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Department of Social Work, School of Behavioral and Applied Sciences
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EDUCATION

Ph.D., Social Work August 2016
Baylor University, Waco, TX
Dissertation: *Christian-Informed Mindfulness: A Theoretical and Empirical Exploration*
Committee: Drs. Helen Harris, James Ellor, Samantha Vo, Gaynor Yancey, Roger Olson,
all from Baylor
University. Dr. Paul Kaak, Azusa Pacific University

Master of Social Work May 2001
University of Central Florida, Orlando, FL

Bachelor of Arts May 1998
Occidental College, Los Angeles, CA
Major-Psychology; Minor-Asian Studies
Richter Fellow-Effects of the 1997 Turnover in Hong Kong

ACADEMIC POSITION

Professor, Department of Social Work August 2022-present
Associate Professor, Department of Social Work August 2019-2021
Assistant Professor, Department of Social Work August 2012-2019
Azusa Pacific University, Azusa, CA

Courses taught:
Field Seminar and Senior Practicum Seminar – BSW
Introduction to the Social Work Profession-MSW
Evidence-Informed Research-MSW
Micro Theory/Human Development-MSW
Family Therapy-MSW
Human Sexuality and Sex Therapy-MSW
Clinical Practice with Groups-MSW
Capstone Leadership-MSW

PUBLICATIONS

Book

Trammel, R.C. and Trent, J. T. (2021). *A Counselor's Guide to Christian Mindfulness: Engaging the Mind, Body, and Soul in Biblical Practices and Therapies*. Zondervan.

Winner of Counseling Book of the Year, [Outreach Magazine](#), written by Dr. Les Parrott, formal announcement March, 2022.

Book Chapter

Garland, D.S. & Trammel, R.C. (2015). Christina Dobal: Community Advocate. In D.S. Garland (Ed.), *Why I am a social worker: 25 Christians tell their life stories* (pp. 95-100). Botsford, CT: North American Association of Christian Social Workers.

PEER REVIEWED ARTICLES

Trammel R. C. (Ed). (2022). Health and mindfulness: A Christian approach. [Special Issue].

Religions. https://www.mdpi.com/journal/religions/special_issues/mindfulness_Christian#editors.

Trammel, R. C., & Lee, S. (2022). Insights from pastors on Christian mindfulness: What social workers can learn about spiritual integration in mindfulness.

[Manuscript submitted for publication] Department of Social Work, Azusa Pacific University.

Trammel, R.C., Park, G., Karlsson, I. (2021). Religiously-oriented mindfulness for social workers: Effects on mindfulness, heart rate variability, and burn-out. *Journal of Religion and Spirituality in Social Work: Social Thought*, 40(1), 1-20

<https://doi.org/10.1080/15426432.2020.1818358>.

- Trammel, R.C. (2018) Effectiveness of an MP3 Christian mindfulness intervention on mindfulness and perceived stress. *Journal of Mental Health, Culture, and Religion*, 21(5), 500-514. doi:10.1080/13674676.2018.1505837.
- Trammel, R.C. (2018). A phenomenological study of Christian practitioners who use mindfulness. *Journal of Spirituality and Mental Health*, 36, 367-383. doi: 10.1080/15426432.2017.1295822.
- Trammel, R.C. (2017). Tracing the roots of mindfulness: Transcendence in Buddhism and Christianity. *Journal of Religion & Spirituality in Social Work: Social Thought*, 36, 367-383.
- Trammel, R.C. (2015). Mindfulness as enhancing ethical decision-making and the Christian integration of mindful practice. *Social Work & Christianity*, 42(2),165-177.

NON-REFEREED ARTICLES

- Trammel, R.C. (2021). The truth of peace in Christ. In All Things, <https://inallthings.org/tag/christian-mindfulness/>
- Trammel, R.C. (2021). The lament of Wednesday nights. RECLAIM magazine, <https://www.asianamericanchristiancollaborative.com/article/the-lament-of-wednesday-nights>

PROFESSIONAL PRESENTATIONS

- Trammel, R. C., and Lee, S. (2021, November). Pastors and Mindfulness: Results of a Qualitative Study. Presentation at the Annual Conference of the North American Association of Christian in Social Work. Glendale, CA

Trammel, R.C. (2021, September). The Nuts and Bolts of Creating a Safe Space for Those Impacted by Race-based Trauma. Presentation at the American Association of Christian Counselors World Conference, Orlando, FL, United States.

