord SA**. Craniosacral therapy for migraine: protocol development for an exploratory controlled clinical trial. *BMC: Complement Altern Medicine*, 8:28, 2008.
- Faurot K, **Gaylord S**, & Mann JD. Piloting research to train family caregivers in hand and foot massage for hospitalized patients: challenges and lessons learned. *Journal of Evidence-based Complementary & Alternative Medicine (formerly Complementary Health Practice Review)*, 12: 203-226, 2007.
- Curtis P, McDermott J, **Gaylord SA**, Mann JD, et al. Preparing complementary and alternative practitioners to teach learners in conventional health professions. *Alternative Therapies in Health and Medicine*. 2002;8(6):54-59.
- Davidson J, **Gaylord S**. Homeopathic and psychiatric perspectives on grief. *Alternative Therapies in Health and Medicine*. 4(5):30-35, 1998.
- Davidson J, **Gaylord S**. Meeting of minds in psychiatry and homeopathy: an example in social phobia. *Alternative Therapies in Health and Medicine*. 1(3)July, 1995.
- Williams ME, **Gaylord SA**, Gerrity MS. The timed manual performance test as a predictor of hospitalization and death in a community-based elderly population. *J Am Geriatr Soc*.42:21-27; 1994.
- Gerrity MS, **Gaylord SA**, Williams ME. Short versions of the timed manual performance test: development, reliability and validity. *Medical Care*. 31(7):617-628, 1993.

Williams M, **Gaylord S**, McGaghie W. Timed manual performance in a community elderly population. *Journal of the American Geriatrics Society*. 38:1120-1126, 1990.

Gaylord S, Marsh G. Age differences in the speed of a spatial cognitive process. *Journal of Gerontology*. 30:674-678, 1975.

Garland E, **Gaylord**, SA, Fredrickson B. Positive reappraisal mediates the stress-reductive effects of mindfulness: An upward spiral process. *Mindfulness*. 2011, 25 pages.

- **Other peer reviewed articles**

Garland, EL, **Gaylord, S**. Envisioning a future contemplative science of mindfulness: Fruitful methods and new content for the next wave of research. *Complementary Health Practice Review*, 14(1), 3-9, 2009.

Garland, E, **Gaylord, S**, and Park, J. The role of mindfulness in positive reappraisal. *Explore* 5:37-44, 2009.

Gaylord S & Mann JD. Rationales for CAM Education in Health-professions Training Programs. *Academic Medicine*, 82: 927-933, 2007.

Kim YS, Wang J, Mann DJ, **Gaylord SA**, Lee JH, Lee MY. Korean oriental medicine in stroke care. *Complementary Health Practice Review*. 10(2):105-117, 2005.

Curtis P and **Gaylord SA**. Safety issues in the interaction of conventional, complementary, and alternative health care. *Complementary Health Practice Review* 10:3-31, 2005.

Mann JD, **Gaylord SA**, Norton S. Moving toward integrative care: rationales, models, and steps for conventional care providers. *Complementary Health Practice Review*, 9:155-172, 2004.

Gaylord SA, Crotty N. Enhancing function with complementary therapies in geriatric rehabilitation. *Topics in Geriatric Rehabilitation* 18(2):63-79, 2002.

Gaylord SA. Alternative therapies and empowerment of older women. *Journal of Women and Aging* 11(2-3):29-47, 1999.

Gaylord, SA, Davidson J. The Constitution: views from homeopathy and psychiatry. *British Homeopathy Journal*. 87(July):148-153, 1998.

Gaylord SA, Williams ME. A brief history of the development of geriatric medicine. *J Am Geriatr Soc*. 42:335-340, 1994.

Gaylord S, Williams M. The role of functional assessment in evaluating urinary incontinence. *International Urogynecology Journal*. 2:50-54, 1991.

Williams M, **Gaylord S**. The role of functional assessment in the evaluation of urinary incontinence. *Journal of the American Geriatrics Society*. 38:296-299, 1990.

Gaylord S. Women and aging: a psychological perspective. *Journal of Women and Aging*. Spring, 1989.

- **Published abstracts:**

Faurot K, Gaylord, SA, Palsson, Garland, EL, Mann JD & Whitehead, W. Long-term outcomes for Mindfulness for IBS. Digestive Disease Week, May 11, 2014.

Leniek KL, **Gaylord SA,** Faurot K, Porterfield DS, Zimmer C. Racial and Ethnic Differences in Use of Mind-Body Medicine and Prayer for Health Among US Female Breast Cancer Survivors (212759). American College of Preventive Medicine annual conference. Washington, DC., Feb. 2010.

Garland, EL, **Gaylord, SA,** Boettiger, CA, Roberts, AC, Rounds, KA & Howard, MO. (2010). *Biopsychosocial assessment of a mindfulness-oriented intervention for stress-precipitated alcohol dependence: A pilot randomized controlled trial.* 13th Annual Society for Social Work Research Conference, San Francisco.

Leniek KL, **Gaylord SA,** Porterfield DS, Zimmer CR. Mind-body medicine use among U.S. cancer survivors and controls. An Analysis of 2007 National Health Interview Survey data. American College of Preventive Medicine Annual Conference. Los Angeles, CA, Feb., 2009.

Gaylord SA, Whitehead W, Palsson O, Faurot K, Garland E, Coble R, Mann JD, Relationship between dispositional mindfulness and disease severity, quality of life, and psychological well-being in women with irritable bowel syndrome (IBS) North American Research Conference on Complementary and Alternative Medicine. Published in *The Journal of Alternative and Complementary Medicine.* April 2009, Vol. 15, No. 4: 459-459

Gaylord, SA. Resource Sharing in Leadership in Collaborative Practice: 1998 Bureau of Health Professions Cross Program Conference; Las Vegas, NV, June 8-9, 1998.

Gaylord SA. Rationales for alternative medicine education for health professionals working with older people. Annual Scientific Meeting of the Gerontological Society of America, Washington, DC. November 19-21, 1996.

Bird MB, Hunter RH, Whaley L, **Gaylord SA.** Developing a proactive preventive program for rural elderly. Poster session at Annual Scientific Meeting of the Gerontological Society of America, Washington, DC. November 19-21, 1996.

Gaylord SA, Goldstein A. Interdisciplinary education in alternative and complementary medicine: a successful course for students in medicine, nursing, public health, pharmacy, dentistry and social work. American Public Health Association Annual Meeting, New York, NY. November 21, 1996

Hunter R, Williams ME, Pulliam C, Kincade J, Dudziak D, **Gaylord SA,** Hartzema A. Functioning and medication management. Presentation to Annual Scientific Meeting of the Gerontological Society of America, Washington, DC. November, 1996.

