

CURRICULUM VITAE

Lois Prislovsky, Ph.D.

CONTACT INFORMATION:

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RESEARCH INTERESTS:

Human Performance, Compassion Cultivation, Neurodiversity, Anxiety, ADHD, Autism Spectrum Disorders, Attention, Intention, Mindfulness, Emotional Regulation, Life/Death transitions, Social and Emotional intelligence, and Forgiveness

EDUCATION:

- 1996 Ph.D. Educational Psychology, University of Tennessee, Knoxville, TN. Dissertation: *The Effects of Prenatal Language Stimulation on Human Cognitive Development*
- 1991 M.S. Psychology, University of Memphis, Memphis, TN.
- 1989 B.A. Psychology, Christian Brothers University, Memphis TN.

EXPERIENCE:

Emotional Regulation, Performance Coach & Intervention Specialist. Santa Cruz, CA (since 2018)

Solo practice offering compassion-based emotional regulation coaching via video conferencing or “in person” sessions for individuals, families, athletes, and businesses to navigate anxiety, depression, ADHD, learning difficulties, autism, major life transitions, and communication/social skills challenges to maximize performance and quality of life. Create and implement empirically sound, compassion-based emotional regulation programming tailored for the individual needs of clients. Personalized guided meditations and issue specific hypnosis audio and video recordings are provided. All programming is designed to maximize human joy and performance utilizing an F+ (fun and positive) paradigm.

President, Psychoeducational Network. Knoxville, TN (2007-2018)

Founded, owned, and operated this private practice group which provided comprehensive psychoeducational care: counseling, reading therapy, tutoring, diagnostic assessments, neurofeedback, standardized test preparation, hypnotherapy, advocacy, and community education.

Psychoeducational Network closing video - <https://www.youtube.com/watch?v=o2ZRd4QGpoE>

President, Mule and Muse Productions. Knoxville, TN (2011-2019)

Professional collaboration company created with co-author (we alternated chapters) Barb Rentenbach to “help make the benefits of neurodiversity as common as juice stains in mini-vans.” Produced two books, 39 “Loud Mute Radio” podcasts, dozens of educational blogs and videos, and numerous presentations related to Autism and other neurodiversities. Blog: <https://loisprislovsky.com/blog#9c6b484f-d162-4545-81c0-56a918dfdb7a>

Executive Director Greater Living Institute. Knoxville, TN (2011-2019)

Non-profit, 501(c)3, created to support and uplift adolescents and adults with disabilities to help neurodiverse individuals sculpt their lives with intention and meaningfully contribute as their highest selves.

Board Member, Tennessee Equality Project (TEP), Knoxville, TN (2018-2019)

State-wide organization dedicated to eliminating prejudice and discrimination of LGBT persons by promoting and advocating equality through laws, education, collaboration, and advocacy. As a board member: I hosted events in our home; advocated at the Nashville State Senate; gave professional presentations to the Knoxville Board of Education regarding the psychological and educational ramifications of discriminatory legislation and opportunities to grow a healthy and educated populous; produced promotional videos from young people

speaking from their hearts about discrimination and TN laws; and secured donations, promoted, and staffed diversity prom.

Director, Special Needs Program, Univ. of TN. Knoxville, Athletic Department (1996-2007)

Created and developed the Special Needs program from its inception into a nationally respected program. The program comprehensively assisted student athletes struggling with performance issues related to anxiety, depression, ADHD, Dyslexia, and other learning challenges, allowing students to attain unprecedented athletic, academic, and personal success.

Graduate Assistant, Univ. of TN. Knoxville, Athletic Department (1994-1996)

Coordinated academic support and psychoeducational care for student athletes. Worked directly with coaches and athletes to maximize performance.

BOOKS:

Rentenbach, Barb, and **Lois Prislovsky**. 2016. *Neurodiversity: A Humorous and Practical Guide to Living with ADHD, Anxiety, Autism, Dyslexia, the Gays, and Everyone Else*. Knoxville, TN: Mule and Muse Productions.

Rentenbach, Barb, and **Lois Prislovsky**. 2012. *I Might Be You: An Exploration of Autism and Connection*. Knoxville, TN: Mule and Muse Productions.

PUBLICATIONS:

Prislovsky, Lois, "Top 3 Anxiety Tips" *Sandi Klein's Conversations with Creative Women Blog*, January 2017.

Prislovsky, Lois, Barb Rentenbach, and Rachael Gabriel. "Valuing differences: Neurodiversity in the classroom" *Journal of Experiential Education* 12.3 (2017): 1-4. *Phi Delta Kappa Online*. Phi Delta Kappa Online, 1 May 2017.

Prislovsky, Lois. "Embracing Differences and Strengths Will Help Your Child Manage ADHD." *ExpertBeacon*, n.d.

