MARY A. STEINHARDT

Professor, Academy of Distinguished Teachers
Fellow in the Lee Hage Jamail Regents Chair in Education
Department of Kinesiology and Health Education
College of Education, The University of Texas at Austin
Austin, Texas 78712
http://www.edb.utexas.edu/steinhardt/
http://utopia.utexas.edu/explore/resilience/index.html

Phone: 512-232-3535 (UT)
512-567-1204 (cell)

Date of Birth: Dec. 4, 1955
Place of Birth: Smithfield, North Carolina

EDUCATIONAL BACKGROUND

Master of Arts	Southwest Texas State University, San Marcos, TX Emphasis: Professional Counseling Completion Date: May 1999
Doctor of Education	University of Houston, Houston, TX Emphasis: Curriculum and Instruction Completion Date: December 1985
Master of Science	Lamar University, Beaumont, TX Emphasis: Health Education Completion Date: August 1980
Bachelor of Arts	University of North Carolina, Chapel Hill, NC Emphasis: Health and Physical Education Completion Date: December 1978

PROFESSIONAL APPOINTMENTS

2002-Present	Full Professor, Department of Kinesiology and Health Education, The University of Texas at Austin.
1992-Present	Associate Professor, Department of Kinesiology and Health Education, The University of Texas at Austin.
1986-1991	Assistant Professor, Department of Kinesiology and Health Education, The University of Texas at Austin.
1985-1986	Postdoctoral Research Associate, Department of Physical Education, The University of Georgia, Athens, Georgia.

GRANTS ($1,104,727)

Externally Funded

3M, Austin, Texas. "Building individual and organizational resilience," 1999-2006.

Motorola, Austin, Texas. "Building individual and organizational resilience," 1999-2004.

Selfhelpworks.com. “The resilient individual,” 2002-2004.

Department of Human Services, Austin, TX. “Building Resilience and Learning to Thrive,” 2004.

Home Depot, Atlanta, GA. “Beyond survival: building resilience and thriving,” 2003.

Department of Human Services. Austin/San Antonio, TX. “The resilient individual,I” 2002.

Applied Materials, Santa Clara, CA. “The resilient individual: Strength in the midst of change,” 2001-2002.

Hannaford Brothers Company, Portland, Maine. "Mindbody health assessment," 1998-1999.

Motorola, Corporate Headquarters, Chicago, Illinois. "The resilient individual: Discovering and creating essential experiences," 1997-1998.

Motorola, Austin, Texas. "Evaluation of a person-centered wellness program," 1995-1996.

American Heart Association Texas Affiliate Grant-In-Aid Award. "Physical fitness and activity status as related to cardiovascular heart disease risk," 1989-1993.

Conoco Inc., Houston, Texas. "The effects of having an onsite health and fitness program on the social dynamics of the workplace," 1985-1986.

Internally Funded

Field-Based Funding Initiative, College of Education, The University of Texas at Austin, “Transforming Stress into Resilience: Training Preservice Teachers To Bounce Back from Job Stress,” 2005.

Special Research Grant, The University of Texas at Austin, “Effectiveness of a Stress Management Intervention in Reducing Utilization of Health Care Services,” 2004.

UTOPIA Program, The University of Texas at Austin. “Building Resilience and Learning to Thrive,” 2004.

Dean’s Fellowship Award for outstanding performance in scholarship, teaching, and service, The University of Texas, Austin, Texas, Spring, 2002.

Special Research Grant, The University of Texas, Austin, Texas. “Altering appraisals of stress: Effects on reactivity, immunity and health,” 2000.

Special Research Grant, The University of Texas, Austin, Texas. “Establishing the reliability and validity of the social connection scale,” 1999.

Summer Research Award, The University of Texas, Austin, Texas. "Healthy pleasures: A new paradigm for promoting exercise behavior," 1991.

Biomedical Research Support Grant, The University of Texas, Austin, Texas. "Psychosocial predictors of patterns of lifestyle health behavior in a large worksite sample," 1988.

Summer Research Award, The University of Texas, Austin, Texas. "Self-reinforcement patterns in naturalistic exercise settings"; and "The physiological and psychological effects of measuring the percent fat of college students enrolled in running and aerobic dance classes," 1988.

Special Research Grant, The University of Texas, Austin, Texas. "A comparison of the assessment of physical activity using frequency, intensity and duration of participation in a worksite health and fitness program," 1987.

GIFTS ($1,077,200)

3M Austin. Collaborative training/research relationship, 1992-2006.

Motorola Austin. Collaborative training/research relationship, 1992-2004.

Humana, “Building resilience and learning to thrive,” 2004.