Soltys FG, Kincade-Norburn JE, Hunter RH, **Gaylord SA,** Capowski CW, Williams ME. Student attitudes toward older adults: results of a pilot study. Annual Meeting, American Society on Aging, Atlanta, GA. March 11-14, 1995.

Kincade-Norburn JE, Soltys FG, Capowski CW, **Gaylord SA**, Hunter RH, Williams ME. Student attitudes toward older adults: results of a pilot survey. Presented at 15th Annual Meeting of the Southern Gerontological Society, Charlotte, NC, April 20-23, 1994.

Gaylord SA. Towards healthier aging: research activities at the School of Medicine Program on Aging. Presented at the 15th Annual Meeting of the Southern Gerontological Society, Charlotte, NC, April 20-23, 1994.

Gaylord SA. Beliefs about life expectancy and preventive health among older American Indians, Blacks, and Whites living in the rural South. Presented at 15th Annual Meeting of the Southern Gerontological Society, Charlotte, NC, April 20-23, 1994.

Kincade-Norburn JE, Soltys FG, Capowski CW, **Gaylord SA**, Hunter RH, Williams ME. Student attitudes toward older adults: results of a pilot survey. Presented at 45th Annual Meeting of the Gerontological Society, Washington, DC, November 14-18, 1992. (Poster session)

Williams ME, **Gaylord SA**, Gerrity M. Timed manual performance predicts hospitalization and mortality in elderly people. Presented at the 49th Annual Meeting of the American Geriatrics Society, Washington, DC, November 14-18, 1992.

Refereed/invited unpublished oral presentations and/or abstracts

Gaylord SA, Palsson, Garland EL, & Whitehead et al. Mindfulness for IBS: Outcomes of a Controlled Clinical Trial, Digestive Disease Week, May 11, 2011.

Gaylord, SA “Mindfulness at UNC”. Summary presentation at Mindfulness for Psychiatric Nursing Conference, The University of North Carolina at Chapel Hill School of Nursing, Chapel Hill, NC, May 5, 2011.

Gaylord, SA, Palsson, Garland, EL, & Whitehead, et al. Mindfulness for IBS: Outcomes of a Controlled Clinical Trial. Digestive Disease Conference, UNC School of Medicine, October 25, 2010.

Gaylord, SA. “Reforming Health Care: The Role of Integrative Medicine.” Health Choices Marketplace invitational symposium, Raleigh, NC, Feb. 20, 2010.

Gaylord, SA. “Balancing Work and Wellness.” Ackland Art Museum. Feb. 18, 2010.

Gaylord, SA “CAM and IM: Past, Present, and Future.” Keynote presentation at the Complementary and Alternative Therapy Conference, The University of North Carolina at Chapel Hill School of Nursing, Chapel Hill, NC, December 11, 2009.

Gaylord, SA, Garland E. “Mindfulness-based Interventions: Theory, evidence, and clinical application.” Presentation at the Complementary and alternative Therapy Conference, The University of North Carolina at Chapel Hill School of Nursing, Chapel Hill, NC, December 11, 2009.

Gaylord SA, Palsson O, Faurot K, Garland E, Coble R, Mann JD, Whitehead, W. Relationship between dispositional mindfulness and disease severity, quality of life, and psychological well-being in women with irritable bowel syndrome (IBS) Poster presentation at the North American Research Conference on Complementary and Alternative Medicine. Minneapolis, MN, May 12, 2009.

- Garland, E., Boettiger, C., Gaylord, S., West, V., & Howard, M. (2009, March 3). *The inverse relationship between mindfulness, alcohol attentional bias, and cue reactivity*. University of North Carolina Research Day 2009, Chapel Hill, NC.
- Leniek KL, Gaylord SA, Porterfield DS, Zimmer CR. Mind-body medicine use among U.S. cancer survivors and controls. An Analysis of 2007 National Health Interview Survey data. American College of Preventive Medicine Annual Conference. Poster presentation at the Los Angeles, CA, Feb., 2009.
- Gaylord, S., Palsson, O., Faurot, K., Garland, E., Coble, B., Mann, D., & Whitehead, B. (2008, October 4). *Dispositional mindfulness is associated with psychological symptoms accompanying irritable bowel syndrome*. Biopsychosocial Gastrointestinal Research Day 2008 at University of North Carolina, Chapel Hill, NC.
- Gaylord SA. Medical Education in Complementary & Alternative Medicine. Southern Association of American Medical Colleges annual meeting, Vanderbilt University, Nashville, Tennessee, April, 2008.
- Gaylord SA et al. CAM Education for Physical Medicine and Rehabilitation Residency Program. Presented at AAP Meeting, February, 2008.
- Gaylord, S., Palsson, O., Faurot, K., Garland, E., Coble, B., Mann, D., & Whitehead, B. (Saturday, September 29, 2007). *Mindfulness vs. support group for irritable bowel syndrome: Development of a research protocol for a randomized controlled clinical trial*. Biopsychosocial Gastrointestinal Research Day 2008 at University of North Carolina, Chapel Hill, NC.
- Gaylord, SA. "Complementary and Integrative Medicine: Past, Present, and Future". North Carolina Acupuncture and Oriental Medicine Society. June 26, 2007.
- Gaylord, SA "The Future of Integrative Medicine: An Academic Perspective." Duke University. Global Medicine Conference, June, 2007.
- Gaylord, SA "Integrative Medicine: a Panel Discussion." Panel moderator at Cultivating the New Wellness-Driven Economy in North Carolina, 3rd Annual N.C. Natural Products Conference, Boone, NC. November 17-18, 2006.
- Siegel S, Gaylord SA (co-presenters) "Holistic, Patient-Centered Care at UNC Hospitals: Using the Planetree Organization and a Program on Integrative Medicine." UNC Hospitals CSHCA Regional Meeting entitled "Creating a Customer Service Culture." November 12, 2004.
- Gaylord, SA "Raising the Standard of Health Care: The Role of Integrative Medicine." Keynote address. 2004 North Carolina Integrative Medical Society Spring Conference, Winston-Salem, NC, March 20, 2004.
- Gaylord SA, Liu G. Integrating CAM into Management of Pain Associated with Syringomyelia and/or Chiari Malformation. American Syringomyelia Alliance Conference, Crowne Plaza Hotel, New York, NY. July 23-26, 2003.
- Gaylord SA. UNC CAM Education Project: A Progress Report. NIH/NCCAM R-25 CAM Education Grant Annual Meeting of Principal Investigators, Bethesda, MD. June 26-27, 2003.

Gaylord SA. Alternative Medicine Education. Paper presentation at the Association of American Medical Colleges annual meeting, New Orleans, LA, October 31-November 4, 1998.

