

BARBARA J. COX, PH.D

(858) 531-5310 | drbarbaracox@gmail.com | drbarbaracox.com

ACCOMPLISHED CANDIDATE FOR PSYCHOLOGY PROFESSOR

Offering a demonstrated record of success as an instructor and psychologist

- Accomplished and results-driven professional with expertise developing curricula and programs that serve as the basis for strong and effective learning environments. Actively seeking to join a Higher Education institution as a Psychology professor.
- Offers experience in clinical work and teaching, with a focus on Mind Body Medicine and cutting-edge modalities that include meditation and hypnosis. Expert in Women's Leadership & mental health issues.
- Expertise in collaborating with stakeholders across multiple departments to meet the needs of students and position them for success. With Mesa College, taught courses that included Introductory Psychology and Statistics for the Behavioral Sciences.
- A demonstrated record of success establishing relationships and delivering results as a Psychologist, an independent instructor, and as an adjunct professor both online (Canvas/Zoom/Apps) & in-person. Author of the book "The Muse Process: Unleashing the Power of the Feminine for Success and Fulfillment".

"Dr. Cox is a team player, a great mentor, and dedicated to advancing the field of Psychology. She has been widely published, spanning both academic and mainstream media, and has extensive experience in applied psychological research as well."

Quote from Colleague

AREAS OF EXPERTISE

- *Skilled in Multiple Modalities*
- *Building Presentations and Training Materials*
- *Developing and Revising Curricula*
- *Teaching at the College Level*
- *Overseeing Clinical Training*
- *Managing Relationships with Faculty Members and Staff*
- *Seasoned Clinical Psychologist*
- *Skilled in Program Management*
- *History of Publication and Presentations*
- *Meeting and Surpassing Performance Goals*

Professional Experience

2002 to Present • PRIVATE PRACTICE PSYCHOLOGIST | SAN DIEGO, CA

Psychologist

Launched and manages a private practice dedicated to providing psychological and counseling services to clients throughout California. Leverages a combination of positive psychology, health psychology, depth psychology, and hypnosis to achieve the unique goals of each individual & family.

- *Coordinates hypnosis sessions to foster the development of positive habits and reduce anxiety in clients.*
- *Serves as an executive coach to build and strengthen leadership capabilities in clients from underrepresented groups.*

2006 to Present • INDEPENDENT PSYCHOLOGY INSTRUCTOR | MULTIPLE LOCATIONS

Instructor

Collaborates with organizations and industry experts to develop and deliver content and instructional materials in the areas of mental health and psychology. Scope of work includes presentations, online workshops, clinical training, and program outlines. Delivered in-person classroom instruction to groups of more than 40 attendees.

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- Retained by the American Speech Language and Hearing Professionals Association to select a theme and design a curriculum for its annual conference, which attracted 18,000 attendees. Established a career center in the vendor area offering career counseling sessions, stress management techniques, and guidance on reinforcing workplace communications skills.
- Led the design of psychology classes and workshops, training practitioners in group and individual sessions.
- Engaged with a client as the Regional Director of Clinical Training, managing 15 Psychology interns dedicated to providing counseling services to residents of an assisted living facility.
- Created training materials used to educate over 100 healthcare staff members and interns in clinical environments. Additionally, innovated technical training for Continuing Education courses for medical staff and psychologists, including syllabi, course materials, program overviews, and certification validations.
- Trained pre-licensed therapists at a group private practice on principles of integrative medicine practices and mental health.
- Achieved a reputation as a thought leader, authoring health psychology-focused content published in *Cosmopolitan*, *Psychosomatic Medicine*, *MSN*, and other high-profile media outlets.

2001 to 2003 • MESA COLLEGE (SAN DIEGO COMMUNITY COLLEGE DISTRICT) | SAN DIEGO, CA

Mesa College is one of the largest and most successful of California's 116 community colleges, and the largest college in the San Diego Community College District.

Adjunct Professor

Coordinated and led instruction to undergraduates, teaching courses that included Introductory Psychology and Statistics for the Behavioral Sciences. For all courses, developed and delivered the curriculum, administered and graded exams, and facilitated individual advisory sessions with students during office hours.

- Credited with writing and distributing an Orientation Manual to assist in the onboarding of new adjunct faculty members.

1994 to 1999 • CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY | SAN DIEGO, CA

The California School of Professional Psychology offers degree programs in clinical psychology, marriage and family therapy, clinical counseling, Organizational Psychology, and psychopharmacology.

Graduate Research/Teaching Assistant

Fulfilled a critical role supporting research studies, executing a broad scope of responsibilities that included data entry, analysis using statistical software, library research, report writing, and the presentation of results at professional conferences.

- Provided guidance and direction to graduate students, helping to develop research projects in Health Psychology. Supported faculty by grading assignments, writing questions for final exams, and leading review sessions with students.
- Contributed to the success of a psychology and health study at Sharp Hospital, as well as a grant-funded study of fibromyalgia.

Early Career

Health Psychologist, Psychiatric Centers of San Diego

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Education & Professional Certifications

CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY
Ph.D. in Psychology, Emphasis in Health Psychology

CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY
Master of Arts Degree in Psychology

UNIVERSITY OF CALIFORNIA
Bachelor of Arts Degree in General Biology

Licensed Psychologist (License PSY17805)
BCC-eligible Coach and EQ-i 2.0/EQ 360 Certification

Professional Affiliations

Member of APA's Division 35 Society for the Psychology of Women
Member of the Society of Industrial Organizational Psychology's International Affairs Committee

Media Citations & Appearances

Gilbert, L. (2006). Start a new love ritual. *Cosmopolitan Magazine*, November 2006, 97.

