**CURRICULUM VITAE**

**GLENN “BUZZ” EARL RICHARDSON**

Professor

Director of Center for Integrative Health Education, Research and Technology

Department of Health Promotion and Education

College of Health

University of Utah

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**Birthplace:** La Mesa, California

**PROFESSIONAL INTERESTS**

Integrative and Positive Health

Resiliency and Resilience

Psychospiritual Health

Community Resilience

Educational Administration

 **EDUCATION**

B.S. Zoology, Southern Utah State College, 1971

M.S. Physical Education (Exercise Physiology), Utah State University, 1973

Utah Teacher Certificate, Utah State University, 1973

Ph.D. Health Science, University of Utah, 1976

**EXPERIENCE**

Professor and Director of the Center for Integrative Health Education, Research and Technology, University of Utah, 2011- present.

Professor and Chair, Department of Health Promotion and Education, 2008- 2011.

Professor and Director of Graduate Studies, Department of Health Promotion and Education, University of Utah, 2001- 2003, 2012-2013.

Co-Founder and Consultant with the Resiliency Foundation, 1994 to 2008.

Executive Director, Health Behavior Laboratory, Department of Health Education, University of Utah, 1991-1993

Professor and Chair, Department of Health Education, University of Utah, Salt Lake City, Utah (1985-1989).

Vice President for Intervention, The Wellness Institute, College Station, Texas (1982-1998).

Vice President for Research and Program Development, Life Enrichment International, Nassau, Bahamas (1990-1993)

Assistant Professor, (Adjunct Appointment) Department of Community Medicine, Baylor College of Medicine, Houston, Texas (1982-1987).

Associate Professor and Coordinator of Allied Health Studies, Department of Health and Physical Education, Texas A&M University, College Station, Texas (1983-1984).

Assistant Professor and Coordinator of Allied Health Studies, Department of Health and Physical Education, Texas A&M University, College Station, Texas (1980-1983).

Assistant Professor and Health Education Unit Coordinator, Department of Health, Physical Education, and Recreation, University of Kentucky, Lexington, Kentucky (1976-1980).

Graduate Assistant, College of Health, University of Utah, Salt Lake City, Utah, (1975-1976).

Secondary Health, Algebra, Geometry, Coach, and Physical Education Teacher, Murtaugh School District, Murtaugh, Idaho, (1973-1975).

Graduate Assistant, Department of Health, Physical Education, and Recreation, Utah State University, Logan, Utah (1972-1973).

Personnel Assistant, Upward Bound Program, Southern Utah State College, Cedar City, Utah (1970-1971).

Student Body President, Southern Utah State College, Cedar City, Utah (1970-71).

 **PROFESSIONAL ASSOCIATIONS**

Life Membership: American School Health Association (1976 to present)

Society for Public Health Education (1998- present)

Utah Public Health Association (2008-present)

Health Education Association of Utah (1985- present)

American Association Health Education in the American Alliance for Health, Physical Education, Recreation and Dance (1976-2013)

Eta Sigma Gamma, National Health Science Honorary 1975-1998

American Public Health Association (1982-87)

The Society for Prospective Medicine (1982-87)

Institute of Noetic Sciences (1990-1995)

**AWARDS AND RECOGNITIONS**

Outstanding Service Award: Nominations Committee, American Association for Health Education (2013)

Outstanding Service Award: Awards and Recognition Committee, American Association for Health Education (2013)

Outstanding Service AwardExcellence in Education Award presented by the Salt Lake University Institute of Religion, 2007.

Distinguished Scholar Award, Southern Utah University, 2003

Certificate of Appreciation from the Association for the Advancement of Health Education for chairing the Board of Associate Editors, 1990-92.

Who's Who in the World, MARQUIS Who's Who, 1995, 1996.

Who's Who in America, MARQUIS Who's Who, 1994, 1996.

Who's Who in American Education, The National Reference Institute, 1992-96

Who's Who in the West, MARQUIS Who's Who, 1997

Utah Health Educator of the Year Award, Utah Association for Health, Physical Education, Recreation, and Dance, October, 1991

Professional Achievement Award, Utah State University Alumni Association, April, 1991

Certificate of Appreciation, Utah State Division of Substance Abuse, October, 1990

The Chair's Award, Department of Health Education, University of Utah, May, 1990

Certificate of Appreciation, Department of Health Education and Health Science, Central Michigan University, January, 1989

Distinguished Service Award, Health Education Association of Utah, 1988.

Faculty Award, Department of Health Education, University of Utah, May 1987

**PROFESSIONAL SERVICE**

**International**

Member, Scientific Committee. 1st World Congress on Resilience: From Research to Practice. Université Lyon Ii Louis Lumière, Paris, France (2012- present)

Reviewer for The European Psychologist (2011-present)

**National**

Member, Nominations Committee, American Association for Health Education (2009-2013)

Member, Awards and Recognition Committee, American Association for Health Education (2009-2013)

External Reviewer for the Graduate Program at the Department of Health, Human Performance and Recreation at the University of Arkansas, Fayetteville, AK. (October, 2011)

Member Reviewer for a Special Issue of Psychological Medicine, (May through June, 2002).

Reviewer, Journal of Health Education, (1989-1999).

Reviewer, The Journal of School Health, (1986-1999).

Chair, Board of Associate Editors, Journal of Health Education (Formerly Health Education), Association for the Advancement of Health Education, (1990-1992)

Co-editor (with Loren Bensley) for special issue of the Journal of Health Education, The Impact of Wellness and Health Promotion Programs, (March/April Issue, 1991).

Chair, Select Committee to Develop Competencies and Prepare ASHA Publication for School Health Educators, American School Health Association, (1988-1992)

Member of the Board of Associate Editors, Health Education, Association for the Advancement of Health Education, (1988-90).

Member, Chapter of the Year Committee, Eta Sigma Gamma, (1988- 1994)

Guest Reviewer, The Eta Sigma Gamman, (1987).

Member, Committee on College Health Education and Professional Preparation. American School Health Association, (1987-1992)

Reviewer, Health Values, (1989-1992).

Governing Council, The American School Health Association, (1986-1987).

Member, Recognition Awards Committee, American Association for Health, Physical Education, Recreation and Dance, (1986- 1990).

Member, Editor's Select Committee on Planning for the Future of the Journal of School Health. American School Health Association, (1985).

Appointed Member of the Standing Committee on Resolutions, American School Health Association, December, (1982-1985).

Appointed Member of the Standing Committee on Non-Traditional Thought in Health Education, American School Health Association, (1981-1990).

**State**

Chair: Integrative Health and Complementary Medicine Steering Committee ( 2010-present).

Chair of the Research Committee, Utah Partnership for Health Weight (2010-present).

Member of the Research Advisory Board, PANO, Utah Department of Health (2009-2013).

Board of Directors Integrative Health Network (1995-1999).

Board of Directors, Health Education Association of Utah, (1996‑ 1999).

Chairman, Public Health Education Advisory Council, Utah State Health Department, Bureau of Health Promotion & Disease Prevention. (1987-1990).

Honorary Member: Utah Academy of Preventive Medicine (1987-1994).

President and President Elect, Health Education Association of Utah, (1986-1988).

Board of Directors, Utah School on Alcoholism and Drugs (1987-1989).

Member, Governor's Advisory Board on Drug Abuse, State of Utah (1986-1988).

Evaluation specialist, Utah Federation for Drug Free Youth, (1986-1988).

Elected Chairperson, Health Education Research and Evaluation Section, Texas Association for Health Physical Education and Recreation (1981-1983).

Board of Directors, Western Kentucky Health Education Consortium, (1979-1980).

Chairman, Health Education Skills Continuum Committee, Kentucky State Department of Education, (1979-1980).

President, School Health Education Coalition of Kentucky, (1978-1980).

Member, Concerned Health Educators of Kentucky, (1977-1979).

Committee for Consumer Health Education in Kentucky, (1976-1978).

**Local**

Chair of the Retention, Promotion, and Tenure Committee (CAC), College of Health, University of Utah, (1989-2008, 2011-present).

Member of the University of Utah Legal Advisory Council (2006- present) .

University Wellness Program Planning Committee (2009-2012).

Chair of the Conflict of Interest Committee for the University of Utah, (2002-2004).

Deans Advisory Council, College of Health, University of Utah, (2008-2011).

Curriculum Committee, College of Health, University of Utah, (2004-2007).

College of Health Senator to the University of Utah Senate (2000-2002).

Applied Technology and Curriculum committee. College of Health, (1998-1999).

Chair and Chair Elect, Davis County Board of Health (1990-1992).

College Council, College of Health, University of Utah, (1990-2000).

Member, Davis County Board of Health, (1988-1990).

Chair, ADPAC Committee, Division of Alcoholism & Drugs, Salt Lake County (1989-1990).

Member, ADPAC Committee, Division of Alcoholism & Drugs, Salt Lake County (1987-1989).

Board of Directors, Brazos Family Institute, Bryan, Texas (1984-1985).

Member, Inquiry Committee, College of Education, Texas A&M University, (1984-1985).

Co-Director Texas A&M University Student Wellness Network, (1983-1985).

Brown Foundation - Earl Rudder Memorial, College Selection Committee, Texas A&M University (1982).

Graduate Faculty, Texas A&M University, ( 1980-1985).

Graduate Faculty, Department of H.P.E.R., University of Kentucky, (1976-1980).

Target Task Force, American Cancer Society, Kentucky Chapter, (1978-1980).

Health Education Curriculum Committee, Bourbon County Schools, Bourbon, Kentucky (1978-1979).

Health Education Curriculum Committee, Fayette County Schools, Lexington, Kentucky 1979-1980).

Chairman, Health and Safety Curriculum Committee, University of Kentucky, (1977-1980).

Department of H.P.E.R. Administrative Advisory Committee, University of Kentucky, (1977-1980).

College of Education Courses and Curriculum Committee, University of Kentucky, (977-1980).

Department of H.P.E.R. Priorities and Directions Committee, University of Kentucky, (1977-1980).

College of Education Admissions and Standards Committee, University of Kentucky, (1976-1977).

President, Murtaugh Education Association, Murtaugh, Idaho, (1974-1975).

 **PUBLICATIONS**

Reel, J.J., Harding, K, Sacra, B., Richards, D., Richardson, G. Galli, N. (2012), Implementing and Obesity and Eating Disorder Prevention Program among Mothers and Daughters in Utah. Utah’s Health: An Annual Review, 17: 54-60.

Allen, L.B, Allen, M., Lesa, R.F., Richardson, G.E., & Egget, D.L.  (2011) Rheumatic fever in Western Samoa: Education as prevention. Pacific Health Dialog, 17(1), 107-118

Bradshaw, B.G., Richardson, G.E. and Kulkami, K. (2007), Thriving with diabetes: An introduction to the resiliency approach for diabetes educators. The Diabetes Educator, 33: 643-649.

