

Brenna Bray, PhD

[Complementary and Integrative Health Researcher](#)
[Integrative Nutrition, Health, & Wellness Coach](#)
[Associate Adjunct Professor – Naropa University](#)
[Ms. Health & Fitness 2024 Top 20 Nominee](#)
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<https://pubmed.ncbi.nlm.nih.gov/?term=Brenna+Bray&size=50>
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<https://nunm.edu/profile/bbray>



<http://www.brennabray.com>

Education

- **Post-Doctorate Training – National Institute of Health (NIH/NCCIH) and National University of Natural Medicine (NUNM)/Helfgott Research Institute (2020-2022)**
 - Training in Complementary & Integrative Health and Human Subjects Research. Conducted at the National University of Natural Medicine (NUNM)'s Helfgott Research Institute. Funded by the National Institute of Health (NIH)'s National Centers for Complementary and Integrative Health (NCCIH).
- **Ph.D. Basic Biomedical Sciences, Neuroscience Specialization - Sanford School of Medicine, University of South Dakota (2013-2018)**
 - PhD Completion: December 2018 (Biomedical Science, Neuroscience Specialization)
 - Cumulative GPA: 3.98 (2013 – 2018)
 - Graduate Research Assistant in Dr. Gina Forster's Stress Neurobiology Laboratory
- **Certificate in Publishing - Denver University Publishing Institute (2006).**
 - Cumulative GPA: 4.0
 - Completed and earned certification in publishing
- **B.A. Psychology, Media Studies Concentration - St. Olaf College (2002-2006).**
 - Cumulative GPA: 3.14.
 - Internship Experience: Mpls.St.Paul Magazine, MN Premiere Magazines (2004-05)
 - Staff writer: The Manitou Messenger (2002-2006)
 - Preceptor in the NSF-Funded Investigative Explorations in Psychology Lab (2006)

Employment Experience

- **NourishED Research foundation (NRFi)**
 - **Founder, Director, CEO, & Principal Investigator (2023 – present)**
 - NourishED is a 501(c)(3) nonprofit research foundation dedicated to catalyzing breakthroughs in understanding, preventing, treating, and living with eating disorders and related issues of justice, equity, diversity, inclusion, access, oppression, and invalidation. This is achieved by prioritizing community-based research, patient narratives, and equal-access treatment options “for eating disorders, for everyone.”
 - www.nourishedrfi.org
- **National University of Natural Medicine (NUNM)**
 - **Core Faculty:** [Master of Science in Clinical Research Program](#) (2024-present)
 - **Associate Professor:** [BRIDG Postdoctoral Research Program](#) (2024-present)

- The [Building Research Across Interdisciplinary Gaps \(BRIDG\) Postdoctoral Research Program](#) is funded by the National Institute of Health (NIH)'s National Centers for Complementary & Integrative Health (NCCIH).
 - <https://nunm.edu/research/bridg/>.
 - <https://nunm.edu/research/investigators/>.
- **NUNM's Helfgott Research Institute (2022-present)**
 - **Research Faculty (2022 – present)**
 - Research Faculty at the National University of Natural Medicine's Helfgott Research Institute.
 - <https://nunm.edu/research/investigators/>.
- **Naropa University**
 - **Associate Adjunct Professor (2023 – present)**
 - Graduate School, Clinical Mental Health Counseling MS Program, Contemplative Buddhist Psychology & Psychotherapy Cohort (2023 – present)
 - Undergraduate School, Psychology Department
 - Courses I've developed and taught:
 - CNSC-710: Research and Program Evaluation for Clinical Mental Health Counselors. (Aligned with CACREP's 2024 Standards for Graduate (Masters) Level).
 - PSYB-301: Research Design and Statistics (Dept. of Undergraduate Psychology).
 - PSYB-372: Science & Neuroscience of Psychedelics (Online, Asynchronous).
- **Brenna Bray, PhD | Health, Wellness, Nutrition, & Fitness, LLC**
 - **Holistic Health, Wellness, Nutrition, & Fitness Coach (2022 – present)**
 - <https://www.brennabray.com>
 - Relevant Certifications:
 - Institute for Integrative Nutrition (IIN):
 - Health Coach Certification (May 2021 – Oct 2022).
 - National Academy of Sports Medicine (NASM):
 - Nutrition Coach Certification (June 2024).
 - Personal Trainer Certification (est. July 2024).
 - Weight Loss Specialist (June 2024).
 - Athletics and Fitness Association of America (AFAA):
 - Nutrition Coach Certification (June 2024).
 - Personal Trainer Certification (est. July 2024).
 - Weight Loss Specialist (June 2024).
 - American CPR Care Foundation (June 2024)
 - Healthcare Provider CPR/AED: Adult, Child, & Infant Standard First Aid (BLS).

- Provide evidence-based practices to help clients achieve health and wellness goals, focusing on weight and stress management, longevity, disordered eating, hormonal regulation, ADD/ADHD, and personal training and fitness.
- **ANNi (Realtime Physiological and Biomarker Monitoring System)**
 - **National Director of Research & Clinical Use (2024-present)**
 - ANNi is a mobile application that pairs with a Samsung Smartwatch to provide real-time monitoring of heart rate, **heart rate variability (HRV)**, sympathetic tone and parasympathetic decompensation, static and orthostatic blood pressure, body temperature, exercise, activity, rest, sleep, steps, distance, and caloric expenditure.
 - ANNi is designed to use biometric data to support the management of eating disorders and monitor for health risks in a non-clinical capacity (<https://ann-i.com>).
 - This role involves directing the preparation and rollout of ANNi in the U.S. Market. This includes ensuring compliance with U.S. regulations that protect the privacy and security of consumer data and protected health information as well as FDA medical device regulations.
 - The role also includes directing a program of mixed-methods research that collect information on user experience from ANNi users in the U.S., using user feedback to implement functional changes as needed, and guiding user adoption.
- **AboutBoulder.com**
 - **Health & Wellness Columnist & Blogger (2024-present)**
 - <https://aboutboulder.com/columnists/brennabray/>
 - Weekly health and wellness blogger and columnist.
- **Global Regulatory Writing and Consulting (GRWC)**
 - **Associate Medical & Clinical Evaluation Reports (CER) Writer (2020, 2022-23)**
 - Regulatory writing for class I-III medical devices, including CERs, CEPs, PMCF Plans and Reports, SSCP documents, and PSURs. Compliance with ISO, FDA, MEDDEV, MDR, MDD, and AIMDD regulations.
- **National University of Natural Medicine (NUNM)**
 - [NIH/NCCIH R90 Postdoctoral Research Fellow](#) (2020-22)
 - Received direct grant funding from the NIH to develop and pursue an independent research program in complementary and integrative health (CIH).
 - Independently managed a program of research and research budget.
 - Conducted cross-sectional mixed-methods study on binge eating disorder.
 - Published [4 peer-reviewed, 1st-author manuscripts \(IF 5.5\)](#), participated in an RCT, and prepared grant proposals.
- **ScribeAccelerator, LLC**
 - **Director of Online Education, Development, & Marketing (2019-2020)**
 - Oversaw development of an online clinical scribe training platform.
 - Managed content development, marketing, and website.

