

# ALANNA E.F. RUDZIK

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## EDUCATION

- 2010 Ph.D., Anthropology, University of Massachusetts Amherst
- 2002 M.Sc., Physical Anthropology, University of Toronto
- 2000 Hon. B.A., with Distinction, Anthropology and English, University of Toronto

## PROFESSIONAL APPOINTMENTS

- 2016– Assistant Professor, SUNY Oneonta
- 2012-14 International Junior Research Fellow (Postdoctoral), Department of Anthropology, Durham University
- 2009-11 Social Sciences and Humanities Research Council Postdoctoral Fellow, Department of Anthropology, University of Toronto

## AFFILIATIONS

- 2014-20 Honorary Fellow, Department of Anthropology, Durham University
- 2015-16 Visiting Scholar, Department of Anthropology, University of Toronto Mississauga

## GRANTS, FELLOWSHIPS AND AWARDS

- 2017 International Engagement Grant (with HL Ball), International Office, Durham University
- 2012-14 Wenner-Gren Foundation Post-PhD Research Grant: "The development of melatonin rhythmicity and sleep/wake consolidation in breastfed and formula fed infants"
- 2013 Seedcorn Funding, Research Office, Durham University: "Food security, maternal mental health and infant feeding behaviour in the state of São Paulo, Brazil"
- 2013 Research Support, Department of Anthropology, Durham University: "Food security, maternal mental health and infant feeding behaviour in the state of São Paulo, Brazil"
- 2012 Santander Mobility (Travel) Award, International Office, Durham University: "Food security, maternal mental health and infant feeding behaviour in the state of São Paulo, Brazil"
- 2012 Conference and Workshop Grant (with HL Ball), Institute of Advanced Studies, Durham University: "Light and the Rhythms of Infant Life: Infant sleep and circadian development"
- 2012-14 International Junior Research Fellowship, Durham University Institute for Advanced Studies, held in Department of Anthropology, Durham University

- 2010 Small Grant, Department of Anthropology Social Sciences and Humanities Research Council of Canada Institutional Grant, University of Toronto
- 2009-11 Postdoctoral Fellowship, Social Sciences and Humanities Research Council Award #756-2009-0562, held in Department of Anthropology, University of Toronto
- 2008 Travel Award, Marion and Jasper Whiting Foundation, Boston, MA
- 2008 Arnelagos-Swedlund Medical Anthropology Scholarship, Department of Anthropology, University of Massachusetts Amherst
- 2008 Travel Grant, School for Graduate Studies, University of Massachusetts Amherst
- 2005-07 Doctoral Fellowship, Social Sciences and Humanities Research Council Award #752-2005-0519, held in Department of Anthropology, University of Massachusetts Amherst
- 2005 Richard B. Woodbury Award for Outstanding Conference Paper, Department of Anthropology, University of Massachusetts Amherst
- 2000-01 Graduate Fellowship, Faculty of Arts and Sciences, University of Toronto

## PUBLICATIONS

### Peer-Reviewed Journal Articles

- 2020 King GA, McPherson AC, Kingsnorth S, Gorter JW, Avery L, **Rudzik** A and The Ontario Independence Program Research (OIPR) Team. Opportunities, experiences, and outcomes of residential immersive life skills programs for youth with disabilities. *Disability and Rehabilitation*. DOI: 10.1080/09638288.2020.1716864 (Early Online)
- 2019 Duff C, King G, McPherson AC, Kingsnorth S, and AEF **Rudzik**. Residential Immersive Life skills programs for youth with disabilities: Experiences of parents and shifts in parenting approaches. *Journal of Adolescence*. DOI: 10.1016/j.adolescence.2019.10.015 (Early Online)
- 2019 Kingsnorth S, **Rudzik** AEF, King G and AC McPherson. Residential immersive life skills programs for youth with disabilities: a case study of youth developmental trajectories of personal growth and caregiver perspectives. *BMC Pediatrics*. DOI:10.1186/s12887-019-1793-z. (Early Online)
- 2018 **Rudzik** AEF, Robinson-Smith L, and HL Ball. Discrepancies in maternal reports of infant sleep vs. actigraphy by mode of feeding. *Sleep Medicine*. 49: 90-98.
- 2018 McPherson AC, **Rudzik** AEF, Kingsnorth S, King G, Gorter JW, and A Morrison. "Ready to take on the world": Experiences and understandings of independence after attending residential immersive life skills programs for youth with physical disabilities. *Developmental Neurorehabilitation*. 21(2): 73-82.
- 2016 **Rudzik** AEF and HL Ball. Exploring maternal perceptions of infant sleep and feeding method among mothers in the United Kingdom: A qualitative focus group study. *Maternal and Child Health Journal*. 20 (1): 33-40.
- 2014 **Rudzik** AEF, Breakey A, and RG Bribiescas. Oxytocin and Epstein-Barr Virus: Stress biomarkers in the postpartum period among first-time mothers from São Paulo, Brazil. *American Journal of Human Biology* 26 (1): 43-50.