Bradshaw, B. G., Richardson, G.E. Kumpfer, K, Carlson, J. Stanchfield, J. Overall, J. Brooks, A.M., Kulkarni, K. (2007) Determining the Efficacy of a Resiliency Training Approach in Adults with Type 2 Diabetes. The Diabetes Educator, 33: 650-659

Waite, P. & Richardson, G.E. (2004) "Determining the Efficacy of Resiliency Training

in the Worksite" Journal of Allied Health, Vol. 33 (3), pp. 178-183.

Richardson, G.E. (2002) Mental health promotion through resilience and resiliency education International Journal of Emergency Mental Health. 4 (1), pp. 65-75.

Richardson, G. E. (2002) The metatheory of resilience and resiliency Journal of Clinical Psychology., 58 (3), pp. 307-321.

Richardson, G. E. (1997) A curriculum for resiliency Principal, vol 77 (2), pp. 26-28

Richardson, G. E., Neiger, B., Dunn, D., and Ross, J. (1996). Helping Communities to Become Resilient. Resiliency in Action vol 1(3), pp. 31-38.

Richardson, G. E. and Gray, D. (1996) Resilient youth: A resiliency fostering curriculum for secondary schools Resiliency in Action vol 1(2), pp. 18-24.

Richardson, G. E. (1996) Graduate Programs in the Year 2020 Eta Sigma Gamma Monograph**,**  Vol. 13 #2, pp. 142-162.

Richardson, G. E. & Hawks, S. R. (1995). A practical approach for enhancing resiliency in families, Family Perspective 29 (3)pp. 235-250.

Kleinschmidt, J. J., Trunnell, E.P., Reading, J.C., White, G.L., Richardson, G.E., & Edwards, M.E. (1995). The role of control in depression, anxiety, and life satisfaction among visually impaired older adults. Journal of Health Education, 26 (1) pp. 26-36.

Richardson, G.E., & Johnson, R.F. (1991) Point/Counterpoint: Changing directions of the introductory personal health course Journal of Health Education 22 (4), pp. 264-265.

Richardson, G.E. & Bensley, L.B. (1991) The future of schoolsite health promotion programs, Journal of Health Education, 22 (2), pp. 90-93.

Richardson, G.E. & Bensley, L B. (1991) Preface and dedication Journal of Health Education, 22 (2), pp. 68-69,

Richardson, G.E. and the Board of Associate Editors (1991) Directions for the Journal of Health Education, Journal of Health Education, 22 (1), pp 4-5.

Richardson, G.E., Neiger, B.L., Jensen, S., & Kumpfer, KL. (1990) The Resiliency Model. Health Education 21, (6), 33-39.

White, G.L. Murdock, R. T., Richardson, G.E., Ellis, G., and Schmidt, L.J. (1990). Development of a tool to assess suicide risk factors in urban adolescents Adolescence XXV, 99, pp.654-666.

White, G.L. Murdock, R.T., Richardson, G.E., Trunnell, E.P., & Wilkins, D.G. (1989). Perverting growth hormone abuse: An emerging health concern. Health Education 22,(4), pp. 4-8.

Pedersen, D.M., White, G.L., Murdock, R.T., Richardson, G.E. and Trunnell, E.P. (1989). Identifying workers risk of cumulative trauma disorder Journal of the American Academy of Physician Assistants, 2 (4), pp. 280-288.

Grosshans I.R., Richardson, G.E., Perkins, F.J., White, G.L. (1988). The high school newspaper and health education: A powerful partnership. Health Education. August/Sept. pp 49-51.

Richardson, G.E. & Felts, N.W. (1988). Computerized health appraisal instruments: Health risk appraisals versus lifestyle improvement instruments. Fitness in Business. February, pp. 145-151.

Grosshans, I.R., Richardson, G.E., Perkins, F.J., White, G.L. (1987). Lifestyle change contracting to implement behavior change. The Eta Sigma Gamman Fall/Winter pp 24-28.

Richardson, G.E., & Berry, N.F. (1987). Strength intervention: An approach to lifestyle modification. Health Education 18 (3), 42-46.

White, G.L., Richardson, G.E., Grosshans, I.R., Perkins, F.J. & Murdock, R.T. (1987). Preventing steroid abuse in youth: The health educator's role. Health Education, 18 (4) 32-35.

White, G.L., Richardson, G.E., & Jorgenson, G.Q. (1987) Early drug intervention can protect athletes and athletic programs. Athletic Business, September, pp 36-38.

White, G.L., Murdock, R.J., & Richardson, G.E. (1987). Adolescent suicide. Physician Assistant, 11 (5), 103-114.

Richardson, G.E. & Trahan, C. (1986). Cognitive reinforcing strategies: The lighter side. Health Education, 4 (17), 24-25.

Richardson, G.E. Burns, A., & Falcone, E.J. (1986) Environmental health simulations: Island City and Production. Health Education, 17, (5), 75-76.

Jessup, G.T., Richardson, G.E., Reilley, R.R., Nixon, C.J., Beall, B.S. (1986). Evaluation methods and procedures in corporate health programs. Health Education, 22-26.

Richardson, G.E. & Felts, M.W. (1985). Philosophical & methodological differences: Health promotion, wellness, and health education. Wellness Perspectives, 2 (4), 3-8.

Felts, M.W. & Richardson, G.E. (1985). Exercise science and health enhancement: A curriculum imperative in professional preparation. Journal of School Health, 55, (7), 262-264.

Richardson, G.E., & Noland, M. (1984). Treating the spiritual dimension through educational imagery. Health Values: Achieving High Level Wellness. 8 (6), 25-30.

Richardson, G.E., & Wylie, W.E. (1984). The effect of educational imagery on student's creativity level and locus of control. Health Education, 15 (1), 38-47.

Richardson, G.E., Wilson, S.S., Sheehy, C.D., & Young, N.L. (1984). Educational imagery and the allied health educator, Journal of Allied Health, 38 (1), 38-47.

Richardson, G.E., & Jose, N.L. (1983). Ethical issues in school health: A survey. Health Education, 14 (2), 5-9.

Richardson, G.E., & Bicknell, S. (1983). As old as trees. Health Education, 14 (2), 39.

Richardson, G.E., Beall, B.S., & Jessup, G.T. (1983). The efficacy of a three week stress management unit for high school students. Health Education, 14 (1), 12-15.

Richardson, G.E., & Beall, B.S. (1982). Enhancing creativity levels in prospective health educators: Rejuvenation of an old concept. Eta Sigma Gamman, 14 (2), 8-10.

Richardson, G.E., Beall, B.S., & Jessup, G.T. (1982). The effects of a high school stress management unit on student's heart rate and muscle tension. Journal of School Health, 52 (4), 229-233.

Richardson, G.E., & Jose, N.L. (1982). Simulation mind games. Health Education, 13 (2), 45-46.

Richardson, G.E. (1981). Educational Imagery: A missing link in decision making. Journal of School Health, 51 (9), 560-564.

Richardson, G.E. (1981). A sexual health workshop for health care professionals. Evaluation and the Health Professions, 4 (3), 259-274.

Richardson, G.E., & Jordan, R. (1981). Strategies for creative emergence. Health Education, 12 (1) 14-16.

Richardson, G.E. (1981). The contraception-abortion lifeline. Health Education, 12 (2), 37.

Richardson, G.E. (1980). A methodological model for health teaching. The Eta Sigma Gamman, 12 (2), 19-22.

Jose, N.L. & Richardson, G.E. (1980). Ageism: Need we discriminate? Journal of School Health, 50 (7), 419-421.

Noland, M., Richardson, G.E., & Bray, R.M. (1980). The systematic development and efficacy of a death education unit for ninth grade girls. Death Education, 4, 43-59.

Richardson, G.E. (1979). The life after death phenomenon. Journal of School Health, 49 (8), 451-453.

**BOOKS. CURRICULA, AND MONOGRAPHS**

Karren, K., Smith, L, & Richardson, G. (2012) Boomer M. C. Publishers, Provo, Utah.

Richardson, G.E. (2012) The Seven Q-Nexus Experiences: Thriving Through Adversity and Challenge, Q-Nexus LLC, Salt Lake City Utah.

Richardson, G.E. (2009) The Ten Q-Nexus Experiences, Q-Nexus LLC. Inclusive of ten different workbooks including:

* *The Q-Voyage: Embracing the ups and downs of life.*
* *The Adventure of Sailing: Rediscovering your innate resilience.*
* *The Voyage to the Small: Discovering the power of the Q-winds.*
* *Sailing With Others: The power of connections.*
* *The Art of Navigation: Controlling the balance of the human experience.*
* *Setting Sail: The leap of faith.*
* *Discovering Hidden Treasures: The infusions of enhanced capacity.*
* *Weathering the Storms: Self defeating into self enhancing habits.*
* *Mastering the Q-Winds: Creating new identities.*
* *Celebrating the Voyage: Thriving through wisdom.*

Richardson, G.E. and Evans, C. (2002), Resilient Native American Youth. The Human Experience Institute, Salt Lake City, Utah.

Richardson, G.E. with Art Reid and Rick Graham (1999) Personal Resiliency: Discovering Your Innate Resilience, Part I. The Human Experience Institute, Salt Lake City, Utah.

Richardson, G.E. with Art Reid and Rick Graham (1999) Personal Resiliency: Path with Heart and Wisdom, Part II. The Human Experience Institute, Salt Lake City, Utah.

Richardson, G.E. with Art Reid and Rick Graham (1999) Personal Resiliency:: Skills of the Soul, Part III. The Human Experience Institute, Salt Lake City, Utah.

Richardson, G.E. with Art Reid and Rick Graham (1999) Resilient Relationships: Constructive Relationships Part I. The Human Experience Institute, Salt Lake City, Utah.

Richardson, G.E. with Art Reid and Rick Graham (1999) Resilient Relationships: Productive Relationships, Part II.. The Human Experience Institute, Salt Lake City, Utah.

Richardson, G. E. (1998) Building Relationships: Student Guide for Corporations, The Human Experience Institute, Park City, Utah.

 Richardson, G. E.(2nd Edition) (1998) Resilient Youth Teachers Guide for Middle Schools, The Human Experience Institute, Park City, Utah

Richardson, G. E.(2nd Edition) (1998) Resilient Youth Workbook for Middle Schools, The Human Experience Institute, Park City, Utah.