- Self-published two eTextbooks, one eWorkbook, and one eCourse.
- **Independent Biomedical Writer (2019-present)**
 - Provide contract services as an independent medical writer and editor.
 - Services include scientific publication and presentation, medical research journalism, eBook and eTextbook publications, regulatory writing, grant writing, content development, educational material development, editing, marketing, and turn-key publication.
- **University of South Dakota Graduate School, Department of Biomedical Sciences**
 - **Graduate Research Assistant (2013-2018)**
 - Conducted [dissertation research](#) on stress hormone modulation of central reward neurotransmission.
 - Published 3 [peer-reviewed, first-author manuscripts](#) (including [dissertation](#)), one [co-authored book chapter](#), and presented research internationally and nationally.
 - Earned grants and fellowships while participating in outreach and leadership roles and maintaining a 3.98 GPA.
- **ScribeConnect, LLC**
 - **Director of Education and Development (2013-2019)**
 - Developed and oversaw Scribe Training Program, including eCourse, Textbooks, Workbooks, and Training Manuals for medical scribes. E.g., <https://app.compendium360.com/catalog/courses/10-family-medicine-medical-scribe-training-course>.
 - Experience in management training.
- **Scribe America, LLC**
 - **Project Manager (2010-2012)**
 - Managed start-up and training projects for medical scribe programs nationwide.
- **Emergency Physician Practitioner's Association**
 - **Emergency Department Scribe (2008-2010)**
 - Worked one-on-one with providers to manage medical documentation in the emergency department.
- **Pearson Higher Education**
 - **Textbook Sales Representative (2006-2008)**
 - Managed outside sales of "Hard Science" textbooks and materials.

Research Experience & Training

- **Principal Investigator (2024-present):** [NourishED Research Foundation](#)
 - Founder, CEO, and Principal Investigator.
 - Responsible for identifying, applying for, and securing grant funding.
 - Responsible for directing and conducting multiple programs of research in alignment with the foundation's priorities.

- NourishedED is a 501(c)(3) nonprofit research foundation dedicated to catalyzing breakthroughs in understanding, preventing, treating, and living with eating disorders and related issues of justice, equity, diversity, inclusion, access, oppression, and invalidation. This is achieved by prioritizing community-based research, patient narratives, and equal-access treatment options “for eating disorders, for everyone.” www.nourishedrfti.org.
- **Post-Doctorate Training (2020–2022):** [National Institute of Health \(NIH\)/National Centers for Complementary and Integrative Health \(NCCIH\)’s Building Research Across Interdisciplinary Gaps \(BRIDG\) R90 Post-Doctoral Training Program](#)
 - Received direct grant funding from the NIH to develop and pursue an independent research program in complementary and integrative health (CIH).
 - Conducted independent research on adult binge eating disorder, metabolic disorders, and complementary and integrative health use.
 - Conducted cross-sectional mixed-methods studies and a RCT.
 - Published [3 peer-reviewed, 1st-author manuscripts \(IF 5.5\)](#) and one additional co-author publication.
 - Generated and submitted grant proposals and presented research nationally and internationally.
- **PhD Training (2013–2018):** University of South Dakota Graduate School / Sanford School of Medicine
 - Explored stress hormone modulation of central reward neurotransmission in a rodent model during healthy (control) conditions and in amphetamine withdrawal.
 - Published [3 peer-reviewed manuscripts](#) (2 as first-author) and presented research internationally and nationally (17 poster presentations, 15 oral presentations).
 - Earned 3 grants, 3 fellowships, 4 poster contest awards, 3 travel awards, and maintained a 3.98 GPA.
- *Please contact Dr. Bray for information on undergraduate research experiences (2006, 2011–2013).*

Training and Certifications

- **Health, Wellness, Nutrition, Fitness, & Sports Coaching & Personal Training Certifications**
 - American CPR Care Foundation (June 2024)
 - Healthcare Provider CPR/AED: Adult, Child, & Infant Standard First Aid (BLS).
 - Institute for Integrative Nutrition (IIN):
 - Health Coach Certification (May 2021 – Oct 2022)
 - National Academy of Sports Medicine (NASM):
 - Nutrition Coach Certification (June 2024).
 - Personal Trainer Certification (est. June 2024).
 - Weight Loss Specialist (est. June 2024).
 - Sports Nutrition (est. July 2024)
 - Athletics and Fitness Association of America (AFAA):

- Nutrition Coach Certification (June 2024).
- Personal Trainer Certification (est. June 2024).
- Weight Loss Specialist (est. June 2024).
- Sports Nutrition (est. July 2024).

• **Research Certifications**

- National Institute of Health (NIH):
 - [Introduction to the Principles and Practices of Clinical Research \(IPPCR\)](#) (May 2021).
- Collaborative Institutional Training Initiative (CITI) Certifications in:
 - [Responsible Conduct in Research \(RCR\)](#) (April 2024).
 - [Human Subjects Research \(HSR\)](#) (April 2024).
 - [International Council for Harmonization \(ICH\) Good Clinical Practices \(GCP\)](#) (April 2024).
 - [OSHA Bloodborne Pathogens](#) (Nov 2020).
 - [Shipping and Transport of Regulated Biological Materials](#) (May 2021).
 - Biosafety and Biosecurity (August 2016).
 - Risk Management (August 2016).
 - Environmental Health & Safety Chemical Hygiene Certification (April 2016).
- American CPR Care Foundation (June 2024)
 - Healthcare Provider CPR/AED: Adult, Child, & Infant Standard First Aid (BLS).
- American Association for Laboratory Animal Science (AALAS):
 - Refresher: Working with the IACUC (September 2016).
 - Working with the IACUC (August 2013).
- Food Safety Preventive Controls Alliance (FSPCA) & Food Safety Training Institute (FSTI) Certifications:
 - Certificate of Training in Preventive Controls for Human Foods (March 2019).
 - FSPCA-Certified Preventive Controls Qualified Individual (PCQI, March 2019).

• **Quality Control for Human Food Manufacturing and Use**

- Food Safety Preventive Controls Alliance (FSPCA) & Food Safety Training Institute (FSTI) Certifications:
 - Certificate of Training in Preventive Controls for Human Foods (March 2019).
 - FSPCA-Certified Preventive Controls Qualified Individual (PCQI, March 2019).
- Environmental Health & Safety Chemical Hygiene Certification (April 2016).

• **Publishing Certifications**

- Denver University Publishing Institute Certification:
 - Certification in Publishing (2006).
- **Teaching Certifications**
 - [Fundamentals of Teaching in the Basic Sciences \(CPHD 704\)](#) (December 2016):
 - Certificate of Completion: 20-hour, 3-credit course.
 - Course includes videotaped critiqued micro-teach session.

Relevant Clinical Coursework

- Institute for Integrative Nutrition “**Health Coach Training Program.**” May 2021-2022.
<https://www.integrativenutrition.com/>
- American Society for Nutrition (ASN)’s “**Best Practices for Human Nutrition RCTs**” Course. July, 2021.
<https://nutrition.org/best-practices-for-human-nutrition-rcts/>
- National Institute of Health (NIH) Clinical Center’s “**Introduction to the Principles and Practices of Clinical Research (IPPCR)**” Course. June, 2021 (99% final exam score). <https://ocr.od.nih.gov/courses/ipPCR.html>
- Academy of Eating Disorders (AED) “5-Hour Webinar Series: **Evidence Based Treatment and Eating Disorders: A General Practitioner’s Guide.**” (March – April, 2021).
https://portal.aedweb.org/Portal/Events/Event_Display.aspx?EventKey=WISNIEWSKI
- Psychiatry Redefined “**Functional & Integrative Medicine for Binge-Eating Disorder**” (May, 2021).
<https://www.psychiatryredefined.org/integrative-medicine-for-binge-eating-disorder/>

