

Susan A. Gaylord, Ph.D.

Curriculum Vitae

9/09

PERSONAL INFORMATION

Address: Program on Integrative Medicine
CB# 7200, 183 Wing D
UNC-CH School of Medicine
Chapel Hill, NC 27599-7200

Telephone: Office: (919) 966-8586
Fax: (919) 843-0164
E-mail: gaylords@med.unc.edu

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.

Other Relevant Education, Skills and Experience:

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

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

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

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

Certified Mindfulness–awareness Meditation Instructor, May 1981. Certified advanced meditation-practice instructor, May 1993. Vajradhatu International: Halifax, Nova Scotia.

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

Hospice Volunteer. Trained through Triangle Hospice Volunteer Training Program, September-October, 1981.

Buddhist Seminary Program, Banff, Alberta, Canada. January-March 1981.

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

Buddhist meditation study program: Naropa Institute, Boulder CO, Summers 1979 and 1980; Karme-Choling Meditation Center, Barnet VT, September-November 1978.

EMPLOYMENT HISTORY:

11/98-present 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.

- 4/97-present Adjunct Research Assistant Professor, Department of Family Medicine, University of North Carolina School of Medicine. Direct courses in Alternative and Complementary Medicine.
- 4/97-present Lecturer in the 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.

PROFESSIONAL ORGANIZATIONS:

- Member, Steering Committee, Consortium of Academic Health Centers in Integrative Medicine
- Member, North Carolina Academic Alliance in Integrative Medicine
- 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

PROFESSIONAL & COMMUNITY SERVICE:

Editor, *Complementary Health Practice Review*, 2004-present
 Editorial Board, *Alternative Therapies in Health and Medicine*, 2000-present
 Member, Steering Committee, and Chair - CAM Taskforce, UNC Planetree, March 2002 - present.
 Member, "Healing Voices" chorus (Planetree's chorus), with singing engagements at UNC Healthcare in university community.
 Member, Consortium on Natural Medicine and Public Health (statewide committee). 2001- present
 Editorial Board, *Alternative Therapies in Health and Medicine*. 2001-present
 Consultant, UNC Planetree affiliation effort. November 2001 - present
 Member, Student Wellness Committee, UNC School of Medicine. December 2001 - present
 Reviewer, *Journal of American Geriatrics Society*. 1987-present
 Board of Directors, Rhine Research Center, 2003-04
 Editorial Board, *Journal of Women and Aging*. 1987-2001
 Board of Directors, Durham County Mental Health Association. 1995-1999

CLINICAL SERVICES:

Educator, UNC Mindfulness-based Stress and Pain Management Program.
 Educator, Integrative Medicine Clinic, Department of Physical Medicine and Rehabilitation, UNC School of Medicine, Chapel Hill NC. February 2002 - present.
 Provided leadership in implementing Planetree to UNC Hospitals. November 2, 2001 - present.
 Co-Director and founder, Mindfulness-based Program for Stress and Pain Management (8-week program). April 2000 - present.
 Co-Director and founder, Program on Integrative Medicine Consult Service, Department of Physical Medicine and Rehabilitation, UNC School of Medicine, Chapel Hill NC. September 1999 - present.

INVOLVEMENT IN FUNDED PROJECTS:

1 R21 AT Gaylord (Lead PI); Giscombe (PI). - \$592,000 07/01/09-06/30/12
 "AA Mindfulness-based Intervention to Reduce Diabetes Risk in Prediabetic African Americans"
 A community-based RTC to compare Mindfulness-based Education and Education alone on factors associated with diabetes risk.

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

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."

"Mindfulness for Irritable Bowel Syndrome." Gaylord (PI) 9/30/2006 – 8/31/2009
 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) 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) 9/30/2006 - 8/31/2008
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) 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. DeFriese, 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).

COMMITTEES:

- Director, Planetree/Healing Arts CAM Subcommittee, UNC Hospitals, 2002-present
- Member, Wellness Committee, School of Medicine, UNC at Chapel Hill, December 2001 - present
- Member, Geriatric Fellowship Faculty Committee, School of Medicine, UNC at Chapel Hill, NC
- Member, Geriatric Curriculum Development Committee, School of Medicine, UNC at Chapel Hill, NC

Member, UNC Health Affairs Faculty Forum on Community Education, UNC, Chapel Hill, NC
Member, UNC Interdisciplinary Pain Center Work Group (Dr. Maixner, leader), Feb., 2007 – present.

