

Catherine P. Cook-Cottone, Ph.D.

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RESEARCH FOCI

Primary: Mindfulness, Yoga, Embodiment, and Self-Regulation
Secondary: Prevention and Treatment of Disorders of Self-Regulation
(Eating Disorders, Anxiety, Trauma)

EDUCATIONAL BACKGROUND

Ph.D.	University at Buffalo, SUNY Counseling/School Psychology, APA Accredited	1997
M.S.	State University of New York at Oswego School Psychology	1993
B.S.	Utica College of Syracuse University Pre-professional Psychology	1989

LICENSURE AND CERTIFICATION

New York State Licensed Psychologist, Certified School Psychologist
Certified/Registered Yoga Instructor, Certified Yoga Therapist

PROFESSIONAL EXPERIENCE

2018 to present	Full Professor , University at Buffalo, SUNY
2017 to present	Co-Editor in Chief , Eating Disorders: Journal of Treatment and Prevention
2013 to present	Consultant , Africa Yoga Project
2019 to present	Consultant , Recon and Sniper Foundation
2020 to 2022	Associate Dean of Academic Affairs , GSE, University at Buffalo
2016 to 2020	Consultant , United Nations Foundation
2008 to 2018	Associate Professor , University at Buffalo, SUNY
2002 to 2008	Assistant Professor , University at Buffalo, SUNY
2004 to May 2005	Director of School Psychology , University at Buffalo, SUNY
2008 to May 2015	

Courses: Advanced Counseling Techniques, The Mindful Therapist
Eating Disorder: Prevention and Treatment; Psychopathology
Counseling with Children and Adolescents; Self-Care in Service

PROFESSIONAL EXPERIENCE *(continued)*

2001-2002	Assistant Professor , Niagara University
1999-2001	Assistant Professor and College Counselor , D'Youville College
	Primary Therapist, Group Leader, Psychological Assessment
1995-1996	Western New York Children's Psychiatric Center
1994-1996	Children's Hospital of Buffalo
	School Psychologist
1996-1999	Childscope: Comprehensive Evaluations for Children
1993-1994	Keshequa and Letchworth Central Schools
1994-1995	Lackawanna City School District
1996-1999	Lancaster/Lockport City School Districts

PUBLICATIONS

Books/Monographs (15)

- Cook-Cottone, C. P. & Tylka, T. L. (under contract; Co-Eds). *Yoga as Embodied Mindfulness*. New York, NY: Springer.
- Cook-Cottone, C. P., & Spence, J. (under contract) *Trauma-informed methods for teaching yoga*. London, UK: Singing Dragon Press.
- Cook-Cottone, C. P. (in press). *Embodiment for the treatment of trauma*. Eu Claire, WI; PESI.
- Cook-Cottone, C. P. (in press). *Can you help this Worry Monster? (title pending)* New York, NY: Random House [Children's Book].
- Khalsa, S.B.S., Telles, S., & Cook-Cottone, C. P. (in press). *Principles and practice of yoga for children and adolescents*. Scotland, UK: Handspring publishing.
- Cook-Cottone, C.P., Neumark-Sztainer, D., Cox, A., & Tylka, T. L. (2022). *Yoga for Positive Embodiment in Eating Disorder Prevention and Treatment*. London: Routledge.
- Cook-Cottone, C. P. (2020). *Positive embodiment and the eating disordered client: The body as a resource for recovery*. New York, NY: Norton.
- Cook-Cottone, C. P., Anderson, L. M., & Kane, L (2019). *The elements of counseling children and adolescents, 2nd edition*. New York, NY: Springer.
- Cook-Cottone, C. P., & Vujnovic, R. (2018). *Mindfulness workbook for anxious kids: Emotion regulation activities to help you cope with anxiety, panic, stress and worry*. Oakland, CA: New Harbinger Press.

- Cook-Cottone, C. P. (2017). *Mindfulness and yoga in schools: A guide for teachers and practitioners*. New York, NY: Springer Publishing.
- Cook-Cottone, C. P. (2015). *Mindfulness and yoga for embodied self-regulation: A primer for mental health professionals*. New York, NY: Springer Publishing.
- Cook-Cottone, C. P., Kane, L., Anderson, L. M. (2015). *The elements of counseling children and adolescents*. New York, NY: Springer.
- Cook-Cottone, C. P., Tribole, & E., Tylka, T. (2013). *Healthy eating in schools: Evidenced-based interventions to help kids thrive*. Washington, DC: American Psychological Association.
- Cook-Cottone, C. P., Kane, L., Keddie, E., & Haugli, S. (2013). *Girls growing in wellness and balance: Yoga and life skills to empower*. Stoddard, WI: Schoolhouse Educational Services, LLC.
- Cook-Cottone, C. P. (2009). *Success at any cost? School-based prevention of high risk, body-change strategies: Eating disorders, steroid abuse, and excessive exercise*. Buffalo, NY: GSE Publications/SUNY Press.

Refereed Journal Articles (75)

- Hallady, E., & Cook-Cottone, C. P. (2023). Mindful Self-Care, Coping, and Meaning in Life: An Examination of the Professional Quality of Life and Well-Being among Individuals who Support and Provide Services to Refugees. *Psychological Trauma: Theory, Research, Practice, and Policy*
- Buckheit, K. A., Pengelly, C., Ramon, A., Guyker, W., Cook-Cottone, C. P., & King, P. R. (2022). Rates and correlates of substance use among women Veterans during the COVID-19 pandemic. *Women's Health Issues*.
- Frederick, D. A., Tylka, T. L., Rodgers, R. F., Pennesi, J. L., Convertino, L., Parent, M. C., Brown, T. A., Compte, E. J., Cook-Cottone, C. P., Cerand, D. E., Malcarne, V. L., Nagata, J. M., Perez, M., Schaefer, L. M., Thompson, J.K., Murray, S. B., (2022). Pathways from sociocultural and objectification constructs to body satisfaction among women: The U.S. Body Project I. *Body Image, 41, 195-208*.
- Frederick, D. A., Cerand, C. E., Brown, T. A., Perez, M., Best, C., Cook-Cottone, C. P., Compte, E. J., Convertino, L., Gordon, A. R., Malcarne, V. L., Nagata, J. M., Parent, M. C., Pennesi, J. L., Pila, E., Rodger, R. F., Schaefer, L. M., Thompson, K., Tylka, T. L., Murray, S. B. (2022). Demographic predictors of body image satisfaction: The U.S. Body Project I. *Body Image, 41, 17-31*.

- Frederick, D. A., Pila, E., Malcarne, V., Compte, E. J., Nagata, J. M., Best, C. R., Cook-Cottone, C. P., Brown, T., Convertino, L., Crerand, C. E., Parent, M., Pennesi, J., Perez, M., Rodgers, R., Schaefer, L. M., Thompson, J. K., Tylka, T. L., Murray, S. B. (2022). Demographic predictors of objectification theory and tripartite influence model constructs: The US Body Project I. *Body Image, 40*, 1820199.
- Frederick, D. A., Gordon, A. R., Cook-Cottone, C. P., Brady, J. P., Reynolds, T. A., Alley, J. Garcia, J. R., Brown, T. A., Compte, E. J., Concertino, L., Cerand, C. E., Malcarne, V. L., Nagata, J. M., Parent, M. C., Pennesi, J. L., Perez, M., Pila, E., Rodgers, R. F., Murray, S. B. (2022). Demographic and sociocultural predictors of sexuality-related body image and sexual frequency: The U.S. Body Project I. *Body Image, 41*, 109-127.
- Frederick, D. A., Schaefer, L. M., Hazard, V. M., Rodgers, R. F., Tylka, T. L., Ong, L. Q., Pennesi, J. L., Concertino, L., Parent, M. C., Brown, T. A., Compte, E. J., Cook-Cottone, C. P., Crerand, C. E., Malcarne, V. L., Nagata, J. M., Perez, M., Pila, E., Thompson, K., & Murray, S. B. (2022). Racial identity differences in pathways from sociocultural and objectification constructs to body satisfaction: The U.S., Body Project I. *Body Image, 41*, 140-155.
- Frederick, D. A., Hazard, V. M., Schaefer, L. M., Rodgers, R. F., Gordon, A. R., Tylka, T. L., Pennesi, J. L., Convertino, L., Parent, M. C., Brown, T. A., Compte, E. J., Cook-Cottone, C. P., Cereand, C. E., Malcarne, V. L., Nagata, J. M., Prerez. M., Pila, E., Thompson, K., & Murray, S. B. (2022). Sexual orientation differences in pathways from sociocultural and objectification contracts to body satisfaction: The U. S. Body Project I. *Body Image, 41*, 181-194.
- Depner. R. , Kim, S. & Cook-Cottone, C. P. (2021). Structural Relationship between Mindful Self-Care, Meaning Made, and Palliative Worker's Quality of Life. *International Journal of Stress Management, 28*, 74-87.
- Cox, A. E., Cook-Cottone, C. P., Tylka, T. T., & Nuemark, Sztainer, D. (2020). Future Directions for Research on Yoga and Positive Embodiment. *Eating Disorders: The Journal of Treatment and Prevention, 28*, 542-547.
- Cox, A. E., Ullrich-French, S., Cook-Cottone, C. P., Tylka, T. L., & Neumark-Sztainer, D. (2020). Examining the effects of mindfulness-based yoga instruction in positive embodiment and affective responses. *Eating Disorders: The Journal of Treatment and Prevention, 28*, 458-475.
- Borden, A., & Cook-Cottone, C. P. (2020). Yoga and eating disorder prevention and treatment: A comprehensive review and meta-analysis. *Eating Disorders: The Journal of Treatment and Prevention, 28*, 400-437.
- Perey, I., & Cook-Cottone, C. P. (2020). Eating disorders, embodiment, and yoga: A conceptual overview. *Eating Disorders: The Journal of Treatment and Prevention, 28*, 315-329