Dr. Bray’s Publications

- Complete lists of Dr. Bray’s Peer-Reviewed publications can be found on PubMed ([Brenna Bray - Search Results - PubMed \(nih.gov\)](#)) and at <https://www.brennabray.com/research/>.
- **Submitted October 2024:** Bray, B., Shallcross, A.J., Wiss, D., Sadowski, A., Bray, K., Bray, C., & Zwickey, H. (2024). Treatment Barriers in Binge Eating Disorder: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts’ Opinions. *Int. J. Environ. Res. Public Health (IJERPH)*. **Impact Factor: 4.9.**
- **Submitting November 2024:** Bray, B., Shallcross, A.J., Wiss, D., Sadowski, A., Kalu, B., Bray, K., C. Bray, & Zwickey, H. (2024). Treatment Barriers in Binge Eating Disorder: A Critical Review of Patient, Provider, and Systemic Barriers to Identification, Treatment-Seeking, Access, and Engagement in Adult Binge Eating Disorder. *Public Health Reviews*. **Impact Factor: 5.5.**
- **In Prep, Submitting November 2024:** Bray, B., Shallcross, A.J., Sadowski, A., Quaglia, J., Wiss, D., Kalu, B., & Zwickey, H. (2024). Complementary and Integrative Health Intervention Use in Binge Eating Disorder Treatment: A Narrative Review. *Public Health Reviews*. **Impact Factor: 5.5.**
- **In Prep, Submitting August 2024:** Bray, B., Austin, B., Bray, C., Shallcross, A.J., Sadowski, A., Wiss, D., & Zwickey, H. (2023). Binge Eating Disorder: Breaking Down Patient-, Provider-, and Public Policy Barriers to Detection, Treatment Access, and Engagement. *International Perspectives on Health Equity*. **Impact Factor: 7.0 (5-yr).**
- **In Prep, Submitting August 2024:** Bray, B., Ashton, E.G., Shallcross, A.J., Bray, C., & Zwickey, H. (2023). Frontiers in Binge Eating Disorder Treatment: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts’ Opinions. *Frontiers in Psychiatry – Psychopathology*. **Impact Factor: 5.5.**

- ***In Prep:* Bray, B.,** Tonigan, J.S., & Zwickey, H. (2024). Reward Dysregulation and Food/Eating Addiction in Binge Eating Disorder: A Cross-Sectional Mixed-Methods Study *Frontiers in Psychiatry – Psychopathology*. **Impact Factor: 5.5.**
- ***In Prep:* Bray, B.,** Tonigan, J.S., & Zwickey, H. (2024). Peer-Led Mutual Support Interventions in Binge Eating Disorder Treatment: A Cross-Sectional Mixed-Methods Study *Frontiers in Psychiatry – Psychopathology*. **Impact Factor: 5.5.**
- ***In Prep:* Bray, B. & Zwickey, H.** (2024). Interoception in Binge Eating Disorder: A Narrative Review *Frontiers in Psychiatry – Psychopathology*. **Impact Factor: 5.5.**
- ***In Prep* Bray, B. & Zwickey, H.** (2024). Gastrointestinal Factors of Binge Eating Disorder: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions. *Frontiers in Psychiatry – Psychopathology*. **Impact Factor: 5.5.**
- **Bray B,** Shallcross AJ, Sadowski A, Schneller M, Bray K, et al. (2024) Complementary and Integrative Health Intervention Use in Binge Eating Disorder Treatment: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Perspectives. *Int J Nurs Health Care Res* 7:1549. **Impact Factor: 4.9.** <https://doi.org/10.29011/2688-9501.101549>
- **Bray, B.,** Sadowski, A., Bray, C., Bradley, R. & Zwickey, H. (2023). Clinical Aspects of Binge Eating Disorder: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions. *Frontiers in Psychiatry – Psychopathology*. Doi: <https://doi.org/10.3389/fpsyt.2022.1087165>. **Impact Factor: 5.5.** <https://www.frontiersin.org/articles/10.3389/fpsyt.2022.1087165/full>
- **Bray, B.,** Bray, C., Bradley, R. & Zwickey, H. (2022). Mental Health Aspects of Binge Eating Disorder: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions. *Frontiers in Psychiatry – Psychopathology* 13:953203. Doi: 0.3389/fpsyt.2022.953203. **Impact Factor: 5.5.** <https://www.ncbi.nlm.nih.gov/pubmed/39520774/pdf/fpsyt-13-953203.pdf>
- Langley, B., Ryan, J., Phipps, J., Buttolph, L., **Bray, B.,** Aslan, J., Metz, T., Stevens, J., Bradley, R. (2022). Xanthohumol microbiome and signature in adults with Crohn's disease (the XMaS trial): a protocol for a phase II triple-masked, placebo-controlled clinical trial. *Trials*, 23(1):885. Doi: 10.1186/s13063-022-06782-z. **Impact Factor: 2.606.** <https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-022-06782-z>
- **Bray, B.,** Bray, C., Bradley, R. & Zwickey, H. (2022). Binge Eating Disorder is a Social Justice Issue: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions. *Int. J. Environ. Res. Public Health (IJERPH)*, 19, 6243. doi: 10.3390/ijerph19106243. **Impact Factor: 3.4.** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9141064/pdf/ijerph-19-06243.pdf>
- **Bray, B.,** Rodriguez-Martin, B. C., Wiss, D.A., Bray, C.E., & Zwickey, H. (2021). Overeaters Anonymous: An Overlooked Intervention for Binge Eating Disorder. *International Journal of Environmental Research and Public Health (IJERPH)*, 18 (14). doi: 10.3390/ijerph18147303. **Impact Factor: 3.390.** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8305393/pdf/ijerph-18-07303.pdf>
- **Bray, B.,** Clement, K., Bachmeier, D., Weber, M., & Forster, G. (2020). Corticosterone in the ventral hippocampus differentially alters accumbal dopamine output in drug-naïve and amphetamine-withdrawn rats. *Neuropharmacology*, 165, 107924. Doi: 10.1016/j.neuropharm.2019107924. **Impact Factor: 5.250.** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7103421/pdf/nihms-1574147.pdf>
- **Bray, B.,** Mowjood, M.R., Menchaca, V., & Smart, K. (2019). Clinical Scribe Accelerator Training (CSAT) Textbook – Family Practice, Fifth Edition. ScribeConnect, LLC. ISBN-13: 978-1-7333310-0-5. <https://app.compendium360.com/catalog/courses/10-family-medicine-medical-scribe-training-course>.
- **Bray, B.** Clinical Scribe Accelerator Training (CSAT) Workbook – Family Practice. (2019). ScribeConnect, LLC. ISBN-13: 978-1-7333310-1-2. <https://app.compendium360.com/catalog/courses/10-family-medicine-medical-scribe-training-course>
- **Bray, B.** (2018). Ventral hippocampal corticosterone mediates accumbal shell dopamine output: potential link between stress and incentive salience in control conditions and in protracted amphetamine withdrawal. (PhD), University of South Dakota, ProQuest Dissertations & Theses Global Database. (Order No. 13422497). Retrieved from <https://search-proquest-com.ezproxy.usd.edu/docview/2157998281?accountid=14750>
- Barr, J. L., **Bray, B.,** & Forster, G. (2018). The Hippocampus as a Neural Link between Negative Affect and Vulnerability for Psychostimulant Relapse, *The Hippocampus* A. Stuchlik (Ed.), IntechOpen. Doi: 10.5772/intechopen.70854. Available from: <https://www.intechopen.com/books/the-hippocampus-plasticity-and-functions/the-hippocampus-as-a-neural-link-between-negative-affect-and-vulnerability-for-psychostimulant-relap>
- **Bray, B.,** Scholl, J.L., Tu, W., Watt, M.J., Renner, K.J., Forster, G.L. (2016). Amphetamine withdrawal differentially affects hippocampal and peripheral corticosterone levels in response to stress. *Brain Research*, 1644, 278-287. Doi:10.1016/j.brainres.2016.05.030. **Impact Factor: 3.125.** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4920069/pdf/nihms792045.pdf>

