

PROFESSIONAL SUMMARY

Dynamic leader with extensive experience designing and implementing innovative clinical education and learning development programs in healthcare. Expertise in creating interprofessional training frameworks, integrating motivational interviewing, and utilizing adult learning principles to drive skill acquisition and professional growth. Proven ability to lead teams, enhance operational efficiency, and foster a culture of continuous learning in value-based care settings. Adept at leveraging data-driven strategies to ensure compliance, optimize learning outcomes, and promote organizational excellence.

EDUCATION

University of Maine

Ph.D. Food and Nutrition Sciences

Orono, Maine

2010-2015

M.S. Food Science and Human Nutrition

1999-2001

University of New Hampshire

B.S. Nutritional Science

Durham, New Hampshire

1994-1999

RESEARCH

Dissertation: *A Clinical Intervention to Address Childhood Obesity Using Self-Determination Theory in a Rural Maine Setting*

- Coordinated and scheduled individual and group research sessions
- Developed and maintained community partnerships with primary care clinics for recruitment and site administration for research
- Conducted cognitive interviews and adapted questionnaires for children
- Drafted manuscripts
- Assisted with grant writing
- Conducted qualitative and quantitative data analysis
- Administered online surveys

Master's Thesis Committee Member: *Impact of Multidimensional Perfectionism and Self Efficacy on Adherence to Behavior Change Among Middle-Aged Women*

- Assisted with research design
- Will assist with analysis interpretation and editing of manuscript
- Anticipated publications summer 2024 and 2025
- Oral presentation at the American College of Sports Medicine Annual Conference, May 2025

CURRENT POSITION

Maia Consulting Group

Principal

Remote
2005-present

- Lead delivery of MI-based training, coaching, and consultation for healthcare professionals, educators, and leaders
- Design and deliver interactive MI trainings that integrate self-determination theory to foster autonomy support, empathy, and patient-centered care across healthcare disciplines
- Facilitate interprofessional education (IPE) workshops that build collaborative skills among physicians, nurses, dietitians, social workers, and behavioral health professionals
- Coach individuals and clinical teams in applying MI and SDT within interdisciplinary care planning, chronic disease management, and mental health contexts
- Create continuing education programs (CME/CEU-accredited)
- Present nationally on integrating MI, IPE, and SDT frameworks to advance healthcare training, workforce development, and patient outcomes

Honest Health

Director, Clinical Education

Remote
Feb 2022-April 2025

- Developed a comprehensive training program combining instructor-led sessions, e-learning modules, and streamlined protocols, achieving a 30% reduction in new hire ramp-up time
- Designed Continuing Medical Education (CME)-accredited content, resulting in the award of 14.5 CME credits and 142 credits distributed in 2023
- Fostered high employee satisfaction scores during onboarding (NPS 80+)
- Spearheaded collaboration across cross-functional teams to deliver engaging, clinically relevant content aligned with organizational goals
- Developed learning standards and worked with VP of Employee Experience to support elements of a Center of Excellence

TEACHING EXPERIENCE IN HIGHER EDUCATION

University of New England College of Professional Studies

Portland, Maine
April 2017-present

Adjunct Faculty

- Master of Social Work (MSW) program: “Motivational Interviewing I”
- Master of Applied Nutrition program: “Nutrition Education and Health Behavior Change”

Director, RDN Focus

2019-2022

- Maintained program accreditation and compliance with all ACEND requirements for Future Education Model-Graduate (FG) program
- Supervised student academic progress
- Worked collaboratively across departments (enrollment, student support and instructional design) to develop a positive environment that supports innovation, teamwork, and successful outcomes

Assistant Director, Master of Science in Applied Nutrition

- Hired and evaluated faculty for existing and new courses
- Supervised student academic progress through programming in consultation with Student Support
- Collected and analyzed program-level data and identify opportunities for change and/or improvements