- Neumark-Stztainer, D., Cook-Cottone, C. P., Tylka, T. L., & Cox, A. E. (2020). Introduction to the special edition on yoga and positive embodiment: A note from the editors on how we got here. *Eating Disorders: The Journal of Treatment and Prevention*, 28, 309-314
- Hotchkiss, J. T., & Cook-Cottone, C. P. (2019). Validation of the Mindful Self-Care Scale (MSCS) and development of the Brief-MSCS among hospice and healthcare professionals: a confirmatory factor analysis approach to validation. *Palliative & supportive care*, 1-9.
- Rousseau, D., & Cook-Cottone, C. P. (2018). Trauma-informed yoga training in Kenya: A qualitative pilot study on feasibility and acceptability. *Complementary and Alternative Medicine*, 40, 53-60.
- Cook-Cottone, C. P. (2018). Secularity: Guiding questions for inclusive yoga in schools. *International Journal of Yoga Therapy*. www.iayt.org.
- Cook-Cottone, C. P., Estey, E. E. E., & Guyker, W. (2018). A district-wide qualitative study of yoga in the schools: Outcomes and challenges. *Contemporary School Psychology*, <https://doi.org/10.1007/s40688-018-0201-2>
- Giambrone, C. A., Cook-Cottone, C. P., Klein, J. E. (2018). The Africa Yoga Project and Well-being: A concept map of students' perceptions. *Applied Psychology: Health and Wellbeing*, 10, 149-170.
- Cook-Cottone, C. P., LaVigne, M., Guyker, W., Travers, L., Lemish., E., & Elenson, P. (2017). Trauma-informed yoga: An embodied, cognitive-relational framework. *International Journal of Complementary and Alternative Medicine*, 9, 00284. doi: 10.15406/ijcam.2017.09.00284
- Cook-Cottone, C. P., Talebkhah, K., Guyker, W., & Keddie (2017). A controlled trial of a yoga-based prevention program targeting eating disorder risk factors among middle school females. *Eating Disorders: Journal of Treatment and Prevention*, 25, 392-405.
- Cook-Cottone, C. P., & Guyker, W. (2017). The development and validation of the Mindful Self-Care Scale (MSCS): An assessment of practices that support positive embodiment. *Mindfulness*. (online first- doi:10.1007/s12671-017-0759-1)
- Cook-Cottone, C. P., & Douglass, L. (2017). Yoga communities and eating disorders: Creating safe space for positive embodiment. *International Journal of Yoga Therapy*, 27, <https://doi.org/10.17761/IJYT2017>
- Cook-Cottone, C. P., Giambrone, C., & Klein, J.E. (2017). Yoga for Kenyan children: Concept mapping with multidimensional scaling and hierarchical cluster analysis. *International Journal of Educational and School Psychology*. (Online first

<http://dx.doi.org/10.1080/21683603.2017.1302852>)

- Cook-Cottone, C. P., Guyker, W., & Lemish, E. (2017). A qualitative study of the yoga is religion lawsuit at the Encinitas School District. *International Journal of School Psychology*. doi.org/10.17761/IJYT2017
- Cook-Cottone, C. P., Serwacki, M., Guyker, W., Sodano, S., Nickerson, A., Keddie-Olka, E., & Anderson, L. (2016). The role of anxiety on the experience of peer victimization and eating disorder risk. *School Mental Health*, 8, 354–367. doi.org/10.1007/s12310-016-9178-z
- Cook-Cottone, C. P. (2016). Embodied self-regulation and mindful self-care in the prevention of eating disorders. *Eating Disorders: The Journal of Prevention and Intervention*, 24, 98-105. doi.org/10.1080/10640266.2015.1118954
- Cook-Cottone, C. P. (2015). Incorporating positive body image into the treatment of eating disorders: A model for attunement and mindful self-care. *Body Image*, 14, 158–167. doi.org/10.1016/j.bodyim.2015.03.004
- Klein, J. E., Cook-Cottone, C. P., & Giambrone, C. (2015). The Africa Yoga Project: A participant-driven concept map of Kenyan teachers' reported experiences. *International Journal of Yoga Therapy*, 25, 113-126. doi.10.17761/1531-2054-25.1.113
- Ellis, E., Kiviniemi, M., & Cook-Cottone, C. P. (2014). Implicit affective associations predict snack choice for those with low, but not high levels of eating disorder symptomatology. *Appetite*, 77, 122-130. doi.org/10.1016/j.appet.2014.03.003
- Jones, L. A., & Cook-Cottone, C. P. (2013). Media and cultural influences in African American girls' eating disorder risk for eating disorders. *Preventative Medicine*. Article ID 319701, 8 pages. <http://dx.doi.org/10.5402/2013/319701>
- Cook-Cottone, C. P. (2013). Dosage as a critical variable in yoga research. *International Journal of Yoga Therapy*, 23, 11-12. doi.org/10.17761/ijyt.23.2.g3787hvr1181823p
- Klein, J., & Cook-Cottone, C. P. (2013). A systematic review of yoga for the treatment of eating disorders. *International Journal of Yoga Therapy*, 23, 41-50. doi.org/10.17761/ijyt.23.2.2718421234k31854
- Serwacki, M., & Cook-Cottone, C. P. (2012). Yoga in the schools: A systematic review of the literature. *International Journal of Yoga Therapy*, 22, 101-109. doi.org/10.17761/ijyt.22.1.7716244t75u41702
- Casey, C., Cook-Cottone, C. P., & Beck-Josslyn, M. (2012). An overview of problematic eating and food-related behavior among foster children: Definitions, etiology, and intervention. *Journal of Child and Adolescent Social Work*, 29, 307-322. doi.org/10.1007/s10560-012-0262-4

- Smith, A., & Cook-Cottone, C. P. (2011). A review of the theoretical and empirical facets of family therapy as an effective intervention for anorexia nervosa in adolescents. *Journal of Clinical Psychology in Medical Settings, 18*, 323-334. doi.org/10.1007/s10880-011-9262-3
- Cook-Cottone, C. P., Jones, L. A., & Haugli, S. (2010). Prevention of eating disorders among minority youth: A matched-sample repeated measures Study. *Eating Disorders: Journal of Treatment and Prevention, 18*, 361-376. doi.org/10.1080/10640266.2010.511894
- Cook-Cottone, C. P. (2009). Eating disorders in childhood: Prevention and treatment supports. *Childhood Education, 85*, 300-306. doi=10.1080/00094056.2009.10521701
- Cook-Cottone, C. P., Casey, C., Feeley, T. & Boran, J. (2009). A meta-analytic review of the prevention of childhood obesity in the schools. *Psychology in the Schools, 46*, 695-719. [Article included in The Database of Abstracts of Reviews of Effects [DARE], a collection of quality assessed systematic reviews of healthcare research identified in the biomedical literature]. doi.10.1002/pits.20409
- Scime, M., & Cook-Cottone, C. P. (2008). Primary prevention of eating disorders: A constructivist integration of mind and body strategies. *International Journal of Eating Disorders, 41*, 134-142. doi.10.1002/eat.20480
- Cook-Cottone, C. P., Beck, M., & Kane, L. (2008). Manualized-group treatment of eating disorders: Attunement in mind, body, and relationship (AMBR). *The Journal for Specialists in Group Work, 33*, 61-83. doi.org/10.1080/01933920701798570
- Tarquin, K., & Cook-Cottone, C. P. (2008). Relationships among aspects of student alienation and self concept. *School Psychology Quarterly, 23*, 16-25. doi.org/10.1037/1045-3830.23.1.16
- Cook-Cottone, C. P., & Beck, M. (2007). A model for life-story work: Facilitating the construction of personal narrative for foster children. *Child and Adolescent Mental Health, 12*, 193-195. doi 10.1111/j.1475-3588.2007.00446.x
- Scime, M., Cook-Cottone, C. P., Kane, L., & Watson, T. (2006). Primary prevention of eating disorders: Innovative practices in positive psychology and wellness. *Eating Disorders, 14*, 143-155. doi.org/10.1080/01933920701798570
- Cook-Cottone, C. P. (2006). The attuned representation model for the primary prevention of eating disorders: An overview for school psychologists. *Psychology in the Schools, 43*, 223-230. doi.10.1002/pits.20139
- Cook-Cottone, C. P. (2004). Using Piaget's theory of cognitive development to understand the

construction of healing narratives. *Journal of College Counseling*, 7, 177-186. doi 10.1002/j.2161-1882.2004.tb00249.x

Cook-Cottone, C. P. (2004). Childhood posttraumatic stress disorder: Symptomatology, treatment, and school reintegration. *School Psychology Review*, 33, 127-139 [selected for publication in the 2007 *School-based mental health toolkit*. Bethesda, MD: NASP Publications].

Cook-Cottone, C. P., & Phelps, L. (2003). Protective and risk factors related to body dissatisfaction in college females. *Journal of College Counseling*, 6, 80-89.