Select Health & Wellness Column Blogs

- Bray, B. (2024, March 10). [Boulder's Skyline to Success: Ultra-Marathon Running Lessons for Life](https://aboutboulder.com/blog/boulders-skyline-to-success-ultra-marathon-running-lessons-for-life/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/boulders-skyline-to-success-ultra-marathon-running-lessons-for-life/>.
- Bray, B. (2024, March 15). [Boulder's Brilliant Sanity: Embracing Our Inner Light](https://aboutboulder.com/blog/boulders-brilliant-sanity-embracing-our-inner-light/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/boulders-brilliant-sanity-embracing-our-inner-light/>.
- Bray, B. (2024, March 24). [Boulder's Beacon: Embracing Joy and Playfulness in Healing](https://aboutboulder.com/blog/boulders-beacon-embracing-joy-and-playfulness-in-healing/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/boulders-beacon-embracing-joy-and-playfulness-in-healing/>.
- Bray, B. (2024, March 2). [Coffee: Boulder's Bad Habit or Buzzing with Benefits?](https://aboutboulder.com/blog/coffee-boulders-bad-habit-or-buzzing-with-benefits/) Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/coffee-boulders-bad-habit-or-buzzing-with-benefits/>.
- Bray, B. (2024, Feb 29). [Boulder's Secret to Gut Health & Happiness: Eat Plants!](https://aboutboulder.com/blog/boulders-surprising-secret-to-gut-health-happiness-eat-30-different-plants-per-week/) Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/boulders-surprising-secret-to-gut-health-happiness-eat-30-different-plants-per-week/>.
- Bray, B. (2024, March 23). [Building Boulder Dreams: A Blueprint for Exploring Your Potential Futures](https://aboutboulder.com/blog/building-boulder-dreams-a-blueprint-for-exploring-your-potential-futures/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/building-boulder-dreams-a-blueprint-for-exploring-your-potential-futures/>.
- Bray, B. (2024, Jan 16). [Living Bolder Than Boulder: Celebrating One of Boulder's Original World Travelers](https://aboutboulder.com/blog/living-bolder-than-boulder-celebrating-one-of-boulders-original-world-travels/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/living-bolder-than-boulder-celebrating-one-of-boulders-original-world-travels/>.
- Bray, B. (2024, March 3). [Breathing in Boulder: A Health Coach's Secrets to Vibrant Living](https://aboutboulder.com/blog/boulder-health-coach-breath-work-veteran/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/boulder-health-coach-breath-work-veteran/>.
- Bray, B. (2024, Feb 11). [Meditation: The New Vegetable in Town](https://aboutboulder.com/uncategorized/meditation-the-new-vegetable-in-town/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/uncategorized/meditation-the-new-vegetable-in-town/>.
- Bray, B. (2024, March 12). [Boulder's Protein Powerhouses: Quinoa, Hemp, and Edamame](https://aboutboulder.com/blog/boulders-protein-powerhouses-quinoa-hemp-and-edamame/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/boulders-protein-powerhouses-quinoa-hemp-and-edamame/>.
- Bray, B. (2024, March 5). [Boulder's Keto-Vegan Debate: How to Boost Immunity & Metabolism With Your Diet](https://aboutboulder.com/blog/boulders-keto-vegan-debate-how-to-boost-immunity-metabolism-with-your-diet/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/boulders-keto-vegan-debate-how-to-boost-immunity-metabolism-with-your-diet/>.
- Bray, B. (2024, March 13). [Soy: Boulders Mighty Bean](https://aboutboulder.com/blog/soy-boulders-mighty-bean/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/soy-boulders-mighty-bean/>.

- Bray, B. (2024, March 6). [Can't Beet Boulder: How Boulder's Favorite Superfood Keeps our Hearts Happy](https://aboutboulder.com/blog/boulders-skyline-to-success-ultra-marathon-running-lessons-for-life/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/boulders-skyline-to-success-ultra-marathon-running-lessons-for-life/>.
- Bray, B. (2024, Feb 28). [Boulder Blues? Antioxidants to the Rescue!](https://aboutboulder.com/blog/antioxidants-to-the-rescue/) Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/antioxidants-to-the-rescue/>.
- Bray, B. (2024, Feb 27). [Blueberries: Boulder's Tiny Powerhouses](https://aboutboulder.com/blog/blueberries-boulders-tiny-powerhouses/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/blueberries-boulders-tiny-powerhouses/>.
- Bray, B. (2024, Feb 25). [Self-Care: Your Secret Weapon For Acing Mid-Terms & Stress](https://aboutboulder.com/blog/self-care-the-surprising-secret-weapon-for-acing-mid-terms-finals-and-other-high-stress-situations/), Health & Wellness. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/self-care-the-surprising-secret-weapon-for-acing-mid-terms-finals-and-other-high-stress-situations/>.
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In the News & Media Press.

- Muscle & Fitness HERS (May, 2024). [Ms. Health & Fitness Competition 2024](https://mshealthandfit.com/2024/brenna-bray-phd). Feature. *Muscle & Fitness HERS*. Retrieved from: <https://mshealthandfit.com/2024/brenna-bray-phd>.
- Medium (May, 2024). [Brenna Bray: Health & Wellness Coaching](https://medium.com/@brennabray2/health-wellness-coaching-233e0cf5d6f1). Feature. *Medium*. Retrieved from: <https://medium.com/@brennabray2/health-wellness-coaching-233e0cf5d6f1>.
- Sandrock, M. (2024, Jan 1). [Brenna Bray, PhD: Developing practices that build commitment](https://www.dailycamera.com/2024/01/01/michael-sandrock-developing-practices-that-build-commitment/), Feature. *Boulder Daily Camera*. Retrieved from <https://www.dailycamera.com/2024/01/01/michael-sandrock-developing-practices-that-build-commitment/>.
- Frieling, L. (2024, Jan 6). [AboutBoulder Announces Dr. Brenna Bray, Ph.D. in her New Expanded Role as Health & Wellness Blogger](https://aboutboulder.com/blog/aboutboulder-welcomes-dr-brenna-bray-ph-d-in-her-new-expanded-role/), Feature. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/aboutboulder-welcomes-dr-brenna-bray-ph-d-in-her-new-expanded-role/>.
- Frieling, L. (2024, Jan 16). [Boulder's Sub-Zero Secret: Unlocking Wellness through Cold Plunging](https://aboutboulder.com/blog/boulders-sub-zero-secret-unlocking-wellness-through-cold-plunging/), Feature. *AboutBoulder.com*. Retrieved from: <https://aboutboulder.com/blog/boulders-sub-zero-secret-unlocking-wellness-through-cold-plunging/>.

Select Podcasts

- **Bray, B. (2024)** Brenna Bray, PhD on Whole Health, Wellness, & Avocation. *Just Say More Podcast* (Bittner, Lauren). <https://justsaymore.com/podcast>. January, 2024.
- **Bray, B. (2022)** Binge Eating Disorder is a Social Justice Issue. *Bodywhys Podcast* (Bodywhys – The Eating Disorder Association of Ireland). www.bodywhys.ie. October 2022.