TEACHING RESPONSIBILITIES:

Course Director:

Current:

FMME 452: "Fieldwork in Alternative and Complementary Therapies." UNC at Chapel Hill, School of Medicine. Fall 1997- present.

FMME 250: "Principles and Practices of Alternative and Complementary Medicine." UNC at Chapel Hill, School of Medicine. (Cross-listed in Public Health, Nursing, Dentistry and Pharmacy). Fall 1995 - present.

Past:

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

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

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

MEDI 491: "Rural Health: An Interdisciplinary Approach." UNC at Chapel Hill, School of Medicine. (Cross-listed in Public Health, Nursing, Social Work, Dentistry, and Pharmacy). Spring 1995 - 2000.

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

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

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

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.

"Hypnosis." Duke University, Department of Psychology. Spring 1977.

"Nature and Function of Sleep." Duke University, Department of Psychology. Fall 1976.

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:

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

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.

Conferences Organized:

Participated 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.

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.

PUBLICATIONS:**Refereed Journals:**

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* 2009, 9:24.

- Young L, Faurot K, Gaylord S. Use of and Communication about Dietary Supplements Among Hospitalized Patients. *Journal of General Internal Medicine*, January, 2009.
- Garland, E, Gaylord, S, and Park, J. The role of mindfulness in positive reappraisal. *Explore* 2009; 5:37-44.
- 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. *BMJ: Integrative Medicine section*, 2008.
- Gaylord S & Mann JD. Rationales for CAM Education in Health-professions Training Programs. *Academic Medicine*, Fall 2007.
- Faurot K, Gaylord S, & Mann JD. Piloting research to train family caregivers in hand and foot massage for hospitalized patients: challenges and lessons learned. *Complementary Health Practice Review*, Fall 2007.
- Kim YS, Wang J, Mann DJ, Gaylord SG, Lee JH, Lee MY. Korean oriental medicine in stroke care. *Complementary Health Practice Review*. 2005;10(2):105-117.
- Curtis P and Gaylord SA. Safety issues in the interaction of conventional, complementary, and alternative health care. *Complementary Health Practice Review* 2005;10:3-31.
- Mann JD, Gaylord SA, and Norton S. Moving toward integrative care: rationales, models, and steps for conventional care providers. *Complementary Health Practice Review* 2004;9:155-172.
- 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.
- 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.
- Gaylord SA, Crotty N. Enhancing function with complementary therapies in geriatric rehabilitation. *Topics in Geriatric Rehabilitation* 2002;18(2):63-79.
- Gaylord SA. Alternative therapies and empowerment of older women. *Journal of Women and Aging* 1999;11(2-3):29-47.
- Gaylord, SA, Davidson J. The Constitution: Views from homeopathy and psychiatry. *British Homeopathy Journal*. 1998;87(July):148-153.
- Davidson J, Gaylord S. Homeopathic and psychiatric perspectives on grief. *Alternative Therapies in Health and Medicine*. 1998;4(5):30-35.
- Davidson J, Gaylord S. Meeting of minds in psychiatry and homeopathy: an example in social phobia. *Alternative Therapies in Health and Medicine*. 1995;1(3)July.
- Gaylord SA, Williams ME. A brief history of the development of geriatric medicine. *J Am Geriatr Soc*. 1994;42:335-340.
- 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*. 1994;42:21-27.

Gerrity MS, Gaylord SA, Williams ME. Short versions of the timed manual performance test: development, reliability and validity. *Medical Care*. 1993;31(7):617-628.

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

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

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

Gaylord S. Women and aging: a psychological perspective. *Journal of Women and Aging* 1. 1989;Spring.