SCHOLARSHIP FUND ($26,311)

The Mary A. Steinhardt Scholarship Fund, The University of Texas at Austin, Ex-Student Association (I donate a portion of my consulting fees back to the university and will begin giving scholarships when I retire).

HONORS AND AWARDS

Bronze Award for Resource Development, “Transforming Lives Through Resilience Education,” Division of Instructional Innovation and Assessment, The University of Texas, 2006.

Fellow in the Lee Hage Jamail Regents Chair in Education, The University of Texas, 2005-2006.

Selected to the Academy of Distinguished Teachers, The University of Texas, 2004.

Texas Excellence Teaching Award, College of Education, 2003.

Recipient of the First Annual Dean’s Distinguished Teaching Award, College of Education, 2002.

Alpha Lambda Delta and Phi Eta Sigma Outstanding Professor, 2002.

Research Award, "Rethinking traditional weight management programs: An evaluation of a non-diet approach." Southwest Association for Women in Physical Activity, Sport, and Health, 1992.

Research Award, "Pleasure principle wellness: The research perspective of a changing paradigm in health promotion." National Wellness Institute, University of Wisconsin, Stevens Point, 1991.

CONTINUED ACADEMIC TRAINING, CERTIFICATIONS, AND LICENSES

Licensed Professional Counselor (LPC), License Number 17657, June 2002.

Franklin-Covey Leadership Center, “The Four Roles of Leadership” Certified Facilitator, June 2002.

Phoenix Rising Yoga Therapy Professional Two Year Certification Training, West Stockbridge, MA, 2001-2002.

Internal Family Systems Theory and Therapy Two Year Certification Training, 1999-2001.

Franklin-Covey Leadership Center, “What Matters Most” Certified Facilitator, March 2001.

Master of Arts in Professional Counseling, Texas State University, San Marcos, TX, 1994-1999.

Body-Centered Psychotherapy Two Year Certification Training, 1997-1998.

Covey Leadership Center, “Principle-Centered Leadership” Certified Facilitator, June 1995.

Covey Leadership Center, “Quad II. Time Management” Certified Facilitator, March 1994.

Covey Leadership Center, “Seven Habits of Highly Effective People” Certified Facilitator, January 1992.

PUBLICATIONS

Refereed Articles

Steinhardt, M.A., & Dolbier, C.L. (in press). Evaluation of a resilience intervention to enhance coping strategies and protective factors and decrease symptomatology. *Journal of American College Health*.

Dolbier, C.L., Smith, S.E., & Steinhardt, M.A. (in press). Relationships of protective factors to stress and symptoms of illness. *American Journal Health Behavior*.

McCalister, K.T., Dolbier, C.L., Webster, C.L., Mallon, M.W., & Steinhardt. M.A. (2006). The relationship of work environment and individual protective factors to stress and illness. *American Journal of Health Promotion*, *20*(3), 183-191.

Dolbier, C.L., Webster, C.L., McCalister, K.T., Mallon, M.W., & Steinhardt, M.A. (2005). Reliability and validity of a one-item measure of job satisfaction. *American Journal of Health Promotion*, *19*, 194-198.

Steinhardt, M.A., Dolbier, C.L., Gottlieb, N.H., & McCalister, K.T. (2003). The relationship between hardiness, supervisor support, group cohesion, and job stress as predictors of job satisfaction. *American Journal of Health Promotion*, *17*, 382-389.

Steinhardt, M.A., Dolbier, C., Mallon, M, & Adams, T. (2003). The development and validation of a scale for measuring self-leadership. *Journal of Self-Leadership*, *1*, 20-31.

Dolbier, C.L., Soderstrom, M., & Steinhardt, M.A. (2001). The relationships between self-leadership and enhanced psychological, health, and work outcomes. *Journal of Psychology, 135*, 469-485.

Dolbier, C.L., Cocke, R.R., Leiferman, J.A., Steinhardt, M.A., Nehete, P.N., Schapiro, S.J., Perlman, J.E., & Sastry, J. (2001). Differences in functional immune responses of high vs. low hardy healthy individuals. *Journal of Behavioral Medicine, 16*, 219-229.

Soderstrom, M., Dolbier, C., Leiferman, J., & Steinhardt, M. (2000). The relationship of hardiness, coping strategies and perceived stress to symptoms of illness. *Journal of Behavioral Medicine, 23*, 311-328.

Dolbier, C.L., Cocke, R.R., & Steinhardt, M.A. (2000). The effect of a psychosocial intervention on cortisol, secretory immunoglobulin A (sIgA), and incidence of upper respiratory infection. *Brain, Behavior, and Immunity, 14*, 91-92.