Gaylord SA. "Interdisciplinary Education in Alternative and Complementary Medicine: A Successful Course for Students in Medicine, Nursing, Public Health, Pharmacy, Dentistry, and Social Work." Paper presentation at the American Public Health Association Annual Meeting, New York, NY, November 1996.

Gaylord SA. "Undergraduate Medicine Education in Alternative and Complementary Medicine." At the National Conference on Medical and Nursing Education in Complementary Medicine, National Institutes of Health and Uniformed Services University of the Health Sciences, Bethesda, MD, June 5-7, 1996.

Gaylord SA. "Rationales for Alternative Medicine Education for Health Professionals Working with Older People." Poster presentation at the Gerontological Society of America Annual Scientific Meeting, Washington, DC. November 19-21, 1996.

Bird MB, Hunter RH, Whaley L, Gaylord SA. "Developing a Proactive Preventive Program for Rural Elderly." Poster presentation at the Gerontological Society of America Annual Scientific Meeting, Washington, DC. November 19-21, 1996.

Gaylord SA. "Beliefs About Life Expectancy Among Multicultural Rural Older People." Paper Presentation at the Gerontological Society of America, Atlanta, GA, November 1994.

Gaylord SA. "Health Beliefs of Older Blacks, Whites, and Native Americans in the Rural South." Paper presentation at the Gerontological Society of America, Atlanta, GA, November 1994.

Gaylord SA. "Towards Healthier Aging: Research Activities at the School of Medicine Program on Aging." Panel presentation at the Southern Gerontological Society, 15th Annual Meeting, Charlotte, NC, April 20-23, 1994. (Part of Symposium: "Enjoying Its First 200 Years: UNC-Chapel Hill's Multi-faceted Approach to Applied Gerontology.")

Gaylord SA. "Beliefs About Life Expectancy and Preventive Health Among Older American Indians, Blacks, and Whites Living in the Rural South." Roundtable presentation at the Southern Gerontological Society, 15th Annual Meeting, Charlotte, NC, April 20-23, 1994.

Gaylord SA. "The KWIC Collection, Evaluation and Dissemination of Educational and Training Materials in Aging." Poster and panel presentation at the Association for Gerontology in Higher Education meetings held in Dallas, TX, March 1978.

Unrefereed oral presentations

Gaylord SA. "Tibetan Buddhist Meditation and Healing". Speaker on "Transcultural Healing Panel" at Across the Threshold Conference, Duke University, Durham, NC, April 3, 2010.

Gaylord, SA "Update on Alternative and Integrative Medicine." AHEC lecture, Asheboro, NC. Feb. 16, 2007.

Gaylord, SA "Mindfulness." CAM series on Wellness Education at the UNC Wellness Center at Meadowmont, presented with Will Frey and J. Douglas Mann MD. Chapel Hill NC. April 19, 2005.

Gaylord, SA "Alternative Medicine." AHEC Continuing Medical Education series, presented with J. Douglas Mann MD. Heritage Hospital, Tarboro, NC. February 22, 2005.

Gaylord, SA "Integrative Medicine." Presented to Mall Walkers – University Mall, Chapel Hill-Carrboro Chamber of Commerce. Chapel Hill, NC. September 2, 2004.

Gaylord, SA "Alternative Medicine." AHEC Continuing Medical Education series. Shelby, NC. April 27, 2004.

Gaylord, SA "Complementary, Alternative, and Integrative Medicine." AHEC Continuing Medical Education series. Area L AHEC, Roanoke Rapids, NC March 2, 2004.

Gaylord, SA "Alternative Medicine." AHEC Continuing Medical Education series, presented with J. Douglas Mann MD. Rocky Mount, NC. February 4, 2004.

Gaylord, SA "Mindfulness Meditation and Tibetan Healing Practices." Seminar at Duke University Department of Religion. Durham NC. February 18, 2003.

Gaylord, SA "Mission, Goals and Activities of the UNC Program on Integrative Medicine." Rhine Institute, Durham NC. January 30, 2003.

Gaylord, SA "Integrating Alternative and Complementary Therapies with Conventional Health Care", AHEC Continuing Medical Education series, Mountain AHEC, Asheville, NC. July 25, 2002.

Gaylord, SA "Medicine Buddha and Tibetan Healing Practices." Ackland Art Museum, Chapel Hill NC. March 21, 2001.

Gaylord, SA "Integrating Alternative and Complementary Therapies with Conventional Health Care." AHEC Continuing Medical Education series, Rutherford Hospital, Inc., Rutherfordton NC. October 13, 2000. (with Douglas Mann, MD).

Gaylord, SA "Alternative Therapies." Area L AHEC Integrative Medicine Conference, Wilson Memorial Hospital, Wilson NC. May 9, 2000.

Gaylord, SA "The Role of Alternative/Complementary Medicine." AHEC Continuing Medical Education series, Wilson Memorial Hospital, Wilson, NC. March 18, 2000.

Gaylord, SA "Where is Alternative Medicine Going?" Health Promoter's Network group at Binkley Baptist Church, Chapel Hill, NC, March 8, 2000.

Gaylord, SA "Integrating Alternative Therapies into Medical Practice." Wake/Maria Parham Hospital, Henderson, NC. February 15, 2000.

Gaylord, SA "Alternative Medicine: An Overview." Wake AHEC at the NC State University Student Health, Raleigh, NC. February 8, 2000.

Gaylord, SA "Alternative Medicine". Durham County Health Department Nutrition Department staff retreat. October 27, 1999.