- Implemented strategic academic initiatives developed within the College of Professional Studies to improve the education experience for program students
- Worked collaboratively across departments (enrollment, student support and instructional design) to develop a positive environment that supports innovation, teamwork, and successful outcomes
- Faculty representative to the Research Council
- Faculty representative to the Center for Excellence in Collaborative Education

UNE IPE Advisory Committee, Center to Advance Interprofessional Education and Practice

2019-2026

- Faculty Facilitator, Interprofessional Team Immersion (IPTI) on the Treatment of Eating Disorders. March 2026.
- “How Motivational Interviewing Supports Provider and Patient Well-Being Through Empathetic Communication” Recorded webinar. January 2024
- “Motivational Interviewing: Supporting Patients with Active Listening”. Interprofessional Team Immersion Co-Facilitator. October 2022

**Rochester Institute of Technology
Wegmans School of Health and Nutrition**

Rochester, NY
2015-2019

Lecturer

- Taught online introductory nutrition course to non-majors
- Taught a variety of didactic courses to nutrition management students
- Collaborated with academic support services to aid students needing special learning accommodations

Program Director

- Directed and advised students in the Dietetics and Nutrition program, the Nutritional Sciences program, and the Nutritional Sciences minor
- Maintained DPD program documentation for ACEND accreditation
- Faculty advisor for the Student Dietetic Association

Northern Essex Community College

Lawrence, Massachusetts
2007-2010

Adjunct Faculty

- Taught general nutrition course to students from diverse academic programs
- Conducted weekly lab activities to help students apply classroom knowledge
- Developed supplemental dry lab activities including case studies and journal article discussions to complement and apply course content
- Collaborated with academic support services to aid students needing special learning accommodations and/or added support through the ESL program

North Shore Community College

Danvers, Massachusetts
2007

Adjunct Faculty

- Taught general nutrition course to students from diverse academic programs
- Taught introductory nutrition course to nursing students
- Developed case studies to support course content and facilitate application of course content

CLINICAL EXPERIENCE

Maine Coast Memorial Hospital

Ellsworth, Maine

Clinical Dietitian (per diem)

2010-2015

- Assessed and monitored nutritional status
- Provided medical nutritional therapy and nutrition education
- Attended daily discharge planning rounds

Cambridge Health Alliance

Cambridge, Massachusetts

Outpatient Dietitian

2005-2010

- Collaborated with multidisciplinary eating disorder treatment team including physicians, psychiatrists, and nurses for nutrition management
- Preceptor to dietetic interns
- Facilitated group classes for diabetes and weight management

Simmons College

Boston, Massachusetts

School Nutritionist

2008-2010

- Provided individual nutritional counseling with a strong focus on disordered eating and eating disorders
- Developed presentations for students, athletes, and staff on topics including body image, sports nutrition, and disordered eating
- Collaborated with clinic providers regarding student nutrition care plans

Tufts Medical Center

Boston, Massachusetts

Clinical Dietitian

2003-2005

- Provided medical nutritional therapy for the cardiothoracic intensive care unit and surgical floors
- Conducted nutrition education classes for cardiac patients
- Assessed and presented critically ill patients to nutrition support team
- Participated in weekly multidisciplinary team rounds
- Preceptor to dietetic interns

Maine General Medical Center

Augusta, Maine

Clinical Dietitian

2001-2003

- Provided medical nutritional therapy for surgical patients and ICU
- Conducted nutrition education classes for pulmonary and cardiac patients
- Presented to nutrition support team
- Participated in weekly multidisciplinary team rounds
- Preceptor to dietetic interns
- Provided in-services to staff
- MDS experience in long term care facility
- Served on patient education committee