- 2012 **Rudzik** AEF. The experience and determinants of first-time breastfeeding among low-income women from São Paulo, Brazil. *Current Anthropology*. 53 (1):108-117.
- 2011 **Rudzik** AEF, Leonard SH, and LL Sievert. Determinants of tubal ligation in Puebla, Mexico. *Women & Health*. 51 (4): 365-382.
- 2003 **Rudzik** AEF. Examining health equity through patient satisfaction and patient confidence in primary health care in the Republic of Trinidad and Tobago. *Journal of Health, Population and Nutrition*. 21(3): 243-250.

### Book Chapters

- 2018 **Rudzik** AEF. "Mothering, identity construction and visions of the future among low-income adolescent mothers from São Paulo, Brazil" In: Marginalized Mothers, Mothering from the Margins. Eds: T Taylor and K Bloch. Emerald Publishing. Chapter 3, 41-55.
- 2016 **Rudzik** AEF and HL Ball. Baby-lag: Methods for assessing parental tiredness and fatigue. In: Biological Measures of Human Experience across the Lifespan: Making Visible the Invisible. Eds: LL Sievert and D Brown. Springer Press. Chapter 3, 29-46.
- 2014 **Rudzik** AEF. The embodied experience of breastfeeding and the product/process dichotomy in São Paulo, Brazil. In Ethnographies of Breastfeeding: Cultural Contexts and Confrontations. Bloomsbury Publishing, Eds: T Cassidy and A El Tom. Chapter 1, 11-22.
- 2013 **Rudzik** AEF and DW Sellen. Cultural considerations in feeding infants and young children. Pediatric Nutrition: 7th Ed. American Academy of Pediatrics, Eds: RE Kleinman and FR Greer. Chapter 10, 219-240.
- 2011 **Rudzik** AEF. Breastfeeding and the "good mother" ideal in São Paulo, Brazil. An Anthropology of Mothering. Demeter Press, Eds: M Walks and N McPherson. Chapter 9, 159-171.

### Book Reviews

- 2018 **Rudzik** AEF. Book Review: Progressive Mothers, Better Babies. *Bulletin of Latin American Research*. 37(4): 520-522.
- 2016 **Rudzik** AEF. Book Review: Nighttime Breastfeeding: An American Cultural Dilemma. *American Anthropologist*. 118 (4): 975-976.
- 2015 **Rudzik** AEF. Book Review: Sleep Around the World: Anthropological Perspectives. *Journal of the Royal Anthropological Institute*. 12(2): 478-479.

### Manuscripts Currently Under Peer-Review

**Rudzik** AEF and HL Ball. Biologically normal sleep in the mother-infant dyad. *American Journal of Human Biology*.

**Rudzik** AEF, McKenna JJ, Tomori C, and HL Ball. *Biocultural Perspectives on Infant Sleep* Invited chapter for the Routledge Handbook of Anthropology and Reproduction.

King GA, Hartman LR, McPherson AC, DeFinney A, Kehl B, **Rudzik A**, and A Morrison. Exploring the after-hours social experiences of youth with disabilities in residential immersive life skills programs: A photo elicitation study. *Disability and Rehabilitation*.