Select Teaching Experiences

- **Research and Program Evaluation (CNSC 710)**: I have been selected to develop the course syllabus for- and teach this 20-hour, 3-credit course at Naropa University in Spring 2024. This is an advanced graduate-level course within the Department of Contemplative Psychotherapy and Buddhist Psychology (MA) that provides a survey of research methods and program evaluation as it applies to counseling, in alliance with CACREP's 2024 Standards for Research and Program Evaluation for Clinical Mental Health Counselors at the Graduate (Masters) Level.
- **Clinical Scribe Accelerator Training (CSAT) eCourse – Family Practice (2019-2020)**: In my role as Director of Operations and Content Development for ScribeAccelerator, I developed two medical scribe training eTextbooks, two eWorkbooks, and an eCourse. The eCourse is self-paced and contains 15 hours of video footage. It is divided into four modules that cover the general/regulatory-, medical-, business/financial-, and legal aspects of clinical documentation. Each module contains 4 – 6 units (22 units total). Each unit contains a 30 – 60 min unit video, recommended unit resources and homework, a unit review, and a 10-20 question online end-of-unit quiz. The entire eCourse also includes a 135-question Final Examination that students take online to earn Phase I CSAT certification. In addition to creating all eCourse content, I also created all quiz- and final examination content and also created the end-of-unit quizzes, final examination, and certificates in LearnDash. <https://app.compendium360.com/catalog/courses/10-family-medicine-medical-scribe-training-course>.
- **Behavioral Neuroscience (BIOL 432/732; 2017)**: I co-taught this 20-hour, 3-credit course under the mentorship of Dr. Cliff Summers. This is an advanced undergraduate and graduate-level course on integrative neural circuitry, neurotransmission, and neuromodulatory endocrine actions that produce environmentally relevant behaviors. I prepared and delivered 4 lectures, participated in student grading, and received student feedback. Course syllabus is available online at: <http://www.usdbiology.com/cliff/Courses/Behavioral%20Neuroscience/BhNsyl17.html>.
- **Neuroscience Teaching Practicum Course (NCSI 795, 2017)**: This is a graduate-level teaching course, in which I co-taught BIOL 432/732 (Behavioral Neuroscience) under the mentorship of Dr. Cliff Summers. I developed and presented my own lectures, participated in student grading, and received student evaluations.
- **Behavioral Neuroendocrinology: Decision-Making in Depression (UCL 173, 2017)**: Spring 201 Guest Lecturer (Decision-Making in Eating Disorders: Differences between anorexia nervosa, bulimia nervosa, binge eating disorder, and healthy controls).
- **Fundamentals of Teaching in the Basic Sciences (CPHD 740, 2016)**: This was a 20-hour, 3-credit graduate-level course aimed to prepare graduate students for academic teaching experiences. Course exercises included preparing a course syllabus, choosing a course textbook, and preparing and delivering a videotaped and critiqued mini lecture for a course of the students' choosing.
- **Neuropharmacology (NSCI 710, 2016)**: Fall 2016. Guest Lecturer.

- **ScribeConnect's Scribe Training Course (STC, 2013 - 2019):** I created the training manual and program for ScribeConnect's 18-hour Scribe Training Course and led the pilot course in Grants, NM in June 2013.
- **ScribeAmerica Scribe Training (2010–2012):** In my position as Project Manager with ScribeAmerica I was responsible for training employees at Advocate Condell Medical Center (Libertyville, IL), Carilion Medical Clinic (Roanoke, VA), and Providence Alaska Medical Center (Anchorage, AK). Training included a 1-week classroom training component as well as a 2-week clinical training component for each employee. I was also responsible for training local leadership to oversee training and management underneath my leadership.
- **Investigative Explorations in Psychology Lab Preceptor (PSYCH 122, 2006)** (PSYCH 122, 2006): As part of my senior capstone experience at St. Olaf College, I co-taught the Investigative Explorations in Psychology Lab as part of the National Model funded in part by an NSF Course and Curriculum Grant (<https://grantome.com/grant/NSF/DUE-9653232>).

Select Mentorship Experiences

- **Mounds Park Academy (MPA) Alumni Mentorship Program** (2018 – present) – I participate in an annual mentorship program in which Mounds Park Academy high school seniors are paired with MPA alumni to receive mentorship and guidance in their preparation for high school graduation and college/work force entry. In my role on the MPA Alumni Board, I also help manage and coordinate this program, in addition to serving as a mentor.
- **Band of Runners Mentor** (2019 – present) – Band of Runners is a 501(c)(3) organization created to share the community of trail running and the physical and psychological benefits that running in nature provides with veterans and their surviving family members. As a BOR mentor, I attend and provide assistance and mentorship at trail running camps, races, and meetings throughout the year.
- **Mounds Park Academy Summer Internship Mentor** (2021) – During the summer of 2021, I mentored a high school junior who was interested in STEM research. The student worked with me as an intern on my research projects. I met with the student once per week and provided mentorship on STEM research, including content-based educational guidance, synthesizing primary research literature, conducting clinical research, and manuscript preparation.
- **Undergraduate Research Mentor** (2016-2019) – I have mentored 4 undergraduate research assistants: Kaci Clement, Elise Hadley, Dana Turgeon, & Raisul Rubel. As a mentor, I provided technical research and analytical training and helped my mentees earn grant funding to present their research locally and nationally.
- **Women in Science, Technology, Engineering and Math (WiSTEM) Mentor** (2016-2019).
- **Native American High School Scholars Program (NAHSP) Mentor** (2016-2019).
- **Summer Program for Undergraduate Research in Addiction Graduate Student Mentor** (Summer 2014).

Select Abstract Publications (Accessible Online)

- **Bray, B., Bray, C., Bradley, N., Zwickey, H.** (2022, May). Binge Eating Disorder Treatment Barriers: Modified Delphi Panel Findings. *Integrative Medicine & Health Symposium (IMHS)*, Phoenix, AZ. Poster P10.07. Abstract available online at: <https://journals.sagepub.com/doi/pdf/10.1177/2164957X221096590>, pgs 118 – 119.

- **Bray, B.,** Bray, C., Bradley, N., Zwickey, H. (2022, May). Complementary and Integrative Health Interventions for Binge Eating Disorder: Findings from a Modified Delphi Panel. *Integrative Medicine & Health Symposium (IMHS)*, Phoenix, AZ. Poster P10.08. Abstract available online at: <https://journals.sagepub.com/doi/pdf/10.1177/2164957X221096590>, pgs 119 – 120.
- **Bray, B.,** Weber, M., Forster, G.L. (2017). Differential effects of ventral hippocampal corticosterone and its receptors on accumbal dopamine output in drug-naïve and amphetamine withdrawn rats. *Society for Neuroscience Abstracts*, 9918.
- **Bray, B.,** Weber, M., Forster, G.L. (2017). Corticosterone in the ventral hippocampus differentially alters dopamine output in drug-naïve and amphetamine-withdrawn rats. *International Meeting on Steroids and the Nervous System: 130-131*.
- **Bray, B.,** Weber, M., Forster, G.L. (2016). Corticosterone in the ventral hippocampus differentially affects accumbal dopamine release in drug-naïve and amphetamine-withdrawn rats. *Society for Neuroscience Abstracts*, 4866.
- **Bray, B.,** Weber, M., & Forster, G.L. (2016). Ventral Hippocampal Corticosterone: Novel Link Between Stress, Accumbal Dopamine Output, and Reward Value in Drug Naïve and Amphetamine Withdrawn Rats. NIH, NIGMS Sixth Biennial National IDeA Symposium of Biomedical Research Excellence (NISBRE) Abstracts (<https://na.eventscloud.com/ehome/nisbre2020/989690/>; <http://nisbre.ipostersessions.com/default.aspx?s=81-88-2D-7E-72-68-C9-42-72-38-1C-5D-62-60-91-59>).
- **Bray, B.,** Scholl, J.L., Tu, W., Watt, M.J., Renner, K.J., Forster, G.L. (2014). Differential effects of amphetamine withdrawal on central and peripheral corticosterone levels in response to stress. *Society for Neuroscience Abstracts*, 6246.

