

Donna L. Schuman, PhD, LCSW (TX), LPC (TX)

Assistant Professor

University of Kentucky College of Social Work,
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ACADEMIC APPOINTMENT

7/2017 – Present **Assistant Professor, University of Kentucky, College of Social Work**

EDUCATION

May 2017 **Ph.D. (Social Work),
The University of Texas at Arlington, TX**

May 2008 **M.S.S.W. (Social Work)
The University of Texas at Austin, TX**
Concentration: Clinical

May 1995 **M.Ed. (Counseling & Personnel Services)
University of Maryland at College Park, MD**

May 1993 **B.A. (Psychology)
University of Maryland University College, Heidelberg, Germany**
Minor: Management Studies

RESEARCH EXPERIENCE

9/2017 - Present **University of Kentucky, RICH Heart Program, Center for Biobehavioral
Research in Self-Management of Cardiopulmonary Disease**
Rural Intervention for Caregivers' Heart Health, (RICHH),
(NIH, NINR: R01NR016824; PI: D. K. Moser, PI: M. Chung)
Role: Co-I; Assist with recruitment of caregivers of veterans and advise
on best intervention strategies with military caregiver population.

4/2015 – 4/2017 **University of Texas at Arlington, School of Social Work, Arlington, TX**
*Pilot Study of the Effects of a Single Session Heart Rate Variability
Biofeedback Intervention on Posttraumatic Stress Symptoms in Veterans*
(Pat Tillman Foundation; Foundation for Education and Research in
Biofeedback; Faculty Mentor: J. Bricout)
Role: PI

- 9/2014 – 5/2015 **University of Texas at Arlington, School of Social Work, Arlington, TX**
Psychosocial Challenges of Pediatric Organ Transplantation (PI: M. Killian)
 Role: Graduate Research Assistant
- 9/2014 – 12/2014 **University of Texas at Arlington, School of Social Work, Arlington, TX**
MSW Student Success (PI: D. Woody)
 Role: Graduate Research Assistant
- 9/2013 – 5/2014 **University of Texas at Arlington, School of Social Work, Arlington, TX**
Marital Status and Persons with Dementia; Advancing Doctoral Student Education
 (PI: N. Fields)
 Role: Graduate Research Assistant
- 9/2013- 5/2014 **University of Texas at Arlington, School of Social Work, Arlington, TX**
Nonprofit Website Accountability (PI: L. Watson)
 Role: Graduate Research Assistant

GRANTS

Funded Grants (External)

- 10/2017 – 8/2021 Moser, D. K. (PI), Chung, M. L. (PI), Lennie, T., Rayens, M. K., Smalls, B.,
Schuman D. L. “Rural Intervention for Caregivers’ Heart Health (RICHH).”
 NIH. NINR, 1R01NR016824, \$2.6 million.
- 4/2015 – 4/2017 **Schuman, D. L. (PI)**, “Effects of a Single Heart Rate Variability
 Biofeedback Intervention on Posttraumatic Stress Symptoms in
 Veterans.” Pat Tillman Foundation, 501(c)(3), \$6,000.
- 4/2015 – 4/2017 **Schuman, D. L. (PI)**. “Effects of a Single Heart Rate Variability
 Biofeedback Intervention on Posttraumatic Stress Symptoms in
 Veterans.” Foundation for Education and Research in Biofeedback
 (FERB), 501(c)(3), \$3,000.

Funded Grants (Internal)

- 7/2018 **Schuman, D. L. (PI)**, Moser, D. K., (CO-PI), Domino, J. (Co-PI), Lawrence,
 K. A., Ginsberg, J. P., Boggero, I. “Pilot study: Effectiveness of a heart
 rate variability biofeedback intervention and mobile app on cardiac
 autonomic functioning in U.S. veterans with posttraumatic stress

disorder.” University of Kentucky, Igniting Research Collaborations Grant, \$42,205.

4/2018

Schuman, D. L. (PI). “Pilot study: Effectiveness of a Heart Rate Variability Biofeedback Intervention and Mobile App on Cardiac Autonomic Functioning in U.S. veterans with Posttraumatic Stress Disorder.” University of Kentucky, College of Social Work ADR Internal Pilot Grant, \$10,000.

