

Rebecca Andrews, MS, MA

77 Stonebridge Dr
Asheville, NC 28805
828-579-0479

Current Positions

Professor of Wellness & Sociology

Southern New Hampshire University, 2018 - ongoing

Licensed NC Real Estate Broker - 2022, ongoing

Health Consultant: Offering education and consultations, online and in-person through Wild

Wellness www.RebeccaGraceAndrews.com 2014 to present; Nutrition, Herbs, Sustainability,

Ecotherapy, Mindfulness, Child Development & Learning

Writing & Speaking Engagements

- Blog writer, Elanen Naturals, Jan 2021-April 2022
- **Author, *How to Go (Almost) Zero Waste: Over 150 Steps to Sustainable Living at Home, School, Work and Beyond*. Callisto Media. Published October 2020**
- Herbal Projects to do with Kids, Wild Ginger Herbal Center, December, 2020
- Mindful Living Podcast Interview, December 2020
- Paleo Magazine, regular herbal columnist, 2017-2019
- Synergy, Monoterpenes, & Limonene, Herbs Quarterly, Fall 2018
- Certified Wildlife Habitats, Herbs Quarterly, Fall 2019
- Herbs for Teens, Herbs Quarterly, Fall 2017
- Summer Herbal Foraging, Herbs Quarterly, Summer 2018
- Fire Cider for Immunity - Co-op Voice
- Herbs for Immunity & Fire Cider Making - Honest Weight Food Co-op
- Herbal Science, STEM Program, Albany Public Library
- Natural Mood Boosting Remedies: What Does the Science Say? Honest Weight Food, 2017
- Movement in Education Capital District Childcare Coalition Conference, 2015
- Nature Based Education Capital District Childcare Coalition Conference, 2015

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Academic Publications and Research

- Food & Mood: A Qualitative Study in Individuals with Mood Disorders, (2012). Union Institute & University
- Van Dam, N.T., Hobkirk, A., Sheppard, S., Aviles-Andrews, R. & Earleywine, M. (2013). How does mindfulness reduce anxiety, depression, and stress? An exploratory examination of change processes in wait-list controlled, mindfulness meditation training. *Mindfulness* 4(2).
- Van Dam, N.T., Hobkirk, A., Sheppard, S.C., Aviles-Andrews, R., & Earleywine, M. (2011). A novel mindfulness-based intervention for mixed anxiety depression: Changes in symptoms occur via emotional stability, attentional allocation, and responses to acute stress. Poster presented at 8th annual Mind and Life Summer Research Institute, June 12th – 18th, 2011 Garrison, NY

Education

- **MFA Candidate, Photography**, Academy of Art University: Completion Spring '23
- **MS Herbalism**, Maryland University of Integrative Health, 2018
- **MA Liberal Studies/Ecopsychology**, SUNY ESC 2014
- **Doctoral Classes in Clinical Psychology**: Union Institute and University, Brattleboro VT (8/2011 to 12/2012) GPA 3.8
- **Graduate & Post- Baccalaureate Psychology Classes**: SUNY and Sage Grad (2010 to 2011) GPA 4.0
- **BA** (1997) PBC, Summa Cum Laude 3.9 GPA

Prior Work Experience

Founder/Director, Playful Performing Arts: 2013 to 2019

Founder & Educational Director

Online Herbal Summer Camp and other seasonal, herbal, online education; over 100 participants from 6 continents in summer of 2016

Research Coordinator, SUNY Albany Habits and Lifestyles Laboratory:

- Randomized Controlled trial of MBSR for mixed anxiety/depression - examining acute stress responses and attentional allocation to emotion, funded by Mind & Life (1/2010 to 6/2011)
- Screen potential study participants referred from a large pool of community resources
- Coordinate with RAs and confederates to schedule participant lab sessions

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- Conduct lab sessions with study participants
- Coordinate with MBSR therapists to facilitate all components of treatment
- Administer and oversee Trier Social Stress Tests (TSSTs)
- Train RA's in lab procedures; coordinate with other labs for additional RA's when needed
- Gather, maintain, and analyze data and provide materials needed for sessions
- Catalog saliva samples and coordinate with the bio lab according to Federal protocols

Manuscript Proofreading: (2010) For Dr. Mitch Earleywine, SUNY Albany

Real Estate Investor: (2010)

- Buy foreclosed properties and wholesale them to cash buyers within four weeks
- Analyze market for best deals to ensure four week turnaround time
- Network with cash buyers, realtors, brokers and private sellers
- Provide excellent customer service and ability to close sales

Real Estate Title Abstractor: (2006-2009 and 1998-2002) Self-employed

- Researched public records to ensure clear title to properties
- Guaranteed excellent attention to detail under a pressured 24-hour timeline

Group Coordinator: (2008) Waldorf inspired community educational resource

Ballet Teacher and Performing Artist: (1991-1992 and 2003-2005) Self-employed

Proofreading and Editing: (1997-1998) BT Publishing, Portland OR

Banking: (1996-1998) Wells Fargo, TELCO FCU, and AAA - Portland OR

Licenses and Certifications

- 2022 Real Estate Broker's License, NC
- 2009 MAPS Foster/adoption certification
- 2000/2001 Real Estate License, NYS

Awards, Honors, Scholarships

- 1997: ABS Award and PBC Presidential Scholarship
- 1992: Mt Zion High School, valedictorian
- 1991: Ballet Magnificat summer program: full scholarship
- 1989: Completed Royal Academy of Dance lower grades with Honours (highest distinction possible)

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Past Memberships

- American Herbalists Guild student member
- Mind & Life Summer Research Institute
- NYS Psychological Association
- APA Student Affiliate

Volunteer Work

- Various homeschool community programs, 2010 - 2021
- Hospice Volunteer: Trainee (2010)
- Led an ecumenical city wide unity movement, Utica NY; (2000-2001)
- Utica Immigration Center: taught \$1 ballet lessons to immigrant children (2003)
- Senior Class President, PBC (1997)
- Peer counselor/mentor: For college and high school students (1992-2001)
- International Student ESL Tutor (1992-1997)
- Urban Progress Leader: Girls' club for disadvantaged youth (1992-1993)
- Building project assistant in Central Mexico (1992)
- NYS Student Senate Forum Committee and NYS Department of Education Student Advisory Committee (1989)