

## BETHANN BIERER, Ph.D.

Licensed Clinical Psychologist

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### EDUCATION & LICENSE

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UNIVERSITY OF DENVER · DENVER, COLORADO

Doctor of Philosophy: Child Clinical Psychology · 1982

UNIVERSITY OF DENVER · DENVER, COLORADO

Master of Arts: Psychology · 1977

NORTHERN ARIZONA UNIVERSITY · FLAGSTAFF, ARIZONA

Bachelor of Science with Honors · *summa cum laude* · 1975

LICENSE: STATE OF COLORADO

Clinical Psychologist · License #1095 · 1987

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### PROFESSIONAL HISTORY & EXPERIENCE

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UNIVERSITY OF COLORADO DENVER

August 2013 to present

**Senior Lecturer · Department of Psychology**

METROPOLITAN STATE COLLEGE OF DENVER · DENVER, CO

July 2011 to 2013

**Senior Lecturer · Department of Psychology**

Responsibilities as below, except teaching load of five courses per semester and limited involvement in departmental activities.

METROPOLITAN STATE COLLEGE OF DENVER · DENVER, CO

August 2004 to July 2011

**Visiting Assistant Professor · Department of Psychology**

*Responsibilities include:*

**Teaching:** Four courses per semester among the following: Introductory Psychology (1001), Child Psychology (3250), Psychology of the Exceptional Child (3400), Parenting Techniques (2240), Personality and Adjustment (2160), Personality and Adjustment (2160) taught as Positive Psychology, Psychology of Adolescence (3260), Psychology of Counseling (3310), Abnormal Psychology (3600), Proseminar in the Psychology of Parenting (495e), The Psychology of Mindfulness (390R), Theories of Personality (3000), Human Development (2210); and online sections of Introduction to Psychology, Exceptional Child, and , Psychology of Human Development (PSY2210). *PSY390R (Psych of Mindfulness), Positive Psychology and PSY 495e, were courses conceived of and developed from scratch.*

**Mentoring:** Students for the annual psychology conference, sponsoring students for TA and RA-ships.

**Coordinating:** Up to six students working on Individualized Degree Plans at any given time.

**Advising:** Both formal and informal, academic and for graduate school.

**Additional responsibilities include:** Involvement in departmental activities including textbook selection committees, Research Conference committee, Meeting of the Minds committee, acquiring and maintaining on-line teaching certification, participation in graduation activities, etc.

UNIVERSITY OF COLORADO AT DENVER · DENVER, CO

August 2011 to present

**Lecturer · Department of Psychology**

*Responsibilities include:*

**Teaching:** Theories of Personality (PSYC4455), Learning and Behavior (PSYC 3222), History of Psychology (PSYC4511).

METROPOLITAN STATE COLLEGE OF DENVER · DENVER, CO

January 2004 to July 2004

**Lecturer · Department of Psychology**

*Responsibilities included:*

**Teaching:** Parenting Techniques (2240), Child Psychology (3250), Psychology of the Exceptional Child (3400), Personality and Adjustment (2160).

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METROPOLITAN STATE COLLEGE OF DENVER · DENVER, CO

January 2003 to December 2003

**Adjunct Professor · Department of Psychology**

*Responsibilities included:*

**Teaching:** Child Psychology (3250), Psychology of the Exceptional Child (3250), Abnormal Psychology (3600).

PRIVATE PRACTITIONER · WESTMINSTER, CO

January 1988 to present

Specializing in outpatient psychotherapy and evaluations of children, adolescents and adults.

**Specific areas of focus include:** Treatment of depression, anxiety disorders and PTSD, parent education, the development of stress management programs for high-achieving children and adolescents, mindfulness-based psychotherapy, the development of specific interventions for adults with attention deficit disorders and other learning disabilities, and consultation with schools and educators.

**Additional activities include:** The supervision of Masters level psychotherapists, consultation with Parks and Recreation Departments about program development, and participation on the advisory board of the Front Range Community College Early Childhood Education Program. Occasional columnist for Rocky Mountain News Parentwise Column. Lecturer, presenter and workshop facilitator at local, national and international conferences.

CO-ADMINISTRATOR OF CHILD YOGA TEACHER TRAINING – DENVER, CO

Coordinating curriculum development, creating educational material, hiring teachers and assuring that standards of the Colorado Board of Occupational Schools are met for the comprehensive, integrative child yoga teacher-training program. Coordinate the development of advanced modules with faculty at Colorado Children's Hospital, prepare grant proposals and design outcome evaluation protocols.

FRONT RANGE COMMUNITY COLLEGE · WESTMINSTER, CO

May 1988 to 1989

**Guest Lecturer / Part-Time Instructor** · Family Dynamics Class

ARAPAHOE MENTAL HEALTH CENTER · LITTLETON, CO

July 1980 to June 1988

**Staff Psychologist**

*Responsibilities included:*

Outpatient psychotherapy with individuals and groups. Liaison with Arapahoe County Social Services for all children and adolescents placed in foster care, responsible for psychological evaluation of those children.

Consultant to foster parents, case workers and school staff around development of specific interventions for foster children.

