

CURRICULUM VITAE

Lois Prislowsky, Ph.D.

CONTACT INFORMATION:

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RESEARCH INTERESTS:

Wellness, Human Performance, Mental Health Education, Criminal Justice Reform, Compassion Cultivation, Neurodiversity Education, Anxiety, ADHD, Autism Spectrum Disorders, Dyslexia, Attention, Intention, Mindfulness, Emotional Regulation, Life/Death transitions, Social and Emotional intelligence, Social Emotional Learning, Forgiveness, and Educational Equity

EDUCATION:

Ph.D. Educational Psychology, University of Tennessee, Knoxville, TN. *Dissertation: The Effects of Prenatal Language Stimulation on Human Cognitive Development*

M.S. Psychology, University of Memphis, Memphis, TN. *Master's thesis: A Meta-analysis of Recidivism Rates for Juvenile Offenders with ADHD*

B.A. Psychology, Christian Brothers University, Memphis TN.

UNIVERSITY TEACHING EXPERIENCE:

Graduate Teaching Assistant, Univ. of TN. Knoxville, Educational and Counseling Psychology Department

*EDPY 210 = Psychoeducational issues in Human Development

*COUN 212= Career and Personal Development

Psychology Instructor, Christian Brothers University, Memphis TN, Psychology Department

*PSYC 105 = General Psychology

*PSYC 218 = Human Development

*PSYC 355 = Experimental Research Methods and Statistics

Educational Psychologist (Specializing in providing Behavioral Interventions for Neurodiverse Students, Emotional Regulation Training, Academic Counseling, Social Emotional Learning and Wellness Programming) Itinerant, serving clients throughout the United States (since 2018).

- Independent contractor working in schools and with private families providing behavioral interventions, parent training, mental health education, school counseling and wellness programming.
- Researcher and educator consultant offering compassion-based emotional regulation training and neurodiversity education via video conferencing or “in person” for individuals, families, athletes, schools, and law enforcement agencies.
- Guide clients to navigate anxiety, depression, ADHD, learning difficulties, autism, pervasive developmental disorders, oppositional defiant disorders, dyslexia, major life transitions and communication/social skills challenges to maximize academic performance and quality of life.
- Create and implement evidence based, compassion-centered 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 to develop sense of belonging, growth mindset, and emotional regulation skills.

TEACHING AND INTERVENTION EXPERIENCE PreK-12:

.5 SDC Preschool Teacher/.5 Program Specialist (2022-2023), Live Oaks School District, Santa Cruz CA (2022-2023)

- Taught and assessed special education preschoolers
- Certified in Desired Results Developmental Profile (DRDP) for Special Education Preschool students
- Developed, wrote, and case managed appropriate Individual Education Plans (IEPS)
- Case manager and provider of mental health educational services (individual and group) for elementary and middle schools
- Supported the district with restorative justice interventions working with families, staff, compliance, and impacted students
- Designed and implemented a proof-of-concept program to teach Tier 1, Tier 2, and Tier 3 students to reduce their anxiety and increase their compassion for self and others during Compassion Camp. Compassion camp is a project designed to teach mental health wellness and SEL education to students an entire class at a time. This in school programming is a six-week 45-minutes each week camp design with pre and posttest measures.
- Uplifted elementary school spirit at assembles and student celebrations as their school mascot donned in costume while dancing and non-verbally communicating support of the principal's theme lesson for the day.

Managing Director, F+ Productions, LLC. Santa Cruz, CA (2020-2023)

- Co-Founder, Teacher, Researcher, Hypnotherapist, Keynote Speaker, Innovator, and Educational Psychologist supervising and leading programming interventions for mental health education.
- Develop curriculum and teach lessons in compassion and emotional regulation with youth, parents, and community members like police officers in outdoor and indoor settings.
- Manage professional staff, volunteers, marketing, strategic planning, HIPAA compliance, research and community outreach and collaboration.
- Participants are trained in how and why to meditate quickly and joyously through a variety of innovative experiential learning activities. Pre and Post research data gleaned on anxiety, depression, compassion for self, compassion for others, and performance as measured by MUSE2 headband recording ability to sustain meditative attention.

Substitute Teacher Santa Cruz Department of Education, Santa Cruz, CA (2021-2022)

- Served our community as an educational psychologist with direct student teaching as an educator trained in Autism support, reading therapy, gifted & talented instruction, general education, behavioral interventions, neurodiversity education, and culturally appropriate curriculum.

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.
- Managing director overseeing day-to-day operations of business, human resource duties, marketing, strategic planning, HIPAA compliance, and supervising staff of 10-22 professional practitioners in addition to one office manager and one operations manager.
- Lead project manager for all school contracts.
- Coordinated wrap around care for private clients struggling with challenges related to justice involvement, mental health conditions, academics and disabilities.
- Psychoeducational Network closing video - <https://www.youtube.com/watch?v=o2ZRd4QGpoE>

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 public speaking. Volunteer Position.

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

- Developed energizing neurodiversity activities designed to build on SEL Character Counts curriculum of Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. Volunteer.

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. Volunteer.

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

- Non-profit, 501(c)3, Directed daily business operations and support for neurodiverse students and adults to help participants 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 LGBTQIA+ 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 (SNP) from its inception into a nationally respected program. The program comprehensively assisted student athletes struggling with performance issues related to anxiety, depression, ADHD, Dyslexia, ODD, and other learning challenges, allowing students to attain unprecedented athletic, academic, and personal success.
- Supported participating “Scholar Athletes” with academic advising, career development, and academic retention programming.
- Managing director of daily operations providing individualized direct care for community college transfers and first generation students with wrap-around services.
- Led study skills and learning fitness training for students and tutors.
- Worked with coaches, marketing office, development office, academic departments, high school administrators, community colleges, and families to recruit Division 1 athletes.
- Hired, supervised, and evaluated tutors, notetakers, and graduate assistants.
- Collaborated with the following university offices to provide wrap-around direct student care: Student Disability Services, Student Health Center, Office of the Bursar, Campus Police Department, Career Center, Student Services Offices, Women’s Athletic Department administration, coaches, and compliance department, Men’s Athletic Department administration, coaches, compliance department, and University wide academic department heads and instructors.