Teaching and Learning

Dipleou, A., Reynolds, A., Cook-Cottone, C. P., Janikowski, J., Donnelly, J., & Bowling, T. (2016). A concept map of campers' perceptions of camp experience: Implications for the practice of family counseling. *Family Journal*, 24, 182-189. Doi.10.1177/1066480716628566

Lee, G. K., Infranco, M., Dipeolu, A., Cook-Cottone, C., Donnelly, J. P., Janikowski, T. P., Reynolds, A., & Bowling, T (2014). Concept mapping analysis of social skills camp experience for children with disabilities. *Children Australia*, 41, 1-13. doi.org/10.1017/cha.2015.41

Casey, C., Cook-Cottone, C. P., & Baker, C. (2012). The Magic Penny Early Literacy Program: A pilot study of effects on phonemic awareness and basic reading skills. *The New School Psychology Bulletin*, 9, 74-84 <http://www.nspb.net>.

Dutt-Doner, K. M., Cook-Cottone, C., & Allen, S. (2007). Improving classroom instruction: Understanding the developmental nature of analyzing primary sources. *Middle Level Education Research Annual*, 2007, 57-76. doi.org/10.1080/19404476.2007.11462039

Volker, M. A., Lopata, C., & Cook-Cottone, C. P. (2006). The assessment of children with intellectual giftedness and reading disabilities. *Psychology in the Schools*, 43, 855-869. doi 10.1002/pits.20193

Dutt-Doner, K. M., Rech-Rockwell, M., Cook-Cottone, C., & Allen, S. (2006). Nurturing the historical thinker: A developmentally-based model for the use of document-based questions. *Southern Social Studies Journal*, 32, 29-67.

Cook-Cottone, C. P., Dutt-Doner, K., & Schoen, D. (2005). Understanding student article retrieval behaviors. *Research Strategies*, 20, 379-388 doi.org/10.1016/j.resstr.2006.12.011

Sullivan, R., Collins, J., Cook-Cottone, C. P., & Robinson, J. (2004-2005). Technology and new directions in professional development: Applications of digital video, peer review, and

self-reflection. *Journal of Educational Technology Systems*, 33, 131-146.
doi [10.2190/G9E9-LCQ1-H50X-4N23](https://doi.org/10.2190/G9E9-LCQ1-H50X-4N23)

Foote, C. F., & Cook-Cottone, C. P. (2004). Field experiences in high-need urban settings: Analysis of current practice and insights for change. *The Urban Review*, 36, 189-210.
doi.org/10.1007/s11256-004-0685-0

Augustyniak, K., Cook-Cottone C., & Calabrese, N. (2004). The predictive validity of the Phelps Kindergarten Readiness Scale. *Psychology in the Schools*, 41, 509-516. doi 10.1002/pits.10180

Cook-Cottone, C. P. (2004). Constructivism in family literacy practices: Parents as mentors. *Reading Improvement*, 41, 208-216.

Cook-Cottone, C. P. (2004). Exposure to polychlorinated biphenyls (PCBs): Implications for school psychologists. *Psychology in the Schools*, 41, 709-723. doi 10.1002/pits.20012

Lopata, C., & Cook-Cottone, C. P. (2003). Sampling bias: Full-text online databases and article selection Behavior. *The Journal of the Scholarship of Teaching and Learning*, 3, 31-42.

Other Publications

Prevention and Treatment of Eating Disorders

Cook-Cottone, C. P. (2016, Winter). Yoga for the re-embodied self: The therapeutic journey home. *Yoga Therapy Today*, 40-48.

Cook-Cottone, C. P. (2016, Winter). *The attuned representation of self (ARMS): 10 principles for incorporating positive body image into the treatment of eating disorders*, Gurze Publications <https://www.edcatalogue.com>.

Cook-Cottone, C. P. (2013). Yoga and life skills eating disorder prevention among 5th grade females: A controlled trial (abstract in conference proceedings). *International Journal of Yoga Therapy*, 23, 34-35.

Chen, R., Rao, R., Sharman, R., Upadhyaya, S., & Cook-Cottone, C. P. (2010). Examination of emergency response from knowledge and psychology perspectives. *Proceedings of the 7th Intervention ISCRAM Conference—Seattle*. www.iscram.org.

Cook-Cottone, C. P. (2010). Review of the Category Test. In R. A. Spies & B. S. Plake (Eds.), *Mental measurements yearbook* (pp. 96-100). Lincoln, NE: The University of Nebraska Press.

Cook-Cottone, C. P., & Beck, M (2007). *Lifebook: A curriculum for the development of emotional regulation and narrative development in foster children*. Child workbook and worker manuals for the mandated NYS training for human services employees in the child welfare system for the Office of Children and Families under the direction of

Commissioner Gladys Carrion, Governor Spitzer's Office.

Dutt-Doner, K., Cook-Cottone, C. P., & Allen, S. (2007). Improving classroom instruction: Understanding the developmental nature of analyzing primary sources. *Journal of Research in Middle Level Education Online*, 30, 1-20.

Cook-Cottone, C. P., & Scime, M. (2006). The prevention and treatment of eating disorders: An overview for school psychologists. *The Communique*, 34, 38-40.

Keca, J. & Cook-Cottone, C. P. (2005). Eating disorders: Prevention is worth every ounce. *Principal Leadership*, May, 11-15. (Also used a NASP Web Resource see link: <http://www.nasponline.org/resources/principals/Eating%20Disorders%20WEB.pdf>)

Cook-Cottone, C. P. (2005). Helping hurricane victims (students) get back to normal. *Education Update*, 11, 19-21.

Cook-Cottone, C. P., & Meier, S. (2005). Review of the Mayer-Salovey-Caruso Emotional Intelligence Test. In R. A. Spies & B. S. Plake (Eds.), *The sixteenth mental measurements yearbook* (pp. 600-602). Lincoln, NE: University of Nebraska Press.

Teaching and Learning

Casey, C., Cook-Cottone, C., & Baker, C. (2012). A Pilot Study of Effects on Phonemic Awareness and Basic Reading Skills. *New School Psychology Bulletin*, 9, 74-84.

Cook-Cottone, C. P., & Piccolo, J. (2005). Review of the Test of Phonological Awareness Skills. In R. A. Spies & B. S. Plake (Eds.), *The sixteenth mental measurements yearbook* (pp.1053-1055). Lincoln, Nebraska: University of Nebraska Press.

Cook-Cottone, C. P., & Piccolo, J. (2005). Review of the Michigan English Language Institute College English Test- Listening. In R. A. Spies & B. S. Plake (Eds.), *The sixteenth mental measurements yearbook* (pp. 624-626). Lincoln, Nebraska: The University of Nebraska Press.

Book Chapters (35)

Pershyn, C., Cottone, M., & Cook-Cottone, C. P. (in press). An interaction approach to avoidant restrictive food intake disorder (ARFID): Case analysis of transgender identifying individual. In M. Keitel, J. Park-Taylor, & M. Parisi (Eds.). *An intersectional approach to counseling individuals with eating disorders*. New York, NY: Information Age Publishing.

Cook-Cottone, C. P., Guyker, W., Haladay, E. (in press). Mindful self-care scale. In G. Ramseyer Winter, A. London, & T. Tylka (Eds.). *Handbook of Body-Image Related Measures*. New York, NY: Routledge.

Varambally, S., Kutty, B. M., Gangadhar, B. N., Cook-Cottone, C. P., & Bhargav, H. (in press). Yoga therapy for other mental health conditions. in Sat Bir Khalsa (Ed.). *The Principles and Practice of Yoga in Health Care*. London, UK: Singing Dragon Press.

Cook-Cottone, C. P., & Guyker, W. (in press). The Mindful Self-Care Scale. In Oleg N. Medvedev, Christian U. Krägeloh, Richard J. Siegert & Nirbhay N. Singh (Eds). *The Handbook of Assessment in Mindfulness Research*. New York, NY: Springer.

Estey, E. E. E., Pollack, S. R., & Cook-Cottone, C. P. (2022). An embodied approach in the prevention and treatment of eating difficulties. In H. Lewis, M. Hopfenbeck, J. Downs, N. Schnackenberg, & I. Parker. *The practical handbook of eating difficulties: A comprehensive guide from personal and professional perspectives*. Pavilion Publishing, West Sussex, UK.

Cox, A. E., Cook-Cottone, C. P., Tylka, T. T., & Neumark, Sztainer, D. (2022). Future Directions for Research on Yoga and Positive Embodiment. In C. P. Cook-Cottone, D. Neumark-Sztainer, A. Cox, & T. Tylka (Eds). *Yoga for Positive Embodiment in Eating Disorder Prevention and Treatment*. London: Routledge.

Cox, A. E., Ullrich-French, S., Cook-Cottone, C. P., Tylka, T. L., & Neumark-Sztainer, D. (2022). Examining the effects of mindfulness-based yoga instruction in positive embodiment and affective responses. In C. P. Cook-Cottone, D. Neumark-Sztainer, A. Cox, & T. Tylka (Eds). *Yoga for Positive Embodiment in Eating Disorder Prevention and Treatment*. London: Routledge.

Borden, A., & Cook-Cottone, C. P. (2022). Yoga and eating disorder prevention and treatment: A comprehensive review and meta-analysis. In C. P. Cook-Cottone, D. Neumark-Sztainer, A. Cox, & T. Tylka (Eds). *Yoga for Positive Embodiment in Eating Disorder Prevention and Treatment*. London: Routledge.