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- Gaylord, SA "Alternative Therapies: What your Patients are Using and Why." AHEC Continuing Medical Education Lecture, High Point Regional Hospital, High Point, NC. August 3, 1999.
- Gaylord, SA "Overview of Non-Pharmacological Approaches to Pain Management" and panel participant. 4th Annual Alternative & Complementary Therapies Symposium: Treatment of Chronic Non-Malignant Pain, Wake AHEC, Raleigh, NC, May 18-19, 1999.
- Gaylord, SA "Educational Opportunities and Resources for Mental Health Professionals". Alternative Treatments in Psychiatry Workshop, Duke University Medical Center, Durham, NC, April 24, 1999.
- Gaylord, SA "New Horizons in Alternative and Complementary Medicine: Overview of Alternative Medicine". Medical Foundation of North Carolina, Inc., Carolina Club, UNC Campus, Chapel Hill, NC, March 25, 1999.
- Gaylord, SA "Alternative Therapies: What your Patients are Using and Why". AHEC Continuing Medical Education Series. Cleveland Regional Medical Center, Shelby, NC, February 23, 1999.
- Gaylord, SA "Alternative Therapies: What your Patients are Using and Why". AHEC Continuing Medical Education Series. Gaston Memorial Hospital, Gastonia, NC, February 9, 1999.
- Gaylord, SA. Introduction to CAM and Integrative Medicine." With Peter Curtis, MD, who presented "Alternative Medicine: The Doctor-Patient Connection. " Medical Foundation of North Carolina, Inc., NC Biotechnology Center, January 26, 1999.
- Gaylord, SA. "Homeopathy." Integrative Medicine Course, Duke University Medical Center, December 8, 1998.
- Gaylord, SA "Alternative and Complementary Medicine." Nalle Clinic, Charlotte, NC, October 15, 1998.
- Gaylord, SA "Alternative and Complementary Medicine." Grand Rounds. John Umstead Psychiatric Hospital, Butner, NC, June 4, 1998.
- Gaylord, SA "Alternative and Complementary Medicine". AHEC. Alamance Regional Medical Center, Burlington, NC, April 29, 1998.
- Gaylord, SA "Well Elderly People: An Interdisciplinary Perspective on Community and Clinical Care." Scotland Neck, NC, March 12, 1998.
- Gaylord, SA "Alternative and Complementary Medicine: What Do Health Care Practitioners Need to Know?" MAHEC Continuing Medical Education Lecture, telemedicine presentation with Peter Curtis, MD. At the UNC-Chapel Hill, School of Medicine. December 17, 1997.
- Gaylord, SA "Alternative Medicine." North Carolina Cooperative Extension Service Conference, North Carolina State University, Raleigh, NC. November 20, 1997.
- Gaylord, SA "Alternative Medicine." North Carolina Academy of Family Physicians Foundation, 9th Annual Residency Application Workshop, Raleigh, NC. September 13, 1997.

Gaylord, SA "Alternative and Complementary Therapies." AHEC Continuing Medical Education Lecture, Morehead Memorial Hospital, Eden, NC. August 20, 1997.

Gaylord, SA "Alternative and Complementary Medicine at the UNC School of Medicine." Rotary Club, Burlington, NC, January 20, 1997.

Gaylord SA. "Why Health Professionals Working with Older Adults Should Learn about Alternative and Complementary Medicine." Poster presentation at the regional meeting of the Program on Aging's annual conference, Challenges in Geriatric Practice, UNC School of Medicine, January, 1997.

Gaylord, SA "Alternative and Complementary Medicine Symposium". Schweitzer Foundation Scholars Program; Chapel Hill, NC. December 1996.

Gaylord, SA "Psychology of Aging." At the Peer Learning Institute, Distinguished Lecture Series, Chapel Hill, NC. September 1992.

Gaylord, SA . "Tibetan Buddhist Theory and Practice." RELG 72C: "Systems of Meditation," taught by Roger Corless, Ph.D. Duke University, Department of Religion. Spring 1986-89.

Gaylord SA. "Activities in Aging at the School of Public Health." Panel presentation at the Area Health Education Centers Coordinators meeting held in Chapel Hill, NC, July 1983.

Un-refereed articles

Gaylord, SA. "Choosing Optimum Health." *Health and Healing in the Triangle*. Vol. 11, 2, April, 2008.

Moura, V, Gaylord, SA. Healing Mind, Body and Spirit in the Healing Journey. *Health and Healing in the Triangle*. Vol. 11, 1, February, 2008.

Frey W & Gaylord SA. "Better health through coaching." *Health and Healing in the Triangle*. Vol. 10, 1, February, 2007.

Gaylord SA. "Appreciation of substance and the emergence of choice." *Health and Healing in the Triangle*. Vol 8, No. 2, April 2005.

Gaylord SA, Mann JD. "Health care in the year 2010: the emergence of integrative practice." *Health and Healing in the Triangle*. Vol 8, No. 1, Jan/Feb, 2005.

Gaylord SA, Mann JD. "Understanding the convergence of complementary, alternative, and conventional health care." *Health and Healing in the Triangle*. Vol 7, No. 4, December 2004.

Gaylord SA. "Silencing symptoms vs. true healing." *Health and Healing in the Triangle*. Vol 7, No. 3, June/July 2004.

Gaylord SA. "Keeping life-saving drugs life-saving." *Health and Healing in the Triangle*. Vol 7, No.2, April/May 2004.

Gaylord SA. "Living in the balance." *Health and Healing in the Triangle*. Vol 7, No. 1, Jan/Feb 2004.

- Gaylord SA, Mann JD. "Environment of healing in integrative health care." *Health and Healing in the Triangle*. Vol 6, No. 3, June/July 2003.
- Gaylord SA, Mann JD. "Suppression versus Healing in health care." *Health and Healing in the Triangle*. Vol 6, No. 1, January/February 2003.
- Gaylord SA, Mann, JD. "Empowering men in health care: the role of complementary medicine." *Health & Healing in the Triangle*. Volume 4, No. 6, September/October 2001.
- Hunter RH, Britnell M, Norton SK, Gaylord S. Health Action: Preventing disability in older persons. Program on Aging, UNC School of Medicine, 2001.
- Gaylord SA. "Mindfulness-based program for stress and pain management." *Health & Healing in the Triangle*. Volume 4, No. 3, February 2001.
- Gaylord SA, Horrell S, Bullard T. Wellness and Prevention. In: Making a Difference in the Lives of Rural Elders: Interdisciplinary Approaches to Health and Well Being. Program on Aging, UNC School of Medicine, Chapel Hill, NC, 1999.
- Gaylord S. Alternative healing treatments in North Carolina. *Tar Heel Junior Historian*. Spring 1997;36(2)30-33.
- Gaylord, S. Category boundaries of unidimensional stimulus sets. Unpublished doctoral dissertation, Duke University, Department of Psychology; 1984.
- Rosenfeld L, Gaylord S, Allen J. Introduction to Long-Term Care of the Aging. Guide to Independent Study. Chapel Hill, NC: UNC-CH Extension Division; 1983.
- Rosenfeld L, Gaylord S. Long-term Care for the Aging: Organization and Administration. Annotated Bibliography. Chapel Hill, NC: UNC-CH School of Public Health, Department of Health Administration; 1980.
- Saltz C, Phillips H, Herndon S, Gaylord S. Gerontopia. An Aging Resource Book. Chapel Hill, NC: UNC-CH School of Public Health, Department of Health Administration; 1980.
- McGehee J, Gaylord S, eds. ASTRA. Analysis and Selection of Training Resources in Aging, No. 1. Durham, NC: Center for the Study of Aging and Human Development; 1978.
- Bevan W, Gaylord S. Stimuli, the perceiver, and perception. In: Walk RD, Pick, Jr HL, eds. Perception and Experience. New York, NY: Plenum Press; 1978.
- Gaylord S, Reader R, Lieth H. Computer art. *Wildlife in North Carolina*. 1974;44.
- Reader R, Gaylord S, Lieth H. Seasonal changes. *Wildlife in North Carolina*. 1972; 22-23.
- Gaylord SA. Handbook of the Biology of Aging, Third Edition. Book Review. In: *Journal of the American Geriatrics Society*, 41:594-595,1993.

