

## **Kamila Dvořáková**

Doctoral Candidate in Human Development and Family Studies  
Compassion and Caring Fellow at the Edna Bennett Pierce Prevention Research Center  
The Pennsylvania State University  
**kami.dvo@gmail.com**

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### **EDUCATION**

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#### **The Pennsylvania State University, University Park, PA**

*Ph.D. in Human Development and Family Studies, 2013 – 2017 (anticipated)*

Dissertation: Using Contemplative Practices to Promote College Students' Socioemotional Competencies and Healthy Transition to College  
Concentrations: Prevention and Individual Development  
Advisor: Dr. Mark Greenberg

#### **Teachers College, Columbia University, New York, NY**

*Master of Arts in Developmental Psychology, 2008 - 2010*

Thesis: Factors Influencing Mental Health and Psychological Development: Perspective of Children's Experience  
Advisor: Dr. Jeanne Brooks-Gunn

#### **Instituto Tecnológico Autónomo de México, Mexico City, Mexico**

*Academic Exchange, International Administration Program, 2006*

#### **University of Economics, Prague, Czech Republic**

*Master in Regional Aspects and Public Administration with focus on Business Psychology, accelerated undergraduate and graduate combined program, 2002 - 2008*

Thesis: Work Satisfaction and Motivation: An Analysis and Evaluation of Quality Management Methods in Czech Republic Public Administration

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### **RESEARCH GRANTS**

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Principal Investigator, Mind & Life 1440 Foundation (2016), Project: *Heartfulness in education: The effects of mindful self-compassion training on teachers' wellbeing, student-teacher relationships, and school climate* (\$15,000).

Co-investigator, Clinical and Translational Science Institute (2014), Principal Investigator: Mark Greenberg, Project: *Using Innovative Methods to Study the Effect of Mindfulness Training on the Health and Well-Being of First Year College Students* (\$40,000).

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### **FELLOWSHIPS & AWARDS**

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Compassion and Caring Fellowship with the Edna Bennett Pierce Prevention Research Center, The Pennsylvania State University, 2016 - 2017

Pre-Doctoral Research Fellowship with the National Institute on Drug Abuse (NIDA) Prevention and Methodology Training Program (T32-DA-017629), The Pennsylvania State University, 2014 – 2016

University Graduate Fellowship with the College of Health and Human Development, The Pennsylvania State University, 2013 - 2014

Knoll Educational Endowment Fund for Professional Development (\$5,500), The Pennsylvania State University, 2013 - 2017

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### **RESEARCH EXPERIENCE**

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#### **The Bennett Pierce Prevention Research Center, Penn State, University Park, PA**

- *Co-investigator and Project Coordinator* (2014 - Present), Study of College Students' Health and Wellbeing using Innovative Technologies (Learning to BREATHE for college students), PI Mark Greenberg
- *Pre-Doctoral Research Fellow* - National Institute on Drug Abuse (NIDA) Prevention and Methodology Training Program (T32-DA-017629), 2014 – 2016

- *Research Assistant - Data Collection and Qualitative Analysis* (2013 - 2014), Study of Teachers' Health and Wellbeing (Comprehensive Approach to Learning Mindfulness, CALM), Co-PIs Patricia Jennings and Mark Greenberg
- *Research Assistant - Fidelity Coder* (2013 - 2014), Study of Teachers' Health and Wellbeing Professional Development Program (Cultivating Awareness and Resilience in Education, CARE), PI Patricia Jennings

**The Rita Gold Early Childhood Center**, Teachers College, New York, NY

- *Graduate Fellow* (2009 – 2010), Study of Peer Relationships and the Effects of Transition on Social Behavior, PI Susan Recchia

**Mindfulness Project Lab, Teachers College, Columbia University**, New York, NY

- *Research Assistant - Grant Writing and Measurement Evaluation* (2009 - 2010), Mindfulness-based Stress Reduction Program as Classroom Intervention, PI Lisa Miller

**The National Center for Children and Families**, Teachers College, New York, NY

- *Research Assistant - Data Collection* (2008 - 2009), Study of the Patterns of Childcare Subsidy Use among Low-Income Families, PI Jeanne Brooks-Gunn

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**PUBLICATIONS**

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**Dvorakova, K.**, Kishida, M., Elavsky, S., Li, J., Broderick, T., Agrusti, M., & Greenberg, M. (accepted). Promoting Healthy Transition to College through Mindfulness Training with 1st year College Students: Pilot Randomized Controlled Trial. *Journal of American College Health*.