### **Protocols, Reports and Other Publications**

- 2018 **Rudzik** AEF. Infant sleep and feeding in evolutionary perspective. *International Journal of Birth and Parent Education*. 6 (1): 17-20.
- 2016 McPherson AC, King G, **Rudzik A**, Kingsnorth S, Gorter JW and the Ontario Independence Program Research (OIPR) team. Optimizing life success through residential immersive life skills programs for youth with disabilities: Study protocol of a mixed-methods, prospective, comparative cohort study. *BMC Pediatrics*. 16 (1) 153-.
- 2015 **Rudzik** AEF. Normal infant sleep and parental expectations. *International Journal of Birth and Parent Education*. 2 (2): 7-10.
- 2014 **Rudzik** AEF. Breastfeeding and Maternal Smoking, Breastfeeding and Substance Misuse—A Review of Programs/Interventions Nationwide. Final Report on consultancy for Middlesbrough and Redcar/Cleveland Health Improvement Partnerships, pp. 1-30.
- 2011 **Rudzik** AEF, Karthigesu S, and DW Sellen. Supplementary feeding for premature infants unable to breastfeed. Summary provided to World Health Organization E-Library of Evidence for Nutrition Actions.
- 2003 **Rudzik** AEF. Baseline Assessment: Community involvement in Primary Health Care decision making. In: Republic of Trinidad and Tobago Primary Health Care Health Needs Assessment Report. Centre for International Health, University of Toronto, produced for Ministry of Health, Trinidad and Tobago, pp. 1-10.

### **CONFERENCE ACTIVITY/PARTICIPATION**

#### **Invited Speaker**

- 2018 **Rudzik** AEF. Coping with infant sleep. Fifth Biennial Durham University Parent-Infant Sleep Lab Conference, April 19
- 2016 **Rudzik** AEF. Infant sleep and feeding: an evolutionary medicine perspective. XXI Curso Internacional de Bases Biologicas de la Conducta, October 6

#### **Presentations/Published Abstracts**

- 2020 **Rudzik** AEF, Robinson-Smith L, and HL Ball. The baby's own room: the impact of sleep duration on infant and maternal sleep and maternal well-being. *American Journal of Human Biology*: 32: 49-49, Human Biology Association Annual Meeting, April 15-17. (Presentation cancelled due to COVID-19)
- 2019 **Rudzik** AEF, Robinson-Smith L, and HL Ball. The baby's own room: the impact of infant sleep location on infant and maternal sleep and maternal well-being. Life of the Mind, SUNY Oneonta, November 13-14

- 2016 **Rudzik** AEF, Robinson L, and HL Ball. Infant sleep duration and melatonin levels in exclusively breastfed and exclusively formula fed infants. *American Journal of Human Biology*. 28: 294-294, Human Biology Association Annual Meeting, April 13-15
- 2015 Kingsnorth S, **Rudzik** AEF, King GA, McPherson AC, Jones-Galley K, Glencross-Eimantas T, Gorter JW, Morrison A, Isihi AM, Timbrell N, and B Kehl. Optimizing life success through Residential Immersive Life Skills programs for youth with disabilities. Bloorview Research Institute Symposium, November 10
- 2015 McPherson AC, **Rudzik** AEF, Kingsnorth S, King GA, Gorter JW and A Morrison. "Ready to take on the world": experiences and understandings of independence after attending residential immersive life skills programs for youth with physical disabilities. Bloorview Research Institute Symposium, November 10
- 2015 McPherson, AC, Gorter, JW, Jones Galley, K, King, G, Kingsnorth, S, **Rudzik**, AEF, Glencross-Eimantas, T, Morrison, A, Isihi, AM, Savage, D, Timbrell, N. Essential ingredients of life-skills programs aiming to enhance transitions to adulthood for youth with disabilities. American Academy of Cerebral Palsy and Developmental Medicine Annual Meeting, October 21-24
- 2014 **Rudzik**, AEF, Robinson L and HL Ball. Sleeping like a baby? Subjective, objective, and biological measures of babies' and mothers' sleep. American Anthropological Association Annual Meeting, December 3-7
- 2014 **Rudzik** AEF, L Robinson and HL Ball. Sleeping like a baby? An investigation into mother-infant sleep by feeding method. *American Journal of Human Biology*. 26: 280, Human Biology Association Annual Meeting, April 9-10
- 2014 **Rudzik**, AEF, Robinson L and HL Ball. Sleeping like a baby? Investigating mother-infant sleep by feeding method, Light and the Rhythms of Infant Life Conference, Durham University, March 31
- 2013 **Rudzik** AEF. Associations between infant feeding and infant/maternal sleep: Maternal perceptions and subjective measures in a mixed qualitative/quantitative research study. *Maternal and Child Nutrition*. 9: 32. Nutrition and Nurture in Infancy and Childhood Biennial International Conference, June 10-12
- 2013 **Rudzik** AEF. A qualitative focus group study exploring maternal perceptions of infant feeding type and sleep outcomes. Wolfson Research Institute Research Colloquium, Durham University, April 17-18
- 2013 **Rudzik** AEF. C-reactive protein, body mass index and psychosocial stress/distress among Brazilian women in the early post-partum. *American Journal of Human Biology*. 25: 272-273. Human Biology Association Annual Meeting, April 10-11
- 2012 **Rudzik** AEF. Association between human milk oxytocin and subjective stress reports among breastfeeding low-income first-time mothers from São Paulo, Brazil: The impact of unplanned pregnancy. *Breastfeeding Medicine*. 7: 562. International Society for Research in Human Milk and Lactation Biennial Meeting, September 28-October 1
- 2012 **Rudzik** AEF. Parental perceptions of infant sleep. Developmental Physiology Annual Conference, University of Leicester, June 21-22
- 2012 **Rudzik** AEF. Parental perceptions of infant sleep. Sleep, Infancy and Mothering Conference, Durham University, June 14

