

Michael V. Stanton

San Francisco Bay Area, CA

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EDUCATION AND TRAINING

Stanford University and Veterans Affairs Palo Alto Palo Alto, CA
Fellowship, Clinical and Research: Behavioral Medicine Focus

2013 – 2016

- Verizon/GTE Fellowship - \$5,000
- UTRA Brown University research grant - \$5,000

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and fruits: rhyme and reason for word order in health messages. *American Journal of Lifestyle Medicine*.

<https://doi.org/10.1177/1559827618769605>

Schulz-Heik, R. J., Meyer, H., Mahoney, L., **Stanton, M. V.**, Cho, R. H., Moore-Downing, D. P., ... Bayley, P. J. (2017). Results from a clinical yoga program for veterans: yoga via telehealth provides comparable satisfaction and health improvements to in-person yoga. *BMC Complementary and Alternative Medicine*, 17, 198.

Stanton, M. V., & Smith, J. A. (2017). Law, Stigma, and Meaning: Implications for obesity and HIV prevention. *The Journal of Law, Medicine & Ethics*, 45(4), 492–501. <https://doi.org/10.1177/1073110517750583>

Stanton, M. V., et al. (2017). DIETFITS Study (Diet Intervention Examining The Factors Interacting with Treatment Success) – Study Design and Methods. *Contemporary Clinical Trials*. Feb; 53: 151-161.

Stanton, M. V., Matsuura, J., FataTj0.M, J. (20K(, J(t)L4 (n)1.1 h)3 (u)1w 1. (t)3 (h)10.1a017)atry (d)1 (P-32 (0)-32 (0. L)4 (a) t a t e . 161

- Investigated impact of genetics and environment on weight loss in 600-person Stanford study.
- Drafted grants, IRB applications, and published findings in top journals.
- Analyzed and code data programming, presented findings at international conferences.

U.S. Student Fulbright Grant (Full grant + extension grant) Senegal, West Africa 2006 – 2007
 Researcher

- Translated (2 local languages) and adapted WHO surveys for use in urban and rural Senegal.
- Designed and implemented cross-cultural research methodology and data collection.
- Established partnerships with local NGO's to gather research resources and published results.
- Conducted extensive online and on-site textual research in West Africa.

Somerville Homeless Coalition Somerville, MA 2007
 Technical Coordinator

- Incorporated advanced computer technology into project operations.
- Integrated past accounting and development records into a more consolidated file system.

Harvard Medical School, Division on Addictions Boston, MA 2003 – 2005
 Technical Research Coordinator

- Published 4 research manuscripts and monthly peer-reviewed articles in Harvard web journal.
- Created/maintained interactive public websites and designed innovative research technology.
- Submitted federal and institutional grant applications as well as IRB materials.
- Coded programming software for use in research projects (BLAISE, JavaScript...).
- Analyzed statistics and designed research incorporating innovative technology.

Chatham Partners Newton, MA 2002 – 2003
 Technical Research Analyst

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TEACHING EXPERIENCE

- Health Sciences Dept., California State University, East Bay** Hayward, CA 2016 – present
Assistant Professor (Tenure-Track)
- Teach 32 courses at CSUEB including 14 new course preparations
 - Instruct classes of 15-200 students (e.g., Public Health, Health Behavior Theory, Multicultural Health).
 - Adapt novel curricula, converting online to in-person class.
 - Convert classes from quarter to semester. From Health Sciences Dept to Public Health Dept.
 - Obtain state-of-the-art pedagogical training with HIP, ACUE, other teaching workshops.
 - Develop novel Public Health and Psychology syllabi for the Health Sciences Dept.
 - Mentor students on research projects focused on obesity and weight loss interventions.
- Stanford University/ VA Health Care System** Palo Alto, CA 2013 – 2016
Postdoctoral Fellow
- Led monthly Stanford and VA Grand Rounds.
 - Created and implemented Nationwide Veterans Affairs Continuing Education workshops/seminars.
 - Supervised multiple Stanford/Palo Alto University psychology graduate students.
 - Established and led many clinical groups on weight loss, mindfulness, and yoga.
 - Gain teaching/supervision expertise through year-long specialized training.
- VA Health Care System** Palo Alto, CA X 2012 – 2013
Behavioral Medicine Resident
- Directed clinical groups on insomnia, severe mental illness, addiction, weight loss.
 - Supervised Palo Alto University psychology graduate students.
 - Presented monthly seminars in Behavioral Medicine and Inpatient Psychiatry.
- Duke University** Durham, NC 2008 – 2012
Buddhist Community (BCD)
Former President & Current Program Coordinator
- Innovated programming and coordinated lecture schedule and visiting speakers.
 - Led regular lectures and guided meditations.
- Trinity School - undergraduate** 2008 – 2012
Guest Lecturer
- Designed lecture and presented for Duke University class.
 - Classes include: Human Genetics, Indian Religions, Religious Traditions, Meditation.
- Introductory Psychology** 2010
Teaching Assistant
- Prepared and led lecture for 200+ students.
 - Assisted development of course, graded tests and papers.
- Advanced Developmental Psychology** 2009
Teaching Assistant
- Crafted original curriculum and led own weekly 30-person section.

