

Marcia J. Ash, MPH

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EDUCATION

- 2024 (expected) **Rollins School of Public Health, Emory University**
PhD, Behavioral, Social, and Health Education Sciences
George W. Woodruff Fellow
GPA: 4.00/4.00
- 2019 **Rollins School of Public Health, Emory University**
MPH, Behavioral, Social, and Health Education Sciences
Mary Ansley Miller Scholar
GPA: 4.00/4.00
- 2014 **Washington University in St. Louis**
BA, *summa cum laude*, Philosophy, Neuroscience, and Psychology
GPA: 3.98/4.00

PROFESSIONAL EXPERIENCE

- 2017-2019 Program Coordinator for Research and Special Initiatives
Center for Contemplative Science and Compassion-Based Ethics
Emory University, Atlanta, GA
- 2015-Present CBCT® (Cognitively-Based Compassion Training) Instructor
Emory University, Atlanta, GA
- 2015-2017 Program Assistant, Emory Tibetan Mind/Body Sciences Program
Emory University, Dharamsala/Mundgod, India
- 2014-2017 Program Coordinator, Emory-Tibet Partnership
Emory University, Atlanta, GA

HONORS AND AWARDS

- 2022 Mixed Methods Student Scholarship Award, University of Michigan
- 2019-2024 George W. Woodruff Fellowship, Laney Graduate School, Emory
University

- 2019 1st Place Student Poster, Georgia Public Health Association
- 2019 Jim Alley Scholarship, Georgia Public Health Association
- 2018 Mirabai Bush Contemplative Scholar, Association for Contemplative Mind in Higher Education
- 2018 Delta Omega Honor Society, Rollins School of Public Health
- 2018 New Investigator, Mind and Life Summer Research Institute
- 2017-2019 Mary Ansley-Miller Merit Scholarship, Rollins School of Public Health
- 2014 Undergraduate Research Conference Travel Award, Washington University in St. Louis
- 2013 Phi Beta Kappa Honor Society, Washington University in St. Louis Chapter
- 2012 Burton M. Wheeler Book Award, Phi Beta Kappa Honor Society, Washington University in St. Louis Chapter
- 2010-2014 Dean's List, Washington University in St. Louis

RESEARCH EXPERIENCE

- 2019-Present Doctoral Student Researcher, Thrive Lab
Department of Behavioral Sciences and Health Education, Emory University
Principle Investigator: Briana Woods-Jaeger, Ph.D.
- 2018-2019 Masters Thesis: Cognitively-Based Compassion Training for Spiritual Health Chaplains: A Pilot Study
Committee: Elizabeth Walker, Ph.D. M.P.H., Ralph DiClemente, Ph.D., and Jennifer Mascaro, Ph.D.
- 2018-Present Graduate Student Researcher, Laboratory for Lifestyle Medicine
Department of Family and Preventative Medicine, Emory University
Principal Investigator: Jennifer Mascaro, Ph.D.
- 2015-2018 Study Coordinator, Emory Tibet Science Initiative, Emory University
Principle Investigators: Gaelle Desbordes, Ph.D. and Lobsang Tenzin Negi, Ph.D.
- 2013-2014 Undergraduate Honors Thesis: Do Tibetan Buddhist Monks and Nuns Have Higher Life Satisfaction Than Lay People?
Committee: Simine Vazire, Ph.D. and John Doris, Ph.D.

- 2012-2013 Research Assistant, Personality and Self-Knowledge Lab, Washington University in St. Louis
Principal Investigator: Simine Vazire, Ph.D.
- 2011-2012 Independent Research, Washington University in St. Louis
Green Consciousness: Predictors of Environmental Helping Behavior
Mentor: John Doris, Ph.D.
- 2010 Research Assistant, Emory University
Cognitively-Based Compassion Training (CBCT) with Foster Adolescents
Principal Investigator: Charles Raison, M.D.