- 2011 **Rudzik** AEF. Mothering, identity construction and expectations for the future among adolescent and adult women from São Paulo, Brazil. American Anthropological Association Annual Meeting, November 15-20
- 2011 Leonard SH, **Rudzik** AEF, and AC Swedlund. Physician networks, location, status and longevity in emergent industrial cities. Social Science History Association Annual Meeting, November 17-20
- 2011 **Rudzik** A and A Webb Girard. Associations between dietary diversity and post-partum depression among low-income new mothers from São Paulo, Brazil. *American Journal of Human Biology*. 23: 275. Human Biology Association Annual Meeting, April 13-14
- 2010 **Rudzik** AEF. Oxytocin. American Anthropological Association Annual Meeting, November 17-21
- 2010 **Rudzik** A, Breakey A and RG Bribiescas. Associations of two biomarkers with stress during the breastfeeding period among low-income new mothers from São Paulo, Brazil. *American Journal of Human Biology*. 22: 269. Human Biology Association Annual Meeting, April 14-15.
- 2009 **Rudzik** AEF. (Re)defining the 'good mother': breastfeeding practices among women in São Paulo, Brazil. American Anthropological Association Annual Meeting, December 1-6
- 2009 **Rudzik** AEF. Understanding infant feeding decisions in São Paulo, Brazil: A bio-experiential approach. Society for Medical Anthropology Annual Meeting, September 24-27
- 2009 **Rudzik** AEF. Risk of early supplementation and weaning among infants of low-income urban women, in São Paulo, Brazil. *American Journal of Human Biology*. 21:267. Human Biology Association Annual Meeting, April 1-2
- 2008 **Rudzik** AEF. Factors influencing early introduction of supplementary infant foods among low-income first-time mothers in the city of São Paulo, Brazil. Canadian Association for Physical Anthropology Annual Meeting, November 5-8
- 2008 **Rudzik** AEF. Breastfeeding, stress and early weaning among low-income urban woman, in São Paulo, Brazil. *American Journal of Human Biology*. 20:231. Human Biology Association Annual Meeting, April 9-10
- 2008 **Rudzik** AEF, Breakey A and RG Bribiescas. The impact of day-to-day stress on breastfeeding among low-income woman in São Paulo, Brazil: A preliminary analysis. Northeastern Anthropological Association Annual Meeting, March 7-9
- 2007 **Rudzik** AEF. Embodied constraints: Women's responses to unintended pregnancy, maternal ambivalence and the experience of breastfeeding. American Anthropological Association Annual Meeting, November 28-December 2
- 2006 Leonard SH, Swedlund AC and AEF **Rudzik**. A plurality of practices: Order and dis-order in the treatment and classification of disease in New England, 1830-1910. American Anthropological Association Annual Meeting, November 15-19
- 2006 **Rudzik** AEF. *Falta de ética*: Negotiating multiple ethical frameworks in field research with human participants. Conference on the Ethics of Practice in the Social Sciences and Humanities, University of Massachusetts, April 16
- 2006 Sievert LL and AEF **Rudzik**. Determinants of tubal ligation in Puebla, Mexico. *American Journal of Physical Anthropology*. S42: 165. American Association of Physical Anthropology Annual Meeting, March 8-11