PUBLICATIONS

Refereed Articles

Schuman, D. L. & Killian, M. (In press, 2018). Pilot study of a single session heart rate variability biofeedback intervention on veterans’ posttraumatic stress symptoms. *Applied Psychophysiology and Biofeedback*.

Schuman, D. L., Lawrence, K. A., & Pope, N. (In press, 2018). Iraq and Afghanistan Veterans’ PTSD milvlogs on YouTube: An exploratory study. *Qualitative Health Research*.

Parekh, R., Maleku, A., Adorno, G., Fields, N., **Schuman, D. L.**, & Felderhof, B. (2018). Pathways to age-friendly communities in urban neighborhoods: Do social capital and social cohesion matter? *Gerontological Social Work*. Advance online publication. <https://www.tandfonline.com/doi/abs/10.1080/01634372.2018.1454564>

Killian, M., **Schuman, D. L.**, Mayersohn, G., & Triplett, K. (2018). Psychosocial predictors of medication non-adherence in pediatric organ transplantation: A systematic review. *Pediatric Transplantation*. Advance online publication. <https://doi.org/10.1111/petr.13188>

Dougherty, C., Fields, N. L., & **Schuman, D.** (2017). Advancing doctoral social work education: An application of the social-ecological framework. *Journal of Teaching in Social Work*, 1-15. Retrieved from <http://dx.doi.org/10.1080/08841233.2017.1327471>

Fields, N. L., Richardson, V. E., & **Schuman, D.** (2017). Marital status and persons with dementia in assisted living: An exploration of length of stay. *American Journal of Alzheimer's Disease & Other Dementias*, 32(2), 82-89. Retrieved from <https://doi.org/10.1177/1533317516688299>

Schuman, D., Praetorius, R. T., Barnes, D. M., & Arana, A. A. (2016). Military suicide coverage: AP news wire & suicide guidelines. *Death studies*, 40(9), 570-577. Retrieved from <http://dx.doi.org/10.1080/07481187.2016.1191559>

Schuman, D. (2016). Veterans' experiences using complementary and alternative medicine for posttraumatic stress: A qualitative interpretive meta-synthesis. *Social Work in Public Health, 31*(2), 83-97. doi:10.1080/19371918.2015.1087915

Schuman, D. L. & Schuman, D. L. (2016). A value-critical choice analysis of a policy to prevent suicide in Veterans and Service Members. *Social Work in Public Health, 31*(6), 537-548. Retrieved from <http://dx.doi.org/10.1080/19371918.2016.1160335>

Published Abstracts

Schuman, D. L., Killian, M. O., Butler, B., Elliott, K. (2017). Pilot study: Effects of a single session heart rate variability biofeedback intervention on posttraumatic stress symptoms in veterans. *Journal of Applied Psychophysiology and Biofeedback, 42*(2), 153. doi: 10.1007/s10484-017-9362-4

Book Reviews

Schuman, D. L. (2015). Intervention in the brain: Policy, politics, and ethics by Robert H. Blank (Book Review). *Health & Social Work, 40*(2), 161-163. doi: 10.1093/hsw/hlv021

REFEREED MANUSCRIPTS

Manuscripts Under Review

Lee, K. S., Feltner, F., Bailey, A. L., Lennie, T. A., Chung, M. L., Smalls, B. L., **Schuman, D. L.**, Moser, D. K. (2018, Under review). The relationship between psychological states and accurate health perception in individuals at risk for cardiovascular disease. Manuscript submitted for publication: *International Journal of Nursing Studies*.

Schuman, D. L., Bricout, J., & Peterson, H. L., & Barnhart, S. (Under review, 2018). A systematic review of the psychosocial effects of emotional numbing in U.S. combat veterans. Manuscript submitted for publication: *Journal of Clinical Psychology*.

Schuman, D. L., Cerel, J., & Praetorius, R. T. (Under review, 2018). Suicide in U.S. women veterans: An interpersonal theory perspective. Submitted to: *Social Work in Public Health*.

Manuscripts in Progress

Parekh, R., & **Schuman, D. L.** (2018). Veterans and nonveterans' risks and protective factors for becoming elder orphans: An exploratory study.