Trammel, R.C. (2021, January). Religiously-oriented mindfulness for social workers: Effects on mindfulness, heart rate variability, and burn-out. [Virtual Poster Presentation] Annual Conference of the Society for Social Work Research.

Trammel, R. C. (2020, October). *Christian Mindfulness for those struggling with Depression and Anxiety*. [Virtual Conference Presentation] at the Church and Mental Health Summit. <https://church-mental-health-summit.heysummit.com/talks/mindfulness-and-the-christian/>.

Trammel, R. C., Boyd, S., and Monteverdi, J. (2019, November). *Leveraging Belief and Unbelief for Reflective Learning in Social Work: Professor and Student Narratives in a Christian University*. [Paper Presentation]. Annual Conference of the North American Association of Christian in Social Work. Indianapolis, IN, United States.

Trammel, R.C. (2018, October). *Christian practitioners' experiences providing mindfulness-based therapies*. [Paper Presentation]. Annual Conference of the North American Association of Christians in Social Work. Hartford: CT, United States.

Trammel, R.C. & Payne, J.S. (2017, November). *Improving religious literacy toward our responsiveness to current political and social issues*. [Conference Presentation]. California Regional Conference of the Council of Social Work Education. Los Angeles, CA, United States.

Trammel, R.C. & Payne, J.S. (2017, October). *Improving religious literacy toward our responsiveness to current political and social issues*. [Conference Presentation]. Annual Conference of the Council of Social Work Education. Dallas, TX, United States.

Trammel, R.C. (2016, November). *Effectiveness of a Christian mindfulness intervention on mindfulness traits: A randomized-controlled study*. [Paper Presentation] at the Annual Conference of the North American Association of Christians in Social Work. Cincinnati, OH, United States.

Trammel, R.C. (2016, January). *A randomized-controlled study using the mindful attention and awareness scale to evaluate a 6-week MP3 Christian mindfulness intervention*. [Poster Presentation]. Annual Conference of the Society of Social Work Research. Washington D.C, United States.

Guzman, C. & Trammel, R.C. (2015, April). *Promoting mental health with BSW students in field internship*. Presentation at the Spring 2015 Field Instructor Training at Azusa Pacific University, Azusa, CA, United States.

Trammel, R.C. (2014, November). *Mindfulness in the Christian tradition: Implications for practice*. [Conference Presentation]. Annual Conference of the North American Association of Christians in Social Work. Annapolis, MD, United States.

Guzman, C., & Trammel, R.C. (2014, April). *Supervision with non-traditional students*. [Power point-Presentation] Spring 2014 Field Instructor Training at Azusa Pacific University. Azusa, CA, United States.

Raine, L., & Trammel, R.C. (2013, November). *Spirituality with postpartum Asian and Hispanic Women: Fear to strength*. [Conference Presentation]. Annual Conference of the North American Association of Christians in Social Work. Atlanta, GA, United States.

Ali, F. & Trammel, R.C. (2011, November). *Blues clues: Identifying and treating postpartum depression and anxiety*. [Conference Presentation]. National Association of Social Workers Illinois State Conference. Oak Brook, IL, United States.

Trammel, R.C. (2011, June). *Discussion of symptoms and treatment of postpartum mood and anxiety disorders*. [Powerpoint Presentation] Edward Hospital, Naperville, IL.

INVITED PRESENTATIONS & TRAININGS

Invited Podcast Speaker, Novus Global. (2021, November). The Difference Between Therapy and Coaching. <https://podcasts.apple.com/us/podcast/the-difference-between-therapy-coaching-with-dr/id1570351111?i=1000540488815>

Invited Podcast Speaker, Alice Chen, Happy Asian Woman. (2021, September). Christian Mindfulness https://www.happyasianwoman.com/podcast/29-amp-30-christian-mindfulness-wdr-regina-chow-trammel?fbclid=IwAR1J-C4GCD-j64CiCB1oBM2JFXTFcEq-ijdIgSzkqUB6LMqO_oTUD3YmQG0

Invited Panel Speaker, Diversity, Equity and Inclusion, Azusa Pacific University (2021, April). [Lifting Our Voices: APU Asian Women Speak](#)

Invited Trainers, **Trammel R.C.** & Lehmann, C. (2020, December) Identifying and Responding to Co-Occurring Mental Health & Substance use Disorder Complexities Among Youth: Trauma-Informed Care, Mindfulness & Resilience [Virtual Training]. L.A. County Department of Health and California Institute for Behavioral Solutions.