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- 2005 **Rudzik** AEF. Levels of experience: Infant care and the dialectical relationship between health, perception and action. American Anthropological Association Annual Meeting, November 30-December 4
- 2002 **Rudzik** AEF. Investigating patient satisfaction and confidence: Some methodological concerns. Canadian Association for Physical Anthropology Annual Meeting, October 24-26
- 2002 **Rudzik** AEF. User satisfaction and confidence in public health care: The case of Trinidad and Tobago. First Annual Global Health Research Conference, University of Toronto, May 10

### **Discussant**

- 2011 **Rudzik** AEF. Before the Baby Comes: Dietary Provisioning during Pregnancy. American Anthropological Association Annual Meeting, November 15-20

### **Organizer**

- 2014 **Rudzik** AEF and HL Ball. Light and the Rhythms of Infant Life, Durham University. March 31-Apr 1 (Conference Organizer)
- 2005 **Rudzik** AEF and AE Dolphin. The Biology of Experience, American Anthropological Association Annual Meeting, November 30-December 4 (Session Organizer)

### **INTERNAL AND EXTERNAL PRESENTATIONS**

- 2020 Panel, COVID-19: Perspectives from the Sciences, SUNY Oneonta, October 15
- 2017 Seminar, Marginalized mothering: Identity and visions of the future among low-income adolescent mothers from São Paulo Brazil, Gender Out of Bounds seminar series, SUNY Oneonta, November 30
- 2016 Workshop, The problem of breastfeeding: Policy, practice and research, Centro Tlaxcala, XXI Curso Internacional de Bases Biologicas de la Conducta, October 5
- 2014 Seminar, The Sleeping like a Baby? project. Department of Anthropology Seminar, Durham University, June 17
- 2012 Seminar, Breastfeeding: Biology/culture interactions in the individual. Medical Anthropology Research Group Seminar Series, Durham University, November 20
- 2010 Seminar, Determinants of breastfeeding duration in São Paulo, Brazil. Multidisciplinary Residency Program, Santa Marcelina College, São Paulo, Brazil, May 5
- 2004 Seminar, The Grammars of Death. Government Publications Librarians of New England Annual Meeting, Amherst, MA, October 29

### **TEACHING EXPERIENCE**

- 2016- Assistant Professor, Department of Anthropology SUNY College at Oneonta. New courses developed: Anthropology of Food and Nutrition; Evolutionary Medicine  
Key course load: Introduction to Biological Anthropology; Human Biology and Culture Change; Medical Anthropology; Anthropology of Reproduction; Issues in Anthropology (Senior Seminar)

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- 2012-13 Module Lecturer, Department of Anthropology, Durham University: Health in Society and Sex, Reproduction and Love
- 2011 Lecturer, Department of Anthropology, University of Toronto: Medical Anthropology and Social Justice
- 2010-11 Evaluator, Poster Session and Senior Research Presentations, Human Biology Program, University of Toronto
- 2010-11 Guest Lecturer and Small Group Facilitator, Human Biology Program, University of Toronto: Hidden Hunger
- 2008 Lecturer, Department of Anthropology, Trinity College (CT): Anthropology and Global Health
- 2007 Lecturer, Department of Anthropology, University of Massachusetts: Human Ecology
- 2003-9 Teaching Assistant, Department of Anthropology, University of Massachusetts: Quantitative Research Methods in Anthropology; Human Origins and Human Variation; Inequality and Oppression
- 2000-1 Teaching Assistant, Department of Anthropology, University of Toronto: Plagues and Peoples; Forensic Anthropology; Health Diet and Disease in Past Populations

### **SUPERVISORY EXPERIENCE**

- 2012-13 Supervisor, Research Assistantships of Lyn Robinson (PhD candidate) and Jane Herron (MA student), Department of Anthropology, Durham University
- 2010 Co-supervisor, Muhannad Malas, final year Independent Research Project, Department of Anthropology, University of Toronto