TEACHING EXPERIENCE

Teaching Assistantships, Emory University:

- 2021, Spring BSHE 538: Qualitative Methods for Research & Evaluation (master's level course)
- 2020, Fall BSHES 539: Qualitative Data Analysis (master's level course)
- 2017, Summer HLTH385/REL358S: Mind, Medicine, and Healing
ANT309R/MESAS390/REL 331: Culture of Buddhist Tibet
REL 370: Buddhist Meditation and Debate
- 2017, Spring REL 358: Religion and Healing: Buddhist Meditation
- 2016, Fall REL 354R: Secular Ethics: The Dalai Lama's Approach,
REL 306/MESAS 370: Tibetan Buddhism: Psychology of Enlightenment
- 2017, Summer HLTH385/REL358S: Mind, Medicine, and Healing
ANT309R/MESAS390/REL 331: Culture of Buddhist Tibet
REL 370: Buddhist Meditation and Debate
- 2016, Spring REL 358: Religion and Healing: Buddhist Meditation
2015, Fall REL 354R: Secular Ethics: The Dalai Lama's Approach
- 2015, Summer HLTH385/REL358S: Mind, Medicine, and Healing
ANT309R/MESAS390/REL 331: Culture of Buddhist Tibet
REL 370: Buddhist Meditation and Debate
- 2015, Spring REL 306/MESAS 370: Tibetan Buddhism: Psychology of Enlightenment
- 2014, Fall REL 358: Religion and Healing: Buddhist Meditation

CBCT® (Cognitively-Based Compassion Training) Courses:

- 2019, Spring *CBCT for Emory students (10-week course)
- 2018, Spring *CBCT for Emory students (10-week course)
- 2017, Spring *CBCT for Emory Students (10-week course)
- 2016, Fall CBCT for Emory Students (10-week course)
CBCT for Faculty/Staff at the Paideia School (6-week course)
- 2015, Spring CBCT for Emory Students (10-week course)

*Lead instructor supervising a teacher in training.

SERVICE ACTIVITIES

Professional Memberships

- 2019-Present Georgia Public Health Association (GPHA)
- 2018-Present American Public Health Association (APHA)
- 2013-2014 Society for Personality and Social Psychology

Reviewer

- 2019, 2020 APHA Annual Meeting, Abstract Reviewer
- 2021- Present *BMC Nursing*
- 2015- Present *Journal of Happiness Studies*

Invited Presentations and Panels

- 2021 *Navigating Change in Life and Leadership*. The Rollins School of Public Health, Emory University, Atlanta, GA. November 3, 2021.
- 2020 *Becoming More Compassionate: Research on Cognitively-Based Compassion Training*. Meeting on Epidemiology of Compassion and Love. The Task Force for Public Health, Decatur, GA. January 9, 2020.
- 2019 *Compassion Training in Context: Insights from the CBCT Program at Emory University*. Barry College, Rome, GA. March 27, 2019.

Guest Lectures

- 2021 *Compassion Training as a Public Health Interventions: Origins, Research, and Dissemination.* HLTH385: Science of Integrative Health, Emory University, Atlanta, GA. November, 2021.
- 2021 *Adapting and Scaling Contemplative Interventions.* BSHES 583: Mindfulness and Health, Emory University, Atlanta, GA. March, 2021.
- 2020 *Compassion Training as a Public Health Interventions: Origins, Research, and Dissemination.* HLTH385: Science of Integrative Health, Emory University, Atlanta, GA. November, 2020.
- 2020 *Mind-Body Practices: Dissemination and Community-Level Intervention,* HLTH 385: Science of Integrative Health, Emory University, Atlanta, GA. April, 2020.
- 2019 *Promoting Health through Self-Compassion,* REL354: Principles of Secular Ethics, Emory University, Atlanta, GA. October, 2019.
- 2018 *Compassion and Health,* REL354: Principles of Secular Ethics, Emory University, Atlanta, GA. October, 2018.