Schuman, D. L., Stein, P. K., Boggero, I., & Moser, D. K. (2018). Exploration of heart rate variability response to a brief pain stressor in heart failure patients.

Schuman, D. L. & Werner-Wilson, R. (2018). Heart rate variability response to dyadic partner conflict in post-deployed Iraq/Afghanistan veterans with PTSD.

Schuman, D. L., Woody, D., Fields, N., & Parekh, R. (2018). The impact of a 'near-peer' e-mentorship program on MSW student success: A pilot study. To be submitted to: *Journal of Teaching in Social Work*.

CONFERENCE PRESENTATIONS

Schuman, D. L., Moser, D. K., Stein, P. K., & Killian, M. (2018). Exploration of heart rate variability response to a brief pain stressor in adults with heart failure (Poster Presentation). *European Society of Cardiology, EuroHeartCare 2018*, Dublin, Ireland.

Schuman, D. L. (2018). Dead inside: A systematic review of the psychosocial effects of combat-related emotional numbing. (Paper Presentation). *Society for Social Work and Research 22nd Annual Conference*: Washington, DC.

Schuman, D. L. & Lawrence, K. (2017). Iraq and Afghanistan veterans' PTSD milvlogs on YouTube: A phenomenological inquiry (Paper Presentation). *Council on Social Work Education 2017 Annual Program Meeting (APM)*, Dallas, TX.

Schuman, D. L. (2017). Heart rate variability biofeedback in the treatment of combat-related posttraumatic stress. (Paper Presentation). *Integrated Behavioral Health Conference 2017 Trauma and Substance Misuse: Responding Within Integrated and Military Behavioral Health Settings*: Lexington, KY.

Schuman, D. L., Killian, M. O., Butler, B., & Elliott, K. M. Pilot study: Effects of a single session heart rate variability biofeedback intervention on posttraumatic stress symptoms in veterans. (Poster Presentation). *Association for Applied Psychophysiology and Biofeedback 48th Annual Scientific Meeting*, 2017: Chicago, IL.

Killian, M., **Schuman, D.** Psychosocial predictors of medication adherence in pediatric organ transplantation: A systematic review. (Poster Presentation). *Society for Social Work and Research Annual Conference*, 2017: New Orleans, LA.

Killian, M., **Schuman, D.,** Thompson, H., & Randolph, K. Showcasing software to make systematic reviews more systematic. (Workshop Presentation). *Council on Social Work Education 2016 Annual Program Meeting*: Atlanta, GA.

Killian, M., **Schuman, D.,** & Randolph, K. Showcasing software to make systematic reviews more systematic. (Workshop Presentation). *Society for Social Work and Research Annual 2016 Conference*: Washington, D.C.

Schuman, D. & Praetorius, R. Content analysis of military and civilian suicide coverage by AP wire service. (Paper Presentation). *Society for Social Work and Research Annual 2016 Conference*: Washington, D.C.

Parekh, R., **Schuman, D.**, Verbova, O., & Sainato, S. The influence of women's autonomy: Mothers from scheduled castes/tribes and backward populations. (Poster Presentation). *Society for Social Work and Research Annual 2016 Conference: Washington, D.C.*

Schuman, D. L. & Schuman, D. A value-critical analysis of a policy to prevent military-related suicide. (Paper Presentation). *Council on Social Work Education 2015 Annual Program Meeting: Denver, CO.*

Schuman, D. (2015). Veterans' experiences with complementary and alternative medicine (CAM): A qualitative interpretive meta-synthesis (QIMS). (Poster Presentation). *Society for Social Work and Research Annual Conference: New Orleans, LA.*

Fields, N., Richardson, V., & **Schuman, D.** (2015). Dementia in assisted living: Important differences, important challenges. (Poster Presentation). *Society for Social Work and Research Annual Conference: New Orleans, LA.*

Watson, L., Hoefler, R., & **Schuman, D.** (2014). A study of nonprofit boards of directors and their oversight of agency websites. (Paper Presentation). *Council on Social Work Education Annual Program Meeting: Tampa, FL.*

Schuman, D., & Fields, N. (2014). Suicide in the Army: Applying and expanding the bioecological perspective. (Poster Presentation). *Council on Social Work Education Annual Program Meeting: Tampa, FL.*