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

Other Publications, Books, and Chapters:

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, Norton SK, Curtis P. (Series Eds.), *The Convergence of Complementary, Alternative and Conventional Health Care: Educational Resources for Health Professionals* (includes: Understanding the convergence of complementary, alternative and conventional care in the United States; Concepts of healing and models of care; Evidence-based medicine and complementary and alternative therapies; Assessing the effectiveness of complementary and alternative medicine; Safety issues in complementary and alternative medicine; Evaluating information sources for complementary and alternative health care). University of North Carolina at Chapel Hill, Program on Integrative Medicine, 2004.

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, 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*. (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.

- 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, 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 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.
- 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. "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.
- 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, DeFriese GH, eds. *Rural Health and Aging Research: Theory, Methods and Practical Applications*. Amityville, NY: Baywood Publishing Company, Inc., 1998.
- Gaylord S. Alternative healing treatments in North Carolina. *Tar Heel Junior Historian*. Spring 1997;36(2)30-33.
- 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.
- 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.

Abstracts:

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.

Book Reviews:

Gaylord SA. Handbook of the Biology of Aging, Third Edition. In: *Journal of the American Geriatrics Society*, 41:594-595, 1993.

PRESENTATIONS & ABSTRACTS:**National Meetings:**

"Medicine Education in Complementary & Alternative Medicine." Southern Association of American Medical Colleges annual meeting, Vanderbilt University, Nashville, Tennessee, April, 2008.

"CAM Education for Physical Medicine and Rehabilitation Residency Program." Presented at AAP Meeting, February, 2008.

"Integrating CAM into Management of Pain Associated with Syringomyelia and/or Chiari Malformation." Co-presenter with Gloria Liu MD at American Syringomyelia Alliance Project, Inc. Conference, Crowne Plaza Hotel, New York, NY. July 23-26, 2003.

"UNC CAM Education Project." Brief presentation at NIH Principal Investigators' meeting, Bethesda MD. June 26-27, 2003.

"Alternative Medicine Education". At the Association of American Medical Colleges annual meeting, New Orleans, LA, October 31-November 4, 1998.

"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 1996.

"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.

"Beliefs About Life Expectancy Among Multicultural Rural Older People." Gerontological Society of America, Atlanta, GA, November 1994.

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

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

Regional (North Carolina):

"Complementary and Integrative Medicine: Past, Present, and Future". North Carolina Acupuncture and Oriental Medicine Society. June 26, 2007

"The Future of Integrative Medicine: An Academic Perspective" Duke University. Global Medicine Conference, June, 2007.

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

"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.

"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.

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

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

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

"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.

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

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

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

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

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

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

"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).

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

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

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

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

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

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

"Alternative Therapies: What your Patients are Using and Why." AHEC Continuing Medical Education Lecture, High Point Regional Hospital, High Point, NC. August 3, 1999.

"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.

"Educational Opportunities and Resources for Mental Health Professionals". Alternative Treatments in Psychiatry Workshop, Duke University Medical Center, Durham, NC, April 24, 1999.

"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.

"Alternative Therapies: What your Patients are Using and Why". AHEC Continuing Medical Education Series. Cleveland Regional Medical Center, Shelby, NC, February 23, 1999.

"Alternative Therapies: What your Patients are Using and Why". AHEC Continuing Medical Education Series. Gaston Memorial Hospital, Gastonia, NC, February 9, 1999.

Introduced Peter Curtis, MD, who presented "Alternative Medicine: The Doctor-Patient Connection", and participated in question and answer period. Medical Foundation of North Carolina, Inc., NC Biotechnology Center, January 26, 1999.

"Homeopathy." Integrative Medicine Course, Duke University Medical Center, December 8, 1998.

"Alternative and Complementary Medicine." Nalle Clinic, Charlotte, NC, October 15, 1998.

"Alternative and Complementary Medicine." Grand Rounds. John Umstead Psychiatric Hospital, Butner, NC, June 4, 1998.

"Alternative and Complementary Medicine". AHEC. Alamance Regional Medical Center, Burlington, NC, April 29, 1998.

"Well Elderly People: An Interdisciplinary Perspective on Community and Clinical Care." Scotland Neck, NC, March 12, 1998.

"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.

"Alternative Medicine." North Carolina Cooperative Extension Service Conference, North Carolina State University, Raleigh, NC. November 20, 1997.