Dolbier, C.L., & Steinhardt, M.A. (2000). The development and validation of the sense of support scale. *Behavioral Medicine, 25*, 169-179.

Adams, T.B., Bezner, J.R., Drabbs, M.E., Zambarano, R.J., & Steinhardt, M.A. (2000). Conceptualization and measurement of the spiritual and psychological dimensions of wellness in a college population. *Journal of American College Health, 48*, 165-173.

Steinhardt, M.A., Bezner, J.R., & Adams, T.B. (1999). Behavioral, psychological and biomedical outcomes of a traditional weight control program and nondiet alternative: A one-year comparison. *Journal of Psychology, 133*, 495-513.

Dolbier, C., Cocke, R., Leiferman, J., Steinhardt, M., Nehete, P., Schapiro, S., Perlman, J., & Sastry, J. (1999). Hardiness, immune function, and health. *Neuroimmunomodulation: Research Perspectives in Psychoneuroimmunology, 6,* 214.

Bezner, J.R., Adams, T.B., & Steinhardt, M.A. (1997). The relationship of body dissatisfaction to physical health and wellness. *Health Values: Health Behavior, Education, and Promotion, 21,* 147-155.

Adams, T.B., Bezner, J.R., & Steinhardt, M.A. (1997). The conceptualization and measurement of perceived wellness: Integrating balance across and within dimensions. *American Journal of Health Promotion, 11,* 208-218.

Adams, T.B., Bezner, J.R., & Steinhardt, M.A. (1995). Principle-centeredness: A values clarification approach to wellness. *Measurement and Evaluation in Counseling and Development, 28,* 139-147.

Young, D.R., & Steinhardt, M.A. (1995). The importance of physical fitness for the reducing of coronary artery disease risk factors. *Sports Medicine, 19*, 303-310.

Steinhardt, M.A., & Nagel, L. (1995). Effectiveness of the overcoming overeating approach to the problem of compulsive eating. *When Women Stop Hating Their Bodies: Freeing Yourself From Food and Weight Obsession*, Pages 329-345.

Carrier, K.M., Steinhardt, M.A., & Bowman, S. (1994). Rethinking traditional worksite weight management programs: A three year follow-up evaluation of a new approach. *Journal of Psychology, 128*, 517-535.

Young, D.R., & Steinhardt, M.A. (1993). The importance of physical fitness versus physical activity for coronary artery disease risk factors: a cross-sectional analysis. *Research Quarterly for Exercise and Sport, 64*, 377-384.

Steinhardt, M., Lambdin, D., Kamrath, M., & Ramirez, T. (1993). An analysis of student teachers' intentional, perceived, and operational motor skills and physical fitness curriculum. *Journal of Teaching in Physical Education, 12*, 134-148.

Field, L.K., & Steinhardt, M.A. (1992). The relationship of internally directed behavior to self-reinforcement, self-esteem, and expectancy values for exercise. *American Journal of Health Promotion, 7*, 21-27.

Steinhardt, M.A., & Young, D.R. (1992). Psychological attributes of participants and nonparticipants in a worksite health and fitness center. *Behavioral Medicine, 18,* 40-46.

Lambdin, D., & Steinhardt, M. (1992). Elementary and secondary physical education teachers' perceptions of their goals, expertise, curriculum, and students' achievement. *Journal of Teaching in Physical Education, 11,* 103-111.

Steinhardt, M.A. (1992). Physical education. *Handbook for Research on Curriculum*. New York: Macmillan. Pages 964-1001.

Steinhardt, M.A., & Macklem, D. J. (1991). Reaction of university students to body composition assessment in physical education activity classes. *Journal of Teaching in Physical Education, 10,* 249-260.

Young, D.R., & Steinhardt, M.A. (1991). An analysis of the psychobiologic model in supervised exercise settings. *Health Values: Health Behavior, Education, and Promotion, 15*, 42-48.

Steinhardt, M., Stewart J., & Greenhow, L. (1991). Cost-effectiveness of an occupational physical fitness program for law enforcement officers. *American Journal of Health Promotion, 5*, 455-460.

Best, R.W., & Steinhardt, M.A. (1991). The accuracy of heart rate monitoring in elementary school children. *Pediatric Exercise Science, 3*, 229-237.

Dishman, R.K., & Steinhardt, M.A. (1990). Internal health locus of control predicts free-living physical activity, not supervised exercise: A test of the exercise-specificity hypothesis. *Research Quarterly for Exercise and Sport, 61*, 383-394.

Rohm, D.R., & Steinhardt, M.A. (1990). Changes in cardiovascular risk factors over a one year time span. *Medicine and Science in Sports and Exercise, 22*:S117.