MOTIVATIONAL INTERVIEWING EXPERIENCE

Motivational Interviewing Basics Virtual	2026
• 12-hour interactive training for team members of Black Hills Works ◦ 2 cohorts	
MI Learning Community Facilitator (Health Education and Training Institute virtual)	
• 1-hour small-group follow-up sessions for the Learning School for the Deaf to help professionals apply training content to their real-world work with students and their families	2025
Motivational Interviewing Coach (virtual)	
• Served as an MI coach for the LOCI project directed by Dr. David Rosengren as part of an implementation research investigation being run by UC San Diego in coordination with the Lyssn organization	2024
Motivational Interviewing Reflective Group Practice (Faeth Therapeutics virtual)	
• Five interactive sessions for dietitians focused on coaching and reflection around motivational interviewing practice	2022-2023
Motivational Interviewing: The Basics (Health Education and Training Institute)	
• 2-day interactive training for Dirigo Fitness	Falmouth, ME January 2024
• 2-day interactive training for professionals in helping professions	Concord, NH March 2020
Motivational Interviewing: Intermediate Training (Landmark Health virtual)	
• 8-hour interactive training for health professionals ◦ 24 sessions • Development of Introduction to MI webinars and workbook	2020-2022
Motivational Interviewing: The Basics (Health Education and Training Institute virtual)	
• 12-hour interactive training for professionals in helping professions ◦ 7 sessions	2020-2023
Basic Motivational Interviewing: A Conversation About Change	Albany, NY
• 1.5-day interactive training for health care providers at Landmark Health	July 2019
Introduction to Motivational Interviewing	Rochester, NY
<i>Co-facilitator</i>	
• Two-day interactive training for staff at Rochester Psychiatric Center	March 2018
Motivational Interviewing Training for Academic Advisors	Rochester, NY
• Two-hour introductory session for academic advisors at RIT	March 2018
Developing Advanced Skills in Motivational Interviewing	Rochester, NY
<i>Co-facilitator</i>	
• On-going interactive training for staff at Rochester Psychiatric Center	April-August 2017
Motivational Integrity Treatment Integrity (MITI 4.2.1) Coding Training	Springfield, MA
• Received training to code and coach for MI sessions	March 2017
Motivational Interviewing Network of Trainers	September 2016
• Completed Training of New Trainers	Montreal, Canada
Introduction to Motivational Interviewing Training	Orono, Maine
<i>Coach</i>	
• Training for dietetic interns, doctoral students, and dietetic preceptors	March 2014
Health Education and Training Institute	
Portland, Maine	
<i>Coach</i>	

- Motivational Interviewing: Basics and Advancing the Practice February, June, August 2014
- Motivational Interviewing in Agencies, Institutions, and Schools: Training of New Trainers February 2014

Attendee

- Annual Motivational Interviewing Trainer's Forum 2014
- Motivational Interviewing: Advancing the Practice 2003
- Motivational Interviewing: The Basics 2003

INVITED PRESENTATIONS

"Listening Without Assumptions: How MI Supports Weight-Inclusive Practice" Presenting with Clara Keegan, MD. Accepted for Motivational Interviewing Network of Trainers Annual Conference. Lisbon, Portugal. October 2026.

"Beyond Personal Responsibility: The Role of MI in Countering Healthism" Accepted for Great Lakes Motivational Interviewing Conference. Madison, WI. August 2026.

"Eating Well on a Fixed Income: Practical Ideas to Consider" Buxton Recreation Department. March 2026.

"Beyond Blame: Using MI to Address Healthism and Promote Equity" Presented with Dawn Clifford, PhD, RD. Motivational Interviewing Network of Trainers Annual Conference. Minneapolis, MN. October 2025.

"Aligning Participant Behaviors with their Goals: How Motivational Interviewing Supports Participant-Centered Care in the PACE Model" Presented with Rob Schreiber, MD. National PACE Association Annual Conference. New York, New York. October 2025.

"Motivational Interviewing for Impact: Enhancing Engagement and Patient Outcomes" Integral Health. Virtual June 2025.

"Speak to Inspire: Using Conversation to Spark Change" New York State Office of Mental Health. Virtual. May 2025.