"Alternative Medicine." North Carolina Academy of Family Physicians Foundation, 9th Annual Residency Application Workshop, Raleigh, NC. September 13, 1997.

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

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

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

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

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

UNC-CH

Health Beliefs and Care Pathways. Course: Principles and Practices of CAM. August 26, 2006.

"Research Fundamentals for CAM Practitioners." JD Mann, R Coeytaux and SA Gaylord. The 5th UNC Integrative Medicine Conference: Improving Outcomes through Integrative Practice. Friday Center, Chapel Hill NC. March 18-19, 2005.

"Holistic, Patient-Centered Care at UNC Hospitals: Using the Planetree Organization and a Program on Integrative Medicine." Susan Siegel and Susan Gaylord. UNC Hospitals CSHCA Regional Meeting entitled "Creating a Customer Service Culture." November 12, 2004.

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

"Principles of Integrative Therapeutics." The 4th UNC Conference on Integrating CAM into Clinical Practice. Friday Center, Chapel Hill NC. March 14-15, 2003.

"Introduction to Complementary and Integrative Medicine." Medical Foundation, University of North Carolina, Chapel Hill NC. March 10, 2003.

"Health Beliefs and Alternative Health Practices in Rural Areas." MEDI 491/HPAA 602: "Rural health: An Interdisciplinary Approach." UNC School of Medicine. February 2002 class session.

"CAM Options in UNC Health Care System." Planetree Steering Committee, UNC Health Care. September 2002.

"Health Beliefs and Alternative Care Pathways." UNC School of Medicine. Course: Principles and Practices of CAM. September, 2002.

"Introduction to Complementary and Alternative Medicine." UNC School of Medicine. Course: Principles and Practices of CAM. August 26, 2002.

"Mindfulness Meditation: a Therapeutic Option for Pain & Stress." Rheumatology Division Grand Rounds, Thurston Arthritis Center. Presented with Doug Mann, MD. June 11, 2002.

"Complementary and Integrative Medicine." Led Research Networking Group at Third Annual Women's Health Research Day, cosponsored by NC Program for Women's Health Research and Building Interdisciplinary Research Careers in Women's Health (BIRWCH) Faculty Development Program, George Watts Hill Alumni Center, UNC. March 5, 2002.

"Mindfulness for Stress and Pain Management." Psychology Interns. UNC School of Medicine. November 30, 2001.

"Alternative Health." Women's Health Elective, Dept of Obstetrics and Gynecology, UNC School of Medicine. March 6, 2001, and October 2, 2001.

"Introduction to Complementary and Alternative Medicine." Nursing 95 (Alternative Paradigms for Nursing Practice), UNC School of Nursing elective. April 24, 2001 and September 11, 2001.

"Mindfulness for Stress Management." Psychology Interns. Horace Williams House. May 4, 2001.

"Alternative/Complementary Medicine." Lee County Enrichment Center, Sanford NC.

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

"Integrative Medicine." Advisory Board, Thurston Arthritis Center, UNC, Chapel Hill. May 4, 2000.

"Health Beliefs and Alternative Health Practices in Rural Areas." MEDI 491/HPAA 602: "Rural Health: An Interdisciplinary Approach." UNC School of Medicine. Class session February 14, 2000.

"Integrative Medicine Approaches" Session Moderator. Challenges in Geriatric Practice: 11th Annual Conference. UNC Schools of Medicine, Nursing, Pharmacy and the Institute on Aging of UNC-Chapel Hill, and the Geriatric Education Training Alliance. Friday Continuing Education Center, Chapel Hill NC. January 13, 2000.

"Integrating Alternative Therapies in the Care of Older People." Program on Aging Lecture Series, UNC School of Medicine, Chapel Hill. September 8, 1999.

"Alternative and Complementary Medicine." Health Policy & Administration Course# 102, UNC School of Public Health. April 1, 1999.

"Alternative and Complementary Medicine." Clinical Neurosciences Grand Rounds, UNC School of Medicine, January 27, 1999.

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

"Alternative and Complementary Medicine." UNC Student Health Services Staff Retreat. May 12, 1998.

