**Education**

**Doctor of Philosophy, Social Work (**Expected 2029)

Michigan State University, East Lansing, Michigan

**Master of Social Work** May 2022

University of Utah, Salt Lake City, Utah

Leadership, Justice, & Community Practice Graduate Certificate

Edward Yukio Okazaki Memorial Award (Promise and Achievement in Gerontology)

**Bachelor of Science: Social Work**, summa cum laudeDec 2020

**Family Studies**, summa cum laude

Weber State University, Ogden, Utah

Alethia Presidential Scholarship

**Research Experience**

**Clinical Research Coordinator** July 2023-Aug 2024

*Center on Mindfulness and Integrative Health Intervention Development*

*University of Utah, Salt Lake City, Utah*

**Research Coordinator** Jan 2023-Aug 2024

*College of Social Work*

*University of South Dakota, Vermillion, South Dakota*

**Research Social Worker**  Aug 2022-Jul 2023

*Center on Mindfulness and Integrative Health Intervention Development*

*University of Utah, Salt Lake City, Utah*

**Research Assistant** Jan 2022-Aug 2022

*College of Social Work*

*University of Utah, Salt Lake City, Utah*

**Research Assistant** Jun 2020-Jan 2021

*College of Education*

*Weber State University, Ogden, Utah*

**Publications**

*Peer-reviewed*

Hanley, A., & Lingard, A. (2023). A Single-Session, Two-Hour Mindfulness Intervention Improved Chronic Pain-Related Outcomes Three Months Later. *The Journal of Pain*, *24*(4), 47.

*Under Review*

Hanley, A., Lingard, A., & Garland, E. (*under* *review*). A single-session, 2-hour version of Mindfulness-Oriented Recovery Enhancement (One MORE) improves chronic pain patients’ pain-related outcomes through 3-month follow-up in a pilot RCT.

Hanley, A., Lecy, N., Lingard, A., & Garland, E. (*under revie*w). Nondual Awareness Dimensional Assessment (NADA). *Handbook of assessment in mindfulness research*.

*In Preparation*

Lingard, A., Childs, K., Faulkner, J., & Hanley, A. New behavioral treatments for knee osteoarthritis pain: Protocol.

Hanley, A., Gililland, J., Lecy, N., Gonzalez-Pons, K., Lingard, A., & Garland, E. Mindfulness and Hypnotic Suggestion Increase Bodily Pleasure and Decrease Surgical Patients’ Preoperative Pain: A Mechanistic Analysis.

**Work Experience**

**Clinical Therapist** May 2023-Present

*Mountainside Counseling Services, Layton, Utah*

**Social Worker** Aug 2021-May 2022

*Neighbors Helping Neighbors*

*University of Utah, Salt Lake City, Utah*

**Community Coordinator** Aug 2020-Dec 2020

*United Way of Northern Utah at T.O. Smith Elementary, Ogden, Utah*

**Social Work Intern (Peer Educator)** Dec 2019-Aug 2020

*The Family Support Center of Ogden, Ogden, Utah*

**Volunteer Program Developer** Aug 2019-Jan 2020

*Mercy Housing, Kaysville, Utah*

**Member Engagement Specialist** Nov 2018-Sept 2019

*Goldenwest Credit Union, Farmington, Utah*

**Children’s Coach/Program Developer/Preschool Teacher** Jul 2017-Aug 2022

*My Gym Children’s Fitness Center, Layton, Utah*

**Certifications**

MORE Certified 2023

TF-CBT Certified 2023

Certified Social Worker (CSW) 2022

MoCA Certified 2022

Gottman Level 1 2021

CITI Certified 2021

PREP 8.0 Certified 2020

**Workshops**

NIRx NIRS Utah Workshop 2023

**Leadership/Honors/Awards**

Edward Yukio Okazaki Award, University of Utah May 2022

Phi Alpha Member Jan 2022-Present

NASW Member April 2022-Present

Department Scholar Award, Weber State University, College of Education Spring 2020

Excellence in Community Engagement Recipient, Weber State University Spring 2020

Alethia Presidential Scholarship Recipient, Weber State University Fall 2017- Fall 2020

Phi Kappa Phi Member Spring 2018-Fall 2020

Social Work Club Member, Weber State University Fall 2019- Fall 2020