"Exploring Motivational Interviewing in Leadership to Maximize People Potential" New York State Office of Mental Health. Virtual. May 2024.

"Motivational Interviewing and Patient Connection to Support Behavior Change" National Kidney Foundation of New England and the Council on Renal Nutrition of New England. Framingham, MA. October 2022.

"The Power of Conversation: Motivational Interviewing and Self-Determination Theory to Support Behavior Change". Academy of Nutrition and Dietetics: Cardiovascular Health and Well-Being DPG Group Spring Workshop. Virtual. April 2022.

"Motivational Interviewing and Patient Connection to Support Behavior Change" Maine Academy of Nutrition and Dietetics Annual Conference. Virtual. April 2022.

"Connecting with Patients Through Empathy: MI and Clinical Applications" Maine Medical Center, Nutrition Symposium. Virtual. September 2020.

"Introduction to Motivational Interviewing" Interprofessional Team Immersion (IPTI-UNE). University of New England. Portland, ME. October 2022.

"MI in Leadership: Supporting Autonomy Through Compassion and Collaboration" Rochester Institute of Technology. Rochester, NY. July 2020, 2021.

"Future Considerations for Nutrition Education: Motivational Interviewing and Telehealth" Webinar for the Society for Nutrition Education and Behavior. December 2019.

"Motivational Interviewing: Revolutionizing Healthcare with Behavior Change" University of New England. Portland, ME. April 2018.

"A Taste of Motivational Interviewing" Maine Counseling Association. Rockport, ME. April 2015

"Motivational Interviewing: A Classroom Approach" American Association of Family and Consumer Sciences. Hallowell, ME. October 2014.

"Introduction to Motivational Interviewing" "One Voice" Nutrition Educators Conference. Gallup, NM. September 2014.

"Motivating Me: Healthy Minds, Health Bodies. A Family Intervention for Childhood Obesity". Maine Nutrition Council. Orono, ME. May 2014.

"Motivational Interviewing: An Introduction". Guest lecture presentation to KON honor society. Orono, ME. October 2013.

"Finding The Balance to Manage Stress: Mind-Body-Spirit". Presentation to Grace Evangelical College and Seminary. Bangor, ME. April 2012, 2013; November 2014.

"How to Read a Food Label" and "Healthy Recipes on a Budget". Presentations to rural Maine food pantry participants. Guildford, ME. February 2012.

"Nutrition Info Night". Presentation to students at Husson University. Bangor, ME. May 2011.

"Healthy Eating on the Road". Presentation to manual laborers of Sargent Corporation. Bangor, ME. March 2011.

Lunch and Learn presentations (6) to staff in a small business setting. Brewer, ME. March-June 2011.

"Nutritional Guidelines for Spinal Cord Injury". Presentation to clients of Alpha One: Powering Independent Living. Bangor, ME. December 2010.

"Sports Nutrition for the Student Athlete". Presentation to Simmons College athletic teams. Boston, MA. March 2010.

"Body Image and Health: Finding the Balance". Presentation to clinical psychology staff at the Cambridge Health Alliance. Cambridge, MA. January 2010.

"Eating Healthy on a Budget". Presentation for Watertown, Massachusetts Health Department. Watertown, MA. January 2009.

"A Team Approach to Nutrition". Presentation to resident physicians at the Cambridge Health Alliance. Cambridge, MA. May 2009.

"Interfacing Treatment Between Trauma and Eating Disorders". Presentation to psychology department at the Cambridge Health Alliance. Cambridge, MA. September 2008.

"Multicultural Considerations in Nutrition". Breakout presentation at the Maine Academy of Nutrition and Dietetics (formerly Maine Dietetic Association). Augusta, ME. March 2007.