Service Activities

- 2021 Session Facilitator, Juliet E. Shields Symposium on Compassion, Two-Day Think Tank, Center for Contemplative-Science and Compassion-Based Ethics, Emory University, Atlanta, GA.
- 2021 Committee Member, BSHES Equity, Diversity and Inclusion Workgroup to review BSHES doctoral handbook
- 2021 Co-Facilitator, BSHES Equity, Diversity and Inclusion Workgroup Film Series Discussion: White Like Me, Emory University, Virtual.
- 2020 Invited Participant, Juliet E. Shields Symposium on Compassion, Two-Day Think Tank, Center for Contemplative-Science and Compassion-Based Ethics, Emory University, Atlanta, GA.
- 2020 – Present Member, Network for Evaluation and Implementation Sciences at Emory (NEISE), Emory University
- 2020 Session Co-Chair, Meeting on Epidemiology of Compassion and Love, Task Force for Public Health, Decatur, GA.
- 2019, 2020 Invited Speaker, Ask a PhD Student Panel, Emory University

2019	Moderator, Georgia Public Health Association Annual Conference, Academic and health education track, Atlanta, GA.
2018- 2019	Organizer, Emory Contemplative Science Seminar
2018 - 2019	Vice President of Scholarship, Delta Omega Honor Society, Rollins School of Public Health
2018 – 2019	Behavioral Sciences and Health Education (BSHE) Mentor, Rollins School of Public Health
2017- 2019	Scholars in Action, Rollins School of Public Health
2010-2014	Peer Counselor and Mental Health Outreach Chair, Uncle Joe’s Peer Counseling, Washington University in St. Louis

BIBLIOGRAPHY

Peer Reviewed Publications

1. Mascaro, J.S., Florian, M., **Ash, M.J.**, Palmer, P.K., Sharma, A., Kaplan, D., Palitsky, R., Grant, G., Raison, C. (in press) Learning Compassion and Meditation: A Mixed-Methods Analysis of the Experience of Novice Meditators. *Frontiers in Psychology*.
2. Mascaro, J.S., Palmer, P.K., **Ash, M.J.**, Peacock, C., Escoffery, C., Raison, C.L. (2021) Incivility is associated with Burnout and Reduced Compassion Satisfaction: A Mixed-Method Study to Identify Causes of Burnout among Oncology Clinical Research Coordinators. *International Journal of Environmental Research and Public Health*, 18, no. 22: 11855. <https://doi.org/10.3390/ijerph182211855>
3. **Ash, M.J.**, Baer, W., Peacock, C., Haardörfer, R., Mascaro, J.S. (2021). Advancing Measurement of Sources and Consequences of Burnout in a Comprehensive Cancer Center: A Structural Equation Modeling Analysis. *American Journal of Medical Quality*. Epub ahead of print. doi: 10.1097/01.jmq.0000743676.35805.c0.
4. Mascaro, J.S., Palmer, P., **Ash, M.J.**, Peacock, C., Sharma, A., Escoffery, C., Raison, C. (2021) Feasibility, acceptability, and preliminary effectiveness of a compassion-centered team intervention to improve clinical research coordinator resilience and well-being. *Journal of Clinical Oncology and Practice*. doi: 10.1200/OP.21.00120
5. **Ash, M.J.**, Berkley-Patton, B., Christensen, K., Haardörfer, R., Livingston, M.D., Miller, T., Woods-Jaeger, B. (2021). Predictors of Medical Mistrust among Urban Youth of Color during the COVID-19 Pandemic. *Translational Behavioral Medicine*. Epub ahead of print. doi: 10.1093/tbm/ibab061

6. Mascaro, J.S., Florian, M., **Ash, M.J.**, Palmer, P.K., Frazier, T., Condon, P., Raison, C. (2020). Ways of Knowing Compassion: How Do We Come to Know, Understand, and Measure Compassion When We See It? *Frontiers in Psychology*. 11:547241. doi: 10.3389/fpsyg.2020.547241
7. **Ash, M.J.**, Walker, E.R., DiClemente, R., Florian, M.P., Palmer, P.K., Wehrmeyer, K., Negi, L.T., Grant, G., Raison, C., Mascaro, J. (2020). Compassion Meditation Training for Hospital Chaplain Residents: A Pilot Study. *Journal of Health Care Chaplaincy*, 1-16. doi: 10.1080/08854726.2020.1723189
8. **Ash, M.**, Harrison, T., Pinto, M., DiClemente, R., Negi, L.T. (2019). A model for cognitively-based compassion training: theoretical underpinnings and proposed mechanisms. *Social Theory & Health*, 1-25. doi: 10.1057/s41285-019-00124-x

