

## **KATHERINE SCANLON COOLEY, PhD**

Spokane, WA | 509.869.4121 | Email: [Cooley.katherine@gmail.com](mailto:Cooley.katherine@gmail.com) | [www.linkedin.com/in/scanloncooley](http://www.linkedin.com/in/scanloncooley)

### **SUMMARY**

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Drawing on experience as a scholar-practitioner of integrative health science and a former United States National Team rower, I am particularly interested in how somatic awareness, stress physiology, and embodied experience influence resilience, performance, and well-being across athletic, clinical, and educational contexts.

Across teaching, research, and applied practice, my work explores how mind–body science, contemplative inquiry, and movement-based approaches can deepen self-understanding and support psychological and physiological integration. My professional aim is to contribute to emerging interdisciplinary conversations linking embodiment, health, and performance, while helping expand how mind–body approaches are understood within research, education, and applied practice.

### **EDUCATION**

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SAYBROOK UNIVERSITY – Pasadena, CA | 2025  
Doctor of Philosophy (Ph.D.), Integrative Medicine and Health Science  
Dissertation: Heuristic Inquiry into Embodiment in Eating Disorder Recovery

SAYBROOK UNIVERSITY – Pasadena, CA | 2016  
Master of Science (MS), Mind-Body Medicine  
Specialization: Integrative Wellness Coaching  
Thesis: Integrative Approaches to Workplace Wellness

UNIVERSITY OF NEW HAMPSHIRE – Durham, NH | 1993  
Bachelor of Arts (BA) English Literature

### **TEACHING EXPERIENCE**

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#### **Adjunct Faculty**

Saybrook University (Pasadena, CA) | 2024–Present

- Graduate-level courses: Intermediate Coaching, Advanced Coaching Practicum, and Mind-Body Therapies and Practices in a fully online environment using Canvas
- Participate in curriculum development and revision
- Serve on dissertation committees, providing evaluative feedback on proposals and dissertations, and participating in oral defenses
- Facilitate online experiential learning seminars

#### **Adjunct Faculty**

Gonzaga University | 2005–2009

- Collaborated with the Director of Program Activities to develop a holistic wellbeing fitness program for students
- Coordinated with local fitness studios to expand campus wellness programming
- Provided yoga instruction through the university student fitness center

## DOCTORAL ADVISING - METHODOLOGIST

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Kelli Lassiter, Doctoral Candidate: Integrative Social Work, Saybrook University | 2025–Present  
Rivers Fleming, Doctoral Candidate: Mind-Body Medicine, Saybrook University | 2026–Present  
Davier Danils, Doctoral Candidate: Sports Performance and Psych, University of Western States | 2026 - Present

## PUBLICATIONS

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Bentley, T. G. K., D’Andrea-Penna, G., Rakic, M., Arce, N., LaFaille, M., Berman, R., **Cooley, K.**, & Sprimont, P. (2023). Breathing Practices for Stress and Anxiety Reduction: Conceptual Framework of Implementation Guidelines Based on a Systematic Review of the Published Literature. *Brain Sciences*, 13(12), 1612. <https://doi.org/10.3390/brainsci13121612>

## PROFESSIONAL PRESENTATIONS AND PROGRAM DEVELOPMENT

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### **Terra Incognita: Embodiment and Integrative Medicine Seminar Series** **Program Developer, Instructor, and Facilitator | Spokane, WA | 2025**

- Designed curriculum and taught a multi-session seminar examining conceptual paradigms in integrative and mind–body medicine
- Developed the *Self-Emergence Framework*, a conceptual model exploring relationships among somatic awareness, personal narrative, and meaning making in health and human development.
- Introduced theoretical models, including the biopsychosocial model, illness–wellness continuum, stress physiology, epigenetics, and the weathering hypothesis
- Integrated lecture, discussion, and experiential practices exploring kinesthetic-affective experience and embodiment
- Trained and supervised two co-facilitators, supporting curriculum delivery and group facilitation

### **The Complete Back: Clinical Somatic Education Workshop**

Program Developer and Facilitator | Spokane | 2018, 2022, 2025

- Designed and presented a one-day workshop using principles of clinical Somatic Education
- Introduced movement and contemplative practices for back pain relief

### **Somatic Grief Work Series**

Program Developer and Facilitator | Spokane, WA | 2022–2023

- Developed and facilitated a multi-session series integrating somatic awareness, breathwork, and mindful movement for grief processing
- Introduced body-based practices designed to support the restoration of disrupted physical and emotional patterns associated with grief

### **Stress Response Training for Psychiatry Residents**

Workshop Presentation

University of Washington Psychiatry Residency Program | 2016

- Presented on the autonomic nervous system function, mindfulness, and stress physiology
- Introduced mind–body approaches to stress regulation and clinical wellbeing

### **Year of Mindfulness Pilot Program**

Director | Spokane, WA | 2015–2016

- Designed and facilitated a year-long mindfulness-based program integrating meditation, reflective practice, and applied exercises in self-awareness
- Developed curriculum supporting cultivation of presence, emotional regulation, resilience, and self-compassion
- Guided participants through structured mindfulness practices aimed at strengthening emotional intelligence and psychological wellbeing

## **CLINICAL AND APPLIED PRACTICE**

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### **Founder and Director**