TEACHING RECORD:

Current:

- **Medical school electives/selectives**

Preceptor. APS Selective in Complementary and Alternative Medicine. September 2011-present.

Course Developer and Director: FMME 452: "Fieldwork in Alternative and Complementary Therapies." UNC School of Medicine. Fall 1997- present.

Course Developer and Director: FMME 250: "Principles and Practices of Alternative and Complementary Medicine." UNC School of Medicine. (Cross-listed in Public Health & Nursing). Fall 1995 - present.

- **Fellowships**

Co-Director – T-32 NIH Research Program in Complementary and Alternative Medicine 2006-2011

- **Other**

Director, Mindfulness based Stress and Pain Management Program, 2000-present.

Module Developer and Coordinator: "Complementary, Alternative, and Integrative Medicine." Residency Training Program. Department of Physical Medicine and Rehabilitation. UNC School of Medicine. 2000 – present.

Past:

Course Developer and Director: PMED 203: "Introduction to Integrative Medicine." UNC at Chapel Hill, School of Medicine. Spring 2000 - 2002.

Course Developer and Director: HNRS030 006 -Honors Seminar: "Principles and Practices of Complementary and Alternative Medicine". Johnston Scholars undergraduate honors seminar. UNC at Chapel Hill. Fall 2001.

Course Co-developer and Director (with co-director Becky Hunter): MEDI 491: "Rural Health: An Interdisciplinary Approach." UNC at Chapel Hill, School of Medicine. (This course was attended by medical and other health professions students and cross-listed in Public Health, Nursing, Social Work, Dentistry, and Pharmacy). Spring 1995 - 2000.

Course Instructor: HPAA 140: "Interdisciplinary Approach to Geriatrics and Gerontology". UNC at Chapel Hill, School of Public Health. Fall 1997, Spring 1998, Fall 1998.

Instructor: MEDI 141 (Biomedical Selective): "Psychologic Basis of Alternative and Complementary Therapies." UNC at Chapel Hill, School of Medicine. Spring 1997.

Instructor: "Mindfulness Meditation." Chapel Hill Senior Center. Fall 1994.

Co-developer and Instructor: HBHE 190: "Psychosocial Aspects of Aging." UNC at Chapel Hill, School of Public Health, Department of Health Education. Spring 1986.

Co-developer and Instructor: HPAA 176: "Introduction to Long-Term Care for the Aging." An independent study course. UNC at Chapel Hill, School of Public Health, Department of Health Policy and Administration, in cooperation with the UNC at Chapel Hill, Division of Extension and Continuing Education. 1981-1987.

Developer and Instructor. Graduate/undergraduate seminar on "Hypnosis." Duke University, Department of Psychology. Spring 1977.

Developer and Instructor. Graduate/undergraduate seminar on "Nature and Function of Sleep." Duke University, Department of Psychology. Fall 1976.

Director, Mindfulness-based Stress and Pain Management Course

Director, of Mindfulness-based Stress and Pain Management Program, 2000-2011

Director of Training Program for Instructors in Mindfulness-based Stress Management Program, UNC Chapel Hill, NC, March-April, 2009

Instructor, UNC Mindfulness-based Stress and Pain Management Program. 2007-present.

Other Courses Developed:

HADM 175: "Health Policy and Aging." Developed and implemented with Dr. William Weissert. 1983-84.

HADM 202-12: "Issues in Community Services to the Elderly" Developed and implemented with Dr. Harry Phillips and Dr. Jim Bryan. 1982-83.

HADM 176: "Long-term Care: Organization and Administration. Developed and implemented with Dr. Leonard Rosenfeld. 1979-82.

Faculty Advisor for Student Groups:

Advisor, Medical Student Integrative Health Interest Group ("Integrate!"), UNC at Chapel Hill, School of Medicine, 1996-present.

Advisor, Student Wellness Committee, UNC School of Medicine. December 2001 - 2002

Course Evaluation:

Designed evaluation instruments for courses and educational materials at the UNC-Chapel Hill, School of Public Health.

Designed evaluation instrument for evaluation of aging-related educational materials; evaluated aging-related books, courses, and films at Duke's KWIC/ASTRA Project.

Designed evaluation instruments for NIH R-25 curriculum development grant on Complementary and Alternative Medicine Education at UNC. 2000-2005.

Conferences Organized:

Led in planning and organizing the following conferences:

"5th UNC Integrative Medicine Conference: Improving Outcomes through Integrative Practice", UNC-Chapel Hill. Jointly sponsored by UNC Schools of Medicine and Nursing. Friday Center, Chapel Hill NC. March 18-19, 2005. Co-Director and Moderator.

"4th UNC Conference on Integrating Complementary and Alternative Medicine into Clinical Practice: Expanding Choices in Healing and Health Care," UNC-Chapel Hill. Jointly sponsored by UNC Schools of Medicine, Nursing, Pharmacy and the Institute of Nutrition of the University of North Carolina. Friday Center, Chapel Hill NC. March 14-15, 2003. Co-Director and Moderator.

"3rd Annual Clinical Relevance of Medicinal Herbs and Nutritional Supplements in the Management of Major Medical Problems," UNC - Chapel Hill. Jointly sponsored by UNC Schools of Medicine, Nursing, Pharmacy and Public Health. Friday Center, UNC Campus. September 21-22, 2001. Co-Director and Moderator.

"Complementary and Alternative Medicine in Cancer: Real Change for the Real World" - 5th Annual Integrating Mind, Body and Spirit in Medical Practice. Jointly sponsored by UNC Health Care (Program on Integrative Medicine), Duke University Medical School (Center for Integrative Medicine), and Duke Comprehensive Cancer Center, Friday Center, UNC campus. November 18, 2000. Co-organizer and speaker.

"UNC-Community Forum: Integrating Alternative and Conventional Health Care: 21st Century Challenges and Solutions. Hill Alumni Center, UNC Campus. October 20, 2000.

"2nd Annual Clinical Relevance of Medicinal Herbs and Nutritional Supplements in the Management of Major Medical Problems," UNC at Chapel Hill. Jointly sponsored by UNC Schools of Medicine, Nursing and Pharmacy. Friday Center, UNC campus. March 24-26, 2000. Co-Director and Moderator.

"Herbal and Nutritional Supplements Used by Patients in Health Care: A Review of the Evidence, Biological and Clinical Effects", UNC at Chapel Hill, School of Medicine. October 23-25, 1998. Co-organizer and Moderator.

"Making Orange County a Better Place for Older People." UNC at Chapel Hill, School of Public Health and Orange County Department on Aging, May, 1983.