PROFESSIONAL EXPERIENCE

Husson University

Bangor, Maine

Nutrition Consultant

2010-2015

- Coordinated nutrition services with the Athletic, Health Services, and Counseling Departments regarding student needs
- Conducted clinical nutritional assessment of high-risk students and provide Medical Nutrition Therapy
- Provided ongoing professional support to Dining Services for students with food allergies, including soy and gluten
- Completed needs assessment regarding program development
- Developed presentations for students on topics including healthy eating and sports nutrition
- Coordinated with Health Services to plan and implement a student health fair

University of Maine

Orono, Maine

Teaching Assistant

2013-2015

- Introduction to Food and Nutrition (online)
 - Corrected exams and projects
 - Maintained weekly office hours for students to offer a personal interaction component for online course and to facilitate deeper understanding of course content

Assistant to the Dietetic Internship Director

2012

- Assisted with preparation of Self-Study for the Accreditation Council for Education in Nutrition and Dietetics (ACEND), the Academy of Nutrition and Dietetics' accrediting agency for education programs preparing students for careers as registered dietitians (RD)
- Assisted the Director with site visits for interns in supervised practice

Teaching Assistant

2010-2012

- Lifecycle Nutrition
 - Corrected exams and papers
 - Maintained weekly office hours to facilitate deeper understanding of course content and assist on papers for this writing-intensive course
 - Provided lectures on Maternal and Infant Nutrition, Models and Theories for Behavior Change

Research Assistant

2011-2013

- Assisted with data collection including anthropometric measurements for the Y.E.A.H project, a 14-state research project on weight management intervention with disadvantaged young adults at Job Corps sites in Limestone and Bangor
- Conducted a series of cognitive interviews of stage-based health messages with University of Maine college students used in a multistate study targeting the 18–24-year-old college population
- Project coordinator for a multistate study, “Health-related Advertisement and Messaging Survey” conducted on the UMaine campus.
 - Supervised an undergraduate who assisted with the study
- Assisted with subject recruitment and conducted both anthropometric measurements and online assessments for rural makers of meals of children between the ages of 2 and 12 years at the Labor of Love Nutrition Center in Eastport, Maine
- Assisted with anthropometric measurements of children 9-10 years old for iCook
- Completed pilot research project for Motivating Me: Healthy Minds, Healthy Bodies with overweight/obese children 9-11 years old and their parents

Teaching Assistant

2011

- Medical Nutrition Therapy II
 - Corrected essay exams
 - Maintained weekly office hours to facilitate deeper understanding of course content
 - Provided lecture on diabetes and kidney disease

Teaching Assistant

2000

- Introduction to Food and Nutrition (online)
 - Assisted with the first online nutrition course
 - Corrected exams and projects
 - Maintained weekly office hours to facilitate deeper understanding of course content

PROFESSIONAL PRESENTATIONS

Bloedon T, **Maia AM**, Rocker-Heppe P. Letting Go of Perfection: Using Weight-Neutral Health Coaching to Create Sustainable Behavior Change in Middle-Aged Women. American College of Sports Medicine Annual Conference. Atlanta, GA. May 2025.

Maia AM, White AA. An Educational Program Based on Self-Determination Theory to Address Childhood Obesity in Primary Care Settings. Society for Nutrition Education and Behavior Annual Conference. Pittsburgh, PA. July 2015.

Maia AM, White AA. Supporting Autonomy in a Nutrition Intervention for Overweight/Obese Children Using Self-Determination Theory. Experimental Biology Annual Conference, Boston, Massachusetts. April 2015.

Maia AM, White AA. Motivating Me: Health Minds, Healthy Bodies. A Dyad Model for Behavior Change. Society for Nutrition Education and Behavior Annual Conference. Milwaukee, WI. June 2014.

Maia A, White A. Motivating Me: Healthy Minds, Healthy Bodies: Results from a Pilot Test. Maine Academy of Nutrition and Dietetics Annual Conference, Orono, ME. November 2013.