Joy Yoga Project, Spokane, WA | 2025–Present

- Develop and deliver somatic and contemplative education grounded in Katonah Yoga® methodology
- Design integrative movement-based programming supporting stress regulation, embodiment, and self-inquiry
- Provide individualized sessions integrating somatic awareness, reflective dialogue, and applied mind-body principles
- Facilitate group-based experiential learning environments

### **Co-Founder and Co-Director**

Movemore Spokane, Spokane, WA | 2003–2016

- Developed and administered whole-health programs serving over 3,000 participants across population-specific integrative health initiatives, including disabled adults, older adults, and teens
- Delivered educational and coaching interventions through in-person, eLearning, group coaching, and individual advising formats
- Developed and maintained local partnerships to expand access to community-based resources
- Directed key operating functions, including staffing, budgeting, program development, and marketing for a two-acre urban integrative wellness campus

## **PROFESSIONAL SERVICE AND LEADERSHIP**

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**Adjunct Faculty Representative, Faculty Senate** Saybrook University | 2026–2028

- Participate in shared governance and institutional decision-making processes
- Represent adjunct faculty perspectives in senate deliberations
- Contribute to policy development and faculty governance initiatives

### **Faculty Hiring Committee Member**

Sport and Performance Psychology Program  
Saybrook University | 2024

### **Board Member**

Akhila Health | 2025–Present

- Contribute to organizational strategy and program development within a nonprofit integrative health initiative
- Support initiatives focused on stress management, resilience, and whole-person wellbeing for underserved women

### **Advisory Board Member**

RowStream Rowing App — Concept2 Inc. | 2024–2025

- Provide user feedback and strategic input to developers building a digital community platform for competitive rowers
- Contribute perspective as a former national team athlete and rowing coach on athlete engagement and training culture

## **ELITE ATHLETICS**

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### **United States National Rowing Team Athlete | 1993–1998**

- **World Rowing Championships — Gold Medal**, Women’s Coxless Four (4–), Tampere, Finland (1995)
- **World Rowing Championships — Silver Medal**, Women’s Eight (2x)
- Competed internationally, representing the United States within the national high-performance rowing program
- Resident of the United States Olympic & Paralympic Committee training centers in Chula Vista, California, and Colorado Springs, Colorado
- Participated in national team physiological testing protocols, including VO<sub>2</sub> max testing, lactate threshold testing, ergometer step tests, and respiratory capacity evaluation, used to monitor training adaptation and performance development
- **Athletics Hall of Fame Inductee | University of New Hampshire**

### **Athletics | Rowing Coach**

University of Virginia, Charlottesville, VA | 2001–2002

- Coached student-athletes within a nationally ranked Division I program
- Designed and implemented performance-oriented training programs
- Fostered team culture emphasizing resilience, discipline, and athlete wellbeing
- Collaborated with coaching and support staff on recruitment, performance analysis, and program operations

### **Athletics | Head Rowing Coach**

University of New Hampshire, Durham, NH | 1996–2001

- Directed all aspects of the women’s rowing program, including recruiting, athlete development, training design, and competition preparation
- Designed and implemented comprehensive training plans integrating physical, technical, and psychological development
- Managed program operations, including budgets, equipment, and logistics
- Recruited and mentored student-athletes, contributing to program development and retention

## **PROFESSIONAL CERTIFICATIONS AND AFFILIATIONS**

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- International Coaching Federation (ICF), Associate Certified Coach (ACC), 2024
- Board Certified Coach (NBC-HWC), National Board for Health and Wellness Coaching 2023
- American College of Lifestyle Medicine, 2022
- Wellcoaches School of Coaching, 2022

## RESEARCH INTERESTS

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My research examines embodiment as a central dimension of human development, exploring how physiological processes, lived bodily experience, and cultural narratives interact to shape health, identity, and performance.

Current areas of inquiry include:

- Embodiment and stress physiology
- Embodiment, interoception, and psychophysiological regulation in athletic and performance environments
- Chronic tension and psychophysiological regulation
- Somatic dimensions of self-perception and identity
- Integrative and movement-based therapeutic approaches
- Contemplative and experiential models of learning
- Mind–body practices in health and wellbeing

## BOOKS AND MANUSCRIPTS

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Scanlon Cooley, K. (2026). *The Song in Our Bones: Embodiment, Meaning, and the Mind–Body Practices of Katonah Yoga*. Spokane, WA: Manuscript in preparation.

## REFERENCES

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Dr. Devorah Curtis

Interim Associate Dean, College of Integrative Medicine and Health Science, Saybrook University

email: [DCurtis@saybrook.edu](mailto:DCurtis@saybrook.edu)

626-316-5364

Dr. Julie Cerrato (direct supervisor)

Program Specialization Director, Integrative Wellness Coaching, Saybrook University

email: [jcerrato@saybrook.edu](mailto:jcerrato@saybrook.edu)

832-368-9096

Dr. Selene Kumin Vega (direct supervisor)

Core Faculty, Mind-Body Medicine, Saybrook University

email: [svega@saybrook.edu](mailto:svega@saybrook.edu)

831-234-7823

Dr. Valerie Worthington (colleague)

Associate Professor, Associate Department Chair, Mind-Body Medicine, Saybrook University

Email: [vworthington@saybrook.edu](mailto:vworthington@saybrook.edu)

773-329-0118