Richardson, G. E.(2nd Edition) (1998) Resilient Youth Teachers Guide for High Schools, The Human Experience Institute, Park City, Utah

Richardson, G. E.(2nd Edition) (1998) Resilient Youth Workbook for High Schools, The Human Experience Institute, Park City, Utah

Richardson, G. E.(2nd Edition) (1998) Resilient Youth Teachers Guide for Elementary Schools, The Human Experience Institute, Park City, Utah

Richardson, G. E.(2nd Edition) (1998) Resilient Youth Workbook for Elementary Schools, The Human Experience Institute, Park City, Utah

Richardson, G. E. (1998) Personal Resiliency: Corporate Instructors Guide, The Human Experience Institute, Park City, Utah

Richardson, G. E. (1998) Personal Resiliency: Student Guide for Corporations, The Human Experience Institute, Park City, Utah.

Richardson, G. E. (1996) Resilient Youth: A Curriculum Guide for High School Students, Bountiful, Utah.

Richardson, G. E. and Wilde, L. (1996) Resilient Youth: A Curriculum Guide for Middle School Students, Bountiful, Utah.

Richardson, G. E. and Allsop, D (1996) Resilient Youth: A Curriculum Guide for Elementary School Students, Bountiful, Utah.

Richardson, G. (1995) The Resiliency Training Manual, Madison, WI: Brown and Benchmark.

Bruess, C. & Richardson, G.E. (1995). Decisions for Health 4th Edition, Madison, WI: Brown and Benchmark.

Bruess, C.E. & Richardson, G.E. (1995) Healthy Decisions, Madison, WI: Brown and Benchmark.

Bruess, C. & Richardson, G.E. (1992). Decisions for Health 3rd Edition, Madison, WI: William C. Brown.

Richardson, G.E. and Felts, M.W. (1990) Health Enhancement Training Handbook, Boston, American Press.

Bruess, C. & Richardson, G.E. (1989). Decisions for Health 2nd Edition Madison, WI: William C. Brown.

Richardson, G.E. (1982). Educational Imagery: Strategies to Personalize Classroom Instruction, Springfield, IL: Charles C. Thomas.

Richardson, G.E. (1977). Personal Health: A self study guide (Parts I & II), University of Kentucky Independent Study Program.

**BOOK CHAPTERS**

Ellis, T. & Richardson, G.E. (1991) Organizational Wellness. In Driver, B.L., Brown, P.J. & Peterson, G.L. (Eds) Benefits of Leisure, Venture Publishing, Inc. State College, Pennsylvania.

Richardson, G.E., Stress Management. In Bruess, C. and Tevis, B. (1985). Decisions for Health, Belmont CA: Wadsworth Publishing Co.

Richardson, G.E., Understanding Death. In Bruess, C. and Tevis, B. (1985). Decisions for Health, Belmont CA: Wadsworth Publishing Co.

Richardson, G.E., Mental Health and Human Relationships. In Bruess, C. and Tevis, B. (1985). Decisions for Health, Belmont CA: Wadsworth Publishing Co.

Richardson, G.E., Creative Aging. In Bruess, C. and Tevis, B. (1985). Decisions for Health, Belmont CA: Wadsworth Publishing Co.

 **PROCEEDINGS**

Richardson, G.E. & Jessup, G.S. (1986) “Lifestyle Improvement Instruments" Conference proceedings of the Society for Prospective Medicine, Washington, D.C.

Richardson, G.E. "Health Risk vs Lifestyle Improvement Instruments" (1985) Conference proceedings of the ;annual Society for Prospective Medicine, San Francisco.

Richardson, G.E. "A Wellness Program by Design." (1985). Conference proceedings of the national Conference on Student Services, Washington, D.C.

Richardson, G.E. "Personal Wellness Workshop." (1985). Conference proceedings of the national Conference on Student Services, Washington, D.C.

Reilley, R. Jessup, G.T., & Richardson, G.E. (1981). “Stress Management for Executives”. Proceedings: Summer seminar on academic administration, Texas A&M University.

Jessup, G.T., Richardson, G.E., & Reilley, R. (1982). “Stress Management for Executives”. Proceedings: Summer seminar on academic administration, Texas A&M University.

Richardson, G.E., Reilley, R. & Jessup, G.T.(1983). “Stress Management and the Academic Administrator”. Proceedings: Summer seminar on academic administration, Texas A&M University.

 **PROFESSIONAL PRESENTATIONS**

**International**

Richardson, G.E. “The Seven Resilience Enhancing Experiences for Helping Professionals”presented as a preconference at the 5th ARPA National Injury Management Conference, Melbourne, Australia, May 20-22, 2012.

Richardson, G.E. “ The Application of the Metatheory of Resilience and Resiliency in Rehabilitation and Medicine” presented as a keynote at the 5th ARPA National Injury Management Conference, Melbourne, Australia, May 20-22, 2012.

Richardson, G.E. “Applications of the Metatheory of Resilience and Resiliency in Rehabilitation and Medicine”. Resilience and Rehabilitation Conference, in Montréal (Québec),, April 20-21, 2011.

Richardson, G.E. and Benard, B. Resiliency “Distinguished Dialogues” keynote presenters at the Eastern Regional Resiliency Conference, sponsored by Global Learning Communities in Melbourne, Australia, July 4-6, 1998.

Richardson, G.E. “Resiliency Distinguished Dialogues” sole presenter at the Western Regional Resiliency Conference, sponsored by Global Learning Communities in Perth, Australia, July 9-11, 1998.

Richardson, G.E. "The Concept and Applications of Community Resiliency" at a "think tank" at the University of Lethbridge, Canada hosted by the University of Lethbridge Regional Health Promotion Center, September 13-14, 1996.

Richardson, G. E. "Life Enrichment and the Economics of Tourism" presented to the Minister of Tourism of the Bahamian Government and his staff, January 25, 1993.

Richardson, G. E. An eight hour training entitled "Personal Life Enrichment and Tourism", presented by Life Enrichment International to Mundy Tours, Nassau, Bahamas, January 26-27, 1993.

**National/Regional/Out of State**

Richardson, G.E. “Interdependence of Health Literacy, Technology, Resilience, Integrative and Community Health” accepted for presentation at the AAHPERD National Convention, Boston, MA. March 3, 2012

Richardson, G.E., Stuart. A, & Ashby, S. “Deepening the Health Behavior Applications of Resilience and Resiliency” accepted for presentation at the AAHPERD National Convention, Boston, MA. March 3, 2012

Richardson, G.E. “Resilience and Resiliency Based Interdisciplinary and Multi-Organizational Community Health Promotion” presented at the National SOPHE meeting held in Arlington, VA., October 3, 2011

Richardson, G.E., Summerhays, J.F., Talbott, S, . Stuart, A. and Day, S. “Blue Ocean Community Health Strategy” to Prevent Childhood Obesity: Part III presented at the AAHPERD Conference in San Diego, March 30, 2011

Richardson, G. E. and Summerhays, J. "The Positive Resilience Approach of Behavior Change" presented at the AAHPERD National Convention, Indianapolis. March 20, 2010.

Richardson, G. E. and Summerhays, J. "Blue Ocean Community Strategy: Preventing Overweight/Obesity Part II”, presented at the AAHPERD National Convention, March 18, Richardson, G.E. “Resilience Training for Teachers”, invited trainer for Denver Public Schools, Denver, Colorado. February 2-3, 2006.

Summerhays, J. , Richardson, G.E., Newton, M., Reel, J., Trunnell, E., and Alder, S. “Core “Resilience and Risk for Eating Disorders” presented at the 2010 AAHPERD, Indianapolis. Poster, presented, March 17, 2010.

Richardson, G. E. and Summerhays, J. "Positive 'Blue Ocean' Community Health Strategy to Prevent Childhood Obesity” presented at AAHPERD, Tampa, Florida. Presentation, presented, April 3, 2009.

Richardson, G.E. “Resilience Training for Teachers”, invited trainer for Denver Public Schools, Denver, Colorado. February 2-3, 2006.

Richardson, G.E. and Trunnell, E.P. “Precursor and Progressive Theories of Health Education” presented at the AAHPERD National Conference, Salt Lake City, Utah. April 29, 2006.

Richardson, G. E. “Resilience Enhanced Stress Management” presented at the AAHPERD Conference, New Orleans, April 1, 2004.

Richardson, G. E. “Spiritual and Resilient Teaching Methods” presented at the AAHPERD Conference, New Orleans, April 1, 2004.

Richardson, G. E. “Resiliency, Resilience, and the Theory of Everything” seven hour training at the Denver Public School Sponsored Alcohol and Drug Prevention Conference, March 6, 2004.

Richardson, G. E. & Fusselman, M., “Respond With Resiliency: No Child Left Behind” presented at the Regional Student Assistance Conference, Ogden, Utah February 24, 2004

Richardson, G.E., Trunnell, E., & Ransdell, L. “Integrative Health: A Program of Study in Health Education”, presented at the AAHPERD Conference, Philadelphia, April 2, 2003.

Richardson, G.E. “Progressive Spiritual Health”, presented at the AAHPERD Conference, Philadelphia, April 5, 2003.

Waite, P, & Richardson, G. E. “Resilience and Resiliency Applied to Health Education” presented at the Southwest & Northwest AAHPERD, Reno, Nevada, February 15, 2003

 Richardson, G.E. Resilience “Interventions and Methods” presented to the Guardian Angel Performing Arts Academy, San Antonio, Texas August 7-9, 2002.

Richardson, G.E. “Metatheory of Resilience and Resiliency Applied to Health Education” presented to AAHPERD in San Diego, California, April 11, 2002.

Richardson, G.E. Resilient “Native American Youth” a curriculum training presented to teachers at the Fort Hall Elementary School at Fort Hall, Idaho, January 21, 2002.

Richardson, G.E. “Resilient Youth Teacher Training” presented to the Guardian Angel Performing Arts Academy, San Antonio, Texas October 17-19, 2001.

Richardson, G.E. “Resilience and Resiliency for Medical Technology”, Utah Society for Medical Technology keynote address presented in Park City on June 1, 2001

Richardson, G.E. “Personal Resiliency: Discovering Your Innate Resilience, Part I” presented to the Internal Revenue Service, Processing Division, Ogden, Utah March 7, 2001.

Richardson, G.E. “Personal Resiliency: Path with Heart and Wisdom, Part II”, presented to the Internal Revenue Service, Processing Division, Ogden, Utah March, March 14, 2001

Richardson, G.E. “Personal Resiliency: Skills of the Soul, Part III”. presented to the Internal Revenue Service, Processing Division, Ogden, Utah. March 21, 2001

Richardson, G.E. “Resilient Relationships: Constructive Relationships, Part I”. presented to the Internal Revenue Service, Processing Division, Ogden, Utah. March 28, 2001.

Richardson, G.E. “Resilient Relationships: Productive Relationships, Part II” presented to the Internal Revenue Service, Processing Division, Ogden, Utah, April 7, 2001.

