

**CURRICULUM VITAE**  
**KELLY TROWBRIDGE, PhD, LCSW, LSCSW**

**Office:**

Center for Professionalism and Well-Being  
Children's Mercy, Kansas City  
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**EDUCATION**

- PhD: University of Kansas Medical Center, 2015  
Dissertation: A Preliminary Investigation of a Compressed Mindfulness-Based Stress Reduction (cMBSR) Program for Pediatric Social Workers  
Advisor: Lisa Mische Lawson
- MSW: University of Kansas, 1999  
Specialization: Clinical Social Work  
Fieldwork: Joshua Child and Family Center  
Kansas City Regional Center
- BS: University of Wisconsin-Madison, 1994  
Major: Special Education  
William Jewell College, Liberty, MO. 1989-1991  
Political Science Major

**LICENSURE**

- Missouri Licensed Clinical Social Worker #2005022412
- Kansas Licensed Specialist Clinical Social Worker #LSCSW 4223

**MINDFULNESS EDUCATION**

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| Teacher Supervision<br>Mindfulness-Based Stress Reduction                  | Center for Mindfulness, May 19-July 15, 2015<br>Supervisor: Pam Erdmann   |
| Teacher Development Intensive (TDI):<br>Mindfulness-Based Stress Reduction | Oasis Institute for Mindfulness, March 1, 2015-<br>March 10, 2015<br>Teachers: Bob Stahl & Carolyn West   |
| Silent Meditation Retreat (5 nights):                                      | Mindful Resilience, January 13-18, 2015<br>Teachers: Beth Mulligan, Hugh O'Neill, Charles<br>Tenshin Fletcher Roshi, Abbot of Yokoji Zen<br>Mountain Center |

Max Strom Yoga Workshop	Yoga Gallery, June 13-14, 2014,
Practicum Mindfulness-Based Stress Reduction	Oasis Institute for Mindfulness, February 10-20, 2014 Teachers: Florence Meleo-Myer & Elana Rosenbaum
Silent Meditation Retreat (7 nights)	Insight Meditation Center, January 10-17, 2014 Mindfulness Meditation for Health Care Providers Teachers: Sharon Salzberg, Christina Feldman, Mark Coleman
Mindfulness-Based Stress Reduction	University of Missouri, September 26-November 15, 2013 Teacher: Lynn Rossey
Mindfulness-Based Stress Reduction in Mind-Body Medicine:	Omega Institute, May 31-June 7, 2013 Teachers: Jon Kabat-Zinn & Saki Santorelli

### **MINDFULNESS TEACHING**

#### **Children's Mercy Kansas City**

Mindfulness-Based Stress Reduction (MBSR), May 19–August 18, 2016 (in progress)

Mindfulness-Based Stress Reduction (MBSR), February 3-March 24, 2016

Mindfulness-Based Stress Reduction (MBSR), February 1– March 28, 2016

Mindfulness-Based Stress Reduction (MBSR), June 2- July 20, 2015

### **HONORS AND AWARDS**

- Gordon Wells Allied Health Professionals Scholarship Award, 2009, 2010, 2011
- Outstanding Freshman in Political Science, 1990
- Exchange student to South Africa, 1988-1989

### **TEACHING**

#### **University of Kansas Medical Center**

OCTH 725: Research Process (co-instructor)

### **GRANT PROPOSALS PENDING OR UNFUNDED**

Healthcare Foundation of Kansas City FY 2014. Research proposal entitled Mindfulness-Based Interventions for Health Care Professionals. (not funded).