"A Public Health Perspective on Aging." UNC at Chapel Hill, School of Public Health. Aqueduct Conference Center, February, 1982.

Southeastern regional conference on "Evaluation of Educational and Training Materials in Aging." Duke Center for the Study of Aging and Human Development. Quail Roost Conference Center, Durham NC, Spring, 1978.

Lectures at UNC- CH Courses and at UNC Hospitals

- **To medical and other health professions students:**

"Introduction to Complementary and Alternative Medicine". Principles and Practices of CAM course for medical and other health professions students. Fall 1995-2011.

"Health Beliefs and Care Pathways." Course: Principles and Practices of CAM. Fall 1998 - 2006.

“Integrating Mindfulness into the Workplace” Course for Speech and Hearing Pathologists”, April, 2011.

“Complementary and Alternative Health Care Practices.” Honor’s Seminar on Multicultural Medicine. School of Public Health. September 16, 2004.

"Integrative Medicine." Integrate! (Medical Student Holistic Interest Group), Berryhill Hall, UNC, Chapel Hill, September 6, 2000.

“Alternative and Complementary Therapies.” HPAA 102: “Concepts of Health Administration,” James Allen, Instructor. UNC School of Public Health, Department of Health Policy and Administration. March 19, 1998.

"Alternative and Complementary Therapies for Menopause." UNC School of Nursing students. January 11, 1999

- **To residents:**

“Introduction to CAM/IM”: PM&R Residents Lecture Series, Jan. 2011

“Mindfulness Research and Clinical Applications”: PM&R Residents Lecture Series, Feb. 2011

“Introduction to CAM/IM”: PM&R Residents Lecture Series, November. 2009

“Mindfulness Research and Clinical Applications”: PM&R Residents Lecture Series, Nov. 2009

“Introduction to CAM/IM”: PM&R Residents Lecture Series, April 2008

“Mindfulness Research and Clinical Applications”: PM&R Residents Lecture Series, April, 2008

“Introduction to CAM/IM”: PM&R Residents Lecture Series, Jan. 2006

“Mindfulness Research and Clinical Applications”: PM&R Residents Lecture Series, Feb. 2006

Continuing education lectures (AHEC lectures – see others under oral presentations)

Gaylord, SA “Update on Alternative and Integrative Medicine.” AHEC lecture, Asheboro, NC. Feb. 16, 2007.

Gaylord, SA "Alternative Medicine." AHEC Continuing Medical Education series, presented with J. Douglas Mann MD. Heritage Hospital, Tarboro, NC. February 22, 2005.

Gaylord, SA “Alternative Medicine.” AHEC Continuing Medical Education series. Shelby, NC. April 27, 2004.

Gaylord, SA “Complementary, Alternative, and Integrative Medicine.’ AHEC Continuing Medical Education series. Area L AHEC, Roanoke Rapids, NC March 2, 2004.

Gaylord, SA "Alternative Medicine." AHEC Continuing Medical Education series, presented with J. Douglas Mann MD. Rocky Mount, NC. February 4, 2004.

- Gaylord, SA "Integrating Alternative and Complementary Therapies with Conventional Health Care", AHEC Continuing Medical Education series, Mountain AHEC, Asheville, NC. July 25, 2002.
- Gaylord, SA "Integrating Alternative and Complementary Therapies with Conventional Health Care." AHEC Continuing Medical Education series, Rutherford Hospital, Inc., Rutherfordton NC. October 13, 2000.
- Gaylord, SA "Alternative Therapies." Area L AHEC Integrative Medicine Conference, Wilson Memorial Hospital, Wilson NC. May 9, 2000.
- Gaylord, SA "The Role of Alternative/Complementary Medicine." AHEC Continuing Medical Education series, Wilson Memorial Hospital, Wilson, NC. March 18, 2000.
- Gaylord, SA "Integrating Alternative Therapies into Medical Practice." AHEC Lecture. Wake/Maria Parham Hospital, Henderson, NC. February 15, 2000.
- Gaylord, SA "Alternative Medicine: An Overview." Wake AHEC at the NC State University Student Health, Raleigh, NC. February 8, 2000.
- Gaylord, SA "Alternative Therapies: What your Patients are Using and Why." AHEC Continuing Medical Education Lecture, High Point Regional Hospital, High Point, NC. August 3, 1999.
- Gaylord, SA "Overview of Non-Pharmacological Approaches to Pain Management" and panel participant. 4th Annual Alternative & Complementary Therapies Symposium: Treatment of Chronic Non-Malignant Pain, Wake AHEC, Raleigh, NC, May 18-19, 1999.
- Gaylord, SA "Alternative Therapies: What your Patients are Using and Why". AHEC Continuing Medical Education Series. Cleveland Regional Medical Center, Shelby, NC, February 23, 1999.
- Gaylord, SA "Alternative Therapies: What your Patients are Using and Why". AHEC Continuing Medical Education Series. Gaston Memorial Hospital, Gastonia, NC, February 9, 1999.
- Gaylord, SA "Alternative and Complementary Medicine". AHEC. Alamance Regional Medical Center, Burlington, NC, April 29, 1998.
- Gaylord, SA "Alternative and Complementary Medicine: What Do Health Care Practitioners Need to Know?" MAHEC Continuing Medical Education Lecture, telemedicine presentation with Peter Curtis, MD. At the UNC-Chapel Hill, School of Medicine. December 17, 1997.
- Gaylord, SA "Alternative and Complementary Therapies." AHEC Continuing Medical Education Lecture, Morehead Memorial Hospital, Eden, NC. August 20, 1997.

GRANTS:

Active

John Rex Endowment 12/2015-9/2016 (PI: Gaylord)

12/01/2015-9/30/2016

Promoting Positive Mental Health for Youth and Caregivers in Southeast Raleigh through Mindfulness-based Training: A Collaborative Planning Project

Goal: To plan and test the feasibility of two mindfulness-based interventions to improve mental health and well-being for youth and caregivers in a low-income minority population in Wake County, NC.

R34 AT008423-01 (Miller, PI; Gaylord, M-PI)

7/31/2014 – 6/30/2017

NIH National Center for Complementary and Alternative Medicine

Project Title: Adaptation of Mindfulness Training to Treat Chronic Pain in the Military

Goal: To design and test an adapted mindfulness-based distance intervention for chronic pain in military.

R21/R33 (Penn, PI)

4/1/2014-3/31/2017

National Institute of Mental Health

Project Title: Targeting Stress Reactivity in Schizophrenia: Integrative Coping Awareness Therapy

Goal: To develop/ test mindfulness & positive psych intervention for stress reactivity in early schizophrenia.