Select Speaker Presentations & Podcasts

- **Bray, B.** (2024) Complementary and Integrative Health Intervention Use in Binge Eating Disorder: Thematic Summary of Binge Eating Disorder Experts' Perspectives and Experiences, as Identified in a Cross-Sectional Mixed-Methods Study. [*Second International Conference on Alternative Medicine and Integrative Health*](#) (Dubai, UAE; September 2024).
- **Bray, B.** (2024) Overeaters Anonymous: An Overlooked Intervention for Binge Eating Disorder. [*Second International Conference on Alternative Medicine and Integrative Health*](#) (Dubai, UAE; September 2024).
- **Bray, B.** (2024) Binge Eating Disorder is a Social Justice Issue: Thematic Summary of Environmental Factors Contributing to Binge Eating Disorder, as Identified in a Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions and Experiences. [*Second International Conference on Alternative Medicine and Integrative Health*](#) (Dubai, UAE; September 2024).
- **Bray, B.** (2024) Treatment Barriers in Binge Eating Disorder: Thematic Summary of a Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions. [*Second International Conference on Alternative Medicine and Integrative Health*](#) (Dubai, UAE; September 2024).
- **Bray, B.** (2023) Binge Eating Disorder is a Social Justice Issue – Thematic Summary of Environmental Aspects Contributing to Binge Eating Disorder, as Identified in a Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions. *Fourth International Conference on Psychology and Mental Health* (Paris, France; December 2023).
- **Bray, B.** (2023) Clinical Factors of Binge Eating Disorder – Thematic Summary from a Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions. *Fourth International Conference on Psychology and Mental Health* (Paris, France; December 2023).
- **Bray, B.** (2023) Treatment Barriers in Binge Eating Disorder – Thematic Summary of a Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions. *Fourth International Conference on Psychology and Mental Health* (Paris, France; December 2023).
- **Bray, B.** (2022) Binge Eating Disorder is a Social Justice Issue. *Bodywhys Podcast* (Bodywhys – The Eating Disorder Association of Ireland). www.bodywhys.ie. October 2022.
- **Bray, B.** (2017) The neurobiology of stress and addiction. *Center for Brain and Behavior Research Workshop Series* (University of South Dakota, Vermillion, SD; December 2017).
- **Bray, B.** (2017). The ventral hippocampus: A gatekeeper of stress effects on motivation and drug withdrawal. *Center for Brain and Behavior Research Annual Neurobehavioral Research Symposium* (Center for Brain and Behavior Research; University of South Dakota, Vermillion, SD; August 2017).

- **Bray, B.** (2016). Ventral hippocampal corticosterone: linking stress, accumbal dopamine output, and reward salience in healthy conditions and in amphetamine withdrawal. *Sanford Health Biomedical Research Symposium* (University of South Dakota, Vermillion, SD; May 2016).
- **Bray, B.** (2016). Ventral hippocampal corticosterone: linking stress, accumbal dopamine release, and reward value in healthy conditions and during amphetamine withdrawal. *Building Better Brains Research Symposium* (University of North Dakota; Grand Forks, ND; April 2016).

Select Research Seminars and Oral Presentations

- Bray, B. (2018). Uncovering a new arbiter of stress-induced motivation & relapse: Corticosterone in the ventral hippocampus. *IdeaFest Research Symposium* (University of South Dakota; Vermillion, SD; April 2018).
- Bray, B. (2017). Ventral hippocampal corticosterone: A gatekeeper of stress effects on motivation and drug withdrawal. Biomedical Sciences Graduate Student Research Seminar Series (Sanford School of Medicine and University of South Dakota; October 17, 2017).
- Bray, B. (2017). Differential effects of glucocorticoid receptors in the ventral hippocampus on accumbal dopamine output in drug-naïve and amphetamine withdrawn rats. *IdeaFest Research Symposium* (University of South Dakota; Vermillion, SD; April 2017).
- Bray, B. (2016). Ventral hippocampal corticosterone: linking stress to reward value through accumbal dopamine output in healthy conditions and in amphetamine withdrawal. Biomedical Sciences Graduate Student Research Seminar Series (Lee School of Medicine and University of South Dakota; October 11, 2016).
- Bray, B. (2016). Stress in the brain: examining the neurobiological mechanisms that link stress to reward value & drug relapse. IdeaFest Research Symposium (University of South Dakota; Vermillion, SD; April 2016).
- Bray, B. (2016). Ventral hippocampal corticosterone: linking stress, accumbal dopamine release, and drug seeking. Biomedical Sciences Graduate Student Research Seminar Series (Lee School of Medicine and University of South Dakota; March 2016).
- Bray, B. (2014). Mechanisms mediating enhanced stress-induced glucocorticoid responses in the brain during amphetamine withdrawal. Biomedical Sciences Graduate Student Research Seminar Series (Lee School of Medicine and University of South Dakota; March 2015).
- Bray, B. (2014). Neurobiological mechanisms of stress sensitivity during amphetamine withdrawal: glucocorticoid enhancement and metabolism in the brain. IdeaFest Research Symposium (University of South Dakota; Vermillion, SD; April 2015)

Select Poster Presentations

- **Bray, B.,** Bray, C., Bradley, N., Zwickey, H. (2022, May). Binge Eating Disorder Treatment Barriers: Modified Delphi Panel Findings. *Integrative Medicine & Health Symposium (IMHS)*, Phoenix, AZ. Poster P10.07. Abstract available online at: <https://journals.sagepub.com/doi/pdf/10.1177/2164957X221096590>, pgs 118 – 119.
- **Bray, B.,** Bray, C., Bradley, N., Zwickey, H. (2022, May). Complementary and Integrative Health Interventions for Binge Eating Disorder: Findings from a Modified Delphi Panel. *Integrative Medicine & Health Symposium (IMHS)*, Phoenix, AZ. Poster P10.08. Abstract available online at: <https://journals.sagepub.com/doi/pdf/10.1177/2164957X221096590>, pgs 119 – 120.
- **Bray, B.,** Weber, M., Forster, G.L. (2017, November). Differential effects of ventral hippocampal corticosterone and its receptors on accumbal dopamine output in drug-naïve and amphetamine withdrawn rats. *Society for Neuroscience Annual Meeting*, Washington, DC.
- **Bray, B.,** Weber, M., Forster, G.L. (2017, February). Corticosterone in the ventral hippocampus differentially alters dopamine output in drug-naïve and amphetamine-withdrawn rats. *International Meeting on Steroids and the Nervous System, 4*, Turin, Italy.
- **Bray, B.,** Weber, M., Forster, G.L. (2016, November). Corticosterone in the ventral hippocampus differentially affects accumbal dopamine release in drug-naïve and amphetamine-withdrawn rats. *Society for Neuroscience Annual Meeting*, San Diego, CA.
- **Bray, B.,** Weber, M., Forster, G.L. (2017, October). The ventral hippocampus: A gatekeeper of stress effects on motivation and drug withdrawal. Nebraska Physiological Society Annual Meeting, Omaha, NE.