Gould, W. (2017). The real reason going to the doctor gives you anxiety. *NBC News*. Retrieved from <https://www.nbcnews.com/better/health/real-reason-going-doctor-gives-you-anxiety-ncna795566>.

Steber, C. (2017). 11 weird things that happen to your body when you're angry. *Bustle*. Retrieved from <https://www.bustle.com/p/11-weird-things-that-happen-to-your-body-when-youre-angry-3206868>.

Dressler, A. (2017). Stand up, speak up, stop apologizing, advice for women in the workplace. *Website Magazine*. Retrieved from <https://www.websitemagazine.com/blog/stand-up-speak-up-stop-apologizing-advice-for-women-in-the-workplace>.

"Getting Healthy With Hypnosis," *San Diego Living*, The CW (XETV), January 29, 2010

Invited Expert on the Psychology of Public Participation, UNESCO's Organization of World Heritage Cities (OWHC) Conference

Publications & Presentations

- Greenberg, M.A., Hatcher, M.L., Siegel, K.M., **Cox, B.J.**, Marcus, R.E., & Paget, S.A. (1996). Emotion- management styles predict pain severity in fibromyalgia. Presented at the 54th Annual Meeting of the American Psychosomatic Society, Williamsburg, Virginia.

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- Greenberg, M.A., Dowling, V.L., Bateman-Cass, C., Hatcher, M.L., & **Cox, B.J.** (1997). Pain, resource loss and health outcomes in fibromyalgia: a mediational model. Presented at the 18th Annual Society of Behavioral Medicine, San Francisco, California.
- **Cox, B.J.**, Miklos, C.S., & Vore, M. (1997). Level of disability and alexithymia as predictors of depression in adults with cerebral palsy. Presented at the Annual Meeting of the American Academy for Cerebral Palsy and Developmental Medicine, Portland, Oregon.
- Greenberg, M.A., **Cox, B.J.**, Bateman-Cass, C., Dowling, V.L., & Hatcher, M.L. (1998). Psychosocial predictors of medical utilization in fibromyalgia. Presented at the 19th Annual Society of Behavioral Medicine, New Orleans, Louisiana.
- **Cox, B.J.**, Nicassio, P., Greenberg, M.A., & Davis, R. (1999). A biopsychosocial model of depression in adults with cerebral palsy. Presented at the 20th Annual Society of Behavioral Medicine, Nashville, Tennessee.
- **Cox, B.J.**, & Kercher, J.L. (2000). The psychology of public participation. Presented at the Annual Risk Analysis Conference, Alexandria, Virginia.
- **Cox, B.J.**, & Kercher, J.L. (2001). The psychology of public participation. Presented at the Annual Waste Management Conference, Tucson, Arizona.
- Cox, B.J. (2002). Preparing San Diego youth for the world of work: Investing in our future. Facilitated at the San Diego Workforce Partnership 2002 Summit.
- Cox, B.J. (2014). Introduction to releasing anxiety. Anxiety.com, July 2014, <https://www.anxiety.org/ditching-anxiety-and-finding-your-muse-part-1>.
- Cox, B.J. (2014). Defining your vision. Anxiety.com, August 2014, <https://www.anxiety.org/ditching-anxiety-and-finding-your-muse-part-2>. Cox, B.J. (2014). Meditation leads to a relaxed, more creative state. Anxiety.com, September 2014, <https://www.anxiety.org/ditching-anxiety-finding-your-muse-part-3>.
- Cox, B.J. (2016). Progressive relaxation technique for managing stress. CureJoy.com, November 2016, <https://www.curejoy.com/content/progressive-relaxation-technique-managing-stress/>.
- Cox, B.J. (2016). Acupressure, energy psychology and relaxation. CureJoy.com, November 2016, <https://www.curejoy.com/content/acupressure-energy-psychology-relaxation/>.
- Cox, B.J. (2016). Meditation techniques for beginners. CureJoy.com, November 2016, <https://www.curejoy.com/content/meditation-techniques-beginners/>.
- Cox, B.J. (2017). How choosing your mindset creates synchronicity. TUT.com, July 2017, <https://www.tut.com/article/details/485-how-choosing-your-mindset-creates-synchronicity/?articleId=485>.
- Cox, B.J. (2017). 4 reasons bosses should encourage meditation at work. Bellevue Business Journal, August 2017, <http://bellevuebusinessjournal.com/business/4-reasons-bosses-encourage-meditation-work/>.
- Cox, B.J. (2017). 5 ways to be happier by better managing your stress. New York Daily News, October, 2017, <http://bellevuebusinessjournal.com/business/4-reasons-bosses-encourage-meditation-work/>.
- Cox, B.J. (2017). 4 ways women can assure work-life balance support. ThirdAge.com, 2017, <https://thirdage.com/4-ways-women-can-assure-work-life-balance-support/>.
- Cox, B.J. (2017, November). The psychology of public participation. Presented at UNESCO's Organization of World Heritage Cities – Asian Pacific World Congress, Gwangju, South Korea.
- Cox, B.J. (2018). 3 easy relaxed breathing exercises. CureJoy.com, January 2018, <https://www.curejoy.com/content/3-easy-relaxed-breathing-exercises/>.
- Cox, B.J. (2019). *The muse process: Unleashing the power of the feminine for success and fulfillment*. Jefferson, NC: Exposit Books.