Invited Podcast Speaker, Reverend Summer Joy, The Presence Project. (2020, November). Christian mindfulness and joyful awareness.

<https://www.youtube.com/watch?v=1JDx6IYuM8A&feature=youtu.be>

Invited Pre-Convention Institute Speaker, (2019, November). *Integrating Body, Mind, and Soul:*

The Value and Practice of Integrating Christian Mindfulness in Social Work

Practice. Invited Presentation at the Annual Conference of the North American

Association of Christians in Social Work. Indianapolis, IN, United States.

Invited Trainer, (July 2019). *Culturally adapted Mindfulness-Based Stress Reduction (MBSR) for*

the Chinese Population. Herald Christian Health Center, Rosemead, CA, United States.

Invited Podcast Speaker, Mandy Arioto-CEO of Mothers of Preschoolers (MOPS), (October

2018). *Mindfulness for Moms*.

Invited Guest facilitator, by Dr. Margaret Lee at Playlab, Pasadena, CA, (February, 2018).

Mindful Mamas Group.

Invited Speaker, APU MSW Field Instructors. (May 2018). Mindfulness in Supervision:

Promoting Self-Awareness as Part of Professional Development.

Invited Trainer, Asian American Christian Counselors, (March 2018). Christian Mindfulness:

Training for Counselors.

Invited Speaker, TEDxAzusa Pacific University, (April, 2017). Using mindfulness to deal with

everyday pressures: <https://www.youtube.com/watch?v=zmEgH6i3HWE>.

Invited Panel Speaker, EmpowHer, Azusa Pacific University (March, 2017). On women entering

the workforce.

MEDIA

Los Angeles Times Article, April 30, 2020 [https://www.latimes.com/lifestyle/story/2020-04-](https://www.latimes.com/lifestyle/story/2020-04-30/quarantine-tips-isolation-self-discovery)

[30/quarantine-tips-isolation-self-discovery](https://www.latimes.com/lifestyle/story/2020-04-30/quarantine-tips-isolation-self-discovery)

UNIVERSITY SERVICE

Chair, Working Group on Faith Integration, Provost's Office, APU

2021-present

Member of Working Group	2020-2021
Mentor, Donna Gallup, Ed.D. for Office Of Research & Grants, Jr. Faculty Mentorship Program	2019-2020
Chair, Clinical Curriculum Committee, Department of Social Work, Master's of Social Work, Azusa Pacific University	2017-2020
Chair, Undergraduate Curriculum Committee, a sub-committee of Undergraduate General Studies Council, Azusa Pacific University	2013-2017

DISCIPLINE LEADERSHIP

Board Member, and Chair of Emerging Leaders, North American Association of Christians in Social Work	January 2020-present
Clinical Curriculum Chair, Master of Social Work Azusa Pacific University	August 2021-present August 2019-May 2020
Secretary, Society for Spirituality in Social Work	April 2018-present
Spirituality Track Co-chair, Council of Social Work Education	January 2017-present

AWARDS/RECOGNITION

Mindfulness for Pastoral Burn-out Prevention: Intervention and Study.
Grant sponsored by the President's Office
Awarded Amount: \$23,328 -Azusa Pacific University

Evaluating the impact of an MP3 Christian-based mindfulness intervention on burn-out and heart rate variability as an indicator of stress for social work practitioners
Grant sponsored by Office of Research and Grants
Awarded Amount: \$3,600.00 - Azusa Pacific University (e.g., Faculty Research Grant)

Effects of Christian mindfulness training on heart rate variability, levels of mindfulness, and perceived stress of students at a Christian university
Grant sponsored by BAS
Awarded Amount: \$2,000.00 - Azusa Pacific University (e.g., Faculty Research Grant)

Baylor University Graduate Student Research Travel Award
Recipient of competitive \$300 award to support travel to an academic conference