- State Department** Senegal, West Africa 2005 – 2007
Instructor
- Developed curriculum and instructed summer camp for high school Senegal
 - Taught monthly lesson for Senegalese HS students throughout the year
- Fundación Nueva Era Galápagos NGO** Galapagos Islands 2005
Educator and Program Organizer
- Developed and taught advanced English Language and Yoga curriculum for children and adults.
 - Created and instituted new orientation program for volunteer teachers.
- Buckingham, Browne & Nichols** Cambridge, MA 1998 – 1999
Counselor
- Initiated and taught drama curriculum to 1st-8th grade students.
 - Supervised and instructed own 1st grade class.

CLINICAL EXPERIENCE

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- Health Sciences Dept., California State University, East Bay** Hayward, CA 2016 – present
Assistant Professor (Tenure-Track) and Clinical Psychologist for Post-Bac Program
- Leads Counseling Clinic for Post-Baccalaureate Pre-Medical students as Clinical Psychologist
 - Counsels post students weekly on clinical and counseling concerns
 - Develops and chooses mood, cognitive, etc. assessments to monitor condition
 - Makes community referrals for further care
- Stanford University/WRIISC VA Health Care System** Palo Alto, CA 2013 – 2016
Postdoctoral Fellow
- Implemented behavioral medicine interventions in Obesity and Weight Loss Surgery and War-Related Illness and Injury Clinics.
 - Supervised practicum students and post-doctoral clinicians in chronic pain interventions.
 - Conducted integrated clinical assessments on complex patients with multiple comorbidities.
 - Organized, recruit, and directed weekly patient group on mindfulness and eating.
 - Co-led various Complementary Medicine sessions (e.g., yoga, tai chi, mindfulness).
- VA Palo Alto Health Care System** Palo Alto, CA 2012 – 2013
Behavioral Medicine Resident
- Assessed patient progress and provided treatment in diverse medical clinics, (e.g., Hepatitis C, Oncology, Smoking, Bariatric Surgery, Chronic Pain, Substance Dep.).
 - Provided evaluations and treatment for Inpatients and Homeless individually and in groups.
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- Black Men's Graduate & Professional Association. Duke University 2011 – 2012
- President's Committee on Black Affairs. Duke University 2008 – 2012
- Board of Meditation and Buddhist Community at Duke. Duke University 2008 – 2012
- Executive Committee for Graduate Faculty. Duke University 2008 – 2009
- Black Graduate Student Association. Duke University 2008 – 2009
- Graduate & Professional Student Council. Duke University 2007 – 2009

PROFESSIONAL LEADERSHIP

- Consulting Editor for American Psychological Association Health Psychology Journal 2022 – present
- Head Health Scientific Advisor, Chicago, IL 2018 – present
- Duke Alumni Association Board, Northern California Chapter 2018 – present
- Early Career Faculty Mentor, American Psychosomatic Society 2016 – present
- Fulbright Alumni Ambassador. U.S. Department of State. Washington, DC 2008 – present
- Habitual Health Ltd. a.i.g.h.u.r.s Care0can Psychosomati. (r)3 (s)-5 (i)-1 (t)2 (y)7 ()-L -0.0nd (tu9r.hu9rs8)-3 (.

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