Perey, I., & Cook-Cottone, C. P. (2022). Eating disorders, embodiment, and yoga: A conceptual overview. In C. P. Cook-Cottone, D. Neumark-Sztainer, A. Cox, & T. Tylka (Eds). *Yoga for Positive Embodiment in Eating Disorder Prevention and Treatment*. London: Routledge.

Neumark-Stztainer, D., Cook-Cottone, C. P., Tylka, T. L., & Cox, A. E. (2022). Introduction to the special edition on yoga and positive embodiment: A note from the editors on how we got here. In C. P. Cook-Cottone, D. Neumark-Sztainer, A. Cox, & T. Tylka (Eds). *Yoga for Positive Embodiment in Eating Disorder Prevention and Treatment*. London: Routledge.

Estey, E. E. E., Pollack, S. R., & Cook-Cottone, C. P. (2022). Incorporating Mindful Self-Care, Positive Embodiment, and Attunement into the Prevention and Treatment of Eating Disorders. In Austin, R. & Hopfenbeck, M. (Eds.), *The practical handbook of eating difficulties*. Monmouth, UK: PCCS Books.

- Cook-Cottone, C. P. & Vujnovic, R. (2021). The healthy student: Schools, eating, and health psychology. In L. Cohn (Ed.), *Wiley encyclopedia of health psychology*. New York, NY: Wiley.
- Talebkha, K. S., & Cook-Cottone, C. P. (2019). Yoga for the prevention of eating disorders. In *Mind-Body Health: School-based interventions*. Melissa Bray & Maykel, APA
- Cook-Cottone, C. P. (2019). Yoga in Schools. In J. P. Rettger & V. Carrion (Eds.), *Applied Mindfulness: Evidence-Based Approaches for Youth in the Clinic, Community, and Beyond* Arlington, VA: American Psychiatric Association Publishing
- Cook-Cottone, C. P. (2019). Mindful Self-Care and Positive Body Image: Mindfulness, Yoga, and Actionable Tools for Positive Embodiment. In E. Daniels, M. Gillen, & C. Markey (Eds.), *The body positive: Understanding and improving body image in science and practice*. New York, NY: Cambridge University Press.
- Catherine Cook-Cottone, C. P. (2019). Brain integration, embodied mindfulness, and movement-based approaches to facilitate positive body image and embodiment. In Tracy L. Tylka and Niva Piran (Eds.), *Handbook of positive body image and embodiment: Constructs, protective factors, and interventions* (pp. 337-346). New York, NY: Oxford University Press.
- Catherine Cook-Cottone, C. P. (2019). Mindful attunement. In Tracy L. Tylka and Niva Piran (Eds.), *Handbook of positive body image and embodiment: Constructs, protective factors, and interventions* (pp. 68-79). New York, NY: Oxford University Press.
- Cook-Cottone, C. P. (2018). Life-story work. In R. J. R. Levesque (Ed.), *Encyclopedia of adolescence, 2nd Edition, Volume 3* (pp. 1616-1624). New York, NY: Springer.
- Birch, K., & Cook-Cottone, C. P. (2018). Current Practices in Yoga and Mental Health Care. In H. Mason and K. Birch (eds). *Yoga for Mental Health*. (pp. 193-207). United Kingdom: Handspring Publishers.
- Cook-Cottone, C. P., & Lampard, A. (2017). Evidence-based assessment and intervention for students with an eating disorder. In M. Thiekling, & M. Terjesen, (Eds.), *Handbook of Australian school psychology: Bridging the gaps in international research, practice, and policy* (pp. 413-434). New York, NY: Springer.
- Cook-Cottone, C. P., & Vujnovic, R. (2017). Interventions for children and adolescents with eating disorders. In L. Theodore, (Ed.). *Handbook of applied interventions for children and adolescent* (pp. 397-412). New York, NY: Springer Publishing Company.
- Tylka, T. L., & Cook-Cottone, C. P. (2016). Health disparities and help-seeking behaviors among girls. In C. L. Juntunen & J. P. Schwartz (Eds.), *Counseling across the lifespan: Prevention and treatment, 2nd ed.* (pp. 165-185). Thousand Oaks, CA: Sage.

- Cook-Cottone, C. P. (2013). A case study: Neuropsychological issues in eating disorders. In A. S. Davis (Ed.), *Psychopathology of childhood and adolescence: A neuropsychological approach* (pp. 313-318). New York: Springer.
- Cook-Cottone, C. P., Smith, A., & Grella, S. (2013). Training issues in adolescent health. In W. O'Donohue, L. Benuto, & L. Woodward Tolle (Eds.), *Adolescent Health Psychology* (pp. 323-342). New York, NY: Springer.
- Cook-Cottone, C. P., & Smith, A. (2012). Neuropsychology of eating disorders. In C. Noggle & R.S. Dean (Eds.), *Neuropsychological impact of psychopathology* (pp. 441-458). New York, NY: Springer Publishing.
- Cook-Cottone, C. P. (2011). Self-care and eating issues. In T. Fitch & J. Marshall (Eds.), *Group work and outreach guide for college counselors: Group plans and resources* (pp. 151-160). Alexandria, VA: American Counseling Association.
- Cook-Cottone, C. P. (2011). Life-story work. In R. J. R. Levesque (Ed.), *Encyclopedia of adolescence, Volume 3* (pp. 1616-1624). New York, NY: Springer.
- Cook-Cottone, C. P. (2010). Prevention and intervention of eating disorders. In P. McCabe & S. R. Shaw (Eds.), *Current topics in pediatrics in the schools* (pp. 113-121). Bethesda, MD: NASP Publications
- Cook-Cottone, C. P. (2010). Eating disorders. In A. S. Davis (Ed.), *Handbook of pediatric neuropsychology* (pp. 613-629). New York, NY: Springer Publishing.
- Cook-Cottone, C. P. (2010). Prevention and intervention of eating disorders. In P. McCabe & S. R. Shaw (Eds.), *Current topics in pediatrics in the schools* (pp. 113-121). Bethesda, MD: NASP Publications
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- Chen, R. Sharman, R., Rao, H. R., Upadhyaya, S. J., & Cook-Cottone, C. P., (2009). Coordination of emergency response: An examination of the roles of people, process, and information technology. In M. Turoff, R. Hiltz, B. Van de Walle (Eds.), *Information systems for emergency management*. Armonk, NY: M E Sharpe. http://www.iscramlive.org/dmdocuments/ISCRAM2008/papers/ISCRAM2008_Turoff_etal.pdf
- Cook-Cottone, C. P. (2009). The neuropsychology of eating disorders in women. In E. Fletcher-

Janzen (Ed.), *Neuropsychology of women* (pp. 175-207). New York, NY: Springer Publishing.

Cook-Cottone, C. P. (2001). The assessment of children with severe disabilities. In J.A. Bondurant-Utz (Ed.), *A practical guide to infant and preschool assessment in special education* (pp. 136-170). Needham, MA: Allyn & Bacon.

Web Content

Cook-Cottone, C. P. (2020). *Mindful self-care in the service of health care: An embodied approach*. On Demand. Washington, DC: American Psychological Association.

Cook-Cottone, C. P. (2020). *Mindful self-care in the service of health care: An embodied approach*. Live Webinar May 9, 2020. Washington, DC: American Psychological Association.

Cohen-Harper, J. & Cook-Cottone, C. P. (2018). *Secular Yoga for Schools*. Web Course. New York, NY: Produced by Little Flower Yoga.

GRANTS

Completed

Exploration of Women Veterans' Health and Wellness Activities in Primary Care"
Dates TBD Co-Principal Investigator (Multiple PIs; Co-PIs: King, P., Cook-Cotton, C.)
\$12,210

UNICEF (United Nations Children's Fund)
"Investigation of the effectiveness of the Mind Body Wellbeing Program in Somalia and Kenya."
Co-Principal Investigator (Co-PI: Guyker, W.)
5/2017 – 8/2017
Total Grant Program Budget with shared with Africa Yoga Project \$23,985
\$15,236 (direct research costs)

lululemon athletica
"The effectiveness of a yoga-based program in the prevention and treatment of eating disorders,"
Principal Investigator (Multiple PI; Co-PI: Guyker, W.)
10/2017 – 6/2019
Total Grant Program Budget shared with the Give Back Yoga Foundation \$100,000
\$56,750 (direct research costs)

Dr. Nuala McGann Drescher Leave Grant Program

United University Professions Affirmative Action/Diversity Committee.

“A multi-site study of a wellness program for the prevention and treatment of eating disorders.”

Principal Investigator

9/2007 – 12/2007

\$3,360 (direct costs)

National Science Foundation, SGER

“An Investigation of First and Second Responder Operations: The October 2006 Federal Disaster in Buffalo, NY:”

Co-Investigator (Co-PIs: Rao, H.R., Sharman, R., & Upadhyaya, S.)

2006 - 2007

\$29,997 (direct costs)

UB 2020 Interdisciplinary Research Development Fund.

“Analyzing Emergency Response Management Systems in the Context of the Katrina and Rita Disasters-A First Responder Focus.”

Co-Investigator (Co-PIs: Rao, H.R., Sharman, R., & Upadhyaya, S.)

9/2006 - 2007

\$22,082 (direct costs)

Educational Technology Center, University at Buffalo, SUNY.