Peer Reviewed Presentations

1. Mascaro, J.S., Palmer, P.K., **Ash, M.J.**, Kaplan, D.M., Palitsky, R., Raison, C.L. (under review) Ambulatory Audio: The Language of Patient Anxiety During a Chaplain Visit. Annual Meeting of the Society for Ambulatory Assessment.
2. **Ash, M.J.**, Knutzen, K., Ogbeide, I., Renfro, T., Ramirez, M., Woods-Jaeger, B. (2021) Virtual delivery of a culturally responsive school-based intervention to reduce racial trauma: considerations for feasibility and acceptability. 14th Annual Conference on the Science of Dissemination & Implementation. December 14-16, Virtual. Poster Presentation.
3. Woods-Jaeger, B., Piper, K., Elder, A., **Ash, M.J.**, Gonzalez, J., Renfro, T., Ramirez, M. (2021) Addressing racial trauma in the public school system: Perceptions and experiences among students, parents, and school staff. American Public Health Association (APHA) Annual Meeting. October 24-27. Denver, CO. Oral Presentation.
4. **Ash, M.J.**, Tuttle, G., Harewood, J., Gomes, P., Aaron, M., Shayne, P., Mascaro, J. (2021) The Development and Implementation of Well-Being Check-ins to Support Mental Health of Resident Physicians. Change MedEd Conference. September 30, Virtual. Poster Presentation.
5. **Ash, M.J.**, Berkley-Patton, J., Christensen, K., Haardörfer, R., Livingston, M.D., Miller, T., O'Connor, P., Woods-Jaeger, B. (2021) The Effect of COVID-19 Stressors on Medical Mistrust among Urban Youth of Color. Annual Meeting for Society of Behavioral Medicine (SBM). April 12-16, Virtual. Research Spotlight.
6. Jahangir, T., Piper, K., **Ash, M.**, Elder, A., Renfro, T., Ramirez, M., Woods-Jaeger, B. (2021) "They only come after the Black kid": Understanding the perceptions of discipline disparities among school, staff, parents, and students of color. Society for Advancement in Violence and Injury Research (SAVIR) Annual Meeting. April 5, Virtual. Oral Presentation.

7. **Ash, M.J.**, Baer, W., Peacock, C., Haardörfer, R, Mascaro, J.S. (2021) How do workplace stressors influence quality and safety indicators at a comprehensive cancer center? Southeast Regional Clinical & Translational Science Alliance Conference. March 5, Virtual. Oral Presentation.
8. Mascaro, J.S., Palmer, P.K., Florian, M., **Ash, M.J.**, Sharma, A., Wilson, M., Jarrell, B., Walker, E.R., Grant, G., Raison, C. (2021) Beyond words: examining the relationship between linguistic behavior during a spiritual health consultation and subsequent patient well-being. Southeast Regional Clinical and Translational Science Alliance Conference. March 4, Virtual. Poster Presentation.
9. Palmer, P.K., Florian, M., **Ash, M.J.**, Sharma, A., Wilson, M., Jarrell, B., Walker, E.R., Grant, G., Raison, C., Mascaro, J.S. (2021) Hospital chaplain linguistic behavior during spiritual health consultations with inpatients. Southeast Regional Clinical and Translational Science Alliance Conference. March 4, Virtual. Poster Presentation.
10. Wilson, M., Bear, W., Peacock, C., Palmer, P.K., Sharma, A., **Ash, M.J.**, Mascaro, J.S. (2021) Sources and Mitigators of Burnout Among Oncology Staff: A Qualitative Analysis. Southeast Regional Clinical and Translational Science Alliance Conference. March 4, Virtual. Poster Presentation.
11. Bear, W., Peacock, C., Palmer, P., Sharma, A., Wilson, M, **Ash, M.**, Mascaro, J. (2020) Wellness in Oncology: Using a narrative intervention to reduce burnout and promote wellbeing among oncologists and the staff who support them. Academy of Consultation-Liaison Psychiatry Annual Meeting. November 12, Virtual. Poster Presentation.
12. Elder, A., **Ash, M.**, Piper, K., Renfro, T., Woods-Jaeger, B. (2020). Process of Pre-Testing a Caregiver Mindfulness-Based Intervention to Promote Family-Engagement in Juvenile Justice. International Society for Traumatic Stress Studies (ISTSS) Annual Meeting. November 7, Virtual. Poster Presentation.
13. Mascaro, J., Peacock, P., **Ash, M.J.** Palmer, P., Raison, C. (2020) Compassion-centered contemplative approaches to healthcare team resilience. Mind & Life Contemplative Research Conference. November 6, Virtual. Paper Presentation.
14. **Ash, M.J.**, Palmer, P.K., Sharma, A., Escoffery, C., Mascaro, J.S. (2020). Utilizing the Consolidated Framework for Implementation Research to Evaluate a Compassion Training Intervention. Mind & Life Summer Research Institute. June 8, Virtual. Poster Presentation.
15. **Ash, M.J.**, Piper, K., Boykin, B., Elder, A. Woods-Jaeger, B. (2020) A Community-Based Participatory Research Approach for Adapting a Mindfulness-Based Intervention for Caregivers of Justice Involved Youth. Society for Public Health Education (SOPHE) Annual Conference. March 19, Atlanta, GA. Poster Presentation.

