

## **Alayha McNamara**

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### **Education**

Southern Oregon University, Ashland, OR	Returned 2022- Present
Major: Bachelor of Science in Psychology	2011-2012
Minor: Sociology and Anthropology	
Concentration: Counseling Psychology	
McNair Faculty Mentor: Dr. Paul Condon, Ph.D.	
Anticipating graduating <i>Magna cum laude</i> in December 2023	
Rogue Community College, Medford, OR	Returned 2021-2022
Major: Associate of Arts Transfer Degree	2004-2010
Concentration: Psychology	
Transferred with honors in June 2022	

### **Academic/Research Interests**

- Mindfulness meditation interventions
- Social Justice
- Counseling psychology
- Trauma-informed care
- Intergenerational trauma
- Biologically informed prevention and intervention

### **Research and Work Experience**

*Research Assistant, University of Arizona, AR* Jun. - Aug. 2023

Conducted participant interviews and managed biological sample collection, including blood centrifugation and plasma extraction. Prepared blood DBS cards. Utilized qualitative coding for data analysis. Created marketing materials and participated in recruitment. Developed and presented at a colloquium and poster sessions.

*Research Assistant — Southern Oregon University, OR* Jan. - April. 2023

Research Assistant under Dr. Noriko Toyokawa, Assistant Professor, Psychology Department. We Investigated older parents' disagreement with adult children's advice and its impact on intergenerational ambivalence. First author for the study's presentation at The Western Psychological Association, Loma Linda University, Riverside, CA.

*Research Assistant, Southern Oregon University, OR* Jan. - Feb. 2023

Under the guidance of Dr. Paul Condon, Associate Professor of Psychology and affiliated faculty in Healthcare Administration, I contributed to the project "App-based Contemplative Trainings: Promises and Pitfalls of Scalability." My responsibilities included meticulously curating and analyzing a comprehensive range of articles for the literature review. Assignments involved identifying and summarizing key trends and pinpointing critical gaps in the existing body of research on app-based contemplative training, thereby providing foundational insights for the project's advancement.

*Program Coordinator and Educator, Oregon Shakespeare Festival, OR*

2010-2020

During my ten years at the Oregon Shakespeare Festival, I engaged in various roles that significantly enhanced my skills in psychology and the arts. As an Access Coordinator and Open Captionist (2013-2020), I researched and implemented strategies for making theater more accessible to diverse audiences. My role as House Manager (2010-2015) involved studying audience engagement and behavior. This period also included direct teaching experiences in theater and physical theater education. I applied cognitive and pedagogical research to curriculum development and instructional methodologies, notably in the Creative Connections program and at Ashland Children's Theater.

*Lead Teacher and Program Coordinator, Kamianske, Ukraine, and Deaf Spotlight*

As a Physical Theater Teacher in Kamianske, Ukraine, in 2019, I crafted a dynamic movement-based curriculum, introducing Meyerhold Biomechanics through progressive exercises. I prioritized skill-building for body awareness, listening, stage presence, and heightened awareness. I tailored daily lesson plans to meet specific student needs, fostering self-motivated learning through diverse physical exercises. In a subsequent role with **Deaf Spotlight**, I expanded the curriculum for Deaf and hearing artists, collaborated on workshop promotion, and integrated psychodrama therapy to enhance personal exploration and emotional expression.

## Teaching Experience

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|--|-----------|
| Teaching Assistant, Cognitive Psychology, Southern Oregon University   | Fall 2023 |
| <ul style="list-style-type: none"><li>● Evaluate and provide feedback on undergraduate assignments.</li><li>● Take a leadership role in managing classes, discussions, and workflow in the professor's absence, ensuring continuity of the learning experience.</li></ul>  |           |
| Teacher, Ashland Children's Theater & Creative Connections   | 2018-2020 |
| <ul style="list-style-type: none"><li>● Teach improv and acting fundamentals to children aged 6-17.</li><li>● Supervise play production, focusing on character development, staging, blocking, vocal work, and play analysis, fostering a creative and collaborative environment</li></ul>   |           |
| Yoga Teacher, Ashland YMCA   | 2019-2020 |
| <ul style="list-style-type: none"><li>● Instruct hatha, vinyasa, and restorative yoga, incorporating mindfulness meditations at the beginning and end of classes.</li><li>● Provide classes for beginners, intermediate, and advanced levels, with a focus on trauma-sensitive teaching and personalized modifications based on individual needs and limitations</li></ul> |           |
| Physical Theater Teacher, Kamianske, Ukraine   | 2019      |
| <ul style="list-style-type: none"><li>● Develop a two-day professional workshop curriculum centered on movement.</li></ul>   |           |

- Introduce Meyerhold Biomechanics with progressive exercises and teach skill-building activities to enhance body awareness, listening skills, stage presence, and awareness of others and the environment, adjusting daily plans to meet student's specific needs.