Richardson, G.E. Three-day in service resiliency training for the Guardian Anger Performing Arts Academy in San Antonio, Texas October, 2001

Richardson, G.E. “Personal Resilience for Counselors” presented at the National Student Assistance Conference, Nashville, Tennessee, March 8, 2000

Richardson, G.E.” Personal Resiliency” seminar presented to the Processing Division at the Internal Revenue Service offices in Ogden, Utah. January 15, 2000.

Richardson, G.E. “Resilient Relationships” seminar presented to the Processing Division at the Internal Revenue Service offices in Ogden, Utah. June 22, 2000.

Richardson, G.E. “Understanding Resiliency Inquiry: The Second Wave” morning 3 hour workshop presented at the 43st Annual Institute of Alcohol and Drug Studies, Texas Commission on Alcohol and Drug Abuse and the University of Texas, Austin, Texas, July 27, 2000.

Richardson, G.E. “Understanding Resiliency Inquiry: The Third Wave” afternoon 3 hour workshop presented at the 43st Annual Institute of Alcohol and Drug Studies, Texas Commission on Alcohol and Drug Abuse and the University of Texas, Austin, Texas, July 27, 2000.

Richardson, G.E. “Resilient Youth Train the Trainers”,Sole trainer for a two-day training of resiliency professionals from around the country held at Westminster College, Utah on May 21-22, 1999.

Richardson, G. E. “Applications of Personal Resiliency”, Keynote address at the National Helping America’s Youth Conference held in Minneapolis, Minnesota, July, 26th, 1999.

Richardson, G.E. ”Personal Resiliency” Presented to five hundred Managers at the Internal Revenue Service offices in Ogden, Utah. August 9, 1999.

Richardson, G.E. “Personal Resiliency and Resilient Relationships” keynotes and workshops at the Northwest Regional Conference on Resilience held in Bemidji, Minnesota, Aug 16, 1999.

Richardson, G.E. “Personal Resiliency” presented to fifteen hundred Tax Service Personnel at the Internal Revenue Service offices in Ogden, Utah. December 7th, 1999.

Richardson, G.E. “Resiliency and Spirituality in the Academic Revolution” presented to the Nebraska Futures Conference, Norfolk, Nebraska, Nov. 6, 1998.

Richardson, G. E. “Resiliency Training Conference” at the University of Hawaii, Honolulu, Hawaii, Oct. 20-21st, 1998.

Richardson, G. E. "The Nature of Resiliency”, in-service for the Flathead School District, Kalispell, Montana Oct. 15th, 1998.

Richardson, G.E. “Becoming a Resilient Family: A Prevention Strategy”, presented at the 41st Annual Institute of Alcohol and Drug Studies, Texas Commission on Alcohol and Drug Abuse and the University of Texas, Austin, Texas, July 30, 1998.

Richardson, G.E. “Resiliency and the Mind-Body Connection: Lifestyle Applications for Prevention”, presented at the 41st Annual Institute of Alcohol and Drug Studies, Texas Commission on Alcohol and Drug Abuse and the University of Texas, Austin, Texas, July 30, 1998

Richardson, G.E. “Resiliency Updates” presented to the Coalition for a Drug Free Hawaii, Honolulu, Hawaii, July 15th, 1998

Richardson, G. E. “Resiliency Curriculum Training” Orange County Department of Education, Costa Mesa, California, May 20-22, 1998.

Richardson, G. E. "Connecting Spirituality to Prevention", sole presenter at the NEXUS National Conference, University of Wisconsin- Eau Clair, Wisconsin Rapids, Wisconsin, May 7-8, 1998.

Richardson, G. E. "Your Heart-Their Heart”, Keynote Address to eight thousand teachers and administrators at the 12th Annual Human Services Conference, Orange County Department of Education, Costa Mesa, California, Mar. 13th , 1998.

Richardson, G. E. "Resilient Youth Training Seminar” Appleton School District, Appleton, Wisconsin, January 26-28, 1998

Richardson, G. E. "Strengthening the Spirit of the Net" keynote address and "The Resilient Youth Curriculum" workshop at the Hawaiian State Net Conference, Honolulu, Hawaii, October 1-2, 1997

Richardson, G. E. "Resilient Youth Training" for the Coalition for a Drug Free Hawaii, Honolulu, Hawaii, Sept 29, 30, and Oct. 3, 1997.

Richardson, G. E. "Resilient Youth Training” for Campau Commons" for the Kent County, Health Department, Grand Rapids, Michigan, Sept 8-10, 1997.

Richardson, G. E. "Revitalizing the Human Spirit in the Brain Injured", Regional Brain Injury Conference, Billings, Montana, Sept. 12, 1997.

Richardson, G. E. "Resilient Youth Curriculum Training", Clayton Public Schools, St. Louis, Missouri, August 25, 1997.

Richardson, G. E. "Resiliency Youth Curriculum Training", Wheatland, Wyoming, August 11-12, 1997.

Richardson, G. E. "Resiliency for the Adult Learner" and "Applications of Resiliency" presented at the Oklahoma State Department of Education's Adult Learner Conference, Tulsa, Oklahoma, July 13 and 14, 1997.

Richardson, G. E. "Regional Resiliency Training Conference" a two-day training in Venita, Oklahoma, March 19-20, 1987.

Richardson, G. E. "The Resilient Youth Curriculum" and "The Resiliency Process" presented at the National Resiliency Conference in Phoenix, February 26-27, 1987.

Richardson, G. E. "Resiliency Now and the Future: Applications to Community Health" presented at a national think tank in Salt Lake City, sponsored by the Resiliency Foundation, January 10-11, 1997.

Richardson, G. E. "Resiliency and Health Education" presented at the Southwest District AAHPERD meeting in Albuquerque, New Mexico, February 7, 1987.

Richardson, G. E. "Contracting with America's Kids from the Inside Out" presented at the 70th National School Health Conference (ASHA), St. Louis, Missouri, November 1, 1996.

Richardson, G. E. "Contracting with America's Kids: The Resiliency Modules" presented at the 70th National School Health Conference (ASHA), St. Louis, Missouri, November 1, 1996.

Richardson, G. E. " Discovering the Power of Resilience in Children" at the Regional Big Brothers Big Sisters Conference, Durango, Colorado, October 4, 1996

Richardson, G. E. "Applications of the Resilient Process Model" presented at the Resiliency in Action in Families, Schools, and Communities conference in Nashua, New Hampshire October 3-4, 1996

Richardson, G. E. "The Resilient Youth Curriculum" presented at the Resiliency in Action in Families, Schools, and Communities conference in Nashua, New Hampshire October 3-4, 1996

Richardson, G. E. "The Resiliency Process Model" presented at the Building Resiliency in Children and Youth conference in Buffalo, New York. May 16-17, 1996

Richardson, G. E. "The Resiliency Process Model" presented at the Building Resiliency in Children and Youth conference in Buffalo, New York. May 16-17, 1996

Richardson, G.E. "The Resiliency Model: Understanding the Resiliency Process" presented at the Moving Youth From Risk to Resiliency Conference (Center for Substance Abuse Prevention), Albuquerque, N.M. January 26, 1995.

Richardson, G.E. "The Seven Experiences for Resiliency Training" presented at the Moving Youth From Risk to Resiliency Conference (Center for Substance Abuse Prevention), Albuquerque, N.M. January 26, 1995.

Richardson, G.E. "Resiliency in the New Health Promotion", National Association of Public Worksite Health Promotion, Traverse City, Michigan, August 29, 1994.

Richardson, G.E. "Resiliency in the New Health Promotion" presented to staff at the Marine Officer Candidate School, Quantico, VA, June 20- July 12, 1994.

Richardson, G.E. "Resiliency in the New Health Promotion" presented to staff at Naval Medical Clinic, Quantico, FA, June 18, 1994.

Richardson, G.E. "Applications of the Resiliency Process Model" presented at the midyear Scientific Conference of the Society for Public Health Education, Grand Rapids, Michigan, June 25, 1993.

Johnson, R. and Richardson, G.E. "College Health 101: For the 90's and Beyond- Point Counter Point" presented at the Association for the Advancement for Health Education National Convention, Washington D.C., March 24, 1993.

Richardson, G.E. "Personal Resiliency: Growth Through Adversity and Stress" at the 1992 Second Harvest National Conference, June 2, 1992, Snowbird, Utah.

Richardson, G.E. "The Resiliency Process Model" at the Changing the Odds: Moving Children From Risk Towards Resiliency Conference, Minneapolis, Minnesota, April, 1992

Richardson, G.E. and Grosshans, O.R. "Health Education Laboratories: The Research, Service, and Entrepreneurial Arms of Academic Units" at the AAHPERD National Conference, Indianapolis, Indiana, April, 1992.

Johnson, R., Richardson, G.E. and Jones, H. "Teaching the Personal Health Course: Theory, Trends and Techniques" at the AAHPERD National Conference, Indianapolis, Indiana, April 1992.

Richardson, G.E. and Johnson, R.F. "Innovations in the Personal Health Course" AAHPERD National Convention, San Francisco, California, April, 1991.

Richardson, G.E. "Resiliency process model": at the National Office for Substance Abuse Prevention consensus conference, University of Utah, Salt Lake City, Utah. September, 1990.

Richardson, G.E. "Helping Kids to Become Resilient" presented at the Utah School on Alcoholism and Other Drug Dependencies, June, 1990.

Richardson, G.E. & Goldsmith, M. "Health Assessment Competencies for Health Educators: State of the Art and a Glimpse at the Future" presented at the American School Health Association annual conference, Chicago, October, 1989.

Richardson, G.E. "Resilience: New Directions in Prevention" presented at the Utah School on Alcoholism and Other Drug Dependencies, June, 1989.

Richardson, G.E. and others "Resilience: The Positive Side" presented at the Utah School on Alcoholism and Other Drug Dependencies, June, 1989.

Richardson, G.E. "Health Education: the Maturation of a Profession" Frank Meyers Scholar Lecture, Central Michigan University, January 30, 1989.

Richardson, G.E. "School Health Promotion" presented at the Michigan School Health Promotion Conference, Lansing, Michigan, January 31, 1989.

Richardson, G.E. "Lifestyle Contracting Using Strength Intervention" Contract Managers Conference, Texas, October 1988.

Richardson, G.E., & Grosshans, I.R. "Health Assessment", Southwest District AAHPERD, Kauai, 1988, June.

Richardson, G.E. & Jessup, G.S. "Lifestyle Improvement Instruments." Presented to the Society for Prospective Medicine, Washington D.C., November 13, 1986.

Richardson, G.E. "Health Risk vs Lifestyle Improvement Instruments." Presented to The Society for Prospective Medicine, San Francisco. July 23, 1985.

Felts, M.W. and Richardson, G.E. "Behavioral Compliance and the Big 8 Accounting Firms." Presented to the Association for Fitness in Business, Dallas Texas. October, 1985

Skaggs, S. and Richardson, G.E. "Lifestyle Improvement Instruments." Presented to The American Dietetic Association, New Orleans, Louisiana. October, 1985

Richardson, G.E. "A Wellness Program by Design." Presented to the National Conference on Student Services, Washington, DC. November, 1985.