Rohm, D.R., & Steinhardt, M.A. (1990). Psychological attributes of participants and nonparticipants in a worksite fitness setting. *Medicine and Science in Sports and Exercise, 22*:S41.

Best, R.W., & Steinhardt, M.A. (1990). The accuracy of heart rate monitoring in elementary school children. *Medicine and Science in Sports and Exercise, 22*:S10.

Steinhardt, M.A., Jewett, A.E., & Mullan, M.R. (1989). An analysis of the purposes for engaging in physical activity scale (pepas) as an instrument for curriculum research. *Research Quarterly for Exercise and Sport, 59*, 339-350.

Steinhardt, M.A., & Dishman, R.K. (1989). Reliability and validity of expected outcomes and barriers to habitual physical activity. *Journal of Occupational Medicine, 31*, 536-546.

Steinhardt, M.A., & Carrier, K.M. (1989). Early and continued participation in a worksite health and fitness program. *Research Quarterly for Exercise and Sport, 60*, 117-126.

Dishman, R.K., & Steinhardt, M.A. (1988). Reliability and validity of a seven-day recall for assessing physical activity in college students. *Medicine and Science in Sports, 20*, 14-25.

Rudman, W.J., & Steinhardt, M.A. (1988). Fitness in the workplace: The effects of a corporate health and fitness program on work culture. *Health Values: Achieving High Level Wellness, 12*, 4-17.

Steinhardt, M.A., & Stueck, P.M. (1986). A personal fitness curriculum model. *Journal of Physical Education, Recreation and Dance, 57*, 23-29, 32.

Proceedings and Invited Articles

Carrier, K., & Steinhardt, M. (1992). The pleasure principle: An innovative employee wellness program dares you to trust yourself and offers new ways to make your change last. *SHAPE*, *January*, 80-84.

Bain, L.L., & Steinhardt, M.A. (1986). Factors influencing participation in physical activity: Implications for curriculum theory. In A. E. Jewett and M. M. Carnes (Eds.), *Proceedings of the Fourth Curriculum Theory Conference in Physical Education*. Athens, GA: Central Duplicating.

Steinhardt, M.A. (1986). A personal fitness model: Rationale and research. In J. Paul (Ed.), *Proceedings of the Fiftieth Southern Association of Physical Education for College Women*. Knoxville, TN: University Press.

Curriculum Development

Steinhardt, M.A. (2005). *Transforming Lives Through Resilience Education*. UTOPIA, The University of Texas at Austin.

Steinhardt, M.A. (1997). *Transforming Stress Into Resilience*. Five-module curriculum developed for Motorola University.

PRESENTATIONS

Steinhardt, M.A. Evaluation of a Resilience Intervention to Enhance Coping Strategies and Protective Factors and Decrease Symptomatology, Sixth Annual Scientific Meeting of the American Academy of Health Behavior, Carmel, California, March 2006.

Steinhardt, M.A. Transforming Lives Through Resilience Education, International Forum for Women in E-Learning (IFWE), Galveston, Texas, March 2006.

Steinhardt, M.A. Handling Stress in Difficult Situations. Forty-seventh County Auditors Institute, LBJ School of Public Affairs, The University of Texas, Austin, TX, May 2005.

Steinhardt, M.A. The Resilient Individual: Strength in the Midst of Change. In-Service Training Program, Department of Aging and Disability Services, Austin, TX, February 2005.

Steinhardt, M.A. Inner voices: The mystery of balance. The 14th Annual Money and Power Conference, The Women's Chamber of Commerce of Texas, March 2004.

Steinhardt, M.A. Work/life balance: Moderator. Women in Business Leadership Conference, McCombs School of Business, The University of Texas, Austin, TX, February 2004.

Steinhardt, M.A. Personal and interpersonal leadership. Texas County Purchasing Agency 5th Annual Fall Conference, Thompson Conference Center, The University of Texas, Austin, TX, November 2003.

Steinhardt, M.A. Beyond survival: coping with change, disruption, and uncertainty. 3M Austin Center, Austin, TX, September 2003.

Steinhardt, M.A. Relationship of healthy eating to overall well-being. Motorola Corporate Meeting, Austin, TX, June 2004.

Steinhardt, M.A. Living resilient: We are survivors! The Department of Human Services State Office, Austin, TX, June 2004.

Steinhardt, M.A. Living resilient: We are survivors! The Department of Human Services, Houston, TX, June 2004.

Steinhardt, M.A. Living resilient: We are survivors! The Department of Human Services, Belton, TX, April 2004.

Steinhardt, M.A. Living resilient: We are survivors! The Department of Human Services, Paris, TX, April 2004.