- **Bray, B.,** Weber, M., & Forster, G.L. (2017, June). Stress in the brain: Novel neurobiological mechanisms that link stress to reward value and drug relapse It's All About Science Festival Abstracts, 22, Sioux Falls, SD.
- **Bray, B.,** Weber, M., Forster, G.L. (2017, May). Differential effects of glucocorticoid receptors in the ventral hippocampus on accumbal dopamine output in drug-naïve and amphetamine withdrawn rats. Eastern South Dakota Research Symposium, Sioux Falls, SD.
- Bray, B., Weber, M., Forster, G.L. (2016, November). Corticosterone in the ventral hippocampus differentially affects accumbal dopamine release in drug-naïve and amphetamine-withdrawn rats. Society for Neuroscience Annual Meeting, San Diego, CA.
- Bray, B., Weber, M., & Forster, G.L. (2016, October). Corticosterone in the ventral hippocampus differentially affects accumbal dopamine release in drug-naïve and amphetamine-withdrawn rats. Nebraska Physiological Society Annual Meeting, Omaha, NE.
- Bray, B., Weber, M., & Forster, G.L. (2016, August). Corticosterone in the ventral hippocampus differentially affects accumbal dopamine release in drug-naïve and amphetamine-withdrawn rats. Annual Neurobehavioral Research Symposium, Vermillion, SD.
- Bray, B., Weber, M., & Forster, G.L. (2016, June). Ventral hippocampal corticosterone: Novel link between stress, accumbal dopamine output, and reward value in drug naïve and amphetamine withdrawn rats. NIH, NIGMS 6th Biennial National IDeA Symposium of Biomedical Research Excellence, <http://nisbre.ipostersessions.com/default.aspx?s=81-88-2D-7E-72-68-C9-42-72-38-1C-5D-62-60-91-59>, Washington, DC.
- Bray, B., Weber, M., & Forster, G.L. (2016, June). Stress in the brain: uncovering a novel neurobiological mechanism that links stress to reward value and drug relapse. It's All About Science Festival Abstracts, Vermillion, SD.
- Bray, B., Weber, M., Forster, G.L. (2016, May). Ventral hippocampal corticosterone: linking stress, accumbal dopamine output, and reward salience in healthy conditions and in amphetamine withdrawal. Sanford Health Biomedical Research Symposium, Vermillion, SD.
- Bray, B., Scholl, J.L., Tu, W., Watt, M.J., Renner, K.J., Forster, G.L. (2014, November). Differential effects of amphetamine withdrawal on central and peripheral corticosterone levels in response to stress. Society for Neuroscience Annual Meeting, Washington, DC.
- Bray, B., Scholl, J.L., Tu, W., Watt, M.J., Renner, K.J., Forster, G.L. (2014, August). Differential effects of amphetamine withdrawal on central and peripheral corticosterone levels in response to stress. Center for Brain and Behavior Research Symposium, Vermillion, SD.
- Bray, B., Scholl, J.L., Tu, W., Watt, M.J., Renner, K.J., Forster, G.L. (2014, June). Amphetamine withdrawal alters stress sensitivity: differing effects on central and peripheral hormone levels. It's All About Science Festival, Sioux Falls, SD.
- Bray, B., Scholl, J., Forster, G. (2014, April). Amphetamine withdrawal does not affect the plasma corticosterone response to stress in rats. IdeaFest, Sanford School of Medicine, University of South Dakota, Vermillion, SD.
- Bray, B., Westerberg, J., Dickinson, S. (2013, May). Learning to nose-poke for ethanol: an automated training protocol for operant self-administration studies. St. Olaf College Spring Research Symposium, St. Olaf College, Northfield, MN.
- Bray, B., Kleven, A., Lemke, S., Songpitak, M., Dickinson, S. (2012, October). Nose poking for Red Bull-ethanol solutions: developing an operant conditioning protocol for adolescent mice. MidBrains Undergraduate Neuroscience Conference, Northfield, MN.
- **Please contact Dr. Bray for a full list of all Poster Presentations.**

First Place Poster Presentation Awards

- **First Place Prize Winner** – *Nebraska Physiological Society Annual Meeting* Poster Competition (October 2016; Omaha, NE).
- **First Place Prize Winner** – *Center for Brain & Behavior Research Annual Neurobehavioral Research Symposium* Poster Competition, (2016; SD).
- **First Place Prize Winner** - *It's All About Science Festival* Poster Competition (June 2014; Sioux Falls, SD).

Select Grants, Fellowships, and Travel Awards

- **Ms. Health & Fitness Nominee (2024)** – I was recognized as a Top 20 Ms. Health & Fitness Award Nominee. The Ms. Health & Fitness // Muscle & Fitness HERS Award aims to “showcase the extraordinary champions of the world’s largest fitness competition” through an annual multi-found National-level competition. <https://mshealthandfit.com/2024/brenna-bray-phd>
- **GoFundMe Mental Health Fundraiser Microgrant (2023)** – I earned a microgrant from GoFundMe to support my independent completion of publications from my post-doctorate work after completion of my post-doctorate position (August 2023). <https://www.gofundme.com/f/thementalhealthfund>.
- **National Center for Complementary and Integrative Health (NCCIH) Building Research Across Interdisciplinary Gaps (BRIDG) R90 Training Grant** – I earned a competitive position in the National University of Natural Medicine’s R90 program, which provides 3 years of protected grant funding from the NIH/NCCIH and immersive clinical research training to PhD-level researchers. <https://www.nccih.nih.gov/training/centers/national-university-of-natural-medicine>.
- **2020 Anthinoula A Martinos Center for Biomedical Imaging Functional MRI Visiting Fellowship** – I earned a competitive fellowship to attend an intensive 5-day introduction to fMRI imaging held at Massachusetts General Hospital with faculty from Harvard-MIT Health Sciences & Technology, Harvard Medical School, and Massachusetts Institute of Technology. Attendance prevented by COVID-19.
- **2x (2019, 2017) International Plant-Based Nutrition Healthcare Conference Student Fellowship** – I earned a competitive fellowship to attend the 2019 International Plant-Based Nutrition Healthcare Conference in Anaheim, CA (October 2019 & September 2017).
- **2x (FY2018, FY2017) Graduate Research and Creative Scholarship Grant** – I earned two annual competitive Graduate Research grants from my institution that enabled me to present my research at the *2017 International Meeting on Steroids and the Nervous System* in Turin, Italy (February 2017) and at the *2017 Annual Society for Neuroscience Meeting* in Washington, DC (November 2017).
- **2017 International Meeting on Steroids & Nervous System Fellowship** – I earned a competitive fellowship to attend and present my research at the *2017 International Meeting on Steroids and the Nervous System* in Turin, Italy (February 2017).
- **2x (2017, 2014) Center for Brain and Behavior Research Student Travel Award** – One of two individuals honored with a \$2,50 travel award to present research at the 2017 International Meeting on Steroids & the Nervous System and at the 2014 Society for Neuroscience Annual Meeting
- **2015 Kent Scientific Young Investigator Travel Award** – One of two individuals honored with a \$1,500 travel award to attend the 2015 Society for Neuroscience Annual Meeting

Technical Skills and Competencies

- Grant Writing.
- Clinical Evaluation Report (CER) Writing (MDDEV 2.7.1 Rev 4 and MDR Compliance).
- Writing, Editing, and Publishing Scientific Publications (Manuscripts & Abstracts).
- Creating, Editing, and Presenting Scientific Presentations (Poster & Oral).
- Medical Content Development.
- Self-Publishing.
- EndNote.
- DropBox, GoogleDrive, SugarSync.
- Microsoft Office Systems: PowerPoint, Excel, and Word.
- Statistical Software: SPSS, SigmaPlot/SigmaStat, StatPlus, GraphPad.
- eCourse Development: WordPress, LearnDash, Tin Canny, WISDMLABS.
- Electronic Health Record (EHR) Systems: EPIC, McKesson, Ibex; AudioScribe, Dragon.