16. **Ash, M.**, Walker, E.R., DiClemente, R., Wehrmeyer, K., Palmer, P.K., Mascaro, J. (2019) Feasibility of Compassion Training for Hospital Chaplain Residents: A Pilot Study. Georgia Public Health Association (GPHA) Annual Conference. May 8, Atlanta, GA. Poster Presentation.
17. Mascaro, J.S., Palmer, P.K., Florian, M., **Ash, M.** Mahajan, A., Wehrmeyer, K., Negi, L.T., Shelton, M., Grant, G., Raison, G. (2019) Development and Evaluation of a Compassion-Informed Spiritual Consultations to Improve Hospital Inpatients and Provider Outcomes. Georgia Clinical and Translational Science Conference, February 28, Pine Mountain, GA. Poster Presentation.
18. Mascaro, J., **Ash, M.** (2018). Evaluation of a Compassion-Informed Program to Improve Chaplain and Patient Outcomes. International Symposium for Contemplative Research. November 10, Phoenix, AZ. Oral Presentation.
19. **Ash, M.**, Pinto, M., Harrison, T., DiClemente, R., Negi, L.T. (2018). A Conceptual Framework for CBCT® (Cognitively-Based Compassion Training). The International Symposium for Contemplative Research. November 9, Phoenix, AZ. Poster Presentation.
20. **Ash, M.**, Pinto, M., Harrison, T., DiClemente, R., Negi, L.T. (2018). An Integrative Model and Possible Mechanisms for CBCT® (Cognitively-Based Compassion Training). Association for Contemplative Mind in Higher Education Annual Conference. October 6, Amherst, MA. Poster Presentation.
21. **Ash, M.**, Harrison, T., Pinto, M., DiClemente, R., Negi, L.T. (2018). A Theoretical Model for CBCT® (Cognitively-Based Compassion Training). Mind and Life Summer Research Institute. June 6, Garrison, NY. Poster Presentation.
22. **Ash, M.**, Desbordes, G., Beck, C., Norbu, N., Gyaltzen, G., Sangpo, L., Sherab, N., Negi, L.T. (2016). Assessing the impact of the Emory-Tibet Science Initiative (ETSI) in Tibetan Buddhist monastic populations in India. International Symposium for Contemplative Studies. November 11, San Diego, CA. Poster Presentation.
23. **Ash, M.**, Dunne, J., Wilson, R., & Vazire, S. (2014). Do Tibetan Buddhist monks and nuns have higher life satisfaction than laypeople? Society for Personality and Social Psychology Annual Meeting. February 14, Austin, TX. Poster Presentation.