### **ADDITIONAL RESEARCH EXPERIENCE**

- 2014-16 Research Coordinator, Social Sciences and Humanities Research Council Insight Grant: Optimizing life success through Residential Immersive Life Skills programs for youth with disabilities. PIs: GA King and AC McPherson.
- 2014 Consultant to Middlesbrough and Redcar/Cleveland Health Improvement Partnerships on Breastfeeding and Maternal Smoking, Alcohol and Substance Misuse.
- 2004-5 Research Assistant, Social and Demographic Research Institute, University of Massachusetts Amherst. National Institutes of Health Grant: The Grammars of Death. PIs: SH Leonard, DA Anderton, and AC Swedlund.
- 2003 Social Science Consultant to the Ministry of Health, Republic of Trinidad and Tobago, University of Toronto Centre for International Health Team. Team Lead: D Zakus, Director, Centre for International Health.

### **UNIVERSITY SERVICE, SUNY ONEONTA**

- 2020- Member, General Education Committee
- 2020- Advisor, Anthropology Club, Department of Anthropology
- 2019- Co-organizer, #UnderstandingRace lecture series, Department of Anthropology
- 2018- Member, College Library Committee
- 2019-20 Member, Open Access Policy ad hoc committee
- 2018-19 Co-Advisor, Anthro Club, Department of Anthropology



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2017-19 Facilitator, White Allies Caucus, Racial Equity Oneonta  
2017 Member, Institutional Review Board

### **DISCIPLINARY SERVICE**

On-going Member, Research Ethics Board, Bloorview Research Institute, Holland  
Bloorview Kids Rehabilitation Hospital, Toronto, Canada

On-going Ad Hoc Reviewer  
*American Anthropologist,* *Early Human Development*  
*American Journal of Human* *Ecology of Food and Nutrition*  
*Biology,* *Journal of Biosocial Science*  
*American Journal of Physical* *Journal of Human Lactation*  
*Anthropology,* *Journal of Public Health*  
*Annals of Human Biology,* *Maternal and Child Health*  
*Current Anthropology,* *Journal*  
*Developmental Psychology,* *Social Science and Medicine*

2020 Faculty facilitator, Graduate Student Reception, Human Biology Association  
(Cancelled due to COVID-19)

2017-18 Member, Annual Meeting Program Committee, Human Biology Association

2017 Faculty facilitator, Graduate Student Reception, Human Biology Association

2017 Judge, Student Awards Competition, Human Biology Association

2016 Reviewer, Routledge Books, UK, Book Proposal in Biocultural Anthropology

2013-14 Member, Annual Meeting Program Committee, Human Biology Association

### **OUTREACH ACTIVITIES**

2020 Presenter, "Race and Human Biology" presentation at Oneonta JobCorps,  
February 27

2014 Presenter, "Normal Infant Sleep" for Second National Childbirth Trust (UK)  
Training Day on Infant Sleep, January 14

2013 Staff, Parent-Infant Sleep Lab Booth, Durham University "Celebrate Science"  
Outreach event, October 29

2013 Presenter, Durham Education Business Partnership "Science of our Lives" event  
at Whitworth Park Secondary School, March 22

2012 Presenter, "Normal Infant Sleep Development" for National Childbirth Trust  
(UK) Training Day on Infant Sleep, November 3

2012 Staff, Parent-Infant Sleep Lab Booth, Durham University "Celebrate Science"  
Outreach event, October 31

### **ADDITIONAL TRAINING**

2018 Training Workshop on Salivary Biomarkers, Salimetrics, University of California  
Irvine

2016 Conference, Canadian Association of Research Ethics Boards, Toronto, ON

2014 Expanding Open Access for Authors Workshop, Holland Bloorview Kids  
Rehabilitation Hospital and University of Toronto

2012-13 Early Career Researcher "Leading Research" Programme, Durham University

2012 NVivo Training Workshop, Durham University

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- 2012 Early Career Researcher Summer School, University of Newcastle/Durham University
- 2010 Teaching in Higher Education Postdoctoral Course, University of Toronto
- 2010 Qualitative Data Analysis with NVivo Workshop , University of Toronto
- 2007 Using SPSS to Analyze Anthropological Data Workshop, Society for Applied Anthropology Annual Meeting, Tampa, FL