R01- AT007813- 01A1 (Mann, PI)

9/30/2013 – 5/13/18

National Center for Complementary & Alternative Medicine

Project Title: Clinical and metabolic effects of altering n-3 and n-6 fatty acids in migraine (RCT).

Goal: RCT to test causal relationship between migraine activity & amt/prop of PUFA foods

R01 MH099076 (Girdler, PI; Gaylord, Co-I)

8/28/13 – 5/31/18

National Institute of Mental Health

Project Title: Intervention for Menstrual Mood Disorders & Early Life Abuse: Bio-psych Mechanisms

Goal: Implement and test a clinical trial comparing MBSR & a Social Support intervention for women w/ PMDD.

T32-AT003378 (Mann/Gaylord, M- PIs)

National Center for Complementary & Alternative Medicine

Project Title: UNC Research Fellowship in Complementary & Alternative Medicine

Goal: 3-year training program for postdoctoral health professionals/scientists to enhance research skills to examine efficacy, effectiveness, safety, mechanisms & cost-benefits of CAM and integrative medicine.

Recently Active:

AHCRQ (via RTI subcontract)

8/1/13 – 3/31/15

Project Title: Topic Refinement on Major Depressive Disorder

Goal: conduct systematic literature review comparing pharm & non-pharm treatmt for major depressive disorder.

“Integrative Medicine Program for Preventive Medicine Residents”

Funding Agency: Health Resources Services Administration (HRSA)

Administrative Department: Preventive Medicine, UNC School of Medicine

Amount funded: \$150,000

Funding dates: 10/01/12-09/30/14

“A Mindfulness-based Intervention to Reduce Diabetes Risk in Prediabetic African-Americans”

Funding Agency: NIH/National Ctr for Complementary & Alternative Med
Principal Investigator: Susan Gaylord, PhD (lead); Nursing PI, Cheryl Giscombe
 Administrative Department: Physical Medicine and Rehabilitation
 Amount Requested: \$584,000
 Funding Dates: 4/1/09-6/30/13 (with no-cost extention)

“Mindfulness for TBI Headache”

Funding Agency: Department of Defense
 Principal Investigator: Sutapa Ford
Co-I: Susan Gaylord, PhD
 Administrative Dept.: PM&R
 Funding Dates: 9/2010 – 9/2013

“Exploring the Impact of a Mindfulness Intervention on Adolescents’ Self-Compassion and Emotional Well-Being “

Funding Agency: Mind and Life Foundation
 Principal Investigator: Karen Bluth, PhD
Co-PI: Susan Gaylord, PhD
 Administrative Department: Physical Medicine and Rehabilitation
 Amount Funded: \$14,500.

“Mindful Self-Compassion Program for Adolescents”

Funding Agency: University Research Council, UNC
Principal Investigator: Susan Gaylord, PhD
 Administrative Department: Physical Medicine and Rehabilitation
 Amount Funded: \$4,960.
 Funding Dates: 5/2013-4/2015

Completed

T32 AT003378 Mann (PI); Gaylord (Co-PI) 07/01/07 – 06/01/12

“UNC Research Fellowship in Complementary and Alternative Medicine”

To recruit talented postdoctoral health professionals and allied scientists for training in research designed to examine the efficacy, effectiveness, safety, mechanisms of action and cost-benefits of complementary and alternative medical therapies (CAM) and integrative medicine.”

Mayday Foundation. Mann/Ramsden (PIs). - \$237,459 05/01/09-04/30/11
 Gaylord (co-investigator).

“Exploratory Analgesic Dietary Intervention for Chronic Daily Headache.”

Giscombe/ Gaylord Tracs Institute \$2000 2009-10

“Investigation of the Acceptability and Cultural Relevance of Mindfulness Meditation for African Americans.”

“Mindfulness for Irritable Bowel Syndrome.” Gaylord (PI) (20% effort) 9/30/2006 –
 8/31/2009 with no-cost extension to 8/31/2010

NIH/NCCAM R21 AT003619-01

To conduct an exploratory, pilot study on women with IBS to compare mindfulness meditation training to a patient support group to assess feasibility of a larger, definitive trial.

“Mindfulness for Irritable Bowel Syndrome”. UNC Center for Functional GI/Motility Disorder Seed Grant. Amount funded: \$37,500. Gaylord (PI) (10% effort) 4/2006-3/2007 This pilot project is to collect preliminary data on the feasibility of conducting a larger study of mindfulness meditation training as an intervention in women with IBS.

“Craniosacral Therapy in Migraine: Feasibility Study” Mann (PI); Gaylord (Co-PI) (20% effort)
9/30/2006 - 8/31/2008 with no-cost extension to 8/31/2009

NIH/NCCAM R21 AT002750-01A2

To determine the feasibility of developing a clinical trial comparing craniosacral therapy versus low-strength static magnets as a treatment for preventing migraine headaches.

“Developing an Integrative Diabetes Management Program” Blue-Cross Blue-Shield Foundation. Amount funded: \$24,968. Gaylord (PI) (5% effort) 1/2006-12-2006 This project is to design and pilot an education program on an integrative approach to prevention and management of diabetes, in a rural, underserved minority population.

“North Carolina Academic Alliance for Integrative Medicine”: Kohlberg Foundation. Kemper (PI)
7/01/04-6/30/06 Role: Co-investigator. To develop a collaborative alliance of teachers, practitioners, and administrators interested in furthering integrative medicine approaches in North Carolina through the four major NC academic medical centers and to support pilot research in CAM.

“The New Medicine”. Bravewell Foundation. Amount funded: \$5000. Role: Principal Investigator. 12/05-6/06
To promote integrative medicine PBS special.

Geriatric Education Training Alliance. Funded by Bureau of Health Professions, DHHS, to Program on Aging, UNC School of Medicine. Jan Busby-Whitehead MD, PI; Susan Gaylord, Co-investigator (5% effort in 2004).

“Korean Acupuncture in Central Nervous System Disorders.” R21 AT001952-01, NIH/NCCAM. J. Douglas Mann, PI; Susan Gaylord, Project Manager (5% effort). 9/26/03 – 3/31/06.

“Painful HIV Neuropathy: Treatment with Alpha lipoic acid.” R21 AT001775-01, NIH/NCCAM. Doug Mann, PI; Gaylord, Co-Investigator. 7/1/03 - 6/31/05.

“Training Family Caregivers in Hand and Foot Massage for Patients Undergoing Inpatient Rehabilitation: Impact on Pain Relief, Symptom Profile and Participants' Satisfaction.” Press-Ganey Associates. Doug Mann MD, PI; Susan Gaylord PhD, Co-PI. 7/1/03 - 6/31/04.

“Integrating Complementary and Alternative Medicine into Health Professions Education in North Carolina.” UNC at Chapel Hill, School of Medicine (Susan Gaylord: PI). National Center for Complementary and Alternative Medicine, National Institutes of Health, 5-R25-AT00540-01. Total funding: \$1.6M - 9/28/00 - 7/31/06.