Prislovsky, Lois. "Learning to Connect with Nonverbal Kids on the Autism Spectrum" *ExpertBeacon*, n.d.

Prislovsky, Lois. "Helping Your Child Overcome Anxiety is Not an Impossible Task" *ExpertBeacon*, n.d.

Rentenbach, Barb, and **Lois Prislovsky**. "Life Is a Balance of Two B's: Just Being, Being Just." *Zoom! Autism Magazine*. 4 Dec. 2015: 46-50.

Rentenbach, Barb, and **Lois Prislovsky**. "Autism Is My Prism Not My Prison!" *Zoom! Autism Magazine*. 13 June 2015: 24-36.

POSTDOCTORAL TRAINING:

Compassion Immersion – 2 (6-month training from Robert Cusick; October 2019 – March 2020) training from The Compassion Train, Menlo Park, CA.

Compassion Cultivation Training (January 2019 – March 2019) from The Center of Compassion and Altruism Research and Education, Stanford Medical School, CA.

Improv and next level Improv weekly classes to learn and practice improved listening and public speaking (March 2019 – present) from The Fun Institute, Santa Cruz, CA.

Psychoeducational Assessment from School Psychology Department, University of Tennessee, Knoxville.

Cognitive Enrichment from Educational Psychology Department, University of Tennessee, Knoxville.

Lindamood-Bell ® Reading Therapy

DIRFloortime® methods for relationship-based support for Autism

Advanced Certification in Ericksonian Hypnosis from The Milton H. Erickson Foundation in Phoenix, AZ.

F+ COMPASSION-BASED EMOTIONAL REGULATION PROGRAMMING:

The dynamic programming listed below is built on the four-step process presented in Dr. Jim Doty's book, *Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart*. In the first four programs listed below, volunteers and I experimented with understanding and progressing through those 4 stages (1. Relax full body, 2. Clear mind, 3. Open heart, and 4. Clarify/visualize intentions) with variations tailored for each learning style. We used movement, play, music, micro-meditations, daily "live" FaceTime meditations before school/work, personalized guided meditation videos recordings of varying lengths, personalized guided meditation audio recordings of varying lengths, Improv communication games, and lots of feedback and collaborative problem solving to help each person design a practice well suited for their needs and learning preferences. This programming resulted in positive change for participants and generated new revenue and networking streams for future program development.

F+ Networking Event at Tilden Ranch, Santa Cruz, CA (Spring 2019)

Created, organized, and promoted a brainstorming/networking lunch with local professionals desiring to contribute their F+ (fun and positive) expertise and talents to promote compassion education. Secured donated event facilities and catering from Tilden Ranch owners who are interested in hosting events and lodging to do their part in healing the world while having fun.

F+ Parent/Child Play Day Camps, Northern CA (Summer 2019)

Developed a play day camp designed to increase learning and practicing respectful communication, social skills, emotional regulation, clarity of intentions, and compassion through MEANINGFUL PLAY. F+ Camps are staffed by passionate and talented professionals who grow compassion by teaching what is fun and positive for them while sharing their own relevant emotional regulation tips they learned from their personal compassion meditation practices. During camp, parents and children practiced these skills and shaped behaviors in real time with support from an educational psychologist. Campers participated in four Parent/Child Play Day camps this year learning: wakesurfing at lake Berryessa in Napa County, CA (Riding the boat's wake on a surfboard without being pulled by the boat), soccer skills at Depot park in Santa Cruz, CA; mountain biking at Pearson-Arastradero Preserve in Santa Clara County, CA, and plane and helicopter flying basics at AeroDynamic Aviation in San Jose, CA.

F+ Compassion-Based Emotional Regulation Six Week Pilot Program, Silicon Valley, CA (Fall 2019)

Created and implemented an immersive (10 hours per week for 6 weeks) training program designed to help a neurodiverse middle school student athlete decrease his anxiety and depression and increase his attention, attitude towards school, and compassion. This research trial involved both digital and in person treatments. Pre and post treatment measures indicated positive gains on all dependent variables.

F+ Compassion-Based Emotional Regulation Intervention for NYC family in crisis (Winter 2019 – present)

Designed and implemented a six-month family intervention to serve the healing needs of man under house arrest awaiting a multi-year imprisonment. Creating the initial intervention for the individual and their family took a week of in person direct care. After the first week of in person strategic planning, we continued the treatment to be digital health support. One-hour weekly telephone meetings are now conducted and followed up with session notes to update and measure progress and coordinate family and professional support. In addition to adhering to a schedule of exercise, compassion study, counseling, sleep hygiene, F+ work contributions, journaling, and daily telephone meetings for addiction support; the primary individual is joined by his family members everyday as they all independently practice with a compassion based guided meditation made specifically for their current needs. As the family's compassion practice grows, I email a new compassion based guided meditation specifically designed to uplift the primary person and themselves. Three months into this program, self-reports from the primary indicate sustained gains in equanimity, compassion for self and others, forgiveness, patience, and a decrease in shame, blame, anxiety, depression, and avoidance.