Riggs, N. R., Greenberg, M. T., & **Dvorakova, K.** (accepted). Mindfulness Substance Use Prevention (book chapter). *Prevention of Substance Use* (Eds. Petras, H., Sloboda, Z., Sloboda, Hingson, R. & Robertson, L.).

Mahfouz, J., Levitan, J., Schussler, D., Broderick, T., **Dvorakova, K.**, Agrusti, M., Greenberg M. (under review). Ensuring College Student Success through Mindfulness-Based Classes: Just BREATHE.

**Dvorakova, K.**, Jennings, P.A, Brown, J. L., & Greenberg, M.T. (under review). The Association of Age and Years of Experience with Teachers' Mindfulness, Distress tolerance, and Enjoyment of Teaching.

**Dvorakova, K.**, Greenberg, M., & Roeser, R. (in prep). Developmental and Socioemotional Processes during Transition to College and the Interplay with Contemplative Practices.

**Dvorakova, K.**, Kishida, M., Elavsky, S., Broderick, T., Agrusti, M., & Greenberg, M. (in prep). First-year College Students' Health and Well-being: The Effects of Mindfulness Training at 3-month Follow-up and Potential Mechanisms of Change.

Recchia, S. L., & **Dvorakova, K.** (2012). How three young toddlers transition from an infant to a toddler child care classroom: Exploring the influence of peer relationships, teacher expectations, and changing social contexts. *Early Education & Development*, 23(2), 181-201.

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**PRESENTATIONS**

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**Dvorakova K.**, Kishida M., Elavsky S., Agrusti M., & Greenberg, M. (2016, May). First-year College Students' Health and Well-being: The Long-term Effects of Mindfulness Training at 3-month Follow-up. Poster presented at the annual meeting of the Society for Prevention Research, San Francisco, CA.

Kishida M., **Dvorakova K.**, Li, J., Elavsky S., Agrusti M., & Greenberg, M. (2016, April). Pause, Breathe, and Sleep Well: Promoting Good Sleep through a Mindfulness-based Program in First-year College Students. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.

Li J., Kishida M., **Dvorakova, K.**, Torrisi, D., Xu, J. (2015, June). Using Dynamic Real-time Ambulatory Methodology to examine the effects of stress and socioemotional wellbeing on weight-related behaviors in first-year college students. Poster presented at the 4<sup>th</sup> Biennial Conference of the Society for Ambulatory Assessment, State College, PA.

**Dvorakova, K.**, Kishida M., Li J., Agrusti M., Elavsky S., Broderick, T., & Greenberg, M. (2015, May). Health and well-Being: Mindfulness training effects on daily experiences of first-year college students. In **Dvorakova, K.** (Chair) *The Effectiveness and Implementation of Youth-Focused Mindfulness Interventions*. Paper symposium presented at the annual meeting of the Society for Prevention Research, Washington, D.C.

Xu, J., Torrisi, D., **Dvorakova, K.** Kishida, M., Li, J., & Agrusti, M. (2015, April). Does Mindfulness Mediate the Relationship of Depression and Anxiety to Social Connectedness in First Year College Students? Poster (3rd place winner in Social Sciences) presented at the Annual Undergraduate Exhibition at the Pennsylvania State University, University Park, PA.

**Dvorakova, K.**, Kishida, M., Li, J., Agrusti, M., Torrisi, D., & Xu, J. (2015, March). Life is inevitable, stress is optional: The effects of mindfulness training with first-year college students. Poster presented at the 30<sup>th</sup> Annual Graduate Exhibition at the Pennsylvania State University, University Park, PA.

Li, J., **Dvorakova, K.**, Kishida, M., Greenberg, M. & Elavsky S. (2014, November). L2B study design: The effect of mindfulness training on the health, well-being, and interpersonal relationship quality of first-year college students. Poster presented at the Mind & Life Institute International Symposium for Contemplative Studies, Boston, MA.