“Digital peer review of practical school psychology and counseling skills: Counseling, consultation, and/or assessment”

Co-PI (Co-PI: Sullivan, R., Collins, J., & Robinson, J.)

9/2003 – 9/2004

\$6,000 (direct costs)

Reading Recovery Council of North America

“A naturalistic study of the implementation of Reading Recovery in a poor, rural school district (continued data collection and analysis.”

Principal Investigator

9/2004 – 9/2005

\$3,000 (direct costs)

Reading Recovery Council of North America

“A naturalistic study of the implementation of Reading Recovery in a poor, rural school district (continued data collection and analysis.”

Principal Investigator

9/2003 – 9/2004

\$5,000 (direct costs)

Graduate School of Education. University at Buffalo, SUNY.

“A naturalistic study of the implementation of Reading Recovery in a poor, rural school district.”

Primary Investigator
9/2003 – 9/2004
\$5,000 (direct costs)

Graduate School of Education. University at Buffalo, SUNY.
“The effectiveness of use of constructivist strategies in the group prevention of eating disorders.”
Primary Investigator
9/2003 – 9/2004
\$2,500 (direct costs)

Buffalo and New York State Mayors’ Initiative Fund
“Community and Families Together: The West Side Family Literacy Program Grant Proposal Integrated D’Youville College and School #3.”
Primary Investigator
9/2000 – 9/2001
\$20,000 (direct costs)

EXTERNALLY FUNDED PROJECTS

Community Health Promotion Collaborative Research Initiative
Primary Investigator/Supervisor
Multiple Awards to Fund Graduate Assistants
Total Amount from 2005 to 2017 at \$158,835 (detailed below)

2016-2017 *Trauma-informed Mind and Body Intervention for Self-Regulation and Wellbeing Among At-risk Students.* Funded \$12,000.

2015-2016 *Yoga Social: Yoga with Adolescent Females with Fetal Alcohol Syndrome.* Funded \$12,000.

2014-2015 *Children with Fetal Alcohol Syndrome: Needs in Foster Care.* Funded \$12,000.

2013-2014 *Constructing socially safe narratives: Children who have been victimized by social and physical abuse safely reintegrating into school.* Funded \$12,000

2012-2013 *Effective behavioral intervention for children in foster care: Parent handbook.* Funded \$12,000.

2011-2012 *Teaching parents behavioral intervention planning: Effective parent for permanency among families at risk for foster placement.* Funded \$12,000.

2010-2011 *Supporting families to achieve permanence through guardianship and adoption.* Funded \$12,000.

- 2009-2010 *Overview of problematic eating and food related behavior among children in foster care and adoption.* Funded \$12,000.
- 2008-2009 *Teaching parents behavioral intervention planning: Effective parent for permanency among families at risk for foster placement.* Funded \$12,000.
- 2007-2008 *Transition and permanence in foster care: A de-nested ecological model.* Funded \$16,945.
- 2006-2007 *Life story work for children in foster care.* Funded \$16,945.
- 2005-2006 *Childhood adjustment in foster care: Parental mental illness and stress.* Funded \$16,945.

AWARDS AND RECOGNITIONS

American Psychological Association Citizen Psychologist Citation Award (April 8, 2019)
 APA Citizen Psychologists serve as leaders in their various communities. Through prolonged engagement in significant activities, they contribute to improving the lives of all. They bring psychological science and expertise to bear on existing challenges to improve community well-being locally, nationally or globally.

Good Karma Award for Research. *Yoga Journal.* (2016)
 Honors men and women who selflessly giving back to communities through yoga and other seva work, and inspiring others to give back in turn.

Western New York Community Leader Community Service/ Volunteerism Award. National Federation for Just Communities of Western New York, Inc. (2016)
 Recognizes individuals/organizations in WNY who have made significant contributions to this region through their involvement in volunteer activities and/or their special achievements in specific areas of community and professional life.

STAR Award for Excellence in Advising, Graduate School of Education, University at Buffalo. (2015)

Research Foundation of SUNY, The Center for Development of Human Services, College Relations Group, "UB Faculty Recognition" (2008). For appreciation and outstanding research performance to support the mandated NYS training for human services employees in the child welfare system for the Office of Children and Families under the direction of Commissioner Gladys Carrion, NYS Governor's Office.

Recognition by NYSTAR for "research examining ways to combat eating disorders." (2008)
 NYSTAR was created as part of the landmark Jobs 2000 Act (J2K) to harness the economic power within New York State's more than 300 public and private research universities and institutions of higher learning by investing today in the job-creating technologies of tomorrow.

PROFESSIONAL PRESENTATIONS

Invited

Cook-Cottone, C. P. (2023). *Stress, burnout, and mindful self-care for nurses*. Sacred Heart University, School of Nursing, Fairfield, CT. Delivered online.

Cook-Cottone, C. P. (December, 2022). *Embodiment as a foundation in clinical practice*. Oshei Women and Children's Hospital, Children's Psychiatry Clinic Grand Rounds. Buffalo, NY.

Cook-Cottone, C. P. (November, 2022). *Trauma, embodiment, and yoga*. International Teen Yoga Summit 2022, London, UK (delivered via zoom).

Cook-Cottone, C. P. (August, 2022). *Professional sustainability and the role of mindful self-care*. University at Buffalo, School of Pharmacy Orientation, Buffalo, NY.

Cook-Cottone, C. P. (June, 2022). *Yoga therapy, embodiment, and the pathway to healing*. Keynote at the International Association of Yoga Therapist 2022 Annual Conference, Chicago. IL.

Cook-Cottone, C. P., Perey, I., Estey, E., Roff, Chelsea, & Gujer, W, (March, 2022). *Eat, Breathe, Thrive: The theory and practice and multi-site investigation of a yoga-based program for the prevention and treatment of eating disorders*. Internal Association of Eating Disorder Professionals. Delivered online.

Cook-Cottone, C. P. (December, 2021). *Research and application of yoga in various mental health related problems*. Yoga and Mental Health, 10th International Conference. Kaivalyadhama, India.

Cook-Cottone, C. P. (2021, May). *Yoga for Clinical Conditions and in School Setting: A research update*. National Kids Yoga Conference. online.

Cook-Cottone, C. P., & Roff, C. (2021, April). *Eating disorders; Mindfulness and yoga for presentation and recovery*. American Psychological Association. Online.

Cook-Cottone, C. P. (2020, March). *Mindful; Self-Care as a pathway to positive embodiment: Substance use and recovery*. WNY Rural Area Health Education Center (Rural AHEC), Warsaw, NY.

Cook-Cottone, C. P. (2021, February). *Yoga as a pathway to embodiment for those with Eating Disorders*. Give Back Yoga Foundation. Online

- Cook-Cottone, C. P. (January, 2021). *Eating disorders: How yoga teachers can help with Chelsea Roff*. Yoga Alliance. online.
- Cook-Cottone, C. P. (2020, November). *Self-Care for First Responders and Healthcare Professionals*. Providing Healthcare in a Pandemic Conference. Rural Health Education Center. Online.
- Cook-Cottone, C. P. (June, 2019). *Yoga and Mindfulness as self-care for the helping professional*. Current Topics in Mental Health for Nurse Practitioners. University at Buffalo, Medical Campus, Buffalo, NY.
- Cook-Cottone, C. P. (April, 2019). *Embodiment and mindful self-care as a pathway to positive body image*. Invited International Body Image Conference. Puerto Vallarta, Mexico.
- Cook-Cottone, C. P. (October, 2018). *Yoga research: A guide to creating and evaluating quality yoga programs*. Yoga Service Council Annual Conference. Omega Institute. Rhinebeck, NY.
- Cook-Cottone, C. P. (October, 2019). *Trauma-Informed Yoga for Childrens*. Bent-On-Learning Yoga Teacher Training. New York, NY.
- Cook-Cottone, C. P. (October, 2018). Research 101: Get your program research ready. The National Kids Yoga Conference. Alexandria, VA.
- Cook-Cottone, C. P. (November, 2017). *Trauma-informed yoga in schools*. Presentation to the School Psychology Students Association University at Albany, SUNY. Albany, NY.
- Cook-Cottone, C. P. (October, 2017). *Research progress on children's yoga for trauma and substance use*. National Conference on Children's Yoga. Washington, DC.
- Cook-Cottone, C. P. (October, 2017). *Mechanisms of change in yoga research: Trauma and eating disorders*. Symposium on Yoga Research. Kripalu Center for Yoga and Health. Stockbridge, Massachusetts.
- Cook-Cottone, C. P. (May, 2017). *Trauma-informed yoga: Alignment of need and intervention*. Yoga and Science: The Emerging Science of Consciousness, Regeneration, Health, & Longevity. Presented by Eddie Sterna and Marshall Hagins with the School of Health Professionals, Long Island University and JIYO, New York, NY.
- Cook-Cottone, C. P. (May, 2017). *Trauma-informed mindfulness and yoga in the schools: Tools for prevention, growth, and healing*. Childhood Matters: Bridging Hearst and Minds Human Services Teacher Education Department, Teaching Center OCC, Syracuse, NY.
- Cook-Cottone, C. P., & LaVigne, M., Travers, L. (2017). *Trauma-informed yoga in schools*. Yoga in the School Symposium, Kripalu Center for Yoga and Health. Stockbridge, Massachusetts.

