

CURRICULUM VITAE
KELLY TROWBRIDGE, PhD, LCSW, LSCSW

Office:

Center for Professionalism and Well-Being
Children's Mercy, Kansas City
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Kansas City, MO 64108
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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

- | | |
|---|--|
| Silent Meditation Retreat (7 nights) | Marillac Center, May 15, 2017- May 21, 2017
Teachers: Shaila Catherine & Phil Jones |
| Eat Right Now Facilitator Training | Center for Mindfulness, November 2, 2016 – present |
| Yoga and Transformation | Yoga Gallery, November 18-20, 2016
Teacher: Matthew Sanford |
| Teacher Supervision
Mindfulness-Based Stress Reduction | Center for Mindfulness, May 19-July 15, 2015
Supervisor: Pam Erdmann |

Teacher Development Intensive (TDI): Mindfulness-Based Stress Reduction	Oasis Institute for Mindfulness, March 1, 2015- March 10, 2015 Teachers: Bob Stahl & Carolyn West
Silent Meditation Retreat (5 nights):	Mindful Resilience, January 13-18, 2015 Teachers: Beth Mulligan, Hugh O’Neill, Charles Tenshin Fletcher Roshi, Abbot of Yokoji Zen Mountain Center
Max Strom Yoga Workshop	Yoga Gallery, June 13-14, 2014 Teacher: Max Strom
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

Mindfulness-Based Stress Reduction (MBSR), September 6-October 25, 2017
 Mindfulness-Based Stress Reduction (MBSR), January 31, 2017–March 28, 2017
 Mindfulness-Based Stress Reduction (MBSR), August 24, 2016–October 26, 2016
 Mindfulness-Based Stress Reduction (MBSR), August 16, 2016–November 11, 2016
 Mindfulness-Based Stress Reduction (MBSR), May 19–August 18, 2016
 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
 Dropping In (Mindfulness-Based Intervention), November 7 – December 12, 2014
 Dropping In (Mindfulness-Based Intervention), October 7 – December 2, 2014
 Dropping In (Mindfulness-Based Intervention), September 23 – November 4, 2014
 Dropping In (Mindfulness-Based Intervention), August 26 – September 30, 2014
 Dropping In (Mindfulness-Based Intervention), July 14 – August 11, 2014
 Dropping In (Mindfulness-based Intervention), June 24 – July 15, 2014

Dropping In (Mindfulness-based Intervention), April 30 – June 6, 2014
Dropping In (Mindfulness-based Intervention), April 15 – May 13, 2014
Dropping In (Mindfulness-based Intervention), March 24 – April 28, 2014
Dropping In (Mindfulness-based Intervention), November 11, 2013

Community Offering

Eat Right Now Live Group, January 10, 2017 – April 17, 2017

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 2013 (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) 6/2/17-present. Tolerating Uncertainty: Role Ambiguity and Child Life Specialists. The major goal of this study is measure tolerance of uncertainty in child life specialists and therapeutic programs staff. **PI**
- Trowbridge, Kelly (PI) 5/2/15-12/18/17. 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. (2017). Preliminary investigation of workplace-provided compressed mindfulness-based stress

reduction with pediatric medical social workers. *Health & Social Work*, 42(4), 207-214.
doi:10.1093/hsw/hlx038

- **Trowbridge, K.**, & Mische Lawson, L. (2017). Social work research in practice: Lessons learned. *Journal of Evidence-Informed Social Work*, 14(1), 1-7.
doi:10.1080/23761407.2016.1261382
- Kennedy, D., Apodaca, T., **Trowbridge, K.**, Hafeman, C., Roderick, E., & Modrcin, A. (2016). 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>
- Clark, N., Heller, K., Hiatt, A., McDaniel, D., Pitts, B., **Trowbridge, K.**, & Andrews, S. (2015). Residents experiencing secondary trauma (REST): Program intervention at a tertiary academic pediatric hospital. *Academic Pediatrics*, 15(4), e12.
doi:10.1016/j.acap.2015.04.034
- **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>

International Conferences

Trowbridge, K., Kemper, C., Sommer, D., Clark, N., Andrews, S., Bagherian, A. *Employing Mindfulness Practices in a Pediatric Hospital: A Transdisciplinary Approach to Adoption*. Panel presented at International Symposium on Contemplative Sciences; 2016 November 10-13, 2016; San Diego, CA.

Posters

- **Trowbridge, K.**, Mische Lawson, L., Andrews, S., Pecora, J., Boyd, S. *A Preliminary Investigation of Compressed Mindfulness-Based Stress Reduction (cMBSR): A Two-Day Pause in the Workplace for Social Workers. Poster presented at: International Symposium on Contemplative Sciences; 2016 November 10-13, 2016; San Diego, CA.*

PRESENTATIONS

- 20th 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

PLOS ONE

- Invited Reviewer (November 2016)

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.