Richardson, G.E. "Personal Wellness Workshop." Presented to the National Conference on Student Services, Washington D.C. November 1985.

Richardson, G.E. and Nixon, C.J. "Wellness Contracting Skills Workshop." (1985, July). Presented to the National Wellness Conference, Steven's Point, Wisconsin, July, 1985.

Richardson, G.E. and Nixon, C.J. " Wellness in the Big 8 Accounting Firms." Presented to The National Wellness Conference, Steven's Point, Wisconsin, July, 1985.

Richardson, G.E. "An Experimental Workshop on Educational Imagery." Presented to The American Association of Respiratory Therapy Conference, Reno, Nevada, July, 1985.

Richardson, G.E. "Educational Imagery Bridging the Gap Between the Classroom and the Clinic”. Presented to the American Association of Respiratory Therapy, Reno, Nevada. July, 1985.

Richardson, G.E., & Roe, L.G. "Skyhook: Well Therapy for Wellness Intervention." Presented at the National Wellness Conference, Steven's Point, Wisconsin. July, 1985.

Richardson, G.E., & Roe, L.G. "The Student Wellness Network at Texas A&M University." Presented at the National Wellness Conference, Steven's Point, Wisconsin. July, 1984.

Richardson, G.E., Maul, S. "Hypnotic Techniques in Educational Imagery." Presented at the American School Health Association Annual Convention in Pittsburgh, Pennsylvania. October, 1984.

Richardson, G.E., Beall, B.S. & Maul, S. "Secondary School Wellness Appraisals and Programs." Presented at the American School Health Association Annual Convention in Pittsburgh, Pennsylvania, October, 1984.

Richardson, G.E., Jessup, G.T., Reilley, R.E., & Nixon, C. "Wellness Assessment, Beyond Health Risk Appraisal." Presented at the American School Health Association, Louisville, Kentucky. October, 1983.

Richardson, G.E., Jessup, G.T., Reilley, R.E., & Nixon, C. "The Skyhook a Model for Wellness Intervention." Presented at the American School Health Association, Louisville, Kentucky. October, 1983.

Richardson, G.E. & Wylie, W.E. "The Efficacy of Educational Imagery on Student's Locus of Control." Presented at the American School Health Association, Louisville, Kentucky. October 1983.

Richardson, G.E. "Educational Imagery: Bridging the Gap Between the Classroom and the Clinic." Presented at the Ohio State University Annual Allied Health Symposium, Columbus, Ohio. August, 1983.

Richardson, G.E. "Clinical Instruction Using Psychotherapeutic Principles." Presented at Ohio State Annual Allied Health Symposium, Columbus, Ohio. August, 1983.

Richardson, G.E. "Wellness Programs and the Allied Health Educator." Presented at the Ohio State University Annual Allied Health Symposium, Columbus, Ohio. August, 1983.

Richardson, G.E., Russell, R., Papenfuss, R., Greenberg, J.S., and Jessup, G.T. "Wellness and Wellness Programs." Presented at the General Session, American Health Association, Phoenix, Arizona. October, 1982.

Richardson, G.E. "Wellness Programs and the Allied Health Professional." Presented at the American Society of Allied Health Professions, Chicago, Illinois., November 1982.

Richardson, G.E. "Burnout Intervention for Allied Health Professionals." Presented at the American Society of Allied Health Professions, Chicago, Illinois. November 1982.

Richardson, G.E., Rabe, A., & Johnson, R. "Educational Imagery; Personalized Methods in Decision Making." Presented at the American School Health Association, Washington D.C. October, 1981.

Richardson, G.E., Beall, B.S., & Jessup, G.T. "The Effectiveness of a Three Week High School Stress Management Unit." Presented at the American School Health Association, Washington D.C. October, 1981.

Richardson, G.E. "Ethics of Health Teaching: A National Survey." Presented at the American School Health Association, Dallas, Texas.October, 1980.

Richardson, G.E. "The Life After Death Phenomenon." Presented at the American School Health Association, Dearborn, Michigan. October, 1978.

**State**

Richardson, G.E. “The Nature of Integrative Health”, Opening keynote at the Integrative Health and Complementary Medicine Conference, April 12, 2013.

Richardson, G.E. “Q-Nexus and the Art of Progression”, presented at the Spirituality and Health in Medicine meeting, St Marks Hospital, February 12, 2013. SHIM

Richardson, G.E. “The Resilient Nature of Integrative Health” at a breakout session of the ”Integrative Health and Complementary Medicine Conference, April 12, 2013.

Richardson, G.E. and Karren, Keith, “Resilience in Baby Boomers: Refiring”, presented at the AMCAP conference in Salt Lake City, Utah. September 26, 2011.

Richardson, G.E. “Magnify Your Life: A Progressive Bombardment Approach to Preventing Childhood Obesity” presented at the Champions of Change Conference, Salt Lake City, Utah.

June 10, 2011

Richardson, G.E. “Research at the University of Utah” presented at the Health Education Association of Utah annual conference, March 4, 2010

Richardson, G. E., Summerhays, J. F., & Johnson, J. D. “The Metatheory of Resilience and Resiliency: A Theory of Individual and Social Change”. Presented to the Health Education Association of Utah Spring Conference in Salt Lake City, March 2009.

Richardson, G.E. “University of Utah Graduate Programs” presented at the Health Education Association of Utah, West Valley City, Utah. Presentation, presented, March 4, 2010.

Richardson, G.E. “Discovering Resilience in the Age of Fear”, Generations Conference for Utah Mental Health Professionals in Salt Lake City, April 6, 2005.

Richardson, G. E. “The Nature of Integrative Health” presented as the introductory keynote address to the Integrative Health Conference at the University of Utah, May 9, 2005

Richardson, G.E. “Spiritual Rivers Through Cognitive Shifting Sands”, presented as keynote at the 1st annual Integrative Health Conference, University of Utah, October 25, 2003.

Richardson, G.E. “Learning to be Resilient Through Adversity” presented to the Utah Chapter of the American Society for Training and Development, Salt Lake City, Utah, October 16, 2003.

Richardson, G.E. “Resiliency for Assisted Living Providers” presented at the Utah State Assisted Living Conference in Salt Lake City, May 12, 2000.

Richardson, G.E. “Resiliency for Bankers” presented at the Utah Bankers Association Conference in Deer Valley, June 2, 2000.

Richardson, G.E. “Discovering Innate Resilience” seminar for bankers sponsored by the Utah Bankers Association, Salt Lake City, June 21, 2000

Richardson, G.E.” Discovering Innate Resilience” seminar for bankers sponsored by the Utah Bankers Association, Provo, July 19, 2000

Richardson, G.E. “The Path with Heart and Wisdom” seminar for bankers sponsored by the Utah Bankers Association, Salt Lake City, July 19, 2000

Richardson, G.E. “The Path with Heart and Wisdom” seminar for bankers sponsored by the Utah Bankers Association, October 20, 2000, Salt Lake City, Utah

Richardson, G.E. “Resiliency for Youth” in Custody presented at the State Juvenile Courts conference held in Salt Lake City on August 16th, 1999.

Richardson, G.E. “Working with Volunteers Resiliently” presented to the State Conference on Volunteers on August 24th, 1999, in Salt Lake City.

Richardson, G.E. “Resilient Youth” special three- day training for the staff of the state’ s youth sex offender programs, Cedar City, Utah October 20-22, 1999.

Richardson, G. E. and Nofsinger, E. "Resilient Youth Curriculum Training" ,Presented by The Human Experience Institute for State Youth Corrections staff, Salt Lake City, Utah, August 5-7, 1998.

Richardson, G. E. and Nofsinger, E. "Resiliency in the High School” Utah State Department of Education’s Principals Conference, Park City, Jun. 10th, 1998.

Richardson, G. E. "Health and the Human Spirit". Health Science and Health Technology Conference", Salt Lake City, Utah, August 5, 1997.

Richardson, G. E. "Relationships of Trust" Utah Mentor Network, Salt Lake City, Utah June 17, 1997.

Richardson, G. E. "Becoming Resilient" presented to the diabetic youth at Camp Utada, American Diabetes Association.

Richardson, G. E. "The Future of Health Education", Utah Public Health Conference, Park City, May 29, 1997.

Richardson, G.E. "Becoming Resilient" Utah Case Managers Association, May, 9, 1997.

Richardson, G. E. "Resiliency in Sales" presented to the Utah State Underwriters Association, April, 8, 1987.

Richardson, G. E. "Becoming Self Actualized: The First Step Toward Success in Life", Health and Wellness Conference, Weber State University, May 2, 1997.

Richardson, G.E. "Resiliency and Kids in Custody" presented at a one-day seminar for

Agencies and Juvenile Justice Employees throughout Michigan. Kalamazoo, Michigan, December 6, 1996.

Richardson, G.E. Keynote address entitled "Changing Times: Working from the Inside Out" presented at the Brain Injury Association of Utah annual conference in Salt Lake City, Utah, October 11, 1996.

Richardson, G.E. Workshop entitled "Fortifying the Human Spirit of the Brain Injured Person" presented at the Brain Injury Association of Utah annual conference in Salt Lake City, Utah, October 11, 1996.

Richardson, G. E. A 20-hour training for the Asian and Pacific Islander Association of Utah and continuing consultation on "Resiliency Training for Asian and Pacific Islanders" August 1995 to the present.

Richardson, G. E. "Behavior Change from the Inside Out” for Family Life and Food Science Teachers" presented at the Health Science and Health Technology Conference in Utah State University on June 11, 1996

Richardson, G. E. "Behavior Change from the Inside Out for Health Science Teachers" presented at the Health Science and Health Technology Conference in Utah State University on June 11, 1996

Richardson, G. E. "Personal and Community Spiritual Health: Nature, Necessity, and Professionalism" presented at the 1996 Utah Public Health Conference in Park City, May 23, 1996.

Richardson, G. E. "Personal and Community Spiritual Health: Power, Delivery, and Impact" presented at the 1996 Utah Public Health Conference in Park City, May 23, 1996.

Richardson, G.E. "Personal Resiliency" presented at the annual meeting of the Utah League of Cities and Towns, Salt Lake City, Utah September 13, 1995.

Chatelain, L. and Richardson, G.E. "Personal Resiliency" presented to the Utah Association of Conference Planners, February, 7, 1995.

Richardson, G.E. "Resiliency in the New Health Promotion" keynote address presented at the Carolina Healthstyle "Health at Work" annual conference. Columbia, South Carolina, December 6, 1994.