**Dvorakova, K.**, Li, J., Kishida, M., Agrusti, M., Broderick, T., Elavsky, S., & Greenberg, M. T. (2014, October). The Learning to BREATHE (L2B) study design: Effects of mindfulness training on health and wellbeing of first-year college students. In **Dvorakova, K.** (Chair) *Building Youth Resilience in Stressful Environments through Mindfulness and Yoga-based Interventions*. Symposium presented at the Special Topic Meeting (Positive Youth Development (PYD) in the Context of the Global Recession) of the Society for Research in Child Development, Prague, Czech Republic.

**Dvorakova, K.**, Kishida, M., Li, J., Agrusti, M., Broderick, T., Elavsky, S., & Greenberg, M. T. (2014, June) Mindfulness training for the promotion of health, well-Being, and interpersonal relationship quality of first-year college students. Poster presented at the annual Mind and Life Summer Research Institute, Garrison, NY.

Recchia, S. L., & **Dvorakova, K.** (2011, November). Transitions in child care: Supporting optimal passages from infant to toddler classrooms. Paper presented at the annual National Association for the Education of Young Children (NAEYC), Orlando, FL.

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#### PROFESSIONAL SERVICE & INVOLVEMENT

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*Steering Committee Community Outreach*, Penn State Human Development & Family Studies, 2014 - 2016

*Student Organization President*, Dharma Lions: Mindfulness and Meditation Community at Penn State, 2014 - 2016

*Student Organization President*, Columbia University Buddhist Association, 2009 - 2010

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#### TEACHING EXPERIENCE

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*Instructor*, Mindful Stress Management Skills for Helping Professionals class, Department of Human Development and Family Studies, Penn State, Fall 2015 & Fall 2016

*Teaching Assistant*, Helping Professions class, Department of Human Development and Family Studies, Penn State, Spring 2016

*Guest Lecture*, topic: Benefits of Mindfulness Practice, Environmental Science class, Department of Biology, Penn State, October 2015 & March 2016

*Facilitator*, Learning to BREATHE (L2B) mindfulness-based program for college students, 2014 - 2015

*Guest Lecture*, topic: Self-Care & Stress Management for Educators, Working with Families and Professionals in Special Education class, Department of Special Education & School Psychology, Penn State, April 2014

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#### PROFESSIONAL DEVELOPMENT TRAININGS

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Mind and Life Institute Europe, Chiemsee, Germany

*Summer Research Institute - Plasticity and Change in Science and Society*, 2016

Mind and Life Institute Europe, Chiemsee, Germany

*Summer Research Institute - Contemplative Training: from Physiological Plasticity to Societal Changes*, 2015

Mind and Life Institute, Garrison, NY

*Summer Research Institute – Transforming Craving*, 2014

The Bennett Pierce Prevention Research Center, State College, PA

*Learning to BREATHE Teacher Training*, 2014

Center for Mindful Self-Compassion, Boston, MA

*Mindful Self-Compassion Teacher Training*, 2014

South Boston Yoga Studio, Boston, MA

*200-hour Yoga Teacher Training Program*, 2013

Institute for Meditation and Psychotherapy, Boston, MA

*Certificate program in Mindfulness in Psychotherapy*, 2012 –2013

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#### LANGUAGES

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**Czech** – native language, **Spanish** - fluent, **German** - basic competence

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#### APPLIED PROFESSIONAL EXPERIENCE

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**North Suffolk Mental Health Association**, Chelsea, MA

*In-Home Therapy Clinician*, Spanish-speaking Team, 2011 – 2013

**Tundra Women’s Coalition**, Domestic Violence and Sexual Assault Emergency Shelter, Bethel, AK

*Children and Teen Advocate*, 2009

**The Rita Gold Early Childhood Center**, New York, NY

*Student Teacher in Infant and Toddler Classroom*, 2009

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#### COMMUNITY SERVICE & VOLUNTEERING

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**Fo Guang Shan Monastery**, Kaohsiung, Taiwan

*Staff member of Humanistic Buddhist Monastic Life Program*, 2012

**Dharma Drum Retreat Center**, Pine Bush, NY

*Life Practice Program*, 2010

**Addiction Institute at St. Luke’s Hospital**, New York, NY

*Relaxation Instructor*, 2010