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.*

Rentenbach, Barb, and Lois Prislowsky. 2012. *I Might Be You: An Exploration of Autism and Connection*.

PUBLICATIONS:

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

Prislowsky, 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.

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

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

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

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

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

POSTDOCTORAL TRAINING, CERTIFICATIONS AND LICENSE:

Red Cross Certified: Adult, Child and Baby First Aid/CPR/AED (2024)

MVPDx: Mountain View Police Department Certification of Completion for Partnering for the Future of Policing (2023)

License for Educational Personnel - Standard Substitute PK-12 State of Nevada - (2023) Expiration date 2/4/2028 - License No. 226571

Certified in Desired Results Developmental Profile (DRDP) for Special Education Preschool Students, Santa Cruz, CA (2023)

Compassion Immersion 2: 6-month training from The Center for Compassion and Altruism Research and Education (CCARE); October 2019-March 2020, Menlo Park, CA

Compassion Cultivation Training (January 2019 - March 2019) from The Center for Compassion and Altruism Research and Education (CCARE), Stanford School of Medicine, CA

Improv and next level Improv weekly classes and multiple workshops to learn and practice improved listening, public speaking, and teaching improvisational communication skills with groups for neurodiversity and mental health education. (March 2019 - present) from The Fun Institute, Santa Cruz, CA

DIRFloortime© methods for relationship-based support for Autism, Knoxville, TN (2009)

Lindamood-Bell© Reading Therapy, Knoxville, TN (2008)

Advanced Certification in Ericksonian Hypnosis from The Milton H. Erickson Foundation in Phoenix, AZ (2005)

Cognitive Enrichment from Educational Psychology Department, University of Tennessee, Knoxville, TN (1999)

Psychoeducational Assessments from the School Psychology Department, University of Tennessee, Knoxville, TN (1998 & 1999)

SEMINARS, KEYNOTES, AND PANELS:

Krause Center for Innovation - Keynote presentation for Mountain View/Los Altos/Los Altos Hills Challenge Team of professional collaborators aimed at empowering K-18 youth. (December, 2023) "Innovative Mental Health and Wellness Education for Neurodiverse Students and Community" by Dr. Lois Prislowsky. Mountain View Police Department, Mountain View, CA.

Cupertino High School Career Day - Three presentations about Educational Psychologist Career Specifics and F+ Career Strategies, Cupertino, CA (February, 2020)

University of Tennessee, Knoxville, Panel Discussion for Clinical Counseling Doctorate Candidates (February, 2019) "Experts Working in Private Sector: Preferred Panelists Career Discussion" with Dr. Lois Prislowsky Knoxville, TN.

Webb School of Knoxville Learning Styles Parent Education Keynote (October, 2016) "Learning Styles Overview and Life Hacks for Studying" by Dr. Lois Prislowsky", Knoxville, TN.

University of Connecticut, Neag School of Education Keynote (September, 2016) "Educational and Performance Considerations Regarding Neurodiversity and Emotional Regulation" by Dr. Lois Prislowsky Hartford, CT.

University of Tennessee Forum on Disabilities for Students and Community (September, 2013) "Helping Neurodiverse Students Find Purpose and Perseverance" by Dr. Lois Prislowsky Knoxville, TN.

Teacher Training Program at University of Tennessee, Knoxville. (December, 2013) "Embracing Your Power to Be Part of Solution While Avoiding Burnout" by Dr. Lois Prislowsky 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 Dr. Lois Prislowsky in Knoxville, TN.

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

AutCom (Autism National Committee) Conference lecture by Barb Rentenbach and Dr. Lois Prislowsky, (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 Dr. Lois Prislowsky at the Foundry in Knoxville, TN.

Sertoma Club (November 18, 2015) "Neurodiversity: Neurological, Educational, and Community Considerations" by Dr. Lois Prislowsky at The Foundry, in Knoxville, TN.

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

Webb School of Knoxville (February 11, 2014) "Helping Your Middle School Child Overcome Anxiety" by Dr. Lois Prislowsky 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 Dr. Lois Prislowsky 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 Dr. Lois Prislowsky 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 Dr. Lois Prislowsky 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 Dr. Lois Prislowsky in Knoxville, TN.

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

DNA’s Comedy Lab (April 16, 2020) “The Power of Imagination” by Dr. Lois Prislowsky (Virtual Sloth Storytelling)

DNA’s Comedy Lab (May 7th, 2020) “Strange Things: Synchronicity and Dogma” by Dr. Lois Prislowsky (Virtual Sloth Storytelling)

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

Barb Adams Live (April 22, 2017) “Neurodiversity with Dr. Lois Prislowsky” 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 Prislowsky” in Austin, TX.

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

Rowan Radio 89.7 WGLS-FM (December 19, 2016) “Embrace What Makes You Different with Dr. Lois Prislowsky” 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 Prislowsky” at Hangar Studios in NYC.

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

Big Girl Panties with Jennifer Ho (June 6, 2015) “An interview with Barb Rentnebach and Dr. Lois Prislowsky 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 Prislowsky” 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 Prislowsky” at WBIR studios in Knoxville, TN.

REFERENCES:

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