

# Zosia Krusberg

Director of Graduate Studies  
Associate Senior Instructional Professor  
Department of Physics  
The University of Chicago

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## Education

### **A.M. Clinical Social Work**

The University of Chicago, 2026 (expected)

### **Ph.D. Physics**

The University of Chicago, 2011

### **M.S. Physics**

The University of Chicago, 2007

### **Ed.M. Mind, Brain, and Education/The Teaching and Learning of Physics (Special Studies)**

Harvard University, 2006

### **S.M. Physics and Astronomy**

Dartmouth College, 2005

### **A.B. Physics and Astronomy, *summa cum laude***

Dartmouth College, 2004

### **International Baccalaureate Diploma**

Cairo American College, 2000

## Professional Experience

### **Director of Graduate Studies and Associate Senior Instructional Professor**

Department of Physics  
Physical Sciences Division and the College  
The University of Chicago  
2019 – present

### **Associate Professor of Instruction**

Department of Physics and Astronomy  
Weinberg College of Arts and Sciences  
Northwestern University  
2016 – 2019

### **Helmsley Postdoctoral Teaching Scholar**

Department of Physics  
Poorvu Center for Teaching and Learning  
Yale University  
2015 – 2016

### **Visiting Assistant Professor**

Department of Physics and Astronomy  
Vassar College  
2011 – 2015

## Overview of Current Administrative Responsibilities

### *The University of Chicago*

**Leading the Department of Physics graduate program** serving approximately 240 graduate students working alongside 55 physics faculty members and 30 researchers in other departments in the The University of Chicago Physical and Biological Sciences Divisions, at the The University of Chicago Pritzker School of Molecular Engineering, and at three national research laboratories—Argonne National Laboratory, Fermi National Accelerator Laboratory, and NASA Jet Propulsion Laboratory.

**Overseeing all facets of the graduate program** including admissions and recruitment, academic program policies, the graduate curriculum, doctoral candidacy, academic and research advising, thesis and advisory committees, good standing and academic probation, student funding, research prizes and fellowships, and teaching assistant training and advising.

**Advancing policies, programs, and best practices to support diversity, equity, and inclusion** in the graduate program in line with the Department of Physics Diversity, Equity, and Inclusion Strategic Plan. This includes the active recruitment of students from historically underrepresented groups, holistic graduate admissions, candidacy course oversight, individual and group tutoring programs, advisor-advisee expectation compacts, critical mathematics and research skills workshops, early thesis committee formation and annual academic progress reports, regular student town halls, and regular teaching assistant diversity trainings.

**Spearheading efforts to support teaching innovation and excellence** in undergraduate and graduate curricula by leading professional development workshops in science pedagogy, offering training and support for active-learning pedagogy and inclusive teaching practices, organizing speakers and journal clubs, leading faculty discussions on the teaching and learning of physics, teaching a graduate seminar on the teaching and learning and physics, and managing the recruitment, hiring, and supervision of instructional professors with expertise in physics education.

**Partnering with offices across the Physical Sciences Division and the College** to further the educational mission of the department, division, and university, including creating and implementing new academic program policies, providing students with institutional and community resources, guiding faculty through emergent issues in their engagement with their undergraduate and graduate students, and offering individualized support to students facing significant academic or personal challenges.

## Academic Honors

Dean's Distinguished Leadership Award, Crown Family School of Social Work, Policy, and Practice, 2023

Associated Student Government Faculty Honor Roll, Northwestern University, 2018 – 2019

Wayne C. Booth Prize for Excellence in Teaching Nominee, The University of Chicago, 2006 – 2010

Leadership in Education Award, Harvard University, Fall 2005

Hazeltine Chemistry-Physics Prize, Dartmouth College, Spring 2004

Phi Beta Kappa, Dartmouth College Chapter, Spring 2004

Sigma Xi Scientific Research Honor Society, Dartmouth College Chapter, Spring 2004

Rockefeller Leadership Fellow, Dartmouth College, 2003 – 2004

Presidential Scholar, Dartmouth College, 2002 – 2004

Golden Key National Honour Society, Dartmouth College Chapter, May 2002

National Society of Collegiate Scholars, Dartmouth College Chapter, May 2001

## Grants, Fellowships, and Awards

Exploratory Teaching Group Award (\$1,000), The University of Chicago, 2023 – 2024  
 Founders Award (\$12,000), Crown Family School of Social Work, Policy, and Practice, Spring 2023  
 Exploratory Teaching Group Award (\$3,500), The University of Chicago, 2022 – 2023  
 College Innovation Fund Award (\$31,000), The University of Chicago, Summer 2020  
 NASA Space Grant Award (\$5,000), Northwestern University, Spring 2018  
 Institutional Fundraising (\$30,000), Northwestern University, Spring 2018  
 Vera Rubin ‘48 Fund Award (\$3,000), Vassar College, 2015 – 2016  
 Ford Scholar Fellowship (\$5,000), Vassar College, Summer 2015  
 Undergraduate Research Summer Institute Fellowship (\$5,000), Vassar College, Summer 2015  
 Carolyn Grant ‘36 Endowment Award (\$5,000), Vassar College, 2013 – 2015  
 Dean of the Faculty Grant (\$2,000), Vassar College, 2013 – 2014  
 Vera Rubin ‘48 Fund Award (\$1,000), Vassar College, Fall 2013  
 Undergraduate Research Summer Institute Fellowship (\$5,000), Vassar College, Summer 2013  
 Undergraduate Research Summer Institute Fellowship (\$5,000), Vassar College, Summer 2013  
 Diving Into Research Fellowship (\$3,000), Vassar College, Summer 2013  
 Robert G. Sachs Fellowship (\$10,000), The University of Chicago, Summer 2007  
 NASA Space Grant Award (\$5,000), Dartmouth College, Summer 2003

## Selected Publications (Education)

Zosia Krusberg, Matthew Cheng, Andrew Feldman, and Noa Perlmutter. Exploring the subjective experience of physics problem solving through contemplative practice and introspective writing, in preparation for submission to the *American Journal of Physics*.

Noa Perlmutter and Zosia Krusberg. What we talk about when we talk about physics problem solving (2023). In revision for publication in *The Physics Teacher*. Preprint at [arxiv.org/abs/2211.00694](https://arxiv.org/abs/2211.00694).

Zosia Krusberg, Andrew Feldman, and Elam Coalson. [Contemplating electromagnetic phenomena in lived experience through somatic meditation](#). *The Physics Teacher* **61**, 113 (2023).

Zosia Krusberg and Meredith Ward. [Classical physics and human embodiment: The role of contemplative practice in integrating formal theory and personal experience in the undergraduate physics curriculum](#). *The Journal of Contemplative Inquiry* **5**(1), 57 (2018).

Zosia A. C. Krusberg. [Emerging technologies in physics education](#). *Journal of Science Education and Technology* **16**, 401 (2007).

## Selected Publications (Physics)

Maria Beltrán, Dan Hooper, Edward W. Kolb, Zosia A. C. Krusberg, and Tim M. P. Tait. [Maverick dark matter at colliders](#). *Journal of High Energy Physics* **1009**, 037 (2010).

Maria Beltrán, Dan Hooper, Edward W. Kolb, and Zosia A. C. Krusberg. [Deducing the nature of dark matter from direct and indirect detection in the absence of collider signatures of new physics](#). *Physical Review D* **80**, 043509 (2009).

Zosia A. C. Krusberg and Brian Chaboyer. [UBVI CCD Photometry of the old open cluster Berkeley 17](#). *Astronomical Journal* **131**, 1565 (2006).

## Selected Conferences and Workshops

Nature, Earth, and Humanity: The Evolution of Connection, Promega Corporation, May 2023  
Introducing Earth-Care Practices in Education, Center for Contemplative Mind in Society, August 2022  
Othering, Belonging, and Becoming, Mind and Life Institute, June 2022  
The Mind, the Human-Earth Connection, and the Climate Crisis, Mind and Life Institute, June 2021  
State of the Field, Mind and Life Institute, November 2020  
Winter Meeting, American Association of Physics Teachers, January 2018  
April Meeting, American Physical Society, January 2017  
Learning, Teaching, and Assessment Forum, Northwestern University, November 2016  
Valuing Diversity in Teaching and Learning, Yale University, May 2016  
Mindfulness, MOOCs, and Money in Higher Education, Naropa University, March 2016  
International Symposium for Contemplative Studies, Mind and Life Institute, October 2014  
Annual Conference, Center for Contemplative Mind in Society, Amherst College, November 2013  
Summer Session, Center for Contemplative Mind in Society, Smith College, August 2013

## Research Talks

Contemplative practice in physics education: Reimagining the classical physics curriculum

The University of Chicago, Eckhardt-Neubauer Winter Talk, March 2021  
The University of Chicago, Snell-Hitchcock Resident Dean Tea, February 2021  
Lawrence Technological University, HHMI Idea Factory, December 2020  
The University of Chicago, Women and Gender Minorities in Physics, October 2019  
Northwestern University, Women in Science and Engineering Research, May 2019  
Northwestern University, Department of Physics and Astronomy, October 2017  
Yale University, Center for Teaching and Learning, Spring 2016  
Hunter College, Academic Center for Excellence in Research and Teaching, March 2016

Illuminating dark matter: Cosmology and particle physics

Northwestern University, Society of Physics Students, February 2017  
Yale University, Department of Physics, May 2016  
Vassar College, Modern Science Talk, April 2015  
Vassar College, New Student Orientation, August 2014  
Arlington Library, Poughkeepsie Public Library District, May 2014  
Vassar College, Vassar Science Scholars Program, March 2014  
Vassar College, Physics 116 Guest Lecture, October 2013  
Vassar College, A Day at Vassar, October 2013  
Vassar College, New Student Orientation, August 2013  
Vassar College, Physics 116 Guest Lecture, November 2012  
Vassar College, Astronomy 101 Guest Lecture, October 2012  
Vassar College, Physics 116 Guest Lecture, November 2011

Whitman College, Department of Astronomy, April 2011  
 Vassar College, Department of Physics and Astronomy, February 2011  
 Milwaukee Astronomical Society, November 2010  
 Whitman College, Department of Astronomy, October 2009  
 The University of Chicago, Ryerson Astronomical Society, October 2008  
 Loyola College in Maryland, Department of Physics, September 2008  
 Milwaukee Astronomical Society, September 2008

The phenomenology of maverick dark matter

Trinity College, Department of Physics, December 2014  
 Williams College, Department of Physics, November 2011  
 The University of Chicago, Department of Physics, July 2011  
 Aspen Center for Physics, February 2011  
 CEA-Saclay, Institut de Physique Théorique, October 2010  
 Université Paris 7, Laboratoire Astroparticule et Cosmologie, September 2010  
 The University of Chicago, Enrico Fermi Institute, November 2009  
 Fermi National Accelerator Laboratory, September 2009  
 The University of Chicago, Department of Astronomy and Astrophysics, September 2009

## Committee Membership

### *The University of Chicago*

Curricular Articulation and Assessment Working Group, Office of the Provost, 2023 – present  
 Instructional Professor Progression Advisory Board, Office of the Provost, 2023 – present  
 Admissions Committee (ex officio), Department of Physics, 2019 – present  
 Recruitment Committee (ex officio), Department of Physics, 2019 – present  
 Candidacy Committee (Chair, ex officio), Department of Physics, 2019 – present  
 Teaching Activities Committee (ex officio), Department of Physics, 2019 – present  
 Instructional Professor Search Committee, Department of Physics, 2019 – 2020

### *Northwestern University*

Undergraduate Curricular Review Committee, Weinberg College of Arts and Sciences, 2017 – 2019  
 Climate and Diversity Committee, Department of Physics and Astronomy, 2018 – 2019  
 Teaching Assistantship Committee (Chair), Department of Physics and Astronomy, 2017 – 2019  
 Undergraduate Curriculum Committee, Department of Physics and Astronomy, 2016 – 2019  
 Professor of Instruction Search Committee (Chair), Department of Physics and Astronomy, 2018 – 2019  
 Professor of Instruction Search Committee (Chair), Department of Physics and Astronomy, 2017 – 2018  
 Laboratory Renovations Committee, Department of Physics and Astronomy, 2017 – 2018  
 Lecturer Search Committee, Department of Mathematics, 2016 – 2017

*Yale University*

Climate and Diversity Committee, Department of Physics, 2015 – 2016  
 Committee on Undergraduate Physics Education, Department of Physics, 2015 – 2016  
 Outreach Committee, Department of Physics, 2015 – 2016

*Vassar College*

Contemplative Studies Development Project, Spring 2015  
 Carolyn Grant '36 Endowment Steering Committee, 2014 – 2015

## Institutional Service

*The University of Chicago*

Colloquium on the Evaluation of Teaching, Chicago Center for Teaching and Learning, 2023 – present  
 Co-Chair, CCTL Exploratory Teaching Group (Inclusive Teaching Practices), 2023 – 2024  
 Co-Chair, CCTL Exploratory Teaching Group (Active Learning Pedagogies), 2022 – 2023  
 Founder and Organizer, Pedagogical Learning Community, Department of Physics, 2022 – present  
 Member, APS Inclusion, Diversity, and Equity Alliance, 2020 – present  
 Faculty Mentor, First-Generation, Low-Income, Immigrant Ally (FLI) Network, 2020 – present  
 Founder and Organizer, Physics Education Journal Club, Department of Physics, 2019 – present  
 Faculty Pedagogical Advisor, Department of Physics, 2019 – present

*Northwestern University*

Faculty Mentor, Searle Fellows Program, Searle Center, 2018 – 2019  
 Faculty Mentor, Committee on Diversity and Inclusion, Graduate Student Council, 2018 – 2019  
 Faculty Mentor, Mentored Discussions of Teaching, Searle Center, 2017 – 2019  
 Advisory Board Member, Academic Support & Learning Advancement, Searle Center, 2017 – 2019  
 Instructor, Teaching Assistant Training Program, Department of Physics and Astronomy, 2017 – 2019  
 Co-Chair, Local Organizing Committee, Conference for Undergraduate Women in Physics, 2017 – 2019  
 Faculty Fellow, Slivka Science and Engineering Residential College, 2017 – 2019  
 Physics Education Seminar Series, Northwestern University, 2017 – 2019  
 Founder and Faculty Mentor, Society of Women in Physics and Astronomy, 2016 – 2019  
 Faculty Pedagogical Advisor, Department of Physics and Astronomy, 2016 – 2019  
 Student Academic Advisor, Department of Physics and Astronomy, 2016 – 2019  
 Speaker, Academic Support & Learning Advancement, Searle Center, Fall 2018  
 Faculty Mentor, Learning Assistantship Pilot Program, Searle Center, Spring 2018

*Yale University*

Instructor, Scientific Teaching Workshop, Poorvu Center for Teaching and Learning, Spring 2016  
 Science Education Seminar Series, Center for Teaching and Learning, 2015 – 2016  
 Science Education Journal Club, Center for Teaching and Learning, 2015 – 2016

*Vassar College*

Student Academic Advisor, Department of Physics and Astronomy, 2012 – 2015

## Teaching

*The University of Chicago*

The Teaching and Learning of Physics (Physics 300):

Autumn 2019, Autumn 2020, Autumn 2021, Autumn 2022, Autumn 2023.

Waves, Optics, and Heat (Physics 133):

Spring 2021, Summer 2022, Summer 2023.

Electricity and Magnetism (Physics 132):

Summer 2020, Winter 2021, Summer 2021, Winter 2022, Summer 2023.

Electrodynamics for the Life Sciences (Physics 122):

Winter 2023.

*Northwestern University*

Fundamentals of Physics III (Physics 140-3):

Spring 2019.

Fundamentals of Physics II (Physics 140-2):

Winter 2019.

Fundamentals of Physics I (Physics 140-1):

Fall 2018.

General Physics III (Physics 135-3):

Spring 2017, Spring 2018, Summer 2018, Spring 2019.

General Physics II (Physics 135-2):

Winter 2017, Fall 2017, Winter 2018, Winter 2019.

General Physics I (Physics 135-1):

Fall 2016, Summer 2017, Fall 2017, Summer 2018, Fall 2018, Summer 2019.

*Yale University*

University Physics II (Physics 181):

Spring 2016.

University Physics I (Physics 180):

Fall 2015.

*Vassar College*

Cosmology (Astronomy 375/Physics 375):

Fall 2014.

Elementary Particle Physics (Physics 375):

Spring 2012, Spring 2013.

Thermodynamics and Statistical Mechanics (Physics 245):

Spring 2015.

Electrodynamics (Physics 240):

Fall 2012.

Planetary and Space Science (Astronomy 230):

Spring 2014.

Classical Mechanics (Physics 210):

Spring 2012, Spring 2013, Spring 2014, Spring 2015.

Fundamentals of Physics II (Physics 114):

Spring 2012, Spring 2013, Spring 2014, Spring 2015.

Fundamentals of Physics I (Physics 113):

Fall 2011, Fall 2012, Fall 2013, Fall 2014.

Solar System Astronomy (Astronomy 101):

Fall 2013.

## Select Teaching Evaluation Scores<sup>1</sup>

### *The University of Chicago*

Effective syllabus: 4.7/5.0 (4.1/5.0)

Clear objectives and expectations: 4.7/5.0 (4.1/5.0)

Stimulating interest in subject: 4.5/5.0 (3.8/5.0)

Availability and helpfulness: 4.8/5.0 (4.0/5.0)

Significant contribution to learning: 4.7/5.0 (3.9/5.0)

Inclusive environment: 4.9/5.0 (3.8/5.0)

### *Northwestern University*

Overall rating of the instruction: 5.8/6.0 (4.2/6.0)

Overall rating of the course: 5.6/6.0 (4.0/6.0)

Effectiveness of the instructor in stimulating your interest in the subject: 5.7/6.0 (4.0/6.0)

Preparation of the instructor for class: 5.9/6.0

Effectiveness with which the instructor communicated course content and ideas: 5.9/6.0

Instructor enthusiasm: 6.0/6.0

### *Vassar College*

Course organization: 4.9/5.0 (4.4/5.0)

How well course met its objectives: 4.8/5.0 (4.4/5.0)

Effectiveness of lecture or presentation: 4.7/5.0 (4.1/5.0)

Ability to illuminate difficult material: 4.7/5.0 (4.1/5.0)

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<sup>1</sup>Averages over all courses with representative averages for all instructors teaching the same courses in parentheses.



Ability to guide discussion: 4.7/5.0 (4.1/5.0)

Openness to students' point of view: 4.9/5.0 (4.4/5.0)

Helpfulness on coursework and individual consultation: 4.8/5.0 (4.3/5.0)

Overall effectiveness of instructor: 4.8/5.0 (4.3/5.0)

## Research Advising

Akash Harjivan (Neuroscience, The University of Chicago '24): 2023 – present

Project: *The role of contemplative practices in aligning physics pedagogy with the true nature of science*

Matthew Chen (Economics, The University of Chicago '23): 2023 – present

Project: *Differential impacts of traditional and contemplative practices on physics learning in higher education*

Noa Perlmutter (Cognitive Science, The University of Chicago '25): 2022 – present

Project: *What we talk about when we talk about physics problem solving*

Andrew Feldman (Cognitive Science, Northwestern University '21): 2019 – 2021

Projects: *Classical electrodynamics: A contemplation; Differential impacts of traditional and contemplative practices on physics learning in higher education*

Currently in the School of Culture, Education, and Human Development at NYU

Meredith Ward (Psychological Science, Vassar College '18): 2014 – 2018

Project: *Contemplative practice in physics education: Reimagining the classical mechanics curriculum*

Currently in the Department of Clinical Social Work at Smith College

Luke Mansour (Applied Mathematics/Physics, Northwestern University '20): Winter 2017.

Project: *Topics in contemporary cosmology*

Currently an Associate at L.E.K. Consulting.

Calais Larson (Cognitive Science, Vassar College '17): 2015

Project: *Contemplative practice in physics education: Reimagining the classical mechanics curriculum*

Currently a Data Analyst at MIT Open Learning

Nadav Hendel (Physics/Engineering, Vassar College '17): Summer 2015.

Project: *Simulating maverick dark matter production at the LHC*

Currently at Plenty.

Zachary Nasipak (Physics and Astronomy, Vassar College '15): 2015

Thesis: *Constraining maverick dark matter with direct detection experiments*

Currently a NASA Postdoctoral Fellow at Goddard Space Flight Center

Austin Rau (Physics and Astronomy, Vassar College '15): 2014 – 2015

Thesis: *Knowledge structure coherence and conceptual change in classical mechanics*

Currently at General Dynamics Mission Systems

Timothy Serkes (Physics and Astronomy, Vassar College '14): 2014

Thesis: *Polarized reflection of electromagnetic waves from nonconducting surfaces*

Currently at McKinsey & Company

Benjamin Wills (Cognitive Science, Vassar College '14): 2013 – 2014

Thesis: *Metacognitive development in physics education*

Currently in the School of History and Sociology of Technology and Science at Georgia Tech

Alexander Stas (Mathematics, Vassar College '15): 2013

Project: *Space—A dialogue between Tibetan Buddhism and contemporary physics*

Currently Senior Professional Staff at The Johns Hopkins University Applied Physics Laboratory

## Civic and Community Engagement

Volunteer, [EveryMom Chicago](#), 2021 – present

Instructor, [Warrior-Scholar Project](#), 2021 – present

Meditation Instructor, The University of Chicago and South Side community, 2019 – present

Meditation Instructor, Winter Meditation Intensive, Dharma Ocean Foundation, 2018 – 2019

Meditation Instructor, Northwestern University, 2017 – 2019

Instructor, Lakota Girls STEM Cultural Exchange, Northwestern University, 2019

Meditation Instructor, Awakening the Body, Dharma Ocean Foundation, 2018

Instructor, Bad River Ojibwe Girls STEM Cultural Exchange, Northwestern University, 2018

Meditation Instructor, The Boundless Heart, Dharma Ocean Foundation, 2018

Volunteer, [PAWS Chicago](#), 2017 – 2018

Meditation Instructor, Awakening the Body, Dharma Ocean Foundation, 2016

Instructor, [STEM Summer Institute](#), Louisiana State University, 2016

Meditation Instructor, Yale University and New Haven community, 2015 – 2016

Meditation Instructor, The Body Loves, Dharma Ocean Foundation, 2016

Meditation Instructor, Vassar College and Poughkeepsie community, 2012 – 2015

Advisory Council Member, Women's Power Space, Poughkeepsie NY, 2015

Meditation Instructor, Women's Power Space, Poughkeepsie NY, 2015

Speaker, [The Helix Center for Interdisciplinary Investigation](#), 2014

Instructor, [Vassar Science Scholars Program](#), 2014

Instructor, A Day at Vassar, Vassar College, 2013

Volunteer, Dutchess County Jail (Women's Section), Poughkeepsie NY, 2012 – 2014

Meditation Instructor, Dutchess County Jail (Women's Section), Poughkeepsie NY, 2012

Instructor, [Young Scholars](#), Department of Mathematics, The University of Chicago, 2010

Instructor, [SMART Program](#), Department of Physics, The University of Chicago, 2009 – 2010

Instructor, [Chicago Academic Achievement Program](#), The University of Chicago, 2009

Instructor, [SESAME Program](#), Department of Mathematics, The University of Chicago, 2009

Instructor, [Space Explorers](#), Kavli Institute for Cosmological Physics, The University of Chicago, 2008 – 2009

Instructor, [Yerkes Institute](#), Kavli Institute for Cosmological Physics, The University of Chicago, 2007 – 2009

Language Instructor, Rassias Foundation, Dartmouth College, 2004 – 2006

Instructor, English High School, Boston MA, 2005

Instructor, Cambridge-Harvard Summer Academy, Harvard University, 2005

Language Instructor, Department of Middle Eastern Studies, Dartmouth College, 2003 – 2005

Instructor, Woodstock Correctional Facility, Woodstock VT, 2000 – 2002

Volunteer, Orphanage of the Sisters of Mother Teresa, Cairo, Egypt, 1998 – 2000

## Continuing Education

### *Center for Trauma and Embodiment*

Healing Trauma Through Yoga (5 hrs), 2022

Trauma Sensitive Yoga (20 hrs), 2023

### *Darkness to Light*

Stewards of Children (2 hrs), 2023

Healthy Touch for Children and Youth (1 hr), 2023

Protecting Children through Active Bystanding (1 hr), 2023

Recognizing and Reporting Child Abuse and Neglect (1 hr), 2023

Talking with Children about Safety from Sexual Abuse (1 hr), 2023

### *Dharma Ocean Foundation*

Meditation Teacher Training (200 hrs), 2015

Meditating with the Body Teacher Training (100 hrs), 2015

### *Mindsight Institute*

Attachment Theory in Clinical Practice (2 hrs), 2021

Cross Generational Trauma (1 hr), 2022

Attachment, Trauma, and Psychotherapy (11 hrs), 2023

### *National Institute for the Clinical Application of Behavioral Medicine*

How to Work with Emotional Triggers, 2022

How to Work with Shame, 2023

Working with Deep-Seated Resentment, 2023

### *Santosha Yoga Institute*

RYT-200 Yoga Teacher Training Certification (200 hrs), 2022

Yin Yoga Teacher Training (50 hrs), 2023

### *Somatic Experiencing International*

Basic Principles of Somatic Experiencing (3 hrs), 2023

The Somatic Approach to Struggling with Long-COVID (2 hrs), 2023

*The University of Chicago Crown Family School of Social Work, Policy and Practice*

Human Behavior in the Social Environment (SSAD 327), 2021

Self Awareness and Social Work with Diverse Populations (SSAD 441), 2022

Social Intervention: Programs and Policies (SSAD 300), Autumn 2023

Youth Trauma Work: Integrating Neurobiology and Anti-Adultism in Contextual Practice (SSAD 442), Autumn 2023

## Languages

*Native:* Swedish.

*Fluent:* English.

*Advanced:* French, Italian.

*Intermediate:* Arabic, Portuguese, Spanish.

*Elementary:* Russian.