Steinhardt, M.A. Living resilient: We are survivors! The Department of Human Services, Lubbock, TX, April 2004.

Steinhardt, M.A. Living resilient: We are survivors! The Department of Human Services, Tyler, TX, March 2004.

Steinhardt, M.A. Building resilience and learning to thrive. The Department of Human Services, McAllen, TX, February 2004.

Steinhardt, M.A. Living resilient: We are survivors! The Department of Human Services, Corpus Christi, TX, February 2004.

Steinhardt, M.A. Transforming stress into resilience. Austin Dietetic Association 3rd Annual Wellness Symposium, Austin, TX, February 2004.

Steinhardt, M.A. The resilient individual: Strength in the midst and change. Texas County Purchasing Association, Thompson Conference Center, The University of Texas, Austin, TX, November 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Department of Human Services, San Antonio, TX, 3-day workshop, October 2002 and July 2003.

Steinhardt, M.A. Handling difficult situations. Texas County Purchasing Association, Austin, TX, May 2003

Steinhardt, M.A. Seven habits of highly effective people. 3M Austin Center, Austin, TX, 2-day workshops, January and April 2002.

Steinhardt, M.A. Seven habits of highly effective people. Westwood High School, Austin, TX, October 2002.

Steinhardt, M.A. Building resilience and learning to thrive. 3M Austin Center, Austin, TX, August 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Texas County Purchasing Association, Thompson Conference Center, Austin, TX, June 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Motorola, Austin, TX, February, March, and April 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Round Rock Medical Center Cardiac Support Group, Round Rock, TX, March 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Perinatal Outreach Seminar, Seton Medical Center, Austin, TX, February 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Department of Human Services Executive Staff, Austin, TX, January 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Pasadena Independent School District Administrative Council, Pasadena, TX, December 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Central Texas Cardiac Support Group, Sponsored by St. David's Medical Center, Austin, TX, November 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Keynote Speaker, Association of College and University Housing Officers, 17th Annual Information Technology Conference, Austin, TX, October 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Motorola U.S. Rewards Team, Chicago, IL, September 2002.

Steinhardt, M.A. Work/life resiliency. Executive Staff Meeting, Department of Human Services, Austin, TX, February 2002.

Steinhardt, M.A. Facilitated all-day staff retreat, Seton Cove, Austin, TX, February 2002.

Steinhardt, M.A. Nurturing self-esteem in yourself and others. Lake Austin Spa Resort, Austin, Texas, February 2002.

Steinhardt, M.A. Seven habits of highly effective people. 3M, Austin, TX, January 2002.

Steinhardt, M.A. Self-leadership. 3M, Austin, TX, December 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Department of Human Services; Department of Protective and Regulatory Services, Austin, TX, November, December 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Keynote address, American Worksite Health Promotion Conference Region VII, San Diego, CA, October 2001.

Steinhardt, M.A. Resilience and leadership. The Seton Cove, Austin, Texas, September 2001.

Steinhardt, M.A. Resilience and health. The Psychology Minute Radio Interview with Roger Klein, The University of Pittsburg, July 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Applied Materials, Santa Clara, California, June 24th through June 27th, 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Executive administrators annual meeting, Tivoli Systems Inc., Austin Country Club, Austin, Texas, April 2001.

Steinhardt, M.A. Transforming stress into resilience. The University of Texas at Arlington Academic Advising Conference, Arlington, Texas, February 2001.

Steinhardt, M.A. Nurturing self-esteem in yourself and others. The University of Texas at Arlington Academic Advising Conference, Arlington, Texas, February 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. 15th Human Resource Management Institute, Thompson Conference Center, Austin, Texas, March 2001.

Steinhardt, M.A. Transforming stress into resilience. Applied Materials, Austin, Texas, January 2001.

Steinhardt, M.A. Transforming stress into resilience. Hyde Park Child Development Center, Austin, Texas, August 2000.

Dolbier, C.L., Cocke, R.R., Steinhardt, M.A. The effect of a psychosocial intervention on cortisol, secretroy immunoglobulin A (sIgA), and incidence of upper respiratory infection. Annual PsychoNeuroImmunology Research Society Meeting, Cape Fear, North Carolina, May 2000.

Steinhardt, M.A. Transforming stress into resilience. 42nd Institute on Property Taxation, Thompson Conference Center, Austin, Texas, October 2000.

Steinhardt, M.A. Transforming stress into resilience. Annual retreat for the staff and physicians of Austin Heart Hospital, October 2000.

Steinhardt, M.A. Transforming stress into resilience. Applied Materials, Austin, Texas, October 2000.