- Cook-Cottone, C. P. (April, 2017). *Yoga in the schools: Research perspectives*. Panel: Sat Bir Khalsa, Ph.D., Harvard Medical School; Tamar Mendelson, Ph.D., Bloomberg School of Public Health at Johns Hopkins. Yoga in the School Symposium, Kripalu Center for Yoga and Health. Stockbridge, Massachusetts.
- Cook-Cottone, C. P. (April, 2017). *Yoga in the Schools: Challenges in school-based research*. Pre-conference Yoga in the School Symposium, Kripalu Center for Yoga and Health. Stockbridge, Massachusetts
- Cook-Cottone, C. P. (April, 2017). *Yoga in the Schools: Encinitas School Distract, district wide rollout of a yoga program*. Pre-conference Yoga in the School Symposium, Kripalu Center for Yoga and Health. Stockbridge, Massachusetts
- Khalsa, S. B., Cook-Cottone, C. P., & Mendelson, T. (2016). *Yoga in schools research*. National Kids Yoga Conference 2016. Catholic University. Washington, DC.
- Cook-Cottone, C. P. (September, 2016). *Words matter: Yoga research 101*. Research Panel Yoga Research Symposium, Kripalu Center for Yoga and Health. Stockbridge, Massachusetts.
- Cook-Cottone, C. P. (2016). *Plenary session: Secular yoga in schools: A qualitative study of the Encinitas Union School District lawsuit*. Yoga in the School Symposium, Kripalu Center for Yoga and Health. Stockbridge, Massachusetts.
- Cook-Cottone, C. P. (March, 2016). *Yoga in the schools: Research perspectives*. Panel: Andrea Hyde, Ph.D., Western Illinois University; Sat Bir Khalsa, Ph.D., Harvard Medical School; Tamar Mendelson, Ph.D., Bloomberg School of Public Health at Johns Hopkins. *Yoga in the School Symposium, Kripalu Center for Yoga and Health*. Stockbridge, Massachusetts.
- Cook-Cottone, C. P. (November, 2015). *Research on yoga and children*. Panel: Sat Bir Khalsa, Ph.D., Harvard Medical School; Tamar Mendelson, Ph.D., Bloomberg School of Public Health at Johns Hopkins. National Conference on Children's Yoga. Washington, DC.
- Cook-Cottone, C. P. (September 2015). *Research overview: Girls growing in wellness and balance- yoga and life skills to empower*. Symposium on Yoga Research: The front line on yoga research. Kripalu Center for Yoga and Health, Stockbridge, Massachusetts.
- Cook-Cottone, C. P. (Feb, 2015). *Yoga in the schools: Research perspectives*. Panel: Andrea Hyde, Ph.D., Western Illinois University; Sat Bir Khalsa, Ph.D., Harvard Medical School; Tamar Mendelson, Ph.D., Bloomberg School of Public Health at Johns Hopkins. Yoga in the Schools Symposium, Kripalu Center for Yoga and Health. Stockbridge, Massachusetts.

Cook-Cottone, C. P. (April, 2014). *Yoga in the schools: Research perspectives*. Panel: Andrea Hyde, Ph.D., Western Illinois University; Sat Bir Khalsa, Ph.D., Harvard Medical School; Tamar Mendelson, Ph.D., Bloomberg School of Public Health at Johns Hopkins University; Shari Miller, Ph.D., Research Triangle Institute International; Patrick Tolan, University of Virginia; and moderator- Mark Greenburg, Ph.D., Pennsylvania University. Yoga in the School Symposium, Kripalu Center for Yoga and Health. Stockbridge, Massachusetts.

Cook-Cottone, C. P. (March, 2015). *Yoga in the schools: Research perspectives*. Panel: Sat Bir Khalsa, Ph.D., Harvard Medical School; Tamar Mendelson, Ph.D., Bloomberg School of Public Health at Johns Hopkins University; Shari Miller, Ph.D., Research Triangle Institute International; *Yoga in the School Symposium, Kripalu Center for Yoga and Health*. Stockbridge, Massachusetts.

Peer Reviewed

Cryan, A., Guyker, W., Comeron, C., Gigante, V., Cook-Cottone, C. P., & Reed, E. (2022). *The effects of a mindful movement program on the motor skills of 5-7 year-old students with special needs: A randomized controlled study*. [Poster presentation] University at Buffalo GSE Symposium, Buffalo, NY.

Pershyn, C., & Cook-Cottone, C. CP. (2023). *Mindfulness and yoga-based eating disorder prevention program: An interpretive phenomenological analysis* [Poster presentation] University at Buffalo GSE Symposium, Buffalo, NY.

Webb, J., Cook-Cottone, C. P., & Roff, C. (2022). Cultivating yoga communities that promote diversity, accessibility, and positive embodiment: A self-assessment of yoga professionals. [Poster presentation] Symposium on Yoga Research, Stockbridge MA.

Smith, A. M, Cook-Cottone, C. P., Guyker, W. M (2022, October). Trauma Informed Mind-Body Wellbeing Program: A controlled trial of a yoga-based program to reduce trauma symptoms and promote wellbeing in Rwanda [Poster presentation] Symposium on Yoga Research, Stockbridge MA.

Smith, A. M, Cook-Cottone, C. P., Guyker, W. M (2022, April 27). Trauma Informed Mind-Body Wellbeing Program: A controlled trial of a yoga-based program to reduce trauma symptoms and promote wellbeing in Rwanda [Poster presentation] University at Buffalo Celebration of Student Academic Excellence, Buffalo, NY.

M., Smith, A, Cook-Cottone, C. P., Guyker, W. M, Trauma Informed Mind-Body Wellbeing Program: A controlled trial of a yoga-based program to reduce trauma symptoms and promote wellbeing in Rwanda, International Society for Traumatic Stress Studies 37th Annual Meeting, November 2, 2021 Virtual.

Perey, I., & Cook-Cottone, C. (2021, July). *A Randomized Controlled Trial of the Eat Breathe Thrive Yoga for Eating Disorder Recovery Online Course*. [Conference poster

- presentation]. Appearance Matters 9 Online Conference, Bristol, United Kingdom.
- Borden, A. B., & Cook-Cottone, C. P. (2020, August 6-9). The effect of yoga on eating disorder symptoms and correlates: A systematic review and meta-analysis [Accepted for poster presentation] American Psychological Association Annual Convention, Washington, D.C.
- Cox, A.E., Ullrich-French, S., Cook-Cottone, C., Tylka, T., Neumark-Sztainer, D., Garcia, V., & Culver, A. (2020, June). Examining the effects of mindfulness-based yoga instruction on positive embodiment and affective responses. Paper presented at the Virtual North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Convention.
- Cook-Cottone, C. P., Estey, E. E., & Guyker, W. M. (2018, October). *A district-wide qualitative study of yoga in the schools: Outcomes and challenges*. Poster session presented at the Symposium on Yoga Research (SYR), Kripalu, MA.
- Estey, E. E., & Cook-Cottone, C. P. (2018, August). *Self-compassion as a mediator between peer victimization and eating disorder risk among preadolescents*. Poster session presented at the 126th Annual Convention of the American Psychological Association, San Francisco, CA.
- Depner, R. M., Cook-Cottone, C. P., Grant, P.C., Levy, K (2018, August) *Evaluating Professional Quality of Life for Palliative Care Workers*, poster presentation at the 126th Annual Convention of the American Psychological Association, San Francisco, CA.
- Addai, E.A. , Guyker, W.M., Cook-Cottone, C. P., & Orrange, S. (2018, August). *Mindful self-care among medical residents: associations with wellness, depression, and distress*. Poster session presented at the 126th Annual Convention of the American Psychological Association, San Francisco, CA.
- Cook-Cottone, C. P., & Love, K. (2016, September). *The embodied yoga teacher: A step-by-step guide to positive embodiment and self-regulation within yourself and your classroom*. 2016 National Kids Yoga Conference. Catholic University. Washington, DC.
- Cook-Cottone, C. P., Lemish, E., & Guyker, W. (2016). *Plenary session: Secular yoga in schools: A qualitative study of the Encinitas Union School District lawsuit*. Yoga in the Schools Symposium, Kripalu Center for Yoga and Health. Stockbridge, Massachusetts.
- Tylka, T., Piran, N., Cook-Cottone, C. P., Alleva, J., Martz, D., Webb, J. (August, 2015). *Symposium- Beyond negative body image: Innovative constructs carve paths to embodied well-being*. American Psychological Association 123rd Annual Convention. Toronto, ON.
- Terjesen, M., Theikling, M., Waldecker, C., Nickerson, A., Wood, C., Cook-Cottone, C. P., & Ruscio, D. (August, 2015). *School psychology in Australia- Practice research, and*