F+ Career Fair Program (February, 2020)

Presented F+ Career planning and compassion based emotional regulation benefits to High School students at Cupertino High School. Three filled to capacity classes of students signed up to see "Educational Psychologist. As an educational psychologist in private practice, I teach compassion based emotional regulation to

individuals (children, teens, and adults) and groups (families, classes, teams, and businesses) to maximize human potential and have more fun. The work is data driven meaning, I research what works well for whom and teach clients how to practice specific techniques to navigate relationships, parenting, communication struggles, anxiety, depression, ADHD, autism, and social skills/communication challenges.”

F+ Compassion-Based Emotional Regulation Training for Student Athletes (2020 - present)

Please click here for an example of how student athlete specific needs can be addressed within an organization in both group and individual settings. <https://loisprislovsky.com/studentathleteanxiety>

INVITED SEMINARS, KEYNOTES, AND PANELS:

Cupertino High School Career Day – Three presentations about Educational Psychologist Career Specifics and F+ Career Strategies, Cupertino, CA (February, 2020) “As an educational psychologist in private practice, I teach compassion based emotional regulation to individuals (children, teens, and adults) and groups (families, classes, teams, and companies) to maximize human potential and have more fun. The work is data driven, meaning, I research what works well for whom and teach clients how to practice specific techniques to navigate relationships, parenting, communication struggles, anxiety, depression, ADHD, autism, and social skills/communication challenges.”

University of Tennessee, Knoxville, Panel Discussion for Clinical Counseling Doctorate Candidates (February, 2019) “Experts Working in Private Sector: Preferred Panelists Career Discussion”, Knoxville, TN.

Webb School of Knoxville Learning Styles Parent Education Keynote (October, 2016) “Learning Styles Overview and Life Hacks for Studying with Dr. Lois Prislovsky”, Knoxville, TN.

University of Connecticut, Neag School of Education Keynote (September, 2016) “Educational and Performance Considerations Regarding Neurodiversity and Emotional Regulation”, Hartford, CT.

University of Tennessee Forum on Disabilities for Students and Community (September, 2013) “Helping Neurodiverse Students Find Purpose and Perseverance”, Knoxville, TN.

Teacher Training Program at University of Tennessee, Knoxville. (December, 2013) “Embracing Your Power to Be Part of Solution While Avoiding Burnout” by Lois Prislovsky at the University of Tennessee, Knoxville, TN.

Rise Conference (April, 2013) “Utilizing Unique Abilities to Foster Positive Change: Supporting Students with Dyslexia and Other Challenges through High School and Beyond” by Lois Prislovsky in Knoxville, TN.

University of Tennessee Knoxville (April, 2013) “Must Knows Concerning ASD Instruction and Inclusion: A Community Presentation by Dr. Lois Prislovsky” at University of Tennessee, Knoxville, TN.

AutCom (Autism National Committee) Conference lecture by Barb Rentenbach and Lois Prislovsky, (October, 2012) “Purpose and Perceptions – Worth Considering: Techniques of teaching from the heart to the heart are discussed and activities are shared illuminating how to live and teach what you love in order to change special education” in Columbia, MD.

PUBLIC LECTURES:

The Northside Kiwanis (November 25, 2016) “Understanding Neurodiversity” by Lois Prislovsky at the Foundry in Knoxville, TN.

Sertoma Club (November 18, 2015) “Neurodiversity: Neurological, Educational, and Community Considerations with Dr. Lois Prislovsky” at The Foundry, in Knoxville, TN.

Psi Chi and STARS (Students Tackling Autism Related Syndromes) present “An Exploration of Autism” by Lois Prislovsky at Christian Brothers University, Memphis TN. (November 23, 2015)

Webb School of Knoxville (February 11, 2014) “Helping Your Middle School Child Overcome Anxiety” by Lois Prislovsky at Webb School of Knoxville, TN.

Knox County Public Library Living with Autism Series (August 15, 2011) "What We Know From Those We Know. Practical Implications for Parents, Teachers, Practitioners, and Those Who Struggle with ASD" by Lois Prislovsky in Knoxville, TN.

Knox County Public Library Living with Autism Series (September 19, 2011) "Training for the Triahalon of Parenting a Child with ASD. Exercises and discussions promoting self-care to maximize the mind-body connection to improve stamina, the immune system, relationships, attention, and joy" by Lois Prislovsky in Knoxville, TN.