Richardson, G.E. "Resiliency in the New Health Promotion" keynote address presented to the Utah Governor's Conference on Health and Physical Fitness, Salt Lake City, Utah, October 5, 1994.

Richardson, G.E. "Resilient Living" presented to the Utah State Library-Media Specialists annual meeting, Salt Lake City, Utah, September 21, 1994.

Richardson, G.E. "The New Health Promotion" a two-day training conference sponsored by the Bureau of Health Promotion, State Department of Health, FHP Health Promotion, Salt Lake City/County Health Promotion, the Health Education Association of Utah, and the University of Utah at Salt Lake City, March 22-23, 1994.

Richardson, G.E. and Riddell, R.R. "Employees at Risk: Fortifying the Mind, Body & Soul" presented at the Managing Compensation Disability: The Rubric's Cube of Cost Containment conference, Park City, September 17, 1993.

Richardson, G.E. "Resiliency Training: Focus on Strengths Rather Than Problems" presented at the Third Utah Conference on Violence, Ogden, September 9, 1993

Richardson, G.E. "The Resiliency Process Model" presented at the Four Generational Family Conference, Park City, April 1, 1993

Richardson, G.E. "Becoming Proactive" presented at the Utah Association of Local Boards of Health in Salt Lake City, September, 1992.

Richardson, G.E. "Alternative Health Education Careers: The Hospitality Industry" presented at the Utah Public Health Association, Health Education Association of Utah, and Utah Academy of Preventive Medicine combined state conference, May 1992.

Richardson, G.E. "Personal Life Enrichment" seminar presented to the State of Utah Department of Employment Security Administrators, Salt Lake City Utah, April 1, 1992.

Richardson, G.E. "Personal Life Enrichment Seminar" presented to the State of Utah Job Services Managers, February 6, 1992, Salt Lake City, Utah.

Neiger, B. and Richardson, G.E. “The Resiliency Model, Theory and Applications” presented at the annual meeting of the Utah Association for Health, Physical Education, Recreation and Dance. October, 1991.

Cox, C, Richardson, G.E., Neiger, B. "Current Trends and Issues in Substance Abuse Prevention", presented at the XIII Annual Fall Conference of the State Division of Substance Abuse, Park City, Utah, October, 1991

Richardson G.E. "Comprehensive School Health and Resiliency" presented at the State Department of Education's Responsible Healthy Lifestyle Camp for Elementary School Teachers, Park City, Utah, June, 1991.

Richardson G.E. "Comprehensive School Health and Resiliency" presented at the State Department of Education's Responsible Healthy Lifestyle Camp for Elementary School Teachers, Park City, Utah, August 11, 1991 and August 18, 1991.

Richardson, G.E. "The Resiliency Model: Applications" at the annual meeting of the Utah Public Health Association, Health Education Association of Utah, Utah Academy of Preventive Medicine, and the Association for Fitness in Business, May 1991.

Richardson, G.E. "Building Resiliency in Youth", two-day workshop presented at the annual meeting of the Utah Education Association, Salt Lake City, Utah, October, 1990.

Richardson, G.E. "The Resiliency Process as a Prevention Framework" presented at the XII Annual Fall Conference of the State Division of Substance Abuse, Park City, Utah, October, 1990

Richardson, G.E. "Building Resilient Youth" presented at the Governor's Conference on Strengthening the Family: Salt Lake City, September 22, 1990.

Richardson G.E. "Comprehensive School Health and Risk Factors" presented at the State Department of Education's Responsible Healthy Lifestyle Camp for Elementary School Teachers, Park City, Utah, June 25, 1990.

Richardson G.E. "Comprehensive School Health and Risk Factors" presented at the State Department of Education's Responsible Healthy Lifestyle Camp for Elementary and Secondary School Teachers, Park City, Utah, July 9, 1990.

Richardson G.E. "Comprehensive School Health and Risk Factors" presented at the State Department of Education's Responsible Healthy Lifestyle Camp for Secondary School Teachers, Park City, Utah, July 15, 1990.

Richardson, G.E. "Resiliency, A Framework for Prevention" presented to the Utah Association of Community Health Educators. November, 1989.

Richardson, G.E. "Resiliency: New Direction for Health Education" (June 1989) presented at the annual meeting of the Utah Public Health Association, Health Education Association of Utah, Utah Academy of Preventive Medicine, and the Association for Fitness in Business, June 1989.

Richardson, G.E. "Strength Intervention in Schools" Presented at the H.E.A.U. Annual Conference. May, 1987.

Richardson, G.E. "Strength Intervention, A Positive Approach To Health Behavior Change" Utah Academy of Sciences, Arts and Letters , Southern Utah State College, Cedar City, Utah. May 2, 1986

Richardson, G.E. Keynote Address - "Health Promotion: State of the Art," and panel member for College Health ProgramsPresented to Health Education Association of Utah, Park City, Utah. August, 1985.

Richardson, G.E. "Personal Wellness." Presented at Baylor University Waco, Texas. February, 1985.

Richardson, G.E. "The Wellness Lifestyle" presented at the Brenham State School Wellness Program, Brenham, Texas, Januaray, 1985.

Richardson, G.E. "Counseling Skills and Application." Presented at the Health Educations In-service, State Department of Health, Salt Lake City, Utah. October, 1985.

Richardson, G.E. "Stress Management" Presented to the Faculty of Alamo Community College, San Antonio, Texas, November, 1984.

Richardson, G.E. & Beall, B.S. "Behavioral Outcomes of the Texas A&M University Health Enhancement Program: A Preliminary Report." Presented to the Texas School Health Association. March, 1984.

Richardson, G.E., Beall, B.S., & Schmidt, N.G. "Wellness Workshop." Presented to the Texas School Health Association, Corpus Christi. March 1984.

Richardson, G.E. "Educational Imagery in Health EducationPresented to the Texas Association of Health, Physical Education and Recreation, Corpus Christi, Texas. December, 1983,

Richardson, G.E. "Wellness Facilitation" Health Promotion Executive Retreats, Scott and White Hospital, Lake Travis, Texas. August , 1983

Richardson, G.E. and Beall, B.S. "Student Reactions to the Life After Death Phenomenon." Presented to the Texas School Health Association, San Antonio, Texas. May, 1982.

Richardson, G.E.. Wylie, W., Jackson, R.E., & Truitt, C. "The Effect of Educational Imagery on University Students Creativity Levels and Locus of Control." Presented to the Texas Association for Health, Physical Education, and Recreation, Dallas, Texas. December 1982.

Richardson, G.E. "Simulation Imagery: A Missing Link in Decision Making." Presented to the Texas School Health Association, Austin, Texas, February, 1981

Richardson, G.E. and Beall, B.S. "Creativity Level Enhancement in Prospective Health Educators”.,Presented to the Health Education Research and Evaluation Section, Texas Association for Health, Physical Education, and Recreation, Houston, Texas. December 1981.

Beall, B.S. and Richardson, G.E. "The Development of Youth Adaptation Rating Scale." Presented to the Health Education Research and Evaluation Section, Texas Association for Health, Physical Education and Recreation, Houston, Texas. December 1981.

Richardson, G.E. "Graduate Opportunities in Texas" Texas Society for Medical Technology, San Antonio Texas. April, 1981.

Richardson, G.E. "Where Do We Go From Here" (Concluding Remarks). Kentucky School Health Awareness Conference, Kentucky H.S.A. - West, S.H.E.C., and W.K.H.E.C. Co-Sponsors, Louisville, Kentucky. October 1979.

Richardson, G.E. "Philosophical Directions in Health." Presented at the Kentucky Association of Health, Physical Education, and Recreation, Louisville, Kentucky, November 1978.

Richardson, G.E. "Implementation of the State Alcohol and Drug Guide." Presented at the Kentucky Association of Health, Physical Education, and Recreation, Fort Thomas, Kentucky, November, 1978

Richardson, G.E. "Trends in Health Education." Presented to the Kentucky State Department of Education - 3 Presentations at Eastern Kentucky University, Morehead State University, and Northern Kentucky State University, July 1977.

Richardson, G.E. "Consumer Issues in Death and Dying." Presented at the Consumer Health Education Conference of Kentucky, Lexington, Kentucky. November 1977

**Local**

Richardson, G.E. “Davis moves: Personal Resiliency” Invited keynote presented to the Davis County School District Leadership Conference, Layton, Utah August 1, 2013

Richardson, G.E. “ The Applied Metatheory of Resilience and Resiliency”, presented at the Spirituality and Healing in Medicine Institute Seminars Series. September 1, 2011.

Richardson, G.E. “Resiliently Thriving Through Change: Five Experiences” Presented to Questar Corporation (Four Sessions) on April, 17-18, 2012.

 Richardson, G.E. “Preventing Heart Disease the Resilient Way” presented to the Invite American Heart Association, Salt Lake City.

Richardson, G.E. “Thriving Through Adversity”-- Invited speaker at Northwest Pipeline, Salt Lake City, Utah. January 26, 2006.

Richardson, G.E. Personal Resilience and The ten Q-Nexus Experiences to thrive through Stress and Depression .Invited Keynote speaker and workshop presenter at Utah Housing Authority annual conference, St. George, Utah. April 13-14, 2006.

Richardson, G.E. Thriving Through Stress and Depression Invited Keynote speaker at the Intermountain Health Care Regional Volunteer Conference, Salt Lake City, Utah. , May 5, 2006

Richardson, G.E. REsilience for Nurses, Invited speaker at the Utah School on Alcoholism and Other Drug Dependencies, Salt Lake City, Utah. June 23, 2006.

Richardson, G.E. Resilience to Thrive Through Adversity” and Ten Experiences to Enhance Resilience. Invited Keynote speaker and workshop presenter at the annual Utah State Development Center,” American Fork, Utah. October 4, 2006.

Richardson, G.E. The Q-Nexus Experiences Invited speaker at Questar Corporation, Salt Lake City, Utah., October 25, 2006.

Richardson, G.E. Personal Resilience presented to Mountain America Credit Union in Salt Lake City, June 29, 2005.

Richardson, G.E. Personal Resilience presented to Mountain America Credit Union in Salt Lake City, June 29

Richardson, G.E. Getting Out of the Trough presented to Wheeler Machinery, Salt Lake Ctiy, May 4, 2005.

Richardson, G.E. Resilient Approaches to Stress Management presented to American Express, November 2, 2005.

Richardson, G.E. The Power of Resilience presented to the Women in Business Conference, Salt Lake City November 12, 2005

Richardson, G. E. Spiritual Healing in Medicine presented to the University of Utah Medical Student grand rounds, March 25, 2004 (noon).

Richardson, G. E. & Shields, N. The Driving Force of Resilience presented to the faculty of Horizonte School, Salt Lake City, March 25, 2004

Richardson, G. E. Stress Management at Work and Home presented to the College of Nursing Faculty Grand Rounds, February 18, 2004.