Watson, L., Hoefler, R., & **Schuman, D.** (2014). Board oversight of nonprofit websites. A missing piece of the accountability puzzle? (Paper Presentation). *National Association for Social Workers Texas State Conference: San Marcos, TX.*

Evans, R., **Schuman, D.**, Bryant, D., & Fox, P. (2014). Bridging the gap: The use of explicit theory and Research on Social Work Practice (Poster Presentation). *Annual Celebration of Excellence by Students (ACES): University of Texas at Arlington, Arlington, TX.*

Conference Proposals/Abstracts (Accepted)

Barnhart, S., Jack, K. M., & **Schuman, D. L.** (2018). Relationships between individual and neighborhood social capital and single mothers' parenting stress (Poster Presentation). *Council on Social Work Education Annual Program Meeting: Orlando, FL.*

Conference Proposals/Abstracts (Submitted)

Parekh, R., & **Schuman, D. L.**, Marak, C., & Fields, N. (2018). Veterans and nonveterans' risks and protective factors for becoming elder orphans: An exploratory study. (Poster Presentation). *Society for Social Work and Research Annual Conference: San Francisco, CA.*

Giger, J., Barnhart, S., **Schuman, D. L.**, & Frances Feltner. (2018). Collective efficacy relationships with adolescent mental health outcomes among single mother families. (Poster

Presentation). *Society for Social Work and Research Annual Conference: San Francisco, CA.*

Campus Talks

Schuman, D. L. (2018). Conducting systematic literature reviews. RICH Writing Institute (RWI), Summer 2018: *University of Kentucky, College of Nursing. Lexington, KY.*

TEACHING & WORKSHOPS

2018 Fall	Theory Development (face-to-face) Doctoral, University of Kentucky
2018 Fall	Professional Behavior and Ethics (hybrid) Graduate, University of Kentucky
2018 Fall	Clinical Decision Making (hybrid) Graduate, University of Kentucky
2018 Summer	Professional Biofeedback Certification Course (face-to-face) Teaching Assistant, Stens Corporation, Chicago, IL
2018 Spring	Foundations of Professional Ethics in Social Work (face-to-face) Undergraduate, University of Kentucky
2018 Spring	SW 300: Social Work Practice I (face-to-face) Undergraduate, University of Kentucky
2017 Fall	SW 718: Clinical Decision-Making (hybrid) Graduate, University of Kentucky
2017 Spring	Social Work Research (online) Undergraduate, University of Texas at Arlington
2016 Fall	Social Work Research (online) Undergraduate, University of Texas at Arlington
2016 Spring	Social Work Research (online) Undergraduate, University of Texas at Arlington
2016 Summer	Social Work Research (online) Undergraduate, University of Texas at Arlington
2016 Spring	Research and Evaluation, I (online) Graduate, University of Texas at Arlington
2016 Spring	Brain & Behavior (online)

	Graduate, University of Texas at Arlington
2015 Fall	Brain & Behavior (face-to face) Graduate, University of Texas at Arlington
2015 Fall	Brain & Behavior (online) Graduate, University of Texas at Arlington
2015 Spring	Brain & Behavior (face-to-face) Graduate, University of Texas at Arlington
2014 Summer	Field Liaison, Second Year Advanced Graduate, University of Texas at Arlington
2013 Fall	Professional Biofeedback Certification Course Teaching Assistant, Stens Corporation, Portland, OR
2013 Spring	Professional Neurofeedback Certification Course Teaching Assistant, Stens Corporation, Dallas, TX

AWARDS & SCHOLARSHIPS

2013 - 2017	501(c)(3) Pat Tillman Foundation Tillman (Military) Scholarship, total: \$29,000
4/2017	501(c)(3) Pat Tillman Foundation/Got Your Six Professional Development Award \$1,000
4/2017	University of Texas at Arlington, Office of Graduate Studies Dissertation Research Enhancement Award, \$1,330
4/2017	Foundation for Education and Biofeedback (FERB) 2017 Applied Psychophysiology and Biofeedback 48th Annual Scientific Meeting Conference Travel Award, \$390
2013 - 2016	University of Texas at Arlington, School of Social Work Doctoral Fellowship (tuition waiver and stipend of \$14,000 per annum for 3 years)