Steinhardt, M.A., Dolbier, C.L., Soderstrom, M. The relationships between self-leadership and enhanced psychological, health, and work outcomes. National Wellness Conference, Stevens Point, Wisconsin, July 2000.

Eldridge-Houser, J.,L., Dolbier, C.L., Steinhardt, M.A. The impact of the work environment and hardiness on job satisfaction. National Wellness Conference, Stevens Point, Wisconsin, July 2000.

Steinhardt, M.A. The resilient individual: Discovering and creating essential experiences. National Wellness Conference, Stevens Point, Wisconsin, July 1999.

Dolbier, C.L., Cocke, R.R., Leiferman, J.A., Steinhardt, M.A., Nehete, P.N., Schapiro, S.J., Perlman, J.E., & Sastry, J. Hardiness and immune function. Psychoneuroimmunology Research Society International Conference, Galveston, April 1999.

Aitken, S., & Steinhardt, M. The challenge of change: Building resilient organizations. National Wellness Conference, Stevens Point, Wisconsin, July 1998.

Leiferman, J., Dolbier, C., & Steinhardt, M. The relationship between measures of work climate and psychosocial characteristics of employees. National Wellness Conference, Stevens Point, Wisconsin, July 1998.

Dolbier, C., Leiferman, J., & Steinhardt, M. The relationship between resiliency and immune function. The Psychology of Health, Immunity and Disease International Conference, Hilton Head, South Carolina, December 1997.

Steinhardt, M. A. Mindbody health: How thoughts and emotions affect the body. Invited paper presented at the Texas All Well School Health Promotion Conference, San Marcos, Texas, June 1996.

Steinhardt, M.A. Mindbody health: How thoughts and emotions affect the body. Invited paper presented at the Texas School Health Association Annual Conference, Austin, Texas, February 1996.

Steinhardt, M.A. A person-centered paradigm for enhancing self-directed wellness behaviors. Paper presented at the Texas All Well School Health Promotion Conference, San Marcos, Texas, June 1995.

Steinhardt, M.A. Effectiveness of the overcoming overeating approach to the problem of compulsive eating. Invited paper presented at the Association for the Health Enrichment of Large People Annual Conference, Bloomingdale, Illinois, May 1995.

Steinhardt, M.A. & Buttino, A. Research in health promotion: The university/industry link. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance Annual Convention, Austin, Texas, December 1994.

Steinhardt, M.A. A person-centered model for enhancing wellness behaviors. General session presented at the American Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference, Portland, Oregon, October 1994.

Steinhardt, M.A. Maximizing personal effectiveness: Person-centered wellness. Invited workshop presented at Schumpert Medical Center's Sixth Annual Leadership Conference, Shreveport, Louisiana, September, 1994.

Steinhardt, M.A. A person-centered paradigm for enhancing self-directed wellness behaviors. Paper presented at the Texas All Well School Health Promotion Conference, San Marcos, Texas, June 1994.

Steinhardt, M.A. A person-centered paradigm for child and adolescent wellness. Paper presented at the Texas School Health Association Annual Convention, Austin, Texas, February 1994.

Steinhardt, M.A. Personal and interpersonal leadership. Paper presented at the Texas Association for Occupational Health Nurses, Austin, Texas, October 1993.

Steinhardt, M.A. Strategies for ending the diet-binge-guilt cycle of compulsive eating. Paper presented at the Texas Junior College Teachers Association and Texas Junior College Association 46th Annual Convention, Austin, Texas, February 1993.

Steinhardt, M.A. Emotional aspects of eating. Paper presented at the Texas Dietetic Association Annual Meeting, Austin, Texas, March 1993.

Steinhardt, M.A., & Buttino, A. Application of pleasure principle wellness. A preconference workshop presented at The Association for Worksite Health Promotion Region VI Conference, Dallas, Texas, April 1993.

Steinhardt, M.A., & Adams, T. Personal leadership: Values clarification. Sematech Leadership Workshop, T Bar M Ranch, New Braunfels, Texas, May 1993.

Steinhardt, M.A. Rethinking traditional weight management programs: A three year follow-up evaluation of a new approach. Paper presented at the National Wellness Conference, Stevens Point, Wisconsin, July 1992.

Steinhardt, M.A. Pleasure principle wellness: A research perspective. Paper presented at the Fifth National Community College Wellness Conference, Tempe, Arizona, April 1992.

Steinhardt, M.A., & Carrier, K.M. Paradigm shifts: Traditional risk reduction versus worksite wellness. Paper presented at the Seventh Curriculum Theory Conference in Physical Education, Athens, Georgia, March 1991.

Steinhardt, M.A., & Carrier, K.M. Healthy pleasures: A new paradigm for promoting wellness behavior. Paper presented at the Seventh Curriculum Theory Conference in Physical Education, Athens, Georgia, March 1991.