Richardson, G.E. Personal Resilience: A Second Experience presented to the Davis County Health Department and Human Resources Department on May 22, 2002.

Richardson, G.E. Resilience and the Health Care Provider presented to the University of Utah Student Health Services Staff Retreat on May 15, 2002.

Richardson, G.E. Resilience in the Wake of September 11", presented to the Salt Lake County Administrators, October 12, 2001.

Richardson, G.E. Personal Resilienc presented to the Salt Lake County Health Department: Volunteers Division on August 4, 2000.

Richardson, G.E. Personal Resilienc presented to the Salt Lake County Juvenile Justice staff August 8, 2000.

Richardson, G.E Growth Through Disruptions seminar presented to Questar Gas on October 18, 2000

Richardson, G.E. Discovering Innate Resilience presented to the Salt Lake County Health Department: Volunteers Division on October 25, 2000.

Richardson, G.E. Personal Resilienc presented to the Davis County Courts on November 10, 2000.

Richardson, G.E. Personal Resilienc presented to the Davis County Council on Aging annual luncheon on December 14, 2000.

Richardson, G. E. Respect presented to 8th grade students at Treasure Mountain Middle School, Park City, Utah, January 26, 1999.

Richardson, G. E. "Personal Resiliency” repeated seminars presented to Questar Corporation, Salt Lake on several dates-- Jan 27th, Feb 26th (in St George), April 21st, May 11th, May 13th, and Nov 30th.

Richardson, G. E. "Resilient Relationship repeated seminars presented to Questar Corporation, Salt Lake on several dates-- Feb 24th, May 26th, Aug 24th , Oct 27th, Dec 16th

City, Utah, Feb. 24, 1998

Richardson, G.E. Resilient Youth Curriculum Trainin Jordan School District Feb. 17-19, 1999.

Richardson, G.E. Personal Enrichment for Salt Lake County Volunteer presented in Salt Lake City on April 14th, 1999.

Richardson, G. E. "Personal Resiliency Seminar", Questar Corporation, Salt Lake

City, Utah, Jan 27th, 1999

Richardson, G. E. Respec presented to 8th grade students at Treasure Mountain Middle School, Park City, Utah, January 26, 1999.

Richardson, G. E. "Resiliency Relationships Seminar", Questar Corporation, Salt Lake

City, Utah, Dec. 9th, 1998

Richardson, G. E. "Personal Resiliency Seminar", Questar Corporation, Salt Lake

City, Utah, November 18th, 1998

Richardson, G. E. "Resiliency Relationships Seminar", Questar Corporation, Salt Lake

City, Utah, Nov. 4th, 1998

Richardson, G. E. "Personal Resiliency Seminar", Questar Corporation, Salt Lake

City, Utah, Aug. 26th, 1998

Richardson, G. E. "Resiliency for Elementary Teachers, Part I, Uinta Elementary School. April 13th, 1998

Richardson, G. E. "Resiliency Relationships Seminar", Questar Corporation, Salt Lake

City, Utah, Mar 10th , 1998

Richardson, G. E. "Resiliency Update Luncheon Lecture Questar Corporation, Salt Lake

City, Utah, Mar. 3rd, 1998

Richardson, G. E. "Resiliency for Elementary Teachers, Part , Uinta Elementary School. Mar. 2nd, 1998

 Richardson, G. E. "Resiliency Relationships Seminar", Questar Corporation, Salt Lake

City, Utah, Feb. 24th , 1998

Richardson, G. E. "Resiliency Relationships Seminar", Questar Corporation, Salt Lake

City, Utah, Nov. 13, 1997

Richardson, G. E. "Resiliency Relationships Seminar", Questar Corporation, Salt Lake

City, Utah, Oct. 23, 1997

Richardson, G. E. "Personal Resiliency Seminar", Questar Corporation, Salt Lake

City, Utah, Oct. 9, 1997

Richardson, G. E. "Personal Resiliency Seminar", Questar Corporation, Salt Lake

City, Utah, Oct. 8, 1997

Richardson, G. E. "Resiliency Youth Curriculum Training", Northwest and Glendale Middle Schools, Salt Lake City, Utah, August 21, 1997

Richardson, G. E. "Resiliency Youth Curriculum Training", Murray School District, Salt Lake City, Utah, August 21, 1997

Richardson, G. E. "Becoming Resilient" presented to the Upward Bound Youth Conference, Salt Lake City, Utah, July 9, 1997.

Richardson, G.E. "Resilient Youth", presented to the Salt Lake City's Color Me Human Convention, July 3, 1997.

Richardson, G. E. "Resilient Relationships Seminar", Questar Corporation, Salt Lake

City, Utah, May 11, 1997

Richardson, G. E. "Personal Resiliency Seminar", Questar Corporation, Salt Lake

City, Utah, May 1, 1997

Richardson, G. E. "Personal Resiliency Seminar", Questar Corporation, Salt Lake

City, Utah, April 30, 1997

Richardson, G. E. "The Resilient Youth Curriculum" a training for teachers for Glendale and Northwest middle schools, Salt Lake City, Utah, March 24, 1997.

Richardson, G. E. "Resiliency and Service" presented to the Salt Lake Exchange Club, Salt Lake City, Utah, January 15, 1997.

Richardson, G.E. "Resiliency and the Art of Becoming a Great Salesperson" presented at the Annual Sales Meeting of the Standard Insurance Company, January 9, 1997. Salt Lake City, Utah.

Richardson, G.E. "Personal Resiliency Workshop" presented to the staff of the Financial Aid Office, University of Utah, December 19, 1996.

Richardson, G.E. "Resiliency and Smoking Cessation" presented to students at Valley High Alternative School, November 21, 1996.

Richardson, G.E. "Implementing the Resiliency Youth Curriculum" a two-day training conference for teachers and community clubs in the Glendale and Northwest Middle Schools, November 12 & 14, 1996.

Richardson, G. E. " A two-day *Resilient Youth* Curriculum Training Program for Denver Public Schools, Denver, Colorado, September 20-21, 1996.

Richardson, G.E. A three-day *Resilient Youth* Training and Certification Program for the Community of Bartlesville, Oklahoma, August 27-29, 1986.

Richardson, G. E. "Personal Resiliency" presented at an all day annual retreat for the 3rd District Juvenile Court staff, East Canyon Resort, June 13, 1996

Richardson, G. E. "Personal Resiliency" presented to the Salt Lake School District Librarians at an all day retreat at East High School, June 7, 1996

Richardson, G. E. "Resiliency and the Asthma Resistant Personality" presented as a 16 hour seminar for asthmatics at the Intermountain Allergy and Asthma Clinic, Salt Lake City, April 23 through May 21.

Richardson, G. E. and Reich, C. "Growth through stress" presented to the community of Nephi, Utah on March 13, 1996.

Richardson, G. E. "Community Resiliency" presented to the Murray City Gang Prevention Task Force on October 13, 1996.

Richardson, G.E. "Personal Resiliency Training" a 10 hour intensive training program for Jefferson Junior and Eisenhower Junior High School faculty, Sept 14, 1995- October 15, 1995.

Richardson, G.E. "Resilient Relationships Training" a 10 hour intensive training program for Jefferson Junior and Eisenhower Junior High School faculty, October 19, 1996- March 4, 1996.

Richardson, G.E. "Personal Resiliency" presented to the Eisenhower Junior High School faculty, Snowbird, Utah August 22, 1995.

Richardson, G.E. "A Recommitment to Personal Resiliency" presented to the Kearns High School faculty, Snowbird, Utah August 16, 1995.

Richardson, G.E. "Personal Resiliency" an all-day training conference for the Utah State Media Center Staff, Park City, Utah June 12, 1995.

Richardson, G.E. "Discovering Your Resilient Nature" presented to Each High School at risk youth, Camp Tuttle, Utah, May 31, 1995

Richardson, G.E. "Personal Resiliency: An Overview" presented at the Resilient Youth Conference at Kearns High School, Salt Lake City, March 8, 1995.

Richardson, G.E. and Dunn, D. "Personal Resiliency for Women" an all day conference presented in Brigham City, Utah, February, 25, 1995.

Richardson, G.E. "Personal Resilience" presented at Dixon Paper Company, Salt Lake City, Utah January 31, 1995.

Richardson, G. E. "Resilient Schools" presented to the Salt Lake School District principals, Salt Lake City, Utah January 18, 1995.

Richardson, G.E. "Resilient Youth Staff Training" ongoing intensive training program for East High School and Clayton Middle School Resilient Youth Staff, October 1994 to present.

Richardson, G.E. "Resilient Relationships Training" a 10 hour intensive training program for Kearns High School faculty, October 25- Nov 22, 1994

Richardson, G.E. "Personal Resiliency Training" a 10 hour intensive training program for Kearns High School faculty, Sept. 20- Oct 18 1994

Richardson, G.E. "Personal Resiliency" presented to the Asian-Pacific Islander Leadership Conference, Mill Hollow, Utah, August 26, 1994

Richardson, G.E. "Personal Resiliency" presented to the Kearns High School faculty fall retreat, Park City, Utah , August 23, 1994

Richardson, G.E. "Resiliency: Enriching the Body, Mind, and Human Spirit" presented to the Granite School District Annual Secretary Professional Development Day, Salt Lake City, Utah August 10, 1994

Richardson, G.E. "Creating Your Dream" presented to Each High School at risk youth, Camp Tuttle, Utah, May 27, 1994

Richardson, G.E. "Personal Resiliency" presented to American Express, Salt Lake City, Utah, May 25, 1994

Richardson, G.E. "Resiliency Training for UPL Employees" 9 hour training program for Utah Power and Light: Maintenance Department, Salt Lake City, April 1994

Richardson, G.E. "Personal Resiliency Training" seminar sponsored by the Human Experience Institute, Salt Lake City, Utah, April, 1994

Richardson, G.E. "Personal Resiliency Training" seminar sponsored by the Human Experience Institute, Provo, Utah, February, 1994

Richardson, G.E. "Personal Resiliency Training" seminar sponsored by the Human Experience Institute, Salt Lake City, Utah, January, 1994

Richardson, G.E. "Stress management for Pediatric Residents" at the University of Utah Medical School, Department of Pediatrics, November, 1992.

Richardson, G.E. "Resiliency" presented at the Grand Rounds for L.D.S. Hospital, Salt Lake City, Utah, April 23, 1992.

Richardson, G.E. "Corporate Life Enrichment" presented to administrators of C.R. England Trucking Co., April 13, 1992.

Richardson, G.E. "Personal applications of resiliency", Davis County Health Department, September, 1991.

Richardson, G.E. "Building Resiliency in Children" presented at the Salt Lake Valley Drug Abuse Prevention Coalition First Annual Training Conference, Salt Lake City, August, 1991.