"Mustering Resources: A Difficult Rural Interdisciplinary Geriatric Case Study." Ahdieh N, Gaylord S, Humphrey C, Logan WC. MEDI 486: "Basic Aspects of Aging," Program on Aging Lecture Series, UNC School of Medicine, Chapel Hill. April 1, 1998.

"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 Medicine." Family Medicine Residents Seminar, UNC School of Medicine. February 11, 1998.

"Cultural Context of Rural Health Practice" MEDI 491/HPAA 602: "Rural Health: An Interdisciplinary Approach." UNC School of Medicine. Class session February 9, 1998.

Mindfulness Meditation and Stress Reduction. UNC Heels for Health, October 22, 1997.

"Health Beliefs: Care Implications." MEDI 250: Principles and Practices of Alternative and Complementary Medicine. UNC School of Medicine, September 7, 1997.

"Demography of Aging." MEDI: "Interdisciplinary Approach to Geriatrics and Gerontology - Carol Woods." UNC School of Medicine. September 1997.

- "Biology of Aging." MEDI: "Interdisciplinary Approach to Geriatrics and Gerontology - Carol Woods." UNC School of Medicine. September 1997.
- "Psychology of Aging." MEDI: "Interdisciplinary Approach to Geriatrics and Gerontology - Carol Woods." UNC School of Medicine. Fall 1997.
- "Presentation of Complementary Medicine Teamwork in Care of Older Person with Multiple Problems." MPAC course for 1st year students: UNC School of Medicine. April 1997.
- "Health-Related Issues of Older Rural Americans." MEDI 491: "Rural Health: An Interdisciplinary Approach." UNC at Chapel Hill, School of Medicine. April 1997.
- "Cultural Context: Health Beliefs and Alternative Care Practices of Rural Americans." MEDI 491: "Rural Health: An Interdisciplinary Approach." UNC School of Medicine. February 24, 1997.
- "Alternative Health Care Practices: Implications for Care of Older People." MEDI 486: Program on Aging Lecture Series, UNC School of Medicine. October 9, 1996.
- "Health Beliefs: Implications for Alternative Medicine Pathways and Practices." FMME 450: "Principles and Practices of Alternative and Complementary Medicine." UNC School of Medicine. September 1996.
- "Alternative and Complementary Medicine." NURS: "Introduction to Nursing." UNC School of Nursing. July 1996.
- "Beliefs about Personal Longevity among a Multicultural Population of Rural Older People." At the UNC Preventive Medicine/Social Medicine Seminar Series, Chapel Hill, NC. October 26, 1994.
- "Health Beliefs and Practices of Rural Minority Older Persons." MEDI 486: Program on Aging Lecture Series, UNC School of Medicine. May 1993.
- "Homeopathy in the Care of Older Persons." At the UNC Program on Aging Journal Club meeting, Chapel Hill, NC. December 1992.
- "Efficacy of Homeopathic Clinical Trials." At the UNC Program on Aging Journal Club meeting, Chapel Hill, NC. November 1990.
- "Psychosocial Issues of Older Women." MEDI 486: Program on Aging Lecture Series, UNC School of Medicine. May 1989.
- "The Terminal Drop Hypothesis." At the UNC Program on Aging Journal Club meeting, Chapel Hill, NC. November 1988.
- "Physiological, Psychological, and Sociological Aspects of Aging," "Mental Health and Aging," and "Life-care Communities." HADM 175: "Health Policy and Aging." UNC School of Public Health, Department of Health Policy and Administration. Fall 1984.
- "Community Services for the Elderly." HPAA 176: "Long-Term Care: Organization and Administration." UNC School of Public Health, Department of Health Policy and Administration. Fall 1981, 1982, 1983.

Posters:

Gaylord SA. "Why Health Professionals Working with Older Adults Should Learn about Alternative and Complementary Medicine." Challenges in Geriatric Practice, UNC School of Medicine, January, 1997.

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

Panels:

"Towards Healthier Aging: Research Activities at the School of Medicine Program on Aging." 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.")

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

Exhibits:

"The KWIC Collection, Evaluation and Dissemination of Educational and Training Materials in Aging." At the Association for Gerontology in Higher Education meetings held in Dallas, TX, March 1978.