- "Grants for Interdisciplinary Training for Health Care for Rural Areas."** UNC at Chapel Hill, School of Medicine (Rebecca Hunter: PI). Bureau of Health Professions ID36 AH10035: 7/1/97-6/30/2000. (Co-author of proposal; Course Coordinator)
- "Fostering Interdisciplinary Approaches to the Care of the Rural Elderly."** UNC at Chapel Hill, School of Medicine (Jan Busby-Whitehead, MD: Principal Investigator). The John A. Hartford Foundation #96346-G: Total funding \$598,000 4/1/97-6/30/99.
- "Designing an Independent Study Course in Alternative and Complementary Medicine."** UNC at Chapel Hill, School of Medicine (Susan A. Gaylord, PhD: Principal Investigator). UNC Lupton Special Opportunities Fund: \$5,200, 1/1/97-6/30/97.
- "Geriatric Interdisciplinary Team Training."** UNC at Chapel Hill, School of Medicine (Mark E. Williams, MD: Principal Investigator). The John A. Hartford Foundation #95221-G: Total funding \$100,000, 1/1/96-6/30/97. (Core Curriculum Coordinator, 4%)
- "Enhancing Awareness of Alternative and Complementary Approaches to Health Care: Development of an Interdisciplinary Curriculum."** UNC at Chapel Hill, School of Medicine (Susan A. Gaylord, PhD: Principal Investigator). UNC Lupton Special Opportunities Fund: \$5,200, 1/1/96-6/30/96.
- "Rural Preventive Strategies."** Rural Health Group, Inc. (Linda Whaley, RN, GNP: Project Director). AARP Andrus Foundation: 7/1/95-6/30/98. (Designer of measurement protocol; Project Evaluator)
- "Grants for Interdisciplinary Training for Health Care for Rural Areas."** UNC at Chapel Hill, School of Medicine (Mark E. Williams, MD: PI). Bureau of Health Professions #5 D36 AH10035: 7/1/94-6/30/2000. (Co-author of proposal; Course Coordinator)
- "Function and Medication Management in Older People."** UNC at Chapel Hill, School of Medicine (Mark E. Williams, MD: PI). National Institutes on Aging #5 R01 AG10828: 9/30/92-6/30/96. (Co-author of proposal; Designer of measurement protocol)
- "Health Research on Older Rural Populations."** UNC at Chapel Hill, Cecil G. Sheps Center for Health Services Research (Gordon H. DeFries, PhD: PI). National Institutes on Aging: 1990-1995. (Author of two mini-projects included in the proposal - Project 5: Health Beliefs and Health Behaviors of Minority Rural Elderly [Mark E. Williams, MD: PI] and Project 6: Geriatric Team Intervention to Reduce Functional Decline in Rural Elderly Persons [Mark E. Williams, MD: PI]; Coordinator, Project 5.)
- "Faculty Training Projects in Geriatric Medicine and Dentistry."** UNC at Chapel Hill, School of Medicine (Mark E. Williams, MD: PI). Funded by the Bureau of Health Professions: 1988-1992. (Co-author of proposal)
- "Relation of timed manual performance to present and the future health status of older persons."** UNC at Chapel Hill, School of Medicine. (Mark E. Williams MD, PI). Robert Wood Johnson Foundation: 1987-1990. (Project Coordinator).
- "University of North Carolina at Chapel Hill Geriatric Education Center."** UNC at Chapel Hill, School of Public Health (William Weissert, PhD: PI). Bureau of Health Professions: 1985-1988. (Co-author of proposal; Research Associate)

"Curriculum Development in Aging." UNC at Chapel Hill, School of Public Health (Harry T. Phillips, MD: PI). Bureau of Health Professions: 1982-1985. (Co-author of proposal; Research Assistant)

"Development and Dissemination of Educational and Training Materials in Aging." Duke University Center for the Study of Aging and Human Development (George Maddox, PhD: PI). Administration on Aging: 1976-1979. (Co-author of proposal; Research Assistant)

"Differences in sleep patterns between old and young subjects, as measured by EEG." Duke Center for the Study of Aging and Human Development (Patricia Prinz, PhD: PI). National Institutes of Health: 1972-1973 (Research Assistant).

"Hemispheric asymmetry in slow wave potentials in elderly subjects during performance of various cognitive tasks." Duke Center for the Study of Aging and Human Development (G. R. Marsh PhD and L. W. Thompson PhD: PI). National Institutes of Health: 1972-1973 (Research Assistant).

PROFESSIONAL SERVICE:

To discipline:

Editorial Board, *Alternative Therapies in Health and Medicine*, 2000-present

Editor, *Complementary Health Practice Review*, 2004-2010

Editorial Board, *Journal of Women and Aging*. 1987-2001

Reviewer, *Journal of American Geriatrics Society*. 1987-1998

Member, Research Committee, Consortium of Academic Health Centers in Integrative Medicine 2008-present

Member, Steering Committee, Consortium of Academic Health Centers in Integrative Medicine 2005-present

Member, Education Committee, Consortium of Academic Health Centers in Integrative Medicine 2005-present

Member, North Carolina Academic Alliance in Integrative Medicine 2000 - present

Member, Association of Anthropology and Gerontology. 1994-96

Member, American Public Health Association. 1992-1998

Member, American Psychological Association. 1984-1998

Member, Gerontological Society. 1984-1998

Within UNC-Chapel Hill

Educator, Integrative Medicine Clinic/Consult Service, Department of Physical Medicine and Rehabilitation, UNC School of Medicine, Chapel Hill NC. February 2002 - present.

Director & Instructor, Mindfulness-based Program for Stress and Pain Management (8-week program). April 2000 - present.

Co-Director, Program on Integrative Medicine Consult Service, Department of Physical Medicine and Rehabilitation, UNC School of Medicine, Chapel Hill NC. September 1999 - present.

Advisor, *Integrate!* –UNC medical student interest group in complementary, alternative, and integrative medicine, November 1998-present.

Advisor, Member of Steering Committee, and Chair of CAM Taskforce of UNC Planetree, November 2, 2001 - 2009.

Member, "Healing Voices" UNC Hospitals volunteer chorus 2001-2009.

Member, Consortium on Natural Medicine and Public Health (statewide committee). 2001- 2006ent

Other:

NIH/NCCAM Study Sections:

June, 2011 (Chair)

April, 2011

July, 2010

June, 2009

October, 2008

June, 2008

October, 2007

U.S. Dept. of Defense Study Section in CAM/IM:

May, 2011

June, 2010

June, 2008

Board of Directors, Durham County Mental Health Association. 1995-1999