Richardson, G.E. "Educational Imagery" Western Laboratory for Leisure Research, University of Utah, January, 1991.

Richardson, G.E. "Stress Management for Teachers" Olympus High School In Service, (August, 1990), Layton, Utah.

Richardson, G.E. "Occupational Health Promotion: (April, 1990) Rocky Mountain Center for Occupational and Environmental Health, Salt Lake City.

Richardson, G.E. "Assuring Good Nutrition for Children" (December, 1989) PATCH Council, Davis County Health Department, Farmington, Utah.

Richardson, G.E. "Applications of the Resiliency Model" For Prevention Specialists Conference, Davis County Mental Health, Park City, Utah, December, 1989.

Richardson, G.E. "Health Promotion and Wellness" KSL Television Sixty Minute Fit for Five Luncheon (June, 1986), Salt Lake City, Utah.

Richardson, G.E. "Who Motivates the Motivators- taking Care of Oneself", presented to the Utah Society for Directors of Volunteers, March, 1986, Salt Lake City, Utah.

Richardson, G.E. "Is This Supposed to Happen to Me? Adjusting to Change" Presented to the Retirement Center at Cottonwood Creek Health Fair (March, 1986), Salt Lake City, Utah

Richardson, G.E. "Stress Management Workshop and Weight Control, Nutrition and Fitness Workshop." (1985, July). Presented to Ernst and Whinney Accounting Firms, Houston, Texas.

Richardson, G.E. "Nutrition Weight Control and Fitness Workshop and Stress Management Workshop." (1985, July). Presented to Deloitte, Haskins and Sells Accounting Firms, Houston, Texas.

Richardson, G.E. "Stress Management Workshop and Fitness Workshop." (1985, July). Presented to Arthur Anderson Accounting Firms, Houston, Texas.

Richardson, G.E. "Weight Control and Fitness and Stress Management Workshops." (1985, July). Presented to Coopers and Lybrand, Houston, Texas.

Richardson, G.E. "Lifestyle Contracting for Personal Health Enhancement" Palestine School District In-service(January, 1985), Palestine, Texas.

Richardson, G.E. "Wellness through Personal Strength" Turning Points Workshop, American Association of University Women, Bryan- College Station Branch (February, 1984), College Station, Texas.

Richardson, G.E. "Controlling Stress and Tension" presented at the LIFE Workshop, Texas Agricultural Extension Service, August, 1983.

Richardson, G.E. "Stress Management" presented to the Air Force Wives, (February, 1983) College Station, Texas.

Richardson, G.E. "Stress Management." (1982, July). Presented to the Wellness Conference for Health Agency Personnel, Texas A&M University, College Station, Texas.

Richardson, G.E. "Controlling Teacher Stress and Tension." (1982, January). Presented at the A&M Consolidated Independent School District In-service, College Station, Texas.

Jessup, G.T., Richardson, G.E., & Reilley, R. "Executive Stress Management." 29th Annual Executive Development Course, Executive Development Program, Presented at Texas A&M University, February 5, 1981.

Richardson, G.E. "Teacher Stress and Burnout." Perspectives in Disease Prevention and Health Promotion for the K-12 Education Update 1981 Conference. (1981, May). Presented by Baylor College of Medicine, Houston, Texas.

Jessup, G.T., Richardson, G.E., & Reilley, R.R. "Stress Management." Fifteenth Annual Summer Seminar on Academic Administration, (1981, July). Presented at Texas A&M University.

Richardson, G.E. "Why Physical Education." In-service Workshop, (1981, August). Presented at Groosecreek Independent School District.

Richardson, G.E. "Facilitator at the Wellness Lifestyle Conference." (1981, October). Presented at Camp Allen, Navasota, Texas.

Richardson, G.E. "Personal and Professional Stress Management." (1981, November). Presented at Phi Delta Kappa, College Station Chapter, Texas A&M University.

Richardson, G.E. "Drug Education in the Schools." In-service Workshop, (1980, April). Presented to Mercer County Schools, Burgin, Kentucky.

**SOME UNIVERSITY COURSE TITLES TAUGHT**

Positive Health: Psychospiritual

Program Planning and Intervention Mapping

Health Program Evaluation

Complementary Medicine

Transpersonal physical enrichment

Resilience Applications

Personal Health

Health Promotion

Health Counseling

Advanced First Aid

Health Assessment

Healthy Lifestyles

Prevention Theory and Application

Sexuality and Relationships

School Health Education

Community Health Education

Biofeedback

Substance Use and Abuse

Health Benefits of Exercise

Death and Dying

Health Education Practicum

Stress Management

Stress Management Instructors

Personal Resilience and Resiliency

Research and Design

Health Intervention and Wellness

Issues and Trends in Health Education

Instructional Methods in Health

Occupational Health Promotion

 **CONSULTATIONS**

Richardson, G.E. "Resilient Youth" consultation with Denver Public School system to help train teachers to implement the Resilient Youth Curriculum, 1996- 98.

Richardson, G.E. "Resiliency Youth" continuing consultation with the Kearns Coalition and Schools to create resilient schools, 1994 to 1996.

Richardson, G.E. "Resilient Youth" a one-year consultation to train East High School's staff, faculty, at risk students, and parents in resilient living, Salt Lake City, Utah 1994-1995

Richardson, G.E. "Resiliency in the New Health Promotion" a six-week consultation at the U.S. Naval and Marine Corp Units at Quantico, VA, June-July, 1994.

Richardson, G.E. Creating Life Enrichment Centers in the Caribbean Hospitality Industry, Life Enrichment International, 1990-1991

Richardson, G.E. The Concept of Mind-Body Life Enrichment, Life Enrichment International, Nassau, Bahamas, August, 1990

Richardson, G.E. Implementing Corporate Wellness Programs, Tenneco Corporation, Houston, Texas, April 25, 1984.

Richardson, G.E. Wellness Facilitation for Options Wellness Programs. Scott and White Hospital, Horseshoe Bay, Texas, May 4-6 1984.

Richardson, G.E. Wellness Training Workshop for Staff at Plano General Hospital's Health Enhancement Program, May 24, 1984.

Richardson, G.E. Wellness Training Workshop for Staff at AMI Hospitals in Dallas, Texas, May 31, 1984.

Richardson, G.E. Personal Wellness. Presented to the Faculty of Mesa College, Grand Junction, Colorado, October 3, 1984.

Richardson, G.E. Implementing Corporate Wellness Programs. Presentation Made to Presidents and Personnel Directors of Major Companies in Grand Junction, Colorado Sponsored by the Rocky Mountain HMO, October 3, 1984.

Richardson, G.E. Appraisal in Stress Management Programs. Presented to Human Resources Staff of Texas Instruments, Austin, Texas, October 22, 1984.

Richardson, G.E. Wellness Programming. Presented to Mankato HMO and Mankato State University, Mankato, Minnesota, November, 1984.

 **FUNDED PROPOSALS**

Richardson, G.E. and Summerhays, J. Magna Community Obesity Preventions, Project, funded by Rio Tinto, Inc, $25,000, 2011-2012

Richardson, G.E. and Summerhays, J. Magna Community Obesity Prevention Project funded by Utah Partnership for Healthy Weight, $300,000, 2010-2012.

Minson, C. (P.I.), Gray, D. (Project Director), and Richardson, G.E. (Project Trainer) Jordan River Youth Project, Salt Lake City Corporation, $41,977, 1996-1997.

Richardson, G.E. (P.I.) & Gray, D. (Project Director). Evaluation of the Wyoming AIDS/HIV Education School Health Project (CDC Grant #89-AIDS-50) 1989-90 ($32,513)

Richardson, G.E. (P.I.) & Gray, D. (Project Director). Evaluation of the Utah AIDS/HIV Education School Health Project (CDC Grant #89-AIDS-50) 1989-90 ($31,936)

Richardson, G.E. (P.I.) & Gray, D. (Project Director). Evaluation of the Montana AIDS/HIV Education School Health Project (CDC Grant #89-AIDS-50) 1989-90 ($32,513)

Richardson, G.E. (P.I.) & Gray, D. (Project Director). Evaluation of the Wyoming AIDS/HIV Education School Health Project (CDC Grant #90-AIDS-50) 1990-91 ($24,996)

Richardson, G.E. (P.I.) & Gray, D. (Project Director). Evaluation of the Utah AIDS/HIV Education School Health Project (CDC Grant #90-AIDS-50) 1990-91 ($24,992)

Richardson, G.E. (P.I.) & Gray, D. (Project Director). Evaluation of the Montana AIDS/HIV Education School Health Project (CDC Grant #90-AIDS-50) 1990-91 ($24,996)

Richardson, G.E. (P.I.) & Gray, D. (Project Director). Evaluation of the Idaho

AIDS/HIV Education School Health Project (CDC Grant #90-AIDS-50) 1990-91 ($24,996)

 Salt Lake County Division of Alcohol and Drug Abuse Services, (Hardy, B. Principle Investigator), Salt Lake Mayor's Office, and Health Behavior Laboratory, (Glenn Richardson, Executive Director, Karol Kumpfer, Evaluation Director, & Lynne Durrant, Coordinator Director), Department of Health Education, College of Health, University of Utah. Funded by the Federal Office for Substance Abuse Prevention ($3,326,374) over 5 years and the University share is $304,498 for the first year, decreasing some over the five years, 1990-1995.

Wylie, W.E. and Dennis, M.S., Project Co-Directors: Richardson, G.E., and Beall, B.S., Collaborators. TAMU Alcohol Abuse Program, funded by the Texas Commission on Alcoholism ($45,901.00), June 1, 1982-May 31, 1983.

Richardson, G.E., Beall, B.S., & Jessup, G.T. The Efficacy of a Stress Management Unit in a High School Health Course, Research Development Grant, College of Education, Principal Investigator, 1981. ($902.00)

 **ASSESSMENT INSTRUMENTS/ SOFTWARE PROGRAMS**

Johnson, K. L. & Richardson, G. E. "The Innate Resiliency Assessment Inventory", The Human Experience Institute, Park City, Utah 1998.

Richardson, G.E. "The Lifestyle Inventory" version 2.0, The Wellness Institute, College Station, Texas, July, 1995.

Richardson, G.E. "The Personal Life Enrichment Inventory", Life Enrichment International, Nassau, Bahamas, 1991

Richardson, G.E., Nixon, C.J., Jessup, G., Reilley, R.R., "The Corporate Lifestyle Inventory," The Wellness Institute, College Station, Texas, 1984.

Richardson, G.E., Nixon, C.J., Jessup, G., Reilley, R.R., "The High School Lifestyle Inventory," The Wellness Institute, College Station, Texas, 1984.

Richardson, G.E., Nixon, C.J., Jessup, G., Reilley, R.R., "The Lifestyle Inventory" The Wellness Institute, College Station, Texas, 1983.