

CURRICULUM VITAE

DR. DARCY LORD, Ph.D.

Education:

Ph.D. The Ohio State University, 2002

Somatic Studies (mind-body integration), College of Education
Minor in Quantitative Research Methods

M.S. University of Dayton, 1996

Counselor Education

B.S. Cum Laude, The Ohio State University, 1990

Psychology

Experience:

Professional Speaker, Trainer, Coach – 1990 to present

Speaker, trainer, and consultant empowering groups and individuals to achieve stress-relief, resiliency, personal empowerment, and well-being; program topics have included: Stress-Reduction & Resiliency; What Happiness Does to Your Brain and Why You Should Care; the Surprising Power of Self-Compassion; Meditation Basics: How & Why; the Unfortunate Art of Over-Care; Secrets of Self-Care and Why it Matters; the Easy Way to Balance Your Nervous System; and Accessing the Heart's Intelligence; speeches and trainings given in corporate and personal growth arenas such as government agencies, women's groups, hospitals, emergency management groups, numerous businesses, universities, and wellness/healing communities; diverse programs ranging from speeches, trainings and even weekly class series, to consulting with leadership and one-on-one coaching.

Stress Reduction Educator and Health Promotion/Wellness Specialist – Sarasota County Government, Sarasota, Florida – 2009 to Present

Responsible for development of strategic initiatives for the Employee Health and Benefits Wellness Program to ensure highest level of positive health and well-being is attained for ~3200 County employees; speaking and training at various locations throughout County; primary developer and researcher of Workplace Positivity Study; creating, implementing and evaluating evidence-based strategies and services with a focus on stress management, positive psychology, and health promotion in order to increase employee and management effectiveness, and improve workplace culture and productivity; facilitating an intensive 8-Week Stress Reduction Clinic as well as several other self-care programs and classes; designing HeartMath research pilot project for 911 call center employees; writing communication material and articles weekly; introducing and updating Stress website; and working collaboratively with all existing branches of the County Government including all departments under Elected Officials to ensure that employees are inspired to engage in their overall health and wellness.

Director – I AM Healing Arts Center, Sarasota, Florida – 12/2006 to 06/2008.

Responsible for developing and implementing integrative programs for healing and well-being, attending to the four aspects: mental, emotional, physical and spiritual; serve as community liaison between Center and other organizations focused on the mind-body connection, healing arts, health and wellness, and establish collaborative programming with organizations including: Sarasota County School Board's ACEC, Manatee Community College (MCC/SCF) Lifelong Learning Program, Sarasota Friendship Center, Longboat Key Adult Education Center, and local churches/spiritual communities including Center For Positive Living, Unity of Sarasota, Venice Unity, and Center for Spiritual Living; responsible for marketing and promotions of Center programs, classes and events, including writing monthly news briefs and article submissions for Positive Change and Natural Awakenings Magazines; develop, implement, and evaluate classes and workshops in diverse areas such as stress-reduction, new paradigms in addiction recovery, practical spirituality, personal growth and development, meditation, and personal empowerment; serve as Center representative at community wellness fairs, expos and other functions; nurture a multi-disciplinary team atmosphere with Center practitioners to ensure holistic approach for clients; conduct weekly visioning and planning meetings with core practitioners; work collaboratively with the Center's Manager and Founder to ensure financial responsibility and wellness.

Practitioner and Educator – I AM Healing Arts Center, Sarasota, Florida – 03/2006 to 12/2006.

Served as Stress-Reduction Consultant and Intuitive Counselor for individuals seeking a holistic approach to health and wellness; responsible for developing, implementing, and evaluating classes, workshops, presentations and individual sessions focusing on personal responsibility and empowerment for positive growth and change; topics include meditation, self-care, stress-reduction and relaxation, self-awareness, abundance and joy, personal/spiritual growth, and mindfulness; care of the mind, body, emotions, and spirit are equally necessary and important aspects of this work; responsible for working collaboratively with other practitioners and community sources in this integrative paradigm.

Clinician and Educator - Columbus Comprehensive Health Center, Columbus, Ohio – 02/2003 to 11/2005.

Served as Counselor and Experiential Stress-Reduction Consultant for individuals seeking a holistic approach to health and wellness; sessions included practical and theoretical components, and were available to both individuals and groups; responsible for collaborating with other practitioners to assure a holistic vision of client-centered well-being; served as Center representative to the Ohio State University Center for Integrative Medicine (CIM).

Educator and Researcher – Faculty/Staff Wellness Program, OSU, Columbus, Ohio – 4/00 to 12/2005.

Responsible for developing, implementing, and evaluating classes, workshops and programs for Ohio State University faculty and staff; worked in conjunction with other University sources as she developed curriculum and was primary researcher for the Ohio State University's Complementary Health Initiative Pilot Program to promote health and well-being through stress-reduction and awareness; components of these experiential programs included hatha yoga, meditation, breathing and awareness, mindful movement, relaxation, and practical spirituality; developed and conducted study (The Role of Somatic Education in the Experience of Well-Being) and evaluated research outcomes utilizing current qualitative and quantitative research methods.

Consultant and Educator – Columbus, Ohio – 06/1990 to 12/2005.