Maia A, White A. Motivating Me: Health Minds, Healthy Bodies: Development of a Psychoeducational Program for Obese Children. Experimental Biology Annual Conference, Boston, Massachusetts. April 2013.

PUBLICATIONS

Member of Author Group revising the 2020 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Eating Disorders. Publication anticipated in 2027.

Clifford D, **Maia A**, Hajek R, Mueller K, MacQuillan E, Cohen Konrad S. Motivational Interviewing in Interprofessional Education: Unlocking the Power of Collaboration. *J Allied Health*. 2025 Winter;54(4):e571-e576. PMID: 41348626

Szymona K, Quick V, Olfert M, Shelnutt K, Kattlemann K, Brown-Esters O, Colby S, Beaudoin C, Lubniewski J, **Maia A**, Horacek T, Byrd-Bredbenner C. The university environment: a comprehensive assessment of health-related advertisements. *Health Educ*. 2012; 112: 497-512.

PEER REVIEWS

Reviewer, Topics in Clinical Nutrition.

Reviewer, *Mindful Eating for GLP-1 RA Medication*. Author: Fletcher, Megrette. Book/CE Course for Skelly Skills. 2025.

Reviewer, *5 Minute MI: Motivational Interviewing in Nutrition and Health When Time is Short*. Author: Dawn Clifford. Book/CE Course for Skelly Skills. 2020, 2023.

Reviewer, *Core Concepts in Mindful Eating: The Professional Edition*. Author: Fletcher, Megrette. Book/CE Course for Skelly Skills. 2020, 2023.

ABSTRACTS

Maia AM, White AA. An Educational Program Based on Self-Determination Theory to Address Childhood Obesity in Primary Care Settings. *J Nutr Educ Behav*. 2015;47:(4S), S69.

Maia AM, White AA. Motivating Me: Healthy Minds, Healthy Bodies: A Dyad Model for Behavior Change. *J Nutr Educ Behav*. 2014;46:(4S), S113.

Maia AM, White AA. Motivating Me: Healthy Minds, Healthy Bodies: Development of a psychoeducational program for obese children. *FASAB J*. April 9, 2013 27: 1062.14.

Walsh J, Mathews D, **Maia A**, White A, Kattelmann K. Perceptions of Weight and Self-reported Behavior among Low-income Young Adults. *J Nutr Educ Behav*. 2011;43:(4S1), S32.

GRANT WRITING AND REVIEW EXPERIENCE

- Consultant, PAMI: **Physician Assistant Motivational Interviewing** to Enhance Health of Breast Cancer Survivors. Rochester Institute of Technology. Funded 2017.
- Consultant, Small Business Innovation Research (SBIR) grant (Phase I), establishing online follow up training for dietitians in motivational interviewing. Funded 2015.

- Assisted with submission of grant to fund doctoral research to the Faculty Research Fund Award Program: A Clinical Intervention to Address Childhood Obesity Using Self-Determination Theory in a Rural Maine Setting. Funded 2013-2014: \$13,062
- University of Maine Graduate Student Government Grant Funding to support pilot project "Motivating Me: Healthy Minds, Healthy Bodies": Fall 2012; \$450
- Grant Reviewer. University of Maine Graduate Student Government. 2012

HONORS AND AWARDS

- Outstanding PhD student, Food and Nutrition Sciences program 2015
- Emerging Leaders in Nutrition Science, Finalist: "Supporting Autonomy in a Nutrition Intervention for Overweight/Obese Children Using Self-Determination Theory with Motivational Interviewing" American Society for Nutrition 2015
- Society for Nutrition Education and Behavior Foundation Student Scholarship 2013
- Kappa Omicron Nu, Chapter Awards 2011-2012; 2012-2013

CERTIFICATIONS

Licensed Dietitian, State of Maine	2010-present
Registered Dietitian	2001-present
Childhood and Adolescent Weight Management	2010