PROFESSIONAL SOCIAL WORK SERVICE

- Facilitator for Roundtable on “Policing & Social Work”, North American Association of Christians in Social Work November, 2021
- Invited Panel Speaker, “So you want to be a social worker”, North American Association of Christians in Social Work, student track November, 2019
- Facilitator for Roundtable on “Hate Crimes”, North American Association of Christians in Social Work November, 2019
- Facilitator for Roundtable on “Climate Change, Creation Care and Implications for Social Work”, North American Association of Christians in Social Work, Online September 2019
- Manuscript reviewer for peer-reviewed journal, *Journal of Religion & Spirituality in Social Work: Social Thought* May 2019-present
- Facilitator for Roundtable on “Race/Ethnicity” at the North American Association of Christians in Social Work November 2018
- Manuscript reviewer for peer-reviewed journal, *Mindfulness* October 2017-present
- Manuscript reviewer for a peer-reviewed journal, *Social Work and Christianity* November 2016
- Workshop reviewer, North American Association of Christians in Social Work March 2014-Present

SOCIAL WORK EMPLOYMENT

- Private Practice LCSW,**
reginachowtrammel.com 2021-present
- Provide tele-health individual therapy during COVID-19. Current client caseload is small, but due to recent uptick in Asian American hate, providing therapy through a racial trauma lens, using DBT skills. Facilitating groups for the Asian Mental Health Collective as one of their support group leaders to assist in providing mental health support to the Asian American community.
- Private-Practice LCSW,**
Naper Clinical Behavioral Services, Inc., Naperville, IL 2005 – 2012

Provided individual, family, and group therapy specializing in the treatment of depression and bipolar depression, postpartum mood and anxiety disorders, post-traumatic stress disorder related to sexual abuse history, eating disorders, anxiety, job management stress, family and couples therapy, emerging adult issues, self-injury, and substance abuse. Trained social work students attending local colleges who observed my Postpartum families group. Provided support and clinical therapy to address the needs of families suffering from postpartum mood and anxiety disorders as an Edward Hospital consultant. Developed and wrote curriculum for *Healing Within*, a sexual abuse trauma group curriculum for women.

Clinical Therapist, Linden Oaks Hospital at Edward, Naperville, IL 2002-2005

Provided individual, family, and group therapy and case management within psychiatric outpatient and partial hospitalization programs, including chemical dependency. Supervised and provided training to MSW student interns in field placement at the hospital.

Director of Social Services, LifeStream Behavioral Center, Leesburg, FL 2001-2002

Managed and oversaw the intake, clinical therapy, activities, and case management departments for inpatient psychiatric and addictions programs. Created an internship program for MSW field placement students attending local colleges. Supervised and provided training to MSW students in field placement. Total staff overseen: 40-50 employees.

Home-based Clinician, STAR Consultants, Orlando, FL 2000-2001

Provided home-based behavioral- therapy to children suffering from anxiety, depression, and self-injury.

Case Manager, Children's Home Society, Orlando, FL 1999-2000

Conducted home visits and provided play-based individual therapy for TANF program recipients and their families.

MEMBERSHIPS/ASSOCIATIONS

North American Association of Christian Social Workers, Board member since 2020
Society for Spirituality in Social Work, Secretary since 2019
Society of Social Work Researchers
Council of Social Work Education
International Society for Traumatic Stress Studies
Asian Mental Health Collective

CLINICAL PRACTICE SKILLS

Mindfulness Based Stress Reduction (MBSR)-Certified

Dialectical Behavioral Therapy (DBT)-Skills, Marsha Linehan, Trainer on Psychwire, updated April 2021
Cognitive-Behavioral Therapy (CBT)
Mindfulness-based Cognitive Therapy (MBCT)
Acceptance and Commitment Therapy (ACT)
Narrative Therapy
Family Systems
Psychopharmacology
Certified by Postpartum International as a Perinatal Mood Disorders Specialist
Reflective Structured Dialogue (<https://www.whatisessential.org/>)

COMMUNITY SERVICE

Support Group Facilitator, Asian Mental Health Collective	May-June 2021
Volunteer, Kids Program, Christian Assembly Church, Los Angeles, CA	August 2012-present
Volunteer Co-leader, Mercy and Justice Team of Parkwood Community Church, Naperville, IL (A second-generation Asian-American church)	2007-2008