Knox County Public Library Living with Autism Series (October 17, 2011) "Treat Me: Encouraging psychologists and other practitioners to empower best practice with transparency, accountability, mental freshness, humility, and collaborative problem solving with families and individuals with ASD" by Lois Prislovsky in Knoxville, TN.

Knox County Public Library Living with Autism Series (November 21, 2011) "Finding Purpose Through Service Evaporates Isolation. Pity is not empowering. Let it go. Connecting with individuals with ASD labels to help them visualize their highest potential with non-patronizing, respectful approaches to communication, motivation, and goal setting are highlighted" by Lois Prislovsky in Knoxville, TN.

MEDIA GUEST APPEARANCES (TV/RADIO/PODCAST/WEBCAST):

DNA's Comedy Lab (April 16, 2020) "The Power of Imagination" by Dr. Lois Prislovsky (Virtual Sloth Storytelling)

DNA's Comedy Lab (May 7th, 2020) "Strange Things: Synchronicity and Dogma" by Dr. Lois Prislovsky (Virtual Sloth Storytelling)

Innersight with host Frank Perino (July, 2017) "Neurodiversity and Compassion with Dr. Lois Prislovsky" (Blog Talk Radio show advocating for Disability Rights)

Barb Adams Live (April 22, 2017) "Neurodiversity with Dr. Lois Prislovsky" Fort Collins, CO.

Let's Get Healthy with Bill Swail and Dr. Amy Tyler on KJCE-AM (April 1, 2017), "The Benefits of Neurodiversity with Dr. Lois Prislovsky" in Austin, TX.

Howard Bloom Saves the Universe hosted by Chad Dougatz (September 26, 2016) "Understanding Neurodiversity with Dr. Lois Prislovsky" at Hangar Studios in NYC.

Chicken Soup for the Soul with Amy Nemark (December 15, 2016) "Autism and the Holidays. Lets Talk Acceptance and Understanding with Dr. Lois Prislovsky" at Hangar Studios in NYC.

Rowan Radio 89.7 WGLS-FM (December 19, 2016) "Embrace What Makes You Different with Dr. Lois Prislovsky" at Rowan University in Glassboro, NJ.

Sandi Klein's Conversations with Creative Women Show (October 20, 2015), "The Benefits of Neurodiversity: An Interview with Dr. Lois Prislovsky" at Hangar Studios in NYC.

For Your Ears Only with David Alpern (April 28, 2013), "Interview with Dr. Lois Prislovsky on Developments in Autism" at Hangar Studios in NYC.

Big Girl Panties with Jennifer Ho (June 6, 2015) "An interview with Barb Rentnebach and Lois Prislovsky on Autism and Connection" at Hangar Studios in NYC.

WBIR Television News with anchor John Becker (April 22, 2015) "Research Shows Parent Training Can Help Kids with Autism: A Discussion with Dr. Lois Prislovsky" at WBIR Studios in Knoxville, TN.

WBIR Television hosted by Beth Haines (December, 2014) "Environmental Toxins Impact on Autism and Empirically Sound Interventions with Dr. Lois Prislovsky" at WBIR studios in Knoxville, TN.

UNIVERSITY TEACHING EXPERIENCE:

Graduate Teaching Assistant, Univ. of TN. Knoxville, Dpt. of Educational and Counseling Psychology (1992-1994)

*EDPY 210 = Psychoeducational issues in Human Development

*COUN 212= Career and Personal Development

Psychology Instructor, Christian Brothers University, Memphis TN (1991-1992)

*PSYC 105 = General Psychology

*PSYC 218 = Human Development

*PSYC 355 = Experimental Research Methods and Statistics

K-6 TEACHING/COACHING EXPERIENCE:

Talented and Gifted (TAG) Teacher, Grades 3-5, Brickey McCloud Elementary School, Knoxville, TN (2008-2011)

Developed creative and challenging curriculum designed to expand vocabulary, appreciation for classic literature, scientific communication consumption, collaborative problem solving, and relaxed public speaking. Lesson plans approved by the school's primary TAG teacher prior to each class. Volunteer position. Lack of funding threatened to end enrichment programming for 3rd grade, filled the need volunteering to teach weekly one-hour classes for Grades 3-5.

Enrichment Instruction, Kindergarten, Brickey McCloud Elementary School, Knoxville, TN (2005-2006)

Developed and implemented unique, multimodal lessons for "P.E.A.S." (Physical Education and Silliness) with energizing neurodiversity friendly activities designed to build on Character Counts curriculum of Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. Volunteer position. Weekly 1.5-hour classes.

Athletic Coach, Knoxville, TN (2005-2012)

Coached 16 American Youth Soccer Organization (AYSO) soccer teams and 8 community basketball teams for children 5-12 years old.

REFERENCES:

Dr. Sherry Bell – School Psychologist
Professor and Department Head
Interventionist/Comprehensive Special Education
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