- training (presented on treatment of eating disorders)*. American Psychological Association 123rd Annual Convention. Toronto, ON.
- Giambrone, C., & Cook-Cottone, C. P., Klein, J.E. (2014, September). *Yoga for children: Concept mapping differences in Nairobi, Kenya*. Poster presented at Symposium for Yoga Research, Stockbridge, MA.
- Klein, J.E., & Cook-Cottone, C. P. (2014, September). *The Africa Yoga Project: A participant- driven concept map of Kenyan yoga teachers' reported experiences*. Poster presented at Symposium for Yoga Research, Stockbridge, MA.
- Cook-Cottone, C. P. (2013, February). *Health eating in schools*. Mini-skills workshop presented at the National Association of School Psychology, Washington, D.C.
- Beato, M., Cook-Cottone, C. P., Nickerson, A., & Anderson, L. M. (2013, February). *Weight-based teasing and anxiety in early adolescence*. Poster presented at the National Association of School Psychology, Washington, D.C.
- Norman, K., Sodano, S., & Cook-Cottone, C. (2013, June). *Examining the associations between children's interpersonal styles and eating disorder symptoms*. Poster presented at the annual convention of the Society for Interpersonal Theory and Research, Park City, UT.
- Cook-Cottone, C. P. (2013). *Yoga and life skills eating disorder prevention among 5th grade females: A controlled trial*. Symposium on Yoga Research: International Association of Yoga Therapists. Boston, MA.
- Cook-Cottone, C. P., & Tylka, T. (2012). *The attunement model of self: How the interactions between my self and my world can lead to eating symptoms*. Renfrew Annual Conference, Philadelphia, PA.
- Norman, K. N., Sodono, S. , & Cook-Cottone, C. P. (2012, August). *Eating disorder prevention group: The role of interpersonal styles in outcomes*. Poster presented at the annual convention of the American Psychological Association, Orlando, FL.
- Sodano, S. M., Cook-Cottone, C. P., & Nickerson, A. B. (2012, May). *The interpersonal styles of bullying and bullying victimization*. Paper presented at the 15th annual meeting of the Society for Interpersonal Theory and Research, Montreal, Quebec, Canada.
- Cook-Cottone, C. P., & Anderson, L. (2012). *Positive assessments for prevention programs*. Poster presented at the National Association of School Psychology, Philadelphia, PA.
- Keddie, E., Cook-Cottone, C. P., Haugli, S., Serwacki, M., & Smith, A. (2012, February). *Girls growing through yoga and wellness: Preventing anxiety and eating disorders in the schools*. Workshop presented at the National Association of School Psychology, Philadelphia, PA.

- Cook-Cottone, C. P., & Grella, S. (2010). *Reading Recovery and the RtI model: Creating neurologically distinct groups*. Poster presented at the American Psychological Association, San Diego, CA.
- Cook-Cottone, C. P., & Klein, J. (2011). *Yoga and eating disorder treatment: A review of dosage of yoga*. Poster presented at the Renfrew Annual Conference, Philadelphia, PA.
- Chen, R., Rao, H.R., Sharman, R., Upadhyaya, S., Cook-Cottone, C. (2010) *Examination of emergency response from knowledge and psychology perspectives*. Presented at the 7th International Conference on Information Systems for Crisis Response and Management, Seattle, WA.
- Cook-Cottone, C. P. (2009). *Neuropsychological perspectives on the treatment of the female client*. Symposium presented at the American Psychological Association, Toronto, ON.
- Cook-Cottone, C., & Foote, C.J. (2008). *High need urban field experiences*. Paper presented at the Annual Meeting of the American Association of Colleges for Teacher Education. New Orleans, LA.
- Kim, M., Rao, H. R., Cook-Cottone, C. P., Sharman, R., & Upadhyaya, S. (2008). *An investigation of factors affecting effective emergency management during the 2006 October storm in Buffalo: Research-in-progress*. Proceedings of the 2008 National Science Foundation Engineering Research and Innovation Conference, Knoxville, TN.
- Chen, R., Sharman, R., Rao, H., Upadhyaya, S. J., & Cook-Cottone, C. P. (2007, December 9). *Organizational coordination in extreme events: A case study of incident response for October '06 snowstorm in Western New York*. The Fifth Pre-ICIS SIG DSS Workshop, Montreal, Canada.
- Tarquin, K., & Cook-Cottone, C. P. (2007, March 29). *The relationship among aspects of student alienation and self-concept*. Paper presented at the Annual Conference of the National Association of School Psychologists, New York, NY.
- Cook-Cottone, C. P., & Beck, M. (2006, June 18). *Group treatment of eating disorders: A constructivist integration of mind and body strategies*. Workshop presented at the Annual New York Association for Specialists in Group Work, Buffalo, NY.
- Scime, M., Cook-Cottone, C. P., & Kane, L. (2006, March 30). *A controlled study of a school-based group prevention of eating disorders*. Paper presented at the National Association of School Psychologists, Anaheim, CA.
- Dutt-Doner, K, Cook-Cottone, C. P., & Allen, S. (2005, April). *Improving classroom instruction:*

Understanding the developmental nature of analyzing primary source documents.
Paper presented at the American Educational Research Association (AREA) Annual Meeting, Montreal, Canada.

- Berry, C., & Cook-Cottone, C. P. (2005, March 31). *A naturalistic study of the implementation of Reading Recovery*. Paper presented at the Annual Conference of the National Association of School Psychologists, Atlanta, GA.
- Scime, M., Cook-Cottone, C. P., Kane, L., & Watson, T. (2005, March 31). *Prevention of eating disorders: Implementation and impact on risk factors*. Paper presented at the Annual Conference of the National Association of School Psychologists, Atlanta, GA.
- Cook-Cottone, C. P. (2004). *Treatment and prevention of eating disorders*. Workshop presented at the New York Association of School Psychologists Annual Conference, Buffalo, NY.
- Augustyniak, K., & Cook-Cottone C. P. (2004). *Kindergarten screening: An overview*. Workshop presented at the New York Association of School Psychologists annual conference, Buffalo, NY.
- Collins, J., Cook-Cottone, C., Robinson, J., & Sullivan, R. (2004). *Technology and new directions in professional development: Applications of digital video, peer review, and self-reflection*. Paper presented at the Conference on Instructional Technologies, Stony Brook, New York.
- Cook-Cottone, C., & Foote, C. (2004). *Field experiences in high need urban schools: A call for contextual continuity*. Paper presented at the Annual Spring Conference of the New York Association of Colleges for Teacher Education, Saratoga Springs, New York.
- Cook-Cottone, C. P., Kane, L., Scime, M., & Beck, M. (2004). *Group prevention and treatment of eating disorders: A constructivist integration of mind and body strategies*. Paper presented at the Annual New York Association for Specialists in Group Work, Buffalo, NY.
- Allan, S., Rech-Rockwell, M., Cook-Cottone, & Dutt-Doner, K. (2003). *Eureka! Student skills for DBQ work using primary source documents: A computer lab workshop*. Workshop presented at the 11th Annual Conference of the American Association of School Librarians. Kansas City, MO.
- Cook-Cottone, C. P., Scime, M., Kane, L., & Cotter, T. (2003). *Group prevention in eating disorders: A constructivist integration of mind and body strategies*. Paper presented at the New York Association of Specialists in Group Work Annual Conference, Buffalo, NY.
- Cook-Cottone, C. P. (2003). *Meaningful connections: Linking standardized assessment, guided reading, and reading recovery*. Mini-skills workshop presented at the Annual Conference of the National Association of School Psychologists, Toronto, ON.
- Dutt-Doner, K., Cook-Cottone, C. P., Allan, S., & Rech-Rockwell, M. (2002). *Using electronic primary source documents on the Library of Congress website to improve the teaching of*

social studies. Workshop presented at the New York State Computers and Technology in Education Annual Conference, Buffalo, NY.

Cook-Cottone, C. P. (2002). *Language enriched play: Understanding word learning and development*. Miniskills workshop presented at the National Association of School Psychologists, Chicago, IL.

Cook-Cottone, C. P., Wantuck, P., & Nathanson, D. (2001). *Building literacy in our communities: Families and community together*. Paper presented at One Hundred Years of Urban Education- A National Symposium, Buffalo, NY.

Cook-Cottone, C. P., & Nathanson, D. (2001). *Community and families together: Developing an effective family literacy program*. Miniskills workshop presented at the National Association of School Psychologists, Washington, DC.

SERVICE

National and International Service and Memberships

Editorial Work

Editor-in-Chief, *Eating Disorders: Journal of Prevention and Treatment* 2017- present
Associate Editor, *Eating Disorders: Journal of Prevention and Treatment* 2015- 2017

Editorial Board Member, *Eating Disorders; Journal of Prevention and Treatment* 2012- present

Editorial Board Member, *Body Image* 2014- present

Editorial Board Member, *International Journal of Complementary and Alternative Medicine*
2017-present

Editorial Board Member, *Psychology in the Schools*, 2004 to 2009

Ad hoc reviewer, *Journal of Traumatic Stress*, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016,
2017, 2018, 2019, 2020

Ad hoc reviewer, *Appetite*, 2013, 2014, 2015, 2016

Ad hoc reviewer, *Disasters Journal*, 2012, 2013

Ad hoc reviewer, *Journal of the International Association of Yoga Therapists*,
2011, 2013, 2014, 2015

Ad hoc reviewer, *International Journal Child and Adolescent Mental Health*, 2007

Ad hoc reviewer, *Journal of Marriage and Family Therapy*, 2006

Ad hoc reviewer, *Appetite*, 2013, 2014, 2015, 2017

Ad hoc reviewer, *Neuropsychiatric Disease and Treatment*, 2013

Ad hoc reviewer, *Journal of Children's Services*, 2014

Ad hoc reviewer, *Body Image*, 2010, 2011, 2012, 2013, 2014

Ad hoc reviewer, *Journal of Abnormal Child Psychology*, 2015

Ad hoc reviewer, *Mindfulness*, 2017, 2018

Ad hoc reviewer, *Journal of Child and Family Services*, 2017

Committee/Other Review Work

Yoga Research Symposium Organizing Committee. Symposium on Yoga Research: Preconference and Conference. Kripalu, Stockbridge, MA. 2015, 2016, 2017 (3 year term).