PROFESSIONAL TRAININGS

- Certificate of Training in Childhood and Adolescent Weight Management 2010
- Health Literacy and Plain Language: Writing Skills for Clear Health Communication 2001

PROFESSIONAL MEETINGS

- Motivational Interviewing Network of Trainers Virtual Forum. 2026.
- Motivational Interviewing Network of Trainers Annual Meeting. Minneapolis, MN. 2025.
- PACE (Program of All-Inclusive Care for the Elderly) Annual Meeting. New York, New York. 2025.
- American College of Sports Medicine Annual Meeting. Atlanta, GA. 2025
- Motivational Interviewing Network of Trainers Annual Meeting. Copenhagen, Denmark. 2023
- Motivational Interviewing Network of Trainers Annual Meeting. Chicago, IL. 2022
- Motivational Interviewing Network of Trainers Annual Meeting. Virtual. 2021
- Food and Nutrition Conference and Expo (FNCE). Virtual. 2021
- Society for Nutrition Education and Behavior Annual Meeting. Virtual. 2021
- Society for Nutrition Education and Behavior Annual Meeting. Virtual. 2020
- Food and Nutrition Conference and Expo (FNCE). Philadelphia, PA. 2019
- Motivational Interviewing Network of Trainers Annual Meeting. Tallin, Estonia. 2019
- Motivational Interviewing Network of Trainers Annual Meeting. New Orleans, LA. 2018
- Society for Nutrition Education and Behavior Annual Meeting. Minneapolis, MN. 2018
- Motivational Interviewing Network of Trainers Annual Meeting. Malahide, Ireland. 2017
- Society for Nutrition Education and Behavior Annual Meeting. Washington, DC. 2017
- Society for Nutrition Education and Behavior Annual Meeting. San Diego, CA. 2016
- Society for Nutrition Education and Behavior Annual Meeting. Pittsburgh, PA. 2015
- Society for Nutrition Education and Behavior Annual Meeting. Milwaukee, WI. 2014

- Maine Highlands Adverse Childhood Experiences (ACE) Summit. Dover-Foxcroft, ME. 2014
- Maine Academy of Nutrition and Dietetics Annual Meeting. Orono, ME. 2013
- Maine Highlands Poverty Workshop: The Language of Poverty. Dover-Foxcroft, ME. 2013
- Society for Nutrition Education and Behavior Annual Meeting. Portland, OR. 2013
- Society for Nutrition Education and Behavior Annual Meeting. Washington, DC. 2012
- The International EcoPeace Community's 9th Annual Conference on Slow Food: A Model for Sustainable and Healthy Living. Orono, ME. 2012
- Collaborative Ways to Address Disordered Eating on Campus: It Takes a Village. Boston, MA. 2009

LEADERSHIP AND PROFESSIONAL MEMBERSHIP

- **Volunteer, SEA WAVES** 2025-2026
 - Eating Disorder & Mental Health Support for Military
 - Director of Education
- **Motivational Interviewing Network of Trainers** 2016-present
 - Professional Development Committee 2023-present
 - Macro MI Committee 2025-present
- **The Academy of Nutrition and Dietetics** 2001-2007, 2010-2023, 2025
 - Dietetic Practice Groups
 - Nutrition Entrepreneurs (2025)
 - Behavioral Health Nutrition (2025)
 - Cardiovascular Health and Well-Being (2023)
- **Society for Nutrition Education and Behavior** 2010-2022
 - Children's Division
 - *Communication Committee Representative* 2014-2015
 - *Membership Committee Representative* 2011-2014
 - Weight Realities Division
 - *Chair* 2018-2019
 - *Chair* 2014-2016
- **The Center for Mindful Eating** 2014-2018
- **Kappa Omicron Nu Honor Society Alpha Beta Chapter** 2010-2015
 - *Program Coordinator* 2011-2012

OUTREACH

- Department representative to Graduate Student Government at UMaine 2011-2012
 - *Grants Committee*
 - *Health Insurance Committee*