Responsible for developing and conducting seminars and workshops in integrative wellness areas for institutions and organizations including Retirement Communities, Assisted Living Facilities, Children's Hospital, BancOhio, Veterinary Associates, The Ohio State University, Dublin Counseling Center, Columbus Public Schools, Natural Learning Academy, Healthy Work Place, Mount Carmel Hospitals, Hospice of Mount Carmel, and the National Institutes of Health (NIH) Women's Health Initiative Research Project. Program topics included: self-awareness, stress-reduction and its impact on chronic illnesses, relaxation, dance/movement, hatha yoga, practical spirituality, meditation, and mind-body awareness; developed in-depth experiential 8 Week Stress-Reduction and Relaxation Clinic; planned research project (The Effects of Qigong on Borderline Hypertension) in conjunction with McConnell Heart and Health Center.

Teaching Associate – The Ohio State University, Columbus, Ohio – 09/1997 to 06/2001.

Taught graduate and undergraduate classes; responsible for developing syllabus, teaching approach, and assessment methods for classes including Yoga, Movement & Self-Awareness, Dance, Aerobics, Spirituality in Education, and Holism: Experiencing the Mind-Body-Spirit Connection; advising new teaching associates through development of specific course content as well as unique teaching approach; student development through projects and workshops including dance, relaxation, stress-reduction and mind-body approach to self-care; advising students on issues of academic opportunities and challenges, alcohol/drug use, positive self-concepts, career planning, and life goals; experience with Program 60 – a project to engage learners age 60 and over; extensive use of Microsoft Word and Excel.

Awarded prestigious Graduate Teaching Award, The Ohio State University

Research Associate – NIH sponsored Women's Health Initiative, Columbus, Ohio – 09/1996 to 09/1997.

Responsible for initial contact with research participants, preliminary screening for eligibility, conducting six month follow-up surveys, and clerical/receptionist duties including scheduling appointments, answering 3 line phones, daily participant information/reminder calls, organizing daily chart reviews, and filing; also responsible for maintaining effective working relationships with physicians and nurses.

Counselor Intern– Dublin Counseling Center, Dublin, Ohio – 03/1995 to 06/1996.

Responsible for developing sensitive working relationships to effectively counsel individuals, partners, and families with emphasis on elderly, depression, stress-reduction, addiction and recovery, self-esteem, personal development and behavior modification; assessment, diagnosis, and establishment of treatment plans for clients; for retirement/assisted living center responsibilities included creating and co-facilitating support/awareness programs, employing movement and music therapy, as well as relaxation techniques; recording and coding charts.

Publishing:

52 Weeks of Relief: Uplifting Provocations for Stress Reduction & Self-Care 35,000 word count book in publishing process, Venice, Florida, 2017

Published journalist with articles that include:

Creating a Fear-Less New Year, Natural Awakenings Healthy Living Magazine, January 2009

The World is Getting Better, Natural Awakenings Healthy Living Magazine, September 2008

The Transforming Power of Self-Love, Natural Awakenings Healthy Living Magazine, May 2008

Grace of Abundance, Natural Awakenings Healthy Living Magazine, March 2008

Life is Good, Natural Awakenings Healthy Living Magazine, January 2008

Darcy Lord: Ringing in the New Year with a Mind-Body-Spirit Connection, Positive Change Magazine, January 2008

Exploring the Role of Somatic Education in Experiential Well-Being, Doctoral Dissertation, Columbus, Ohio 2002

Radio/Television:

Guest on talk radio shows as well as on traditional FM music stations:

WSLR 96.5 FM Sarasota, Florida

WNCI 97.9 FM Columbus, Ohio

WLVQ 96.3 FM Columbus, Ohio

WCOL 92.3 FM Columbus, Ohio

Guest on Comcast Cable Sarasota, Florida

Featured ongoing segment: "Wellness Minute" on Access 19 Sarasota, Florida

Awards:

Nattie Awards (from Natural Awakenings Healthy Living Magazine), Winter 2008/2009

As Director of the I AM Healing Arts Center Dr. Lord and/or the Center won the following awards:

Higher Calling Award

Favorite Meditation Teacher

Favorite Healers

Favorite Zen Place

Favorite Spiritual Coach

Honoree for Favorite Spiritual Center.

Awarded prestigious Graduate Teaching Award, The Ohio State University, 1999

Memberships:

National Speaker's Association, 2012-2013

Organization of 1st and 2nd Annual "Say Yes to Health" 5K Run, 2003 – 2004

Somatic Movement Arts Clinic and Studio, The Ohio State University, 1997 – Present

Phi Beta Delta Honor Society for International Scholars, 1998 – Present

The Honor Society of Phi Kappa Phi, 1998 – Present

Choreographer and Coach for Columbus Destroyer Arena Football League's dance team the Bombshells, Columbus, Ohio 2005 – 2006

Choreographer, Principle Dancer, and Instructor/Captain for SNAP Performance Productions, Columbus, Ohio, 2003 – 2006

Choreographer, Principle Dancer, and Instructor/Captain for Vaud-Villities Productions, Columbus, Ohio, 1995 – 2006

Co-Director, Choreographer, and Principle Dancer for Get Buzy Crew, Columbus, Ohio, 1991 – 1994

Principle Dancer and Captain for Step-One Funk Team, Sacramento, California, 1990 – 1991