### **DEPARTMENT SUPPORTED RESEARCH ACTIVITIES**

- Trowbridge, Kelly (PI) 5/2/15-present. A Preliminary Investigation of a Compressed Mindfulness-Based Stress Reduction (cMBSR) Program for Pediatric Social Workers. The major goal of this study is to examine whether a compressed mindfulness program is feasible for social workers in a pediatric medical setting. **PI**
- Kennedy, Diane (PI) 12/22/11-present. Using Motivational Interviewing to Improve Adherence to Daily Clean Intermittent Urinary Catheterization in Children with Spina Bifida and Urinary Incontinence and Exploring Successes. The major goal of this study is to examine the potential use of motivational interviewing in a multi-disciplinary clinic setting with youth with spina bifida. **Co-I**

### JOURNAL ARTICLES

- **Trowbridge, K.**, Mische Lawson, L., Andrews, S., Pecora, J., **Boyd, S.** (under review) Preliminary investigation of a workplace-based compressed mindfulness-based stress reduction intervention with pediatric social workers.
- **Trowbridge, K.**, Mische Lawson, L., (under review) Social work research in practice: Lessons learned:
- Kennedy, D., Apodaca, T., **Trowbridge, K.**, Hafeman, C., Roderick, E., & Modrcin, A. (in press) Learning motivational interviewing: A pathway to caring and mindful patient encounters. *Journal of Pediatric Nursing*.  
<http://www.sciencedirect.com/science/article/pii/S0882596315004108>
- **Trowbridge, K.** and Mische-Lawson, L. (2016) Mindfulness-based interventions with social workers and the potential for enhanced patient-centered care: A systematic review of the literature. *Social Work in Health Care*. 55 (2), 101-124. doi: 10.1080/00981389.2015.1094165  
<http://www.tandfonline.com/doi/abs/10.1080/00981389.2015.1094165?journalCode=wshc20>
- **Trowbridge, K.** and Mische-Lawson, L. (2014) Children with medical complexity and self-management: A systematic review of the literature. *Social Work in Health Care*. 53 (7), 640-658. doi: 10.1080/00981389.2014.916776  
<http://www.ncbi.nlm.nih.gov/pubmed/25133298>
- Apodaca, T.R., Tsai, S., Miller, M. Maddux, M., Kennedy, D., & **Trowbridge, K.** (2014). Implementing the use of motivational interviewing in a pediatric hospital. *Missouri Medicine: The Journal of the Missouri State Medical Association*, 111, 156-160. <http://www.ncbi.nlm.nih.gov/pubmed/25011343>
- Hubble R., **Trowbridge K.**, Hubbard C., Ahsens, L. & Ward-Smith P. (2008). Effectively using communication to enhance the provision of pediatric palliative care in

an acute care setting. *Journal of Multidisciplinary Healthcare* 1, 45-50.  
<http://www.ncbi.nlm.nih.gov/pubmed/21197332>

## PRESENTATIONS

- 20<sup>th</sup> Annual Advanced Nursing Pediatric Care Conference, October 24, 2014, *Resiliency in Health Care* (with Stephanie Andrews, MSW, LSCSW)
- Patient Care Services Research 2014 Fall Symposium, September 26, 2014, *Mindfulness, Self-Reflection, and Empathy: Where is the Evidence?* (with Stephanie Andrews, MSW, LSCSW)
- Strands of Life: Managing Medical Complexities in Children, November 3, 2012, *Children with Medical Complexity*
- Spina Bifida Kansas City Education Day, September 19, 2009, Kids and Teen Social Skills Group
- Teen Transition Conference, July 8, 2009, *Transition the Inside Story* (with Rita Harris, BSW)
- Missouri National Association of Social Workers Symposium, March 14, 2009, *Supporting Consistent and Successful Parenting in Families and Adolescents with Disabilities and/or Chronic Illness*
- Teen Transition Conference, July 9, 2008, *Parenting with Consistency*
- Children's Mercy Hospital, Presentations to Various Departments, Ongoing
- Johnson County Health Department, A SIDS Update for Healthcare and Daycare Providers, October 2003, *Unexplained Events in Infants the Emergency Room Process*
- Neurologic Disabilities Support Project, November 2001
- Council for Exceptional Children, Kansas City, MO, April 2001
- Heart of America Family Services, April 26, 2001, *Overcoming the Challenges of Living with a Traumatic Brain Injury*, Janet Williams, PhD, Rebekah Vandergriff, LMSW, Karen Fitzpatrick, Katie Dallam
- Pacific Coast Brain Injury Conference, Vancouver, B.C., November 17, 2000 *From Nursing Home to Own Home, You Can Do It!*
- Brain Injury Association of Iowa, Provider Advisory Committee Conference, March 17, 2000, Janet Williams, PhD, Rebekah Vandergriff, LMSW Karen Fitzpatrick
- Guest Presenter at numerous college level classes, various times.
- Informational programs on Communityworks to other agencies.