Steinhardt, M.A., & Field, L.K. Healthy pleasures: A new paradigm for promoting exercise behavior. Paper presented at the Southern Association of Physical Education for College Women, San Antonio, Texas, October 1990.

Steinhardt, M.A., & Young, D.R. The importance of cardiorespiratory physical fitness versus aerobic physical activity to coronary artery disease risk. Paper presented at the Southern Association of Physical Education for College Women, San Antonio, Texas, October 1990.

Steinhardt, M.A., & Dishman, R.K. Reliability and validity of expected outcomes and barriers to habitual physical activity. Paper presented at the American College of Sports Medicine, Boston, Massachusetts, June 1989.

Young, D.R., & Steinhardt, M.A. An analysis of the psychobiologic model in unsupervised and supervised exercise settings. Paper presented at the American College of Sports Medicine, Boston, Massachusetts, June 1989.

Macklem, D.J., & Steinhardt, M.A. Reaction of university students to body composition assessment in a physical education class. Poster presentation at the National Association for Fitness in Business, Buffalo, New York, September 1988.

Steinhardt, M.A. The relationship between perceived benefits and barriers to exercise and exercise adherence in a corporate setting. Paper presented at the XIII World Conference on Health Education, Houston, Texas, August 1988.

Steinhardt, M.A. Theoretical models of exercise adherence. Paper presented at the Central Texas Gateway City Program, Austin, Texas, August 1988.

Carrier, K.M., Steinhardt, M.A., & Rudman, W.J. Exercise adherence in the corporate setting. Invited paper presented at the Southwest Regional Conference on Wellness, Dallas, Texas, April 1988.

Carrier, K.M., Steinhardt, M.A., & Rudman, W.J. Effects of health and fitness programs on worker productivity and social dynamics. Invited paper presented at the Southwest Regional Conference on Wellness, Dallas, Texas, April 1988.

Carrier, K.M., Rudman, W.J., & Steinhardt, M.A. Perceived benefits and barriers to exercise among participants and non-participants in an onsite health and fitness program. Paper presented at the National Wellness Conference, Stevens Point, Wisconsin, July 1988.

Carrier, K.M., Rudman, W.J., & Steinhardt, M.A. Does an onsite health and fitness program effect worker productivity and social dynamics at the worksite? Paper presented at the National Wellness Conference, Stevens Point, Wisconsin, July 1988.

Steinhardt, M.A., Rudman, W.J., & Carrier, K.M. The effects of an onsite health and fitness program on work productivity and the social dynamics of the workplace. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance, Dallas, Texas, December 1987.

Steinhardt, M.A. A personal fitness model: Rationale and research. Young scholar presentation presented at the Southern Association of Physical Education for College Women, New Orleans, Louisiana, October 1986.

Steinhardt, M.A. Transition to teaching. Invited paper presented at the Georgia Association for Health, Physical Education, Recreation and Dance, Jekyll Island, Georgia, April 1986.

Steinhardt, M.A. Investigating a causal model of participation in physical activity. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance, Texas, December 1985.

Steinhardt, M.A. Factors influencing employee adherence to a health and fitness program: Implications for the inclusion of a personal fitness curriculum model. Invited presentation given to the faculty and students in the Department of Physical and Health Education, The University of Texas at Austin, December 1985.

Steinhardt, M.A. Factors influencing participation in a worksite health and fitness program over a six-month period. Invited presentation given to the faculty and students in the Division of Health, Physical Education, Recreation and Dance, The University of Georgia, November, 1985.

Steinhardt, M.A., & Carrier, K.M. Investigating causal models of initial and continued participation in physical activity. Paper presented at the International Association for Physical Education in Higher Education, Garden City, New York, August 1985.

Steinhardt, M.A. Reliability of the physical estimation and attraction scales for adults. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance, San Antonio, Texas, December 1984.

Steinhardt, M.A. A comparison of swimming pool vertical jump training with weight vertical jump training and their effects on vertical jumping ability. Paper presented at the Texas Association for Health, Physical Education, Recreation and Dance, San Antonio, Texas, December 1984.

Steinhardt, M.A. Problems confronting the new teacher. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance, Anaheim, California, April 1983.

SELECTED PROFESSIONAL SERVICE, THE UNIVERSITY OF TEXAS AT AUSTIN

Steinhardt, M.A. Transforming Stress Into Resilience. Information Technology Services Staff, The University of Texas, February 2005.

Steinhardt, M.A. Building resilience and learning to thrive. College of Natural Sciences Advising Staff, The University of Texas, May 2004.

