Nicole Nastashia Ransom, LCSW

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# **Education**

**PhD In Progress**

Michigan State University, Social Work, East Lansing, Mi

**MSW**

Arizona State University, Social Work, Phoenix, AZ, May 2013

Thesis: *Divergent Aging: An Exploration of Successful Aging Paradigms*

**BA** Arizona State University, Psychology, Tempe, AZ, May 2009

# **Research Interests**

*Wellness within Black Communities; Aging; Mindfulness; Systematic Oppression; Evidence-based Practices; Health and Mental Health* *disparities; Culturally Mindful Clinical Interventions and Program Evaluation.*

# **Honors and Awards**

Recipient, $5000, 1440 Foundation IHeLp Integrated Healing Scholarship, 2022

### Recipient, $3700, Hemera’s Contemplative Fellowships for Professionals, 2019

Recipient, $700, John Lingenfelter Geriatric Research Scholarship, 2012

# **Teaching and Research Experience**

Research Assistant, Michigan State University, East Lansing, MI, 2020-Current

* Projects: Cognitive Impairment and Elders Living Alone, DEI in Social Work Education
* Assist with qualitative data analysis, literature reviews, and theory conceptualization.

Teaching Assistant, Arizona State University, Phoenix, AZ, 2012-2013

* Course: Human Behavior in the Social Environment”
* Assisted with course materials, lectures, and grading. Monitored and updated the course website using Blackboard. Graded student assignments; reduced professor’s workload by 50%.

Research Assistant, Arizona State University, Phoenix, AZ, 2011-2012

* Project: SIRC and Intimate Partner Violence
* Conducted research using online databases. Sorted and classified data for analysis. Developed a method for organizing data for quick retrieval.

# **Presentations and Invited Lectures**

Ransom, N., Portacolone, M., Rivera, E., Johnson, J., Keiser, S. & Velez, D., (2021, May). Priorities and concerns of older Latinos living alone with cognitive impairment: An in-depth perspective. Poster presented at the Latinos and Alzheimer's Symposium. Alzheimer’s Association.

Ransom, N., Williams, M., Hall, R. & Keyes, L., (2021, January). Colorism and Cultural Competence. Workshop presented at the Society for Social Work Research (SSWR), Annual Conference.

Ransom, N., Williams, M., Hall, R. & Keyes, L. (2020, November). Why seeing colorism matters: People of color, cultural competence in curriculum content. Cultural competence interactive workshop. CSWE 66th Annual Program Meeting.

Ransom, N., (2019, October) B.R.A.V.I.N.G. the Narrative, Presented at the Arizona Nexus Conference, Glendale, AZ.

Ransom, N., (2014, June) Managing Difficult Conversations. Presented at the Upward Bound RA Training Workshop, Tempe AZ.

# **Publications**

Ransom, N., Williams, M., Hall, R. & Keyes, L., (2021) A content analysis: Consider mindfulness in response to colorist biases, Journal of Human Behavior in the Social Environment, DOI: 10.1080/10911359.2021.1968559

*In Progress*

Ransom, N., Portacolone, M., Rivera, E., Johnson, J., Keiser, S. & Velez, D.,(Expected 2022) Priorities and concerns of older Latinos living alone with cognitive impairment: An in-depth perspective.

# **Clinical Experience**

Therapist/Owner, Eclectic Healing Arts, Lansing, MI, 2020 – Current

* Provide pro-bono mindfulness-oriented therapy to first generation Medical and Allied Health students. Offer no-cost mindfulness training to ASU Upward Bound students each summer.

Counselor, Midwestern University, Glendale, AZ, 2019 – 2020

* Provided mindfulness-oriented therapy to Medical and Allied Health students presenting with symptoms of Anxiety, Depression, Stress, Relationship Concerns, and Trauma.
* Facilitated CBT groups to support student wellbeing and resilience.

Therapist, A Wiser Mind, Mesa, AZ, 2018 – 2020

* Conducted therapy with home bound older adults impacted by dementia, using evidenced-based interventions including Brain Activation Therapy, CBT, and reminiscence.
* Consulted with stakeholders including Powers of Attorneys, families, and medical teams regarding patient mental health to enhance quality of life.
* Utilized assessments including GAD-7, PHQ-9, MMSE, MOCA-Blind, and Audit-C.

Behavioral Health Consultant, Mountain Park Health Center, Phoenix, AZ, 2017-18

* Conducted individual, couples, and family consultation with Dental, Internal Medicine, Pediatric, and OBGYN patients using brief, evidenced-based interventions.
* Managed documentation for an average of 12 consultations daily.
* Facilitated integrated education groups on Diabetes and the psychological impact of lifestyle changes.
* Instituted the use of diaphragmatic breathing protocol for patients with Dental Anxiety. Reduced blood pressure for 70% of targeted patients.

Clinician, Arizona’s Children Association, Phoenix, AZ 2014-17

* Treated children with diverse living situations including grand families, foster/adoptive families, biological families, and group homes.
* Provided group, family, and individual therapy using evidence-based trauma treatments including EMDR and TF-CBT.
* Conducted trauma assessments including the Trauma Symptom Checklists and Parent Stress Index.
* Facilitated parenting groups using curriculum developed by the National Child Traumatic Stress Network. Designed mindfulness group utilizing sensory grounding for children ages 6-11.

# **Professional Training**

Suicide Awareness Training

QPR Institute, Phoenix, AZ 2020

Train the Trainer, brief suicide intervention

MBCT Training

Copperbeech Institute, New Haven, CT, 2019

Mindfulness Based Cognitive Behavioral Therapy training

CCTP Training

Arizona Trauma Institute, Mesa, AZ 2016

Comprehensive training on trauma informed treatment

ASSIST Suicide Intervention Training (Inactive)

Living Works, Phoenix, AZ 2015

Train the Trainer, Comprehensive Evidence-based Suicide Intervention

EMDR Training

Humanitarian Assistance Programs, San Diego, CA 2014-2015

Evidenced-based practice for trauma healing

# **Academic Service**

2020-Present Reviewer, *Perspectives on Social Work,* Doctoral Research Journal

2020-2022 Member, Dean’s Graduate Student Advisory Council

2022 Member, School of Social Work Faculty Search Committee

# **Community Service**

2020-Present Mindfulness Instructor, Upward Bound, Arizona State University

# **Credentials**

2017-Current LCSW Arizona

2021-Current LMSW-C Michigan