## PERSONAL AND COMMUNITY SERVICE

### Social Work in Health Care

- Invited Reviewer (October 2014)

### University of Missouri Kansas City

- Supervisor Clinical Social Work Intern, 2012-2013, 2008-2009

### University of Kansas

- Supervisor Clinical Social Work Intern, 2000-2001
- Supervisor Special Education Student Teacher, 1998-1999, 1996-1997

## **Employment**

### **Children's Mercy, Kansas City**

**Mindfulness Researcher**, Center for Professionalism and Well-Being, May 2016-Present

**Mindfulness Educator**, Center for Professionalism and Well-Being, June 2013- April 2016

- Promoting and guiding research while creating and providing instructional programming related to mindfulness practice in healthcare.

**Family Therapist & Testing Specialist**, Developmental and Behavioral Medicine, June 2013- April 2015

- Testing former Intensive Care Nursery patients as part of a nationwide study protocol.
- Family therapy work with families with a child with chronic illness or disability.

**Medical Social Worker**, Clinical Social Work, March 2002 – May 2013.

- Extensive experience in: crisis intervention; palliative care; child abuse/neglect.
- CM work areas: Rehabilitation Medicine, Emergency Department, Intensive Care Nursery, Pediatric ICU.

### **Communityworks, Inc., Mission, KS**

**Vice President of Services**, June 2001- January 2002

**Program Coordinator**, January 2001 – May 2001

**Case Manager**, May 1999 – December 2000

**Cognitive Instruction**, September 1998 – December 2000

- Leadership and supervision of case management team. Overseeing services provided, in the community, to approximately 100 adults with brain injuries.
- Trained other staff members to utilize systematic, strengths based teaching strategies. Developed documentation, teaching, and client goal-setting standards.
- Worked 1:1 with adults with brain injuries teaching skills required to support inclusion in home, community, and vocational settings.

### **Joshua Child and Family Center**, Kansas City, MO

**Clinical Social Work Intern**, August 1998-May 1999

- Worked with children and adolescents with Tourette Syndrome and its related neurological disorders (attention deficit, obsessive/compulsive, depression).
- Clinical work with both children and families largely focused on coping strategies, social skill development, and anger management. Utilized a variety of cognitive, behavioral, and environmental techniques.
- Provided educational presentations to schools and parents.

### **Kansas City Regional Center**, Kansas City, MO

**Clinical Social Work Intern**, May 1998-August 1998

- Worked with parents with disabilities through interventions focused on daily living, relationship, and parenting skills.
- Completed a needs assessment of parents with disabilities within the agency.

**East Central Kansas Cooperative in Education**, Baldwin City, KS

**Inclusion Facilitator**, 1996-1998

- Itinerant teacher serving students ages 12-20 with significant and multiple disabilities. Students served in 5 different schools across two rural districts.
- Initiated a new program through collaboration with a neighboring school district to serve transition age students.

**Lawrence High School**, Lawrence, KS

**Inclusion Facilitator**, 1994-1996

- Recruited to begin a fully inclusive teaching program for students with significant disabilities and to lead school inclusion team
- Worked as a team with families and other professionals to plan for and meet student goals through the Group Action Planning (GAP) process.
- Completed Positive Behavioral Support Training.