- Online Scheduling Systems: Amion, OnCall, Cross-Over.

Conceptual Skills and Expertise:

- **Project Management**: Experienced in managing projects, coordinating teams, meeting deadlines, and managing budgets.
- **Scientific and Medical Writing**: Experienced in writing and editing scientific and medical content for various audiences, including peer-reviewed manuscripts, grant proposals, research reports, regulatory documents, educational materials, and online content.
- **Research Design and Execution**: Proficient in designing and conducting research studies, including human subjects research, animal models, and in vitro experiments. Skilled in data collection, statistical analysis, and interpretation.
- **Data Analysis**: Proficient in using statistical software (e.g., SPSS, R) for data analysis and visualization.
- **Public Speaking and Presentation**: Experienced in delivering presentations and lectures to diverse audiences, including scientific conferences, academic settings, and community events.
- **Coaching and Leadership**: Skilled in coaching and mentoring athletes of various levels, fostering teamwork, and promoting personal and athletic development.
- **Regulatory Writing**: Proficient in writing regulatory documents for medical devices, including Clinical Evaluation Reports (CERs), Post-Market Clinical Follow-up (PMCF) Reports, and Safety and Clinical Performance documents.
- **Publishing**: Knowledgeable in the publishing industry, including manuscript preparation, submission, and peer review processes.

Select Leadership & Service Positions

- **Frontiers in Psychology Editorial Board Member** (2020 – present). In my role as an Editorial Board Member for Frontiers in Psychology, I am committed to providing peer-review for a minimum of 3 manuscript per year.
- **Mounds Park Academy (MPA) Alumni Board Member** (2011 – 2013, 2018 – present). In my role as an MPA Alumni Board Member, I attend monthly meetings and help to coordinate and manage the MPA Alumni Mentorship program, in which high school seniors are paired with MPA Alumni to receive mentorship and guidance in their preparation for high school graduation and college/work force entry.
- **Mounds Park Academy Alumni Board Marketing Team Member** (2019 – present). Based on my merit and contributions to the MPA Alumni Board, I was asked to join the MPA Alumni Board Marketing Team. In this role, I attend weekly to monthly meetings and help direct the MPA Alumni Board's marketing and branding strategies.
- **American Medical Writers Association (AMWA) Local Networking Coordinator, Southern California area** (2019). In my role as local networking coordinator, I helped plan and implement networking events for AMWA members in the Southern California area.
- **Center for Brain and Behavior Research Graduate Student Organization (CGSO) Chair** (2015-2018) – In my role as founder and chair of the CBBRe Student Organization, I established and managed the group's private website, a weekly newsletter, a fiscal budget (\$2,300 annually), an Outreach Workshop series, and a peer-reviewed Award for Excellence in Research and Leadership program that provided \$500 awards to chosen applicants.
- **Center for Brain and Behavior Research (CBBRe) Internal Advisory Committee (IAC) Member** (2014-2016).
- **Biomedical Sciences Graduate Student Organization Treasurer** (University of South Dakota, 2014 – 2018).
- **Nebraska Physiology Society "Education Debate" Honorary Participant** (2017; <https://www.unmc.edu/physiology/nps/meeting/agenda.pdf>)

Relevant Coaching Experiences and Achievements

- **Volunteer Part-Time Assistant Coach** – St. Olaf College Women's Cross-Country Running (2009)
 - 24th Place NCAA Division III National Meet Team Finish (2009)
 - 4th Place MIAC Team Finish (2009)
- **Assistant Coach** – Women's Nordic Skiing (Mounds Park Academy, 2013 – 2014)
 - 3rd Place Individual State Title (MN Class A, Kristen Bourne, 2014)
 - 2x All-State honors; 3 Individual State Qualifiers (MN Class A; 2013 – 2014)
 - 1x Tri-Metro Conference Team Champions (2014), 1 All-Conference Individual Champion; 5 All-Conference Honors, 3 All Conference Honorable Mention (2013 – 2014)
- **Assistant Coach** – Men's Nordic Skiing (Mounds Park Academy, 2013 – 2014)
 - 2nd Place Individual State Title (MN Class A, Nick Gardner)
 - 2 All-State Honors; 4 State Meet Qualifiers (MN Class A, 2013 – 2014)
 - 1 All-Conference Champion (Tri-Metro, 2014), 5 All-Conference Honors (2013 – 2014), 3 All-Conference Honorable Mention (2013 – 2014)
- **Assistant Coach** – Men's Cross-Country Running (Mounds Park Academy, 2012 – 2013)
 - One All-State Honors Finish (Nick Gardner, 2013)
 - 2nd Place Team Title at 2013 Class A State Meet (MN, 2013)
 - 8 Individual State Qualifiers (MN Class A, 2012 – 2013)
 - 8 Tri-Metro All-Conference Honors (2012 – 2013)
- **Assistant Coach** – Women's Cross-Country Running (Mounds Park Academy, 2013-14)
 - 1 All-Conference Honors (2012), 4 All-Conference Honorable Mentions (2012 – 2013)

Relevant Athletic Achievements

- **Ultra-Marathon Running**
 - Personal Best 50k Time: 4:11:18 (2016; Ultra Chili 50k; SC)
 - Grand Traverse Mountain Run: 9th Female, 25th Overall, Time: 9:33:26 (2020)
 - Pike's Peak Marathon: 13th Female, 86th Overall, Time: 5:45:02 (2020)
 - https://ultrarunning.com/calendar/runner/show?first_name=Brenna&last_name=Bray
- **Collegiate Running (St. Olaf College Varsity Women's Cross-Country Running, 2002 – 2004)**
 - NCAA Division III Cross Country Championship competitor (2002)
 - MIAC All-Conference Honors (2002), Honorable Mention (2003)
 - MIAC Conference Team Championships (2002)

- Regional Honors (2002)
- Current Record Holder in 6k (23:18, 2003; 45th), 5k (19:31, 2003; 92nd), and 4k (15:28, 2003; 49th)
- **Junior National/Olympics (Nordic Skiing, Midwest Region, 2000 – 2002)**
 - 2x Junior Olympic Competitor, Midwest Regional Team (2001 – 2002)
 - U.S. National Competitor (2002)
 - Nor/Am Continental Cup Competitor (2001 – 2002)
- **Athena Award for Excellence in Athletics and Academics (2002)**
- **High School (Mounds Park Academy; St. Paul, MN; 1999 – 2002)**

Nordic Skiing (Skate, Classic, Sprint, Pursuit)

- All-State Honors (MN, Class A, 2002)
- 3x Class A State Competitor (2000 – 26th Classic; 2001 – 23rd Classic, 25th Freestyle; 2002 – 15th Classic, 29th Freestyle).
- Tri-Metro Conference and Section IV Champion (2002)
- 3x Tri-Metro All Conference (2000 – 2002), 1x All Conference Honorable Mention (1999)

Cross-Country Running & Track and Field (1600, 3200, 4x800)

- All-Conference Honorable Mention (Cross Country Running, 2002)
- All-Conference and All-Section Finishes in Track and Field in 1600, 3200, 4x800 relay (2000-2002)

Please contact Dr. Bray for additional information on the following:

- Workshops, Webinars, Conferences, Symposiums, & Podcasts
- Affiliations, Memberships, & Additional Awards
- Research Interests & Areas of Expertise
- Additional Leadership, Service, Mentorship, Outreach, & Teaching Experiences
- Relevant Clinical Coursework & Accolades