

## **ANN LORENTSON FRIEDMAN, Ph.D.**

### **KEY PROFESSIONAL EXPERIENCE**

**Director of Workplace Wellness, Mental Health America of Greater Houston**, providing mindfulness training to businesses, schools, nonprofits, law and accounting firms, schools, and individuals.

**Founder, Mindful Being and Senior Trainer, Mind Body Spirit Institute, The Jung Center of Houston**, providing mindfulness training to over 50 businesses, 100 nonprofits, 10 law and accounting firms, 200 schools, and 4,000 individuals of all ages. Trauma-focused mindfulness to Afghanistan Refugees, Homeless Youth at Covenant House, and others. 2015- 2024.

**Facilitator, Center for School Behavioral Health, Mental Health America of Greater Houston**, (2016-2019) providing mindfulness training to 250+ school counselors in the Greater Houston Metropolitan Area and Southeast Texas following Hurricane Harvey under a grant from UNICEF. Project is co-sponsored by United Way and the City of Houston. Sponsored by UNICEF to go to Puerto Rico to teach 140 school and health workers, 2018.

**Mindfulness Trainer at The John McGovern Museum of Health** (2015- 2019 for children & adults); **Rothko Chapel** (2015-2016); and **Hines Center for Spirituality** (2018-2020).

**Adjunct Professor, Legal & Ethical Issues in Psychology, Department of Counseling Psychology, University of Houston**. 1996-2006.

**Communications Manager, Houston Economic Development Council** (now part of the Greater Houston Partnership) and **President, Pro-Houston and Houston Proud campaigns**. Developed and ran the first major citywide campaign for Houston during the economic downturn in the mid-1980s. The campaign involved recruiting and mobilizing 3000 volunteers, completing a 2-mile \$400,000 demonstration project beautifying airport freeways, developing a nationally-recognized program to curb voluntary home mortgage default, producing a training video for city tourism employees; welcoming visitors at 28 major conventions; beautifying 10 city parks; providing volunteers for 150 nonprofit events; developing a \$2,000,000 ad campaign producing an award-winning brochure on Houston; overseeing public relations for a European mission of business and governmental leaders; and overseeing a national media trip for the Mayor of Houston. 1983-1987.

## **EDUCATION**

**Certified Clinical Trauma Professional (CCTP).** Completed 50+ hours of trauma training. 2022-present.

**Certified Trainer, Cognitive Based Compassion Training,** Center for Contemplative Science and Compassion-Based Ethics, Emory University, 2020.

**Training in Nonviolent Communication** (2016-present) Completed over 20 trainings and retreats to learn nonviolent communication.

**Certified Mindfulness Facilitator,** Mindful Awareness Research Center, Semel Institute for Neuroscience and Behavioral Research, University of California Los Angeles, 2015. \_Additional Training: Mindful Schools, A Still Quiet Place, Mindfulness in Schools .b, and Non-Violent Communication.

**Ph.D.,** Counseling Psychology, University of Houston, August, 1994. Internship: Clinical Psychology, UT Health Science Center, 1994. Post Doctoral Fellowship, Neuropsychology and Behavioral Medicine, Baylor College of Medicine, 1995. Licensed Psychologist, State of Texas #5321, since November, 1995.

**J.D.,** University of Houston, 1989.

**B.A.,** English Literature, University of Texas, 1977.

## **CLINICAL TRAINING**

1994-1995: **Postdoctoral Fellow, Neuropsychology and Behavioral Medicine, Baylor College of Medicine, St Luke's Episcopal Hospital.** Responsibilities included conducting neuropsychological assessments of inpatients and outpatients, followed by cognitive rehabilitation when appropriate; conducting guided meditation with patients; providing therapy; and evaluating patients for possible organ transplant.

1993-1994: **Intern, Clinical Psychology, University of Texas Medical School.** Participated in three major rotations: inpatient adolescent, inpatient adult, and outpatient care for both children and adults. Responsible for facilitating group, individual and family therapy, as well as conducting psychological evaluations. Worked as a Practicum Student for the prior year on the Child and Adolescent Psychiatry Unit.

1992-1994: **Internships,** Harris County Psychiatric Center (child & adolescent unit), Houston Child Guidance, Chimney Rock Center, and UH Counseling Center.

## **RESEARCH**

2021-2022: Friedman A, Jump R, Chaoul A. **The Neurophysiology of Mindfulness and Its Practical Uses for Sports Medicine, Physical Therapy, Health Educators, Coaches and Athletes.** Chapter Publication for Springer textbook, in press.

2020-2022: **Primary Interventionist, Comparing Mindfulness with a Health Education Program for Homeless Youth.** University of Texas School of Nursing. Served as primary interventionist providing over 60 trainings to homeless youth at Covenant House, Houston.

1998-2005: **Chair, Evaluation Committee, Board of Directors, Houston Annenberg Challenge** Responsible for hiring and overseeing program evaluation researchers from the University of Texas, Rice, and University of Houston for a \$60 million school reform program.

1994-2005: **Chair, Evaluation, Board of Directors, Boys and Girls Clubs of Great Houston.** Responsible for hiring and overseeing program evaluators from the University of Houston and University of St. Thomas.

1995-1999: **Principal Investigator, Emotional and Behavioral Attributes of Sturge-Weber Syndrome.** Supported by a grant from the National Sturge-Weber Foundation.

1991-1993: **Research Assistant, Department of Pediatrics, U.T. Health Science Center.** Participated in 250 home visits to assess control, high and low risk premature infants.

## **PUBLICATIONS**

Friedman, A., Jump, R., Chaoul, A (in publication). The Neurophysiology of Mindfulness and Its Practical Uses for Sports Medicine, Physical Therapy, Health Educators, Coaches and Athletes, Sports Rehabilitation Handbook, New York: Springer Publishing.

Chapieski, L., Friedman, A., Lachar, D. (2000). Psychological functioning in children and adolescents with Sturge-Weber Syndrome. Journal of Child Neurology, 15, 660-665.

Levy, J.K., Fernandez, F., Lachar, B.L., Friedman, A.L., Samiuddin, Z. (1999). Neuropsychiatry of Human Immunodeficiency Virus Infection, Neuropsychiatry and Mental Health Services, edited by Fred Oversight, M.D., Washington, D.C.: American Psychiatric Press.

Chafetz, M.D., Friedman, A.L., Kevorkian, C.G., Levy, J.K. (1996). The cerebellum and cognitive function: Implications for rehabilitation, Archives of Rehabilitative Medicine, 77, 1303-1308.

Hughes, R., Friedman, A. (1994). AIDS-related ethical and legal issues for mental health professionals. Journal of Mental Health Counseling, 16 (4), 445-458.

Hughes, R., Friedman, A. (1994). Legal tools helpful for mental health counseling. Journal of Mental Health Counseling, 16(3), 291-303.

## **COMMUNITY ACTIVITIES**

2025: **Advisory Board, University of Houston College of Education.**

2017-present: **Advisory Board, Interfaith Ministries of Greater Houston.**

2015-present: **Advisory Board, Rothko Chapel.**

2015- 2017 **Advisory Board, Shifa Women’s Shelter.**

1998-2011: **Board of Directors and Chairman of the Board, Houston Annenberg Challenge** (now Houston A+ Challenge), a \$60+ million school reform program.

2000-2011: **Board of Directors, Childrens Defense Fund.** Involved with restoring the Children’s Health Insurance Program through the State Legislature, 1997. Currently on Emeritus status.

1994-2003: **Executive Committee and Chairman of the Board, Boys and Girls Clubs of Greater Houston.** Recipient, Volunteer of the Year Award, 1997.

1993-1997: **Board of Directors, Serve Houston Youth Corps (Americorps)**

1997-2000: **Board of Directors, Holocaust Museum Houston.**

1980-1982 **Board of Directors, HITS Theater School**

1981-present **Texas Lyceum member and alumnae**

1979-1981 **Board of Directors, Avondale House for Autistic Children**

## **AWARDS**

2024: Ima Hogg Award for Innovation and Service in Mental Health, Mental Health America of Greater Houston.

2018: Joe Jaworski Community Leadership Award, American Leadership Forum.

2016: Honoree, Children’s Scholarship Ball, Jewish Community Center of Houston.

2008: Spirit of Life Award, Seven Acres Senior Services.

1995: Volunteer of the Year, Boys and Girls Clubs of Greater Houston.

1986: Rising Star of Texas, Texas Business Magazine