CLINICAL PRACTICE EXPERIENCE

- 2010 - 2013 **Behavioral Health Therapist, Dept. of Behavioral Health
Lyster Army Health Clinic, Fort Rucker, AL**
Provided full range of clinical psychotherapeutic and social work interventions. Performed biofeedback and neurofeedback services for Soldiers; Trained staff on biofeedback and biobehavioral interventions; Spearheaded \$40,000 grant-funded project and stood up biofeedback lab.
- 2008 - 2009 **Social Worker, Geriatric Clinic,
Central Texas Veterans Health Care System, Temple, TX**
Delivered full-range of social work services to veterans age 65 and older; Coordinated home health services for disabled veterans.
- 2001 - 2004 **Substance Abuse Counselor, Army Substance Abuse Program, Landstuhl
Regional Medical Center, Landstuhl, Germany**
Provided inpatient and outpatient assessment, individual/group/family counseling to active duty military, veterans, and spouses; developed and taught psychoeducational addiction curriculum.
- 1999 - 2001 **Substance Abuse Counselor, Serenity Foundation of Texas, Abilene, TX**
Provided inpatient and outpatient assessment, treatment planning, and individual/group/family counseling and case management. Developed and implemented continuing education for staff; Trained and supervised counselor interns at undergraduate and graduate levels.
- 1997 - 1999 **Clinical Supervisor, Multnomah County Dept. of Community & Family
Services Alcohol & Drug Assessment & Referral Program, Portland, OR**
Supervised 12 Alcohol & Drug Evaluation Specialists stationed in child welfare, probation/parole, and primary care clinic settings; Led Clinical Excellence committee to organize continuing education for 300 county behavioral health providers; Supervised data collection by evaluators for Target Cities Grant.
- 1996 - 1997 **Alcohol & Drug Evaluation Specialist, Multnomah County Department of
Community & Family Services, Alcohol & Drug Assessment & Referral
Program, Portland, OR**
Performed comprehensive diagnostic substance use disorder assessments; Served as alcohol and drug consultant for *High Potential for Violence, Mental Illness, Domestic Violence*, and *Sex Offender* supervision teams. Collected data for Target Cities Grant.

1995-1996 **MICA Case Manager, Garlington Community Mental Health Center, Portland, OR**
 Provided individual/group/family counseling and case-management to persons with severe mental illness and comorbid substance use.

LICENSURE & CERTIFICATION

Certified Social Worker (Current), Kentucky
 Licensed Clinical Social Worker (Current), Texas License # 51829
 Licensed Professional Counselor (Current), Texas License # 15672
 Neurofeedback Certification, Associate Fellow, BCIA (NFB), # E5441
 Biofeedback Certification, Associate Fellow, BCIA (BCB), # B5441
 National Certified Counselor (NCC), #42254
 Master Addiction Counselor (MAC), #42254

COMMITTEE APPOINTMENTS

2017 – Present *PhD*
 University of Kentucky, College of Social Work, Faculty Member
 2018 *Research, Service, and Development*
 University of Kentucky, College of Social Work, Faculty Member

SERVICE

Profession

2018 *BMC Complementary and Alternative Medicine: Reviewer*
 2018 *Social Work in Mental Health: Reviewer*
 2018 *Psychophysiology: Reviewer*
 2018 *Journal of Health Care for the Poor and Underserved: Reviewer*
 2017 *Association for Applied Psychophysiology and Biofeedback 2018 Annual Conference: Poster and Abstract Reviewer*
 2016-2017 *Perspectives on Social Work: Reviewer*

University

2018 *College of Nursing RICH Heart Writing Institute: Faculty Mentor for International Students*

Community

2016 - 2017 *Stay the Course (Nonprofit serving military and first responders):*
 Extracted data from records for grant report; assisted with records management

PROFESSIONAL AFFILIATIONS

Society for Social Work and Research (SSWR)
 National Association of Social Workers (NASW)

Council on Social Work Education (CSWE)

Association for Applied Psychophysiology & Biofeedback (AAPB)

International Society for Neurofeedback & Research (ISNR)

Southeast Biofeedback and Clinical Neuroscience Association (SBCNA)