Steinhardt, M.A. You can't be a beacon if your light don't shine. 2004 Conference Texas Excellence in Education. The Texas Exes and The College of Education, Sponsored by the Office of the President, The University of Texas, February 2004.

Steinhardt, M.A. Nurturing self-esteem in yourself and others. Human Resource Services, The University of Texas, February 2004.

Steinhardt, M.A. Building resilience and learning to thrive. UT Retried Faculty Staff Association, Health Interest Group, The University of Texas, February 2004.

Steinhardt, M.A. The resilient individual. Carothers Coffee Talk, University Honors Center, The University of Texas, November 2003.

Steinhardt, M.A. The resilient individual. Human Resource Services, The University of Texas, October 2003.

Steinhardt, M.A. The seven habits of highly effective people. Kinsolving Dorm, The University of Texas, October 2003.

Steinhardt, M.A. Building a resilient team. Residence Hall Training, The University of Texas, August 2003.

Steinhardt, M.A. Coping strategies for handling difficult situations. Jester West Dorm, The University of Texas, April 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Sponsored by Human Resource Services, The University of Texas, November 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Texas Exes Staff Development, The University of Texas, November 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Academic Counselors Association Professional Development Day, The University of Texas, November 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Resident Assistant Staff, Waller Creek Residence Halls, Division of Housing, The University of Texas, November 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Student Services Professional Development Day, The University of Texas, February 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change. Half-day workshop presented to faculty and staff, sponsored by the Office of Human Resources, The University of Texas, November 2001.

Steinhardt, M.A. Nurturing self-esteem in yourself and others. Tri-Delt Professor Dinner, The University of Texas, October 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change. Half-day workshop presented to faculty and staff, sponsored by the Office of Human Resources, The University of Texas, August 2001.

Steinhardt, M.A. Nurturing self-esteem in yourself and others. Half-day workshop presented to faculty and staff, sponsored by the Office of Human Resources, The University of Texas, April 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change. Two-hour workshop presented to the staff of the Division of Housing and Food, The University of Texas, March 2001.

Steinhardt, M.A. Life after retirement. Sponsored by the Office of Human Resources, The University of Texas, March 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change. Two-hour workshop presented to staff of The University of Texas Press, January 2001.

Steinhardt, M.A. Transforming stress into resilience. Half-day workshop presented to faculty and staff, sponsored by the Office of Human Resources, The University of Texas, November 2000.

Steinhardt, M.A. Seven habits of highly effective people. Eight-hour workshop present to employees of the physical plant, The University of Texas, October 2000.

Steinhardt, M.A. Seven habits of highly effective people. Eight-hour workshop presented at the College of Business, The University of Texas, September 2000.

Steinhardt, M.A. Transforming stress into resilience. One-hour presentation presented to the staff of the College of Communication, November 1999.

Steinhardt, M.A. Facilitated the Annual Retreat for the Staff of The Office of Human Resources, Thompson Conference Center, The University of Texas, May 1999.

Steinhardt, M.A. Life after work: Wellness strategies. Presentation to University of Texas employees attending the Office of Human Resources Retirement Seminar, Art Building Auditorium, The University of Texas, April 1999.

Steinhardt, M.A. Facilitated the Annual Retreat for the Staff of The Office of Human Resources, Thompson Conference Center, The University of Texas, April 1998.

Steinhardt, M.A. Seven habits of highly effective people. Six-hour workshop presented to the Football Staff, Department of Intercollegiate Athletics for Men, Omni Hotel, The University of Texas, August 1997.

Steinhardt, M.A. Principle-centered leadership. Three-day workshop sponsored by the Office of Human Resources, John Hargress Building, The University of Texas, May 1996.

Steinhardt, M.A. Seven habits of highly effective people. Three-day workshop sponsored by the Office of Human Resources, John Hargress Building, The University of Texas, December 1995.

Steinhardt, M.A. Strategies for weaving through the academic maze. Program presented to The University of Texas Faculty Women's Organization, October 1995.

Steinhardt, M.A. Seven habits of highly effective people. Three-day workshop sponsored by the Office of Human Resources, John Hargress Building, The University of Texas, June 1995.

Steinhardt, M.A. Success from the inside out. Presentation sponsored by the Sheila Rice 'Challenge to Excellence' Lecture Program, Women's Athletics, Thompson Conference Center, The University of Texas, April 1995.

Steinhardt, M.A. Diet free forever. Seminar sponsored by the Employee Assistance Program, Student Union, The University of Texas, January 1995.

PROFESSIONAL MEMBERSHIPS

American Counseling Association
National Wellness Association
Internal Family Systems Association
Southwest Association for Women in Physical Activity, Sport, and Health