National Institute of Health Grant reviewer- Risk, Prevention, and Health Behavior (RPHB) SBIR SEP. Member of the Review Panel- 2012, 2013, 2014

Grant evaluator, Provincial Centre of Excellence for Child and Youth Mental Health, reviewed eating disorder related proposals, 2007, 2008

Committee Member, APA Division 16 Outstanding Dissertation of the Year Committee, 2007

Member of the NASP Program Approval Board, 2009 to 2012

Springer- Book Proposal Review, 2015, 2016

Oxford Wiley- Book Proposal Review, 2012

Pearson/Prentice Hall- Book Review, 2012

International Consultation

Africa Yoga Project (2016- present)

Co-Creator and Advisor of the *Mind Body Program for Wellbeing* (with Paige Elenson- Founder and President of the Africa Yoga Project)- a yoga-based intervention for traumatic stress delivered in Uganda (NGO Workers), Somalia (delivered to women with a history of war and gender-based violence), and Lebanon (for Syrian Refugee Children in collaboration with the Olive Tree Foundation).

United Nations Foundation (2015- present)

Consultant for the United Nations Foundations. Co-creator of the Peace on Purpose program designed to support resilience among United Nations humanitarian workers through mindfulness applications.

Professional Memberships

American Psychological Association (APA)
International Association of Yoga Therapists (IAYT)

National Association of School Psychologists (NASP)
Western New York Yoga Association (WNYYA)
Yoga Alliance (YA)
National Eating Disorder Association (NEDA)
Association for Eating Disorders (AED)

University Service

Administrative and Committee Work

Associate Dean of Academic Affairs, GSE, 2020 to present
Presidential Review Board, University at Buffalo, SUNY 2018-2020
Director, Advanced Certificate in Mindful Counseling for Wellness and Engagement, 2015 to present
Director, School Psychology Program, University at Buffalo, SUNY, 2005/2006, 2008 to 2015
Faculty Senator 2012, 2013
Personnel Committee, GSE, 2011, 2012, 2013
Executive Committee, GSE, Chair 2009-2010, Member 2008-2010 and 2015-present
Committee Member, UB2020 Individual Award Review Panel, 2007
Committee Member, Social and Behavioral Sciences Institutional Review Board, 2004 to 2005

University-Based Academic Presentations

Cook-Cottone, C. P. & Guyker, W. (2016, March). *Clinical education and training of healthcare professionals: Mindfulness and self-care for helping professionals*. University at Buffalo Mindfulness and Health Conference.

Cook-Cottone, C. P. & Guyker, W. (2016, Spring). *Self-care and medical students. Presentation to the 2nd year medical students*. University at Buffalo Medical School.

Cook-Cottone, C. P. (2015, July). *A mindful and evidenced-based approach to treating eating Disorders: A workshop*. University at Buffalo School of Social Work.

Cook-Cottone, C. P., & David, P. (2009, August). *Transition of first responders from normal incident response to disaster level patterns- A grounded theory approach*. Joint Workshop on Cyber Security. University at Buffalo School of Management.

Cook-Cottone, C. P. (2007, May). *Utilizing the attuned representational model with children and adolescents*. Academic Rounds; Child and Adolescent Psychiatry, Millard Fillmore Hospital at Gates, University at Buffalo Medical School.

Cook-Cottone, C. P. (2007, March 5) *Eating as a social act: Media, culture self, and disorder*. A presentation for P.O.S.T. Project Series (www.postthespace.com) at the University at Buffalo.

Cook-Cottone, C., Torres Rivera, E., & Scime, M. (2004). *Digital peer review of practical school psychology and counseling skills: Counseling, consultation, and/or assessment*. Paper presented at the annual Educational Technology Center Grant Showcase, University at Buffalo.

Cook-Cottone, C. (2003). *Post traumatic stress disorder in children: Treatment and school reintegration*. Paper presented for the University at Buffalo Continuing Professional Education program of the Graduate School of Education.

Community Service

Yogis in Service, inc. (www.yogisinservice.org)

Founder and President of Yogis in Service, a not-for-profit 501(c)(3) created to increase access to yoga within the Western New York area.

Funded \$15,000 through lululemon *Hear to Be* grant competition (2015-2106). Built a yoga studio on the East-side of Buffalo. Provide access to yoga across Buffalo region for those who do not have access- East-side studio, in schools on West-side, WCHOB- oncology, Lighthouse recovery program, Veteran Administration Hospital and more (see www.yogisinservice.org).

Committees and Board Service

PAWNY Professional Affairs REsearch Representative 2021 to present
Board of Directors, Centre Buffalo: Day Treatment Center for Eating Disorder 2011 - 2017
Member, Yoga Teachers Association of Western New York, 2010 - present
Teacher Mentor, The Africa Yoga Project, 2013 - 2016
Committee Member, Erie County Eating Disorder Task Force, 2006 - 2009
Member of the Board of Directors, Creative Edge Art Studio Catholic Charities, 2004 - 2009

Community-based Trainings and Service Presentations

- Cook-Cottone, C.P. (2017). *Mindful grit: Self-care and service*. University at Buffalo, Honors Student Freshman Seminar. Buffalo, NY.
- Cook-Cottone, C. P. (2015). *Yogis in Service: Me, to we, to here to be*. lululemon Leadership Summit, Vancouver, BC.
- Cook-Cottone, C. P. (2015). *Commencement address*. Amherst High School Graduation, Amherst, NY.
- Cook-Cottone, C. P. (2015). *Mindfulness and eating disorder*. Continuing education training for The School of Social Work, University at Buffalo, SUNY.
- Cook-Cottone, C. P. (2015). *Mindfulness and self-care for bereavement counselors*. Western New York Prenatal Bereavement Counselors Association, East Amherst, NY.
- Cook-Cottone, C. P. (2015). *Mindfulness and yoga for substance abuse counseling*. Cazenovia Recovery Systems, Inc., Buffalo, NY.
- Cook-Cottone, C. P (2013, January). *Yoga for runners*. Celebrate Running: Running as Medicine. Buffalo Spine and Sports Medicine Workshop for Runners. Harlem Road Community Centers, Amherst, NY.
- Cook-Cottone, C. P. (2011, November). *The treatment and prevention of eating disorders: A review of the attunement model*. Presented at Grand Rounds. Women and Children's Hospital of Buffalo, Child and Adolescent Psychiatry.
- Cook-Cottone, C. P. (2007, March). *Eating Disorders 101: A community forum*. Panel member at forum presented by Featherweight, Inc at Appletree Business Park, Cheektowaga, NY.
- Cook-Cottone, C. P. (2006, March). *The Brain owners' manual for kids: Helping the thinking and feeling parts work together. A presentation on children impulse control and the development of the thought processes and the crucial connection of feelings and thoughts*. Part II of a three part series and documentary for Public Access Television- "Healthy Development, Healthy Parenting and Healthy Choices," produced by the Lord

of Life Lutheran Church, Depew, NY.

Kane, L., & Cook-Cottone, C. P. (2005, November). *Group prevention and treatment of eating disorders: A constructive integration of mind body strategies*. Workshop presented for the Western New York Consortium of School Counselors, Williamsville, NY.

Cook-Cottone, C. P. (2004, October 2). *The healing effects of reading*. Paper presented to the Niagara Frontier Reading Council 44th Annual Fall Conference, Depew, NY.

Cook-Cottone, C. P. (2004). *Meaningful Connections: Linking standardized assessment, guided reading, and reading recovery*. Workshop presented to the Special Education Council In-service for Orchard Park Central School District, Orchard Park, NY.

Cook-Cottone, C. P. (2004). *Creating healthy communities so our ideas can grow: Social emotional learning in middle school*. Paper presented to the faculty of Transit Middle School in the Williamsville School District, Williamsville, NY.

Cook-Cottone, C. P. (2004). *Creating healthy communities so our ideas can grow: Social emotional learning in middle school*. Paper presented to the Parent Teacher Association of Transit Middle School in the Williamsville School District, Williamsville, NY.

Cook-Cottone, C. P., & Kane, L. (2004). *Preventing and treating anxiety-based disorders in children: Using developmentally appropriate language and techniques*. Workshop presented as part of an ongoing in-service program for the Middle School Consortium, Amherst, NY.

Cook-Cottone, C. P., (2003). *Friendship strategies for children with disabilities: Improving skills and dealing with bullying*. Paper presented at the ongoing series of presentations for ADDRESS, Inc. (Attention Deficit Disorder and Support Services) and the Parents for NLD (Nonverbal Learning Disabilities), Clarence, NY.

Cook-Cottone, C. P. (2002). *Meaningful connections: Linking standardized assessment, guided reading, and reading recovery*. Workshop presented at the Annual Meeting of the Niagara Frontier Reading Council, Depew, NY:

Cook-Cottone, C. P. (2001). *Language enriched play: Understanding word learning and experience-based development*. Workshop presented at the Niagara Frontier Reading Council Annual Conference, Buffalo, NY.

Media

Featured in a WBFO Story on Eating Disorder Film (8/2017)

<http://news.wbfo.org/post/glorifying-or-getting-word-out-netflix-movie-sparks-debate-over-eating-disorders>