Development and operation of a parent education program.

Consultant on psychological testing, early childhood and parenting concerns to staff.

UNIVERSITY OF DENVER · DENVER, CO

September 1975 to July 1980

**Graduate Assistant**

*Responsibilities included:*

Administration of Child Study Center, intake work and assignment of cases.

Teaching assistant for Human Sexuality course, teacher for Introduction to Clinical Psychology course.

Outplacements as School Psychologist and Mental Health Center Intern. Clinical internship at Bethesda Hospital and Arapahoe Mental Health Center.

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**PROFESSIONAL ACTIVITIES**

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**Recent Workshops & Continuing Education**

- Aspen Psychiatry Conference (August 2011)
- Colorado Integrative Medicine Conference (July 2011)
- One Voice International Educational Conference (June 2011)

## Bethann Bierer

- Teaching Professor Conference (May 2011)
- Teaching Biological Psychology • STP Online Teaching Conference (January 2010)
- Collaborative Conference for Special Education • Colorado Springs, CO (January 2010)
- The Immune System: The Mind-Body Connection • Denver, CO (October 2009)
- Teaching for a Change Conference • Flagstaff, AZ (June 2009)
- Collaborative Conference for Special Education • Colorado Springs, CO (January 2009)
- Integrating Positive Psychology in Clinical Practice: Bill O'Hanlon • (New England Educational Institute) • (October 2008)
- Interpersonal Neurobiology, Louis Cozolino • (New England Educational Institute) • (October 2006)
- Vedic Psychology, Michael Stone • (New England Educational Institute) • (October 2005)
- The Process of Change, Daniel Siegel • (R. Cassidy Seminars) • (September 2004)
- Various continuing education seminars; approximately two per year • (1982 – 2004)

## Presentations

- Integrating Mindfulness Practices in Clinical Practice • *Aspen Psychiatry Conference* • Aspen, CO (August 2011)
- Yoga and Chronic Pain, with Marianne Wambolt, M.D., • *Colorado Integrative Medicine Conference* (July 2011)
- Positive Psychology, Positive Classrooms, Positive Outcomes • *One Voice International Conference* (June 2011)
- Mindfulness as a Precursor to Reflection in the Classroom • *One Voice International Conference* (June 2011)
- Mindfulness Integrated into the College Classroom • *Teaching Professor Conference* • Atlanta, GA (May 2011)
- What would Freud bring to Game Night? An activity for the teaching of Theories of Personality • *RMPA* (April 2011)
- Developing an Academic Course on the Psychology of Mindfulness • *RMPA* (April 2011)
- POWERS of the Positive: Integrating Positive Psychology in the Special Education Classroom • *Collaborative Conference for Special Education* (January 2010)
- Integrating Positive Psychology in the College Classroom • *Teaching for a Change Conference* (June 2009)
- Neurobiology of Attachment, Memory and Emotion • *Collaborative Conference on Special Education* (January 2009)
- Clinician in the Classroom • Teaching of Psychology Conference • Albuquerque, NM (October 2006)
- Assessment Workshop (18 hour seminar) • *University of Denver Special Services Division* (Sept. 2005 – May 2006)
- ADHD and the Brain • *University of Denver Special Services Division* (November 2004)

## Publications

- Bierer, B. (2011 in press). Positive Psychology in the College Classroom. *OneVoice International Collection of Scholarly Works*. New York: Elementaethics.
- Bierer, B. (2011, in press). Parenting Education and the Popular Press. *OneVoice International Collection of Scholarly Works*. New York: Elementaethics.
- Bierer, B. (2011 – in editorial review). *Integrate This! Creating developmentally appropriate activities to promote social development, cognitive growth and neural integration*.
- Bierer, B. (2009). *Instructors Resource Manual with tests for Introduction to Clinical Psychology (7<sup>th</sup> ed.)*  
Upper Saddle River, NJ: Pearson Education, Inc.
- Bierer, B. (2007). The reciprocal brain. *Synergy*, April 2007, University of Denver Press.

## Manuscripts in Preparation

- Bierer, B. *Teaching from the Center: A model for effective teaching in the 21<sup>st</sup> century*.
- Bierer, B. *The eight limbs of well-being: Ancient wisdom supported by modern psychology*.

**Bethann Bierer**

**Additional Professional Activities**

- American Counseling Association • *Member*
- Society for the Teaching of Psychology • *Member*
- Association for Psychological Science • *Member*
- Learning Disabilities Association of Colorado • *Board Member and President (2008 – 2010)*
- Response to Intervention Conference • *Committee Member (2008)*
- University of Denver Special Services Division • Providing training in assessment, neuroscientific bases of learning disorders and ADHD, and remediation • *Consultant/Trainer*
- Aurora Community College • Providing program planning and direct training about the psychological aspects of Yoga and other meditative practices for the Yoga Teacher Training Institute • *Consultant/Trainer*
- Certified Yoga Instructor • Conducting workshops on yoga and psychology at various locations • *Consultant/Teacher*
- Shambhava School • *Trained Meditation Instructor*