Physical Theater Teacher, Deaf Spotlight 2019

- Develop a two-day movement-based workshop (based on Meyerhold Biomechanics) focusing on inclusivity for Deaf artists.
- Collaborate with Deaf Spotlight for workshop promotion and incorporate theater exercises addressing prejudice and implicit bias, integrating psychodrama therapy to bridge the Audism gap (negative stigma toward anyone who does not hear).

## Publications

Chang, D., Woo, E., **McNamara, A.**, Gaither, T., Proulx, J., (in preparation). Courageous connection: changing perceptions and reducing bias by building mindfulness awareness and compassionate relationships among police and black community members.

Adrien, V., Galletto, C. P., Baubet, T., Duhamel, J., Trousselard, M., **McNamara, A.**, Bui, E., Reggente, N., Schoeller, F. (2023). Beyond virtual reality: Towards screen-free interfaces for PTSD interventions. *Psychological Trauma: Theory, Research, Practice*. under review for the special issue "Trauma in the Modern Age of Technology. "

## Public Presentations

UROC-Summer Research Internship-Minimizing Health Disparities (August 2023). *Opioid Use Disorder and Intention to Breastfeed: A Health Disparity?* Poster and colloquium presentation. University of Arizona, Tucson, Arizona.

McNamara, A., Castillo, C., & Condon, P. (May 2023). *Mindfulness apps: How effective are they?* Presentation for the Undergraduate Research Symposium, University of Oregon, Eugene, OR.

McNamara, A., Malone, M., & Toyokawa, N. (May 2023). *Domain-specific aspects of older adults' intergenerational ambivalence*. Presentation for The Creativity Conference, Southern Oregon University, Ashland, OR.

McNamara, A., Malone, M., & Toyokawa, N. (January 2023). *Older parents' disagreement with adult children's advice and Its effect on parents' intergenerational ambivalence*. Presentation for The Western Psychological Association, Loma Linda University, Riverside, CA.

Access Committee "OSF Access" (October 2014). Led a committee to discuss access (disability accommodation) needs for all three theaters and the company departments. Oregon Shakespeare Festival, Ashland, OR.

## Conference Attendance

Tiny Blue Dot Foundation Summit	September 2023
University of Oregon Undergraduate Research Symposium	May 2023
Western Psychological Association	April 2023
UC Davis-TCCI Research Summit and Community Gathering	February 2023
LEAD (Leadership Exchange in Arts and Disabilities) Conference	Summer 2013 & 2014

## Honors, Awards, Grants and Scholarships

- The Ronald E. McNair Post-Baccalaureate Achievement Program Jan 2023- Present
- Imani Scholarship for the Education and Empowerment of Black Learners Spring 2023
- The Presidents List of Honor Students, Southern Oregon University Spring 2023  
Winter 2023  
Fall 2022
- Rogue Community College, Honor Society, Alpha Zeta Pi Fall 2021/Winter 2022
- Rogue Community College, Student Success Scholarship Winter 2022
- Hearth Storytelling Grant for a 7-month Certification Program 2019
- IUGTE one Performing Arts Grant, six Directors' Assistant Scholarships 2015-2019  
Leibnitz, Austria  
Tuscany, Italy  
Berlin, Germany

## Specialized Certifications (and Licensure(s))

First Aid and CPR Certified	2021
Childcare Health and Safety	2019
Recognizing and Reporting Child Abuse and Neglect	2019
500-level Yoga Teacher Certified	2017

## Special Skills and Abilities

- SPSS
- Microsoft and Google office
- Excel
- Thematic analysis
- Leading meditations
- Bio-sample collection and processing
- Administering participant interviews

(Updated: 11-19-2023)

## Community/Volunteer Service

Yoga Teacher, Red Cross Fundraiser (self-organized) Summer – 2022

## References

Prof. Paul Condon  
Southern Oregon University  
Email: condonp@sou.edu

Prof. Alicia Allen  
University of Arizona  
Email: aliciaallen@arizona.edu

Prof. Jeffrey Proulx  
Brown University  
Email: jeffrey\_proulx@brown.edu