

CURRICULUM VITA
Gulden Esat, Ph.D.

EDUCATION

- 2017-2022 Doctor of Philosophy, School Psychology (APA accredited)
Dissertation title: Dual Factor Model: Comparative Impact of
Eudaimonic vs. Subjective Well-Being on College GPA
Anticipated graduation date: May 2022
University of Houston, Houston, Texas
- 1996-2000 Master of Education + Specialist Degree
School Psychology (NASP approved)
University of Massachusetts, Amherst, Massachusetts
- 1991-1994 Bachelor of Arts in Guidance and Counseling
Boğaziçi University; Istanbul, Turkey

PUBLICATIONS

- Smith, B. H. & Esat, G. (In press). Acceptability, feasibility, and scalability considerations of school-based yoga: SONIMA/Pure Edge Yoga as an example. In S. B. Khalsa, S. Telles, & C. Cook-Cottone (Eds.), *The principles and practice of yoga for children and adolescents*.
- Kim, H., Smoots, K. Sajovec, P., Rizvi, S., Esat, G., & Smith, B. H. (2022). Longitudinal factorial invariance of a brief measure of affect and calm-focus. *International Journal of Yoga Therapy*, 32, Article-2.
<https://doi.org/10.17761/2022-D-20-00002>
- Smith, B. H., Kim, H., Esat, G., Izuno-Garcia, A.K., Meinert, A., Vazquez, M., & Gonzalez, J. (2021). Comparing three overnight summer camp experiences for marginalized middle school students: Negative, neutral, and positive results. *Journal of Experiential Education*. <https://doi.org/10.1177/10538259211030529>
- Esat, G., Rizvi, S., Mousa, C., Smoots, K. D., Shaw, E., Phillip, C. R., & Smith, B. H. (2021). Mindful Ambassador Program: An acceptable and feasible universal intervention for college students. *Journal of Yoga & Physiotherapy*, 8(5).
DOI:10.19080/JYP.2021.08.555748
<https://juniperpublishers.com/jyp/pdf/JYP.MS.ID.555748.pdf>
- Esat, G., Smith, B. H., Rizvi, S., & Koenig, H. G. (2021). Adaptation of the Duke University Religion Index for Turkish speaking Muslims. *Mental Health, Religion & Culture*. <https://doi.org/10.1080/13674676.2021.1923681>
- Esat, G., Day, S. X., & Smith, B. H. (2021). Religiosity and happiness of Turkish speaking Muslims: Does country happiness make a difference? *Mental Health, Religion & Culture*. <https://doi.org/10.1080/13674676.2021.1926444>

Smith, B. H., Esat, G., & Kanojia, A. (2020). School-based yoga for managing stress and anxiety. In Maykel, C. E., & Bray, M. A. (Eds), *Promoting mind-body health in schools: Interventions for mental health professionals*. American Psychological Association. <https://doi.org/10.1037/0000157-014>

Smith, B. H., Lyons, M. D. & Esat, G. (2019). Yoga kernels: A public health model for developing and disseminating evidence-based yoga practices. *International Journal of Yoga Therapy*, 29(1), 119-126. <https://doi.org/10.17761/2019-00024>

MANUSCRIPTS UNDER REVIEW

Esat, G., Smith, B. H., Rizvi, S., & Kim, H. (In review). Developing universal mindfulness interventions: An acceptable, feasible, and effective example.

Esat, G., Pasha, N., Rizvi, S., & Smith, B. H. (In review). Religion and spirituality: A neglected dimension of cultural responsiveness in school psychology.

Aguirre-Munoz, Z., Esat, G., Smith, B. H., & Choi, N. (In review). Effects of teaching efficacy, advocacy, and knowledge on coping and well-being of dual language immersion teachers.

PRESENTATIONS

Esat, G., Rizvi, S., Mousa, C., Shaw, E., & Smith, B.H. (2021, February). *Eudaimonic vs. hedonic well-being in predicting academic success*. Paper session presented at the annual meeting of the National Association of School Psychologists, Virtual.

Esat, G., Rizvi, S., Philipps, C., Moore, G., Vazquez, M., & Smith, B. H. (2020, February). *Developing a school-based mindfulness intervention: Acceptability, fidelity, and efficacy*. Paper session presented at the annual meeting of the National Association of School Psychologists, Baltimore, MD.

Esat, G., Rizvi, S. & Smith, B. H. (2019, August). Developing a school-based mindfulness intervention: acceptability, fidelity, and efficacy. *School Psychology Student Research Forum*. Pecha Kucha presentation at the annual meeting of the American Psychological Association, Chicago, IL.

Esat, G., Smith, B. H., Rizvi, S., Habib, A. & Mousa, C. (2019, August). *Student well-being and stress: The impact of mindfulness and spirituality*. Poster presented at the annual meeting of the American Psychological Association, Chicago, IL.

Olvera, N. & Esat, G. (2019, April). Integration of mindfulness in nutrition and exercise interventions for minority populations. Session presented at Health-Educators Network Meeting, Houston, TX.

Smith, B., Esat, G., Rizvi, S. & Smoots, K. (2019, February). *Mindfulness practices to enhance hedonic and eudaimonic well-being*. Mini-Skills Workshop at 2019 National Association of School Psychologists Convention, Atlanta, GA.

GULDEN ESAT

- Esat, G.,** Yanez, J., & Olvera, N. (2018, December). *Eye to the future: Developing the next generation of childhood obesity prevention professionals*. Poster presented at the meeting of the University of Houston, Humana Integrated Health System Sciences Institute, Houston, TX.
- Smith, B., Carpenter, B., Mahfooz, J., **Esat, G.** (2018, November). *Mindful practices For improving school climate*. Post-Convention Workshop at 2018 University Council for Educational Administration Convention, Houston, TX.
- Smith, B. H., **Esat, G.**, Butcher, K., Carpenter, B. (2018, August). *Cultivating persistence in higher education through mindfulness*. Research & practical application session presented at the 9th Texas Higher Education Symposium, Houston, TX.
- Smith, B. H., **Esat, G.**, Butcher, K., Carpenter, B. (2018, August). *Mindful pathways in the P-20 pipeline*. Research & practical application session presented at the 9th Texas Higher Education Symposium, Houston, TX.
- Esat, G.**, Smith, B. H., Rizvi, S., Kanojia, A. (2018, August). *Student well-being: The impact of mindfulness and spirituality*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Esat, G.** (2016, June). *A local conception of happiness*. Paper presentation at the Positive Psychology & CBT Conference, Philadelphia, PA
- Heartland Area Education Agency (2002, February). *Problem solving in practice*. Paper presentation at the annual convention of National Association of School Psychologists, Chicago, IL.
- Dr. Gary Stoner Research Group (1997, February). *Parent child-reading interactions*. Poster presentation at the annual convention of National Association of School Psychologists, Orlando, FL.

LICENSES

Licensed Psychologist (Provisional), Texas Behavioral Health Executive Council
License no: 39506, Expiry date: 07/20/2024

Licensed Specialist in School Psychology, Texas Behavioral Health Executive Council
License no: 72005, Expiry date: 09/30/2023

WORK EXPERIENCE

2022- Ass. Prof., Department of Psychology & Philosophy
Clinical Psychology Master's Program, College of Humanities & Social Sciences, Sam Houston State University, Huntsville, Texas

- 2020-2022 Pre-doctoral Intern Psychologist, Graduate Assistant of Wellness
Wellness Center, University of Houston, Texas
Supervised by Dr. Susan X Day, Licensed Psychologist
- Developing and evaluating campus-wide interventions
 - Creating mental-health surveys and other program related scales
 - Analyzing the data
 - Reporting the results with programmatic recommendations
 - Brief counseling with students
- 2019- 2020 Program Evaluation Coordinator
Leadership, Education, and Development Program for middle-school
students, University of Houston, Texas
- Coordination and supervision of research assistants for on-site
data- collection
 - Coordination of meetings
 - Data management
 - Writing monthly and annual progress reports
 - Coordination and writing of manuscripts
- 2018-2019 Program Coordinator
Eye to the Future: Obesity Prevention Professionals Internship
Program, BOUNCE Healthy Lifestyle Program, University of Houston
- Planning and coordinating the internship training
 - Delivering programming training
 - Coordination and supervision of undergraduate interns for their
on-site internship tasks
 - Coordination of meetings and follow-up of the action plans
 - Data management
 - Writing the annual progress reports
- 2017- 2020 Teaching Assistant
Department of Psychological, Health, and Learning Sciences,
University of Houston, Texas
- Program Planning for the Health Professions
 - Culture & Health
 - Development of Contemporary Families
 - History & Philosophy of Psychological Systems
- 2008-2015 Psychologist and Center Director
Hundred Percent Success Center
Istanbul, Turkey

GULDEN ESAT

- 2004-2009 Psychologist
Gungoren Hospital, Yesiltepe Clinic
Istanbul, Turkey
- 2000-2002 School Psychologist
Grantwood Area Education Agency, Heartland Area Education Agency
Cedar Rapids, Newton, Iowa

OTHER EXPERIENCE

- 11/2021 Health Promoting University Task Force Member
University of Houston, Texas
- 04/2021 Abstract Submission Reviewer, Volunteer
Department of Psychological, Health, and Learning Sciences Research
Symposium, University of Houston, Texas
- 2018- 2020 Principal Investigator
Student Well-being: The Impact of Mindfulness and Spirituality
University of Houston, Texas
- Creating the curriculum
 - Coordination of implementation
 - Delivery of the program
 - Data collection and analysis
 - Manuscript writing
- 2018-2020 Practicum Clinician
- Texas Children’s Hospital, Center for Children and Women,
Greenspoint, Texas
 - Counseling and Psychological Services,
University of Houston, Texas
- 2017- 2019 Principal Investigator
Mindfulness, Religiosity and Well-being of Muslim Adults
University of Houston, Texas
- Data collection and analysis
 - Manuscript writing
- 2009-2015 President
CABADER Women’s Association; non-profit organization for
professional
development, socialization, and social-justice project development
Istanbul, Turkey

AWARDS

05/2021	2021 Presidential Citation American Student Health Association For the evaluation of “Your Self Series” as a volunteer expert
12/2019	Travel Fellowship Department of Psychological, Health, & Learning Sciences University of Houston, Texas
04/2019	Outstanding Graduate Teaching Assistant Extra-Mile Award Department of Psychological, Health, & Learning Sciences University of Houston, Texas
08/2018	Research Seed Grant for the study of Student Well-being: Impact of Mindfulness and Spirituality-Efficacy Study. American Psychological Association Division 36 Psychology of Religion and Spirituality

COMPLETED TRAINING/WORKSHOPS

08/2021	Transforming Your Research into Teaching Associate Level Certificate Center for the Integration of Research, Teaching, and Learning University of Houston, TX
05/2021	Advancing Equity for Women and Girls Through Research, Education, and Advocacy American Association of University Women
04/2021	Motivational Interviewing Bethel University, MN
07/2020	Dynamic Mindfulness Training Niroga Institute, CA
07/2020	Supporting the Social and Emotional Needs of Students Impacted by the COVID-19 Pandemic and the Demand for Racial Justice IES Regional Educational Laboratory West
04/2020	Childhood Immigration: Implications for Trauma-Informed Practices in Schools School Psychology